

SIXTH SUNDAY IN ORDINARY TIME (A) WORLD DAY OF THE SICK

Saturday 14th	<i>Monkwick</i>	5.00 pm	Engr Onimowo RIP
Sunday 15th	<i>Church</i>	8.00 am	Efleda, Nenita, Seqindina RIP
	<i>Church</i>	10.30 am	Ints: Sebastian and Virginia
	<i>Church</i>	2.00 pm	Polish Mass
	<i>Church</i>	6.30 pm	Parishioners
	<i>West Mersea</i>	8.30 am	Private Intention
	<i>Mile End</i>	9.30 am	Private Intention

Monday 16th			Feria
	<i>Church</i>	9.30 am	Ints: Sebastian + Virginia

Tuesday 17th			Feria
	<i>Church</i>	9.30 am	Jim Farrell RIP

Wednesday 18th			ASH WEDNESDAY
	<i>West Mersea</i>	9.00 am	Rebecca Coffey RIP
	<i>Church</i>	9.30 am	Elizabeth Akpoyoware RIP
	<i>Church</i>	12.15 pm	Parishioners
	<i>Monkwick</i>	6.00 pm	Polish Mass
	<i>Church</i>	7.30 pm	Holy Souls

Thursday 19th			Thursday after Ash Wednesday
	<i>Church</i>	9.30 am	Jim Farrell RIP

Friday 20th			Friday after Ash Wednesday
	<i>Church</i>	9.30 am	Zita Kaspariene RIP

Saturday 21st			Saturday after Ash Wednesday
	<i>Church</i>	9.30 am	Souls in Purgatory DM

FIRST SUNDAY OF LENT (A)

Saturday 21st	<i>Monkwick</i>	5.00 pm	Ints: Mr. & Mrs Sebastian Thalanany
Sunday 22nd	<i>Church</i>	8.00 am	Private Intention
	<i>Church</i>	10.30 am	Oksana Zakhleniuk RIP
	<i>Church</i>	2.00 pm	Polish Mass
	<i>Church</i>	6.30 pm	Mrs Moira Knapp RIP
	<i>West Mersea</i>	8.30 am	Private Intention
	<i>Mile End</i>	9.30 am	Private Intention

- ❖ For Baptisms, Weddings and Funerals, please email or contact our parish office.
- ❖ Marriage Preparation: Please be aware that 6 months' notice of intention for Marriage is required especially if marrying outside the Parish. Couples who are planning to get married should contact us **at least 6 months** in advance. Thank you.
- ❖ Sacrament of Reconciliation (Confession) Saturdays after 9.30am Mass (Priory Street) and after 5.00pm Mass (Monkwick).
- ❖ Church Loop System: Please note that the Church loop system serves all the seats in the centre Nave but not the aisles or the chancel.

- **Cardinal Bourne Hall Enquiries/Bookings:** colchester@brcdt.org
- **SVP (St Vincent de Paul Society):** Tel: 07493 439427/email: colchestersvp@gmail.com



* **CUPPA CLUB:** Will meet **every Thursday from 10.00am to 11.30am** in the Hall.

* **SUNDAY COFFEE MORNING** after 10.30am Mass in Cardinal Bourne Hall



Please check out our Facebook page for all the latest Parish/Diocese/Vatican News/Clergy + Church photos/videos. Please remember to **like** and **follow** our page!

ST. JAMES THE LESS AND ST. HELEN

CATHOLIC CHURCH, COLCHESTER

WITH MERSEA, MILE END AND MONKWICK

1 PARISH, 4 CHURCHES, 1 COMMUNITY



St James the Less & St Helen

Parish Priest: Fr. Philip Okoli
Assistant Priest: Fr Gervase Moo CSSp

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Website: www.stjamesthelessandsthelen.org



St James the Less and St Helen RC Church, Colchester

SIXTH SUNDAY IN ORDINARY TIME (A)

World Day of the Sick

Week Commencing 15th February 2026

Lent is here again. Not as a burden, but as a gift. The Church places these forty days before us and says: this is your time. A time to return. A time to begin again. It is easy to let Lent pass like any other season. Ash Wednesday comes, we receive ashes, and life continues as usual. But Lent invites us to slow down and look honestly at ourselves. Where have I grown cold? Where have I drifted? Where is God calling me deeper? Pope Francis often reminds us that Lent is “a time of grace, a time to let our hearts be touched.” He says it is not just about giving things up, but about opening ourselves up – to prayer, to charity, to forgiveness, to a renewed relationship with the Lord. So let us prepare. Think now about how you will live these forty days. What will you change? What will you take up? How will you draw closer to Christ? Lent is not about perfection. It is about direction. And this is the moment to begin. Wishing you a fruitful Lent.

Fr Philip

PLEASE SEE MASS SCHEDULE FOR ALL CHANGES

DAILY (Mon-Fri)	Rosary/Divine Mercy	at 8.45 am
DAILY	Morning Prayer	at 9.15 am
CHRISTIAN MEDITATION	Wednesdays (Cardinal Bourne Hall)	at 8.00 pm
LEGION OF MARY	Fridays (Cardinal Bourne Hall)	at 7.30 pm



THE POPE'S INTENTIONS FOR FEBRUARY: *For children with incurable diseases.* Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

MARRIAGE MATTERS: (Ecclesiasticus 15:15-20 1 Cor 2:6-10 Matthew 5:17-37) ***Making the right choices.*** Choices! How difficult sometimes to make the right choices. What to eat today, how to save money, what clothes to wear, what we or our children need. For Christians, prayer and a set of Christian values influence the choices we make. Why not ask the Lord's help to decide what issue is uppermost for us today and dialogue about it?

PRAYERS FOR THE SICK: We continue to pray for those parishioners we know who are sick and housebound especially Jimmy Clarin, Edwina Pastor, J Brian Critchley, Ron & Margaret Griffin, Margaret Hawkins, Valerie Thurston, Grace McCartney, Diana Irvén, Mrs. Maureen McKenna, Peter Wyatt, Hilda Morah, Nicollas and Adam Campbell-Vencarto. We also pray for all people who are ill or are in need.



ASH WEDNESDAY (18th February): This marks the beginning of Lent, a time of fasting that has been kept almost since the time of the Apostles. We will have 3 Masses at Priory Street at 9.30am, 12.15pm & 7.30pm with "ashing" (optional). There will also be a 9.00am Mass at Mersea and a Polish Mass at Monkwick at 6.00pm.

SEASON OF LENT: Lent is the 40 days (*not including Sundays*) from Ash Wednesday to the Saturday before Easter. Lent is often described as a time of preparation and an opportunity to go deeper with God. This means that it's a time for personal reflection that prepares people's hearts and minds for Good Friday and Easter. Spending time during Lent praying, fasting and giving can make Jesus' sacrifice on Good Friday and His resurrection on Easter even more meaningful.

STATIONS OF THE CROSS (LENT): This will take place every Friday commencing on Friday 27th February in Priory Street at 12.00pm (afternoon) and 7.00pm at Mile End.

POLISH STATIONS OF THE CROSS (Lent): This will take place every Tuesday evening at 6.30pm in Priory Street, commencing on Tuesday 24th February.

SAVE THE DATE: DAY OF MERCY on **Friday 20th March 2026:** The Church will be open all day with Mass at 9.30am followed by Exposition & Confession all day; to finish with Benediction at 8.30pm. Please do try to attend at some point during the day.

LECTIO DIVINA: The Holy Father requests that we Pray with the Word of God. Reflection on the following Sunday's Gospel will take place each Tuesday in Lent, beginning on the 24th February. In the Crypt at 10.15am (*after 9.30am Mass*). info Valerie Q: 07941903227/01206 621196



LENT FAST DAY will be on Friday 27th February. We are asked to eat simply and give what we have saved to CAFOD to support families with resources, tools and training to help feed themselves. Envelopes will be in church porch. Please return them the following weekend (1st March) when a 2nd collection will be taken. Thank you for your support and prayers.

'WALK WITH ME' LENT 2026 Booklets (25TH ANNIVERSARY EDITION): Lent Walk with Me booklets are available for sale at all Mass Centre's - please note that they have increased at £1.50 per booklet. Please leave money in Repository Box.

MASS INTENTIONS: Anyone may request a Mass to be offered for various reasons. These may include thanksgiving, praying for someone's intentions (*such as on a birthday*), for the repose of the soul of a deceased person, for the well-being of someone who is ill, or any other intention. To book a Mass intention, simply fill out a Mass intention envelope, which can be found in the church porch either side of central doors. Completed envelopes to be returned via the presbytery letterbox (red door) or by giving your envelope to the clergy. A suggested mass stipend is £10.00 per mass. Thank you.

THE BOOK OF GENESIS – LENTEN TALK: On Thursday 12th March at 7pm in the hall at Christ the Eternal High Priest Catholic Church, Gidea Park, RM2 6DH. Fr Adrian Graffy will be giving a talk on the Book of Genesis, a book which in different ways figures prominently during Lent. The talk will be preceded by light refreshments from 6.30pm. This free, in-person event is also available via live stream at www.whatgoodnews.org



SPECIAL COLLECTION: There will be a special collection taken for the **Church Easter Flowers** on **Sunday 22nd March** the monies collected will be used for the Easter floral displays in Priory Street and Mile End Churches.

SERIES OF FOUR LENTEN LECTURES 2026: Will take place at Brentwood Cathedral Parish Hall commencing Wednesday 25th February 2026 at 7.30pm. The theme this year is: "*What does it truly mean to be Catholic?*" This invitation is to the whole Diocese of Brentwood. All Welcome!

- **Talk 1.** Wednesday 25th February. Abbot Hugh Allan, O Praem. "*I Believe...*" Living and Proclaiming the Catholic Faith. 7.30pm
- **Talk 2.** Wednesday 4th March. Rev Msgr Kevin W Hale, VG. Being Catholic and the call to holiness as seen in the lives of some recently canonised saints. 7.30pm
- **Talk 3.** Wednesday 11th March. Mr Mauro Iannicelli. Prayer as the Foundation of our Catholic Life. 7.30pm
- **Talk 4.** Wednesday 18th March. Rev Msgr John Armitage. The uniqueness of Catholicism for British Society. 7.30pm

KNIGHTS OF SAINT COLUMBA will be hosting the following events at St Teresa's, Lexden:

- **QUIZ NIGHT - 21ST FEBRUARY 2026:** Please see poster in Church porch or on Facebook.
- **LENTEN DAY OF REFLECTION - 7TH MARCH 2026:** On the theme – The Body of Christ, please join the Knights of Saint Columba for the day at St Teresa's Lexden. Please see poster in Church porch or on Facebook. To confirm a place or attendance at either event, please call/ text George on 07476781885.

OUR LADY OF WALSLINGHAM STATUE: If you would like to host the statue at your home and pray the Rosary for a week. please contact Gemma – Tel: 01206 844751 or email olwstatue2024@gmail.com

SVP AND CAFOD WORK EXPERIENCE: The St Vincent de Paul Society and CAFOD are working together to offer a week of free residential work experience for 20 young adults in England and Wales. The experience will run from 21st – 26th June in London. Candidates must be aged 18-25 years old, but priority will be given to those in their 1st or 2nd year at university. Applications close on the 6th April. For any queries, please contact KeziaH@svp.org.uk

CHURCH CLEANING TEAM: Monday 16/02/26: **Team 4** / Friday 27/02/26: **Team 5**

COFFEE MORNING ROTA: 15/02/26: African Community / 22/02/26: Diane & Adrian

New Rota's for 26/27 are available in Church porch – please feel free to take one.