

Catholic Church of Our Lady and St. Walstan

Website: <http://www.stwalstans.com>



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Living in Christ from the bosom of his Church empowers us to live generously and with unlimited compassion toward those whom the world rejects. Staying ever-mindful of the good of others, the disciple of Christ is a light to the world, glorifying thereby the God who calls us to share in his divine life.

*Sundays Year A ~ Ordinary Time ~ Psalms Week:
 Fifth Sunday in Ordinary Time
 8th February 2026*

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| Entrance Antiphon | <i>O come, let us worship God And bow low before the God who made us, for he is the Lord our God.</i> | |
| First Reading | <i>'Your light shall break forth like the dawn.'</i> | Isaiah 58:6-10 |
| Responsorial Psalm | <i>A light rises in the darkness for the upright.</i> | Psalm 112 |
| Second Reading | <i>'I proclaimed to you the mystery of Christ crucified.'</i> | 1 Corinthians 2:1-5 |
| Gospel Acclamation | <i>Alleluia, Alleluia! I am the light of the world, says the Lord; whoever follows me will have the light of life. Alleluia!</i> | |
| Gospel | <i>'You are the light of the world.'</i> | Matthew 5:13-16 |

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| Saturday | | | 6:00pm | In Memory & Thanksgiving |
| Sunday | 8th February | 5th Sunday in Ordinary Time | 10:30am | Pip Hardy R.I.P. |
| Monday | 9th February | Feria | 9:15am | Special Intention |
| Tuesday | 10th February | St. Scholastica | | No Mass |
| Wednesday | 11th February | Feria | 7:00pm | Alison Ward R.I.P. |
| Thursday | 12th February | Feria | 9:15am | Louis Borg R.I.P. |
| Friday | 13th February | Feria | 9:30am | School Mass in Church |
| Saturday | 14th February | Ss Cyril & Methodius | 10:00am | Ramzan (Sick) |
| | | | 6:00pm | Parishioners |
| Sunday | 15th February | 6th Sunday in Ordinary Time | 10:30am | George Petrie & Deceased Family Members |

Morning or Evening Prayer will be prayed fifteen minutes before weekday Masses.
 Confessions on Saturday 10.30-11.00am and Wednesday 6.00-6.30pm.
 Exposition of the Blessed Sacrament every Thursday after the morning Mass.

Sick and Housebound – Please pray for Jenny King, David Hogg, Peter King, Dorota Gobiecka-Grosz, Peter Bevis, Patricia Paul, Christopher Sharples, Peter King, Joseph Mitton, Geoff Routs, Henry Bedingfield, Jane Henson, John Barnes, Sue Williams, Jennifer Gates, Trudy McClosky, Yustyna Adamska, Michele Bendall, Christina Thomas, Ann Bettany and Marcia Jenkin.

Faithful Departed – Please pray for Mary Wood, Anthony Moll, Patrick Davidson, George Petrie, Dianne Baston, Ruth Bealey, Suzanne Larwood, Maggie Newton, John Kelly, Valentina Grant, Gilbert Losasso and all whose anniversaries occur around this time.

Deacon Anthony: If anyone would like a visit from Deacon Anthony while he is staying with us please contact him on anthony.reilly@rcdea.org.uk. Please note that he is taking driving lessons at the moment so if you live more than walking distance from the church he will need a lift. Thank you.

Garden Room Library: There are a lot of books on the shelves in the Garden Room which are free for anyone to borrow. There are also a few DVDs and CDs. Please remember to return them so that they are available for others.

Spiritual Books: On one of the tables in the porch are a number of books which are free for you to take and keep.

This Sunday, 8th February, we pray for the victims of trafficking and slavery and for their rescue. We celebrate the Feast of St Josephine Bakhita, a Sudanese woman who was canonised by Pope St John Paul II in 2000. She was sold into slavery, rescued and then became a nun in Italy. The number of enslaved souls currently estimated to be living all around East Anglia is 5,000. Pope Francis wanted us to "find" enslaved people. All that means is learning (simply) to spot the signs and safely report any concerns to the Modern Slavery Helpline 08000 121 700. The group of Diocesan Freedom Watchers is looking for your help in a number of ways.

Contact john_simong@hotmail.com Search "RCDEA slavery" to learn more and how you can help. All you need is a desire to end slavery.

Rachel's Vineyard: Are you or someone you know hurting from past abortion(s)? Rachel's Vineyard is a healing ministry for those who are suffering from the trauma of abortion. The healing weekends offer a supportive, confidential and non-judgemental environment where women and men can deal with painful post-abortive emotions and receive healing. The next Rachel's Vineyard retreat weekend in our diocese will take place on March 6th – 8th 2026. With booking now open and a limited number of places, it is advisable to book early. For more information about this retreat or to arrange a time to chat please contact Helen on 0772 118 2521; or send an email to suffolk@rachelsvineyard.org.uk Further information about Rachel's Vineyard or to find out about other retreat dates and locations please visit: <https://www.rachelsvineyard.org.uk>

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| Collections | 31st / 1st February | £597.00 |
| DONA | 29th / 4th February | £ 85.00 |
| | | Many Thanks |

CAFOD Lent Appeal – Family Fast Day collection
This Lent, live the Gospel call to love your neighbour. By fasting and giving what you save, you can help another family put food on the table. Your donation to CAFOD can help families around the world grow food in challenging conditions. Collect a CAFOD envelope or donate online at cafod.org.uk/envelope or call 0303 303 3030. Text CAFODLENT to 70085 to donate £10.

Fr David's Email: Please use the address david.ward@rcdea.org.uk when contacting Fr David and not the old St Walstan's address. Thank you.

St Walstan's Lectio Divina Prayer Sessions

All invited to join St Walstan's Lectio Divina sessions. Scripture is inspired by God and Lectio Divina offers a way of *encountering* Scripture rather than studying it; an opportunity to listen, reflect, and rest in God's presence.

Our next session is 7pm on Thursday 19 February in the garden room, continuing to meet fortnightly thereafter.

Safeguarding Training: The diocese provides online training for parishioners who have undertaken a role in the parish which requires a DBS check. This training is easy to access, and you can complete it at your own pace. It takes approximately 60- 75 minutes to complete in total and lasts 3 years.

To access the training please go to <https://training.catholicsafeguarding.org.uk>

There are notices regarding this in both the porch and garden room.

Up to date safeguarding guidance cards are now available for anyone who has been DBS checked, please contact Hilda Kaye if you require one.

Beetle Drive: This annual fun evening takes place in the Garden Room at 6.00pm on Friday February 13th. Don't worry if you've never played before, you'll soon pick it up. Lots of laughs – and it's free!

Items for the newsletter may be left at the presbytery (marked clearly "for newsletter" along with the date, and your name), or email newsletter@stwalstans.com. For all forms of communication, please provide a telephone number on which you can be contacted. The deadline for items to be included in the newsletter is Wednesday 6pm.