

MASS TEXT

Sunday Year A
Weekday Cycle II
Divine Office: Vol. 1. Week II

Praise we now the Lord our God,
in silence we adore you.

OT Read: Ecclesiasticus 15:16-21

RP: 119

Blessed are those
who walk in the law of the Lord!

NT Read: 1 Corinthians 2:6-10

GOSPEL ACCLAMATION:

Alleluia, alleluia!

I thank you, Father, Lord of heaven
and earth, you have revealed
the secrets of the kingdom to little
children.

Alleluia!

Gospel: Mat 5:20-22a, 27-28, 33-34a,

PREFACE: I
EUCH. PRAYER: II

22nd February 2026
1st Sunday of Lent (A)

OT Read: Genesis 2:7-9,3:1-7

RP: 51

NT Read: Romans 5:12-19

Gospel: Matthew 4:1-11

WEEKLY COLLECTION

St. Teresa's: **£576.00**
Holy Trinity & St. Luke's: **£255.00**
*Thank you so much everyone
for your generosity.*

Baptisms can easily be arranged by
contacting Father directly

Weddings normally require six
months notice, please contact Father
before booking.

SICK & HOUSEBOUND. Your Clergy
are available to offer the sacraments of
healing (anointing), Reconciliation and
Holy Communion. If any parishioner re-
quires assistance or needs to talk, please
call on the Parish number.

BEYOND THE BARE MINIMUM



THE CHALLENGE



Moving from "Doing Nothing Wrong" to "Truly Loving".

RULES VS. HEART



**FOLLOW
RULES**



**CHANGE
HEART**



Jesus wants us to learn to LOVE, not just avoid mistakes.



NEWMAN'S INSIGHT

**"HOLINESS IS A HABIT OF THE
HEART; A NEW WAY OF LOVING."**

LES MISÉRABLES: LETTER VS. SPIRIT

JAVERT:

LETTER OF THE LAW
(Rigid, Lifeless)



VALJEAN:

SPIRIT OF THE LAW
(Mercy, Compassion)



CALL TO ACTION

Stop saying "I've done nothing wrong."

Start praying:

"LORD, MAKE MY HEART LIKE YOURS."

Grace transforms us.

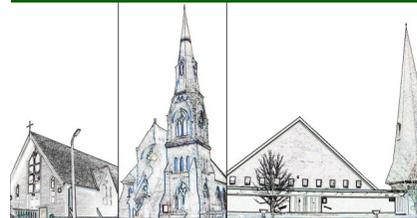


Ash Wednesday - 18th February

KEEP IN PRAYER the recently deceased members:
Liam Murray, Daphne Little, Catriona J. Lau, Rosie Biggin,
Delia Moscardini, Joan White, Laurie Howell, John McKay,
Tony Ade A. Egede, RIP. We pray for them, and their families.

*The sick and housebound would appreciate a copy of the bulletin,
if you can please pop one through their door. Thank you.*

Sixth Sunday in Ordinary Time (A) 15th February 2026



Parish Clergy

Fr Uchenna Odenigbo, CSSp
- Parish Priest / P. Chaplaincy
Fr Francis Dometiero, CSSp
- Asst. Parish Priest

Parish Office:

St Teresa's Presbytery,
Glasgow Street, Dumfries.
DG2 9DE.

Tel: 01387 252603.

Emails:

dumfries.stteresa@gallowaydiocese.org.uk

lockerbiemoffat@gallowaydiocese.org.uk



www.saintteresachurch.co.uk

www.holytrinitysaintlukes.co.uk

Our Deacon:

Rev. Mr. William Hiddleston

Tel: 01387 264424

william.hiddleston@gallowaydiocese.org.uk

(Please only call Deacon Willie during office
hours unless an emergency)

A parish of the RC Diocese of Galloway.
Charity Number: SC 010576

Sunday Masses are Live Streamed
from St Teresa's Church, Dumfries.

Please follow the link on our website.



**A Family
Welcoming
Parish.**

*You are very welcome in our parish community, a special place where we gather frequently for
worship, fellowship, ministry, inspiration, and outreach. We all respect the need for silence, of
course, we love to welcome children, and we know that they don't always find that so easy – so relax!*

The Catholic Parishes of
St Teresa's, Dumfries,
Holy Trinity, Lockerbie with St Luke's, Moffat.
Served by **THE SPIRITANS** (Holy Ghost Congregation)

Newsletter

Year A - Cycle II - Eucharistic Prayer: II - Psalter: II
St. T (St Teresa's), St. A. (St Andrew's, Dumfries)
St. L (St Luke's, Moffat), HTL (Holy Trinity, Lockerbie)

Saturday 14th February - Ss. Cyril, Monk & Methodius, Bishop
(2nd & 4th Sat. in St Andrew's)

10.00 am - St A- Mass

5.00 pm - St. L. Vigil Mass - Young People/ Families

Sunday 15th February - 6th Sunday in Ordinary Time (A)

9.30 am - HTL - Mass - Sylvia Coupland. Wellbeing

11.30 am - St. T. - Mass - Eleanor McGaw, Wellbeing

5.00 pm - St. T. - Mass. Youth (P6-S4), Talk.Games.Pizza

Monday 16th February - Feria

10.00 am - St. T. - Mass - Peter McAteer, RIP

Tuesday 17th February - Feria

9.30 am - St. T. - Rosary, Adoration & Bene.

10.00 am - St. T. - Mass - Patrick & Bernard Toolis, BD Anni

Wednesday 18th February - Ash Wednesday

9.30 am - St. L. Mass - People of the Parish

11.30 am - St. T. - Mass - People of the Parish

7.00 pm - HTL - Mass - People of the Parish

Thursday 19th February - Feria

10.00 am - St. T. - Mass - Clem+Maureen Maggiori, 60th Wed Anni

Friday 20th February - Feria

10.00 am - St. A. - Mass

12.00 n - St. L. Stations of the Cross

7.00 pm - St. T. / HT.L. - Stations of the Cross

Saturday 21st February - Memorial of the BVM

(1st, 3rd + 5th Sat. in St. Teresa's)

10.00 am - St T. - Mass - Rosie Biggin, RIP, Anni

10.30 am - St. T. - Reconciliation, Adoration & Bene.

5.00 pm - St. L. - Vigil Mass - Tony Green, Wellbeing

Sunday 22nd February - 1st Sunday of Lent (A)

9.30 am - HTL - Mass - Brian McIntyre, RIP, Anni

11.30 am - St. T. - Mass - Philomena 'Phil' Clarke, RIP

RITE OF CHRISTIAN INITIATION FOR ADULTS (RCIA) - At our 11.30 am Mass (St Teresa's, Dumfries), we will celebrate the Rite of **Acceptance into the Order of Catechumens** for those who wish to join the church, following the way of Jesus Christ. We will also celebrate the Rite of Welcome for those Christians who want to become Roman Catholics and receive the Sacraments of Confirmation and Holy Eucharist. Please pray for **CHRISTINE, DAVID, BRIONY, ALEXANDER, ABIGAIL, TAMMIE, MOLLIE, and CAMERON** as we accept their intention and welcome them into our parish community.

PARISH PASTORAL COUNCIL (PPC). You are invited to the first meeting of our PPC this year, on Thursday, 19th February 2026, at 7.00 pm in the **Church Hall**. It is open to all parishioners. You are welcome to be part of the change you hope for in our parish community. Please forward/ email the parish office any items you wish to have on the agenda. Thanks

RCDG YEAR OF THE HOLY SPIRIT – Monthly Mass with the Bishop. During this Year of Prayer to the Holy Spirit, a Mass to the Holy Spirit will be celebrated in each of our four Deaneries each month.



You are invited to the **February monthly Mass with Bishop Frank at St Teresa's Church, Dumfries, on Thursday 26th February, at 7.00 pm** (There will be no morning Mass then). We wish to have all the ethnic communities take an active role at the Mass, including saying a bidding prayer, the Lord's Prayer, or singing a given part of the Mass in their language. All are encouraged to attend.

CHILDREN'S LITURGY will take place today in the Baptistery room. Children of primary school age are welcome.

SUNDAY COFFEE: After Mass today, please join us in the hall for tea/coffee & biscuits. Come and enjoy the community spirit here at St Teresa's.

SCIAF CAMPAIGN 2026. Your SCIAF Lenten pack is available to pick up in the Church porch. It includes your flat-pack "Wee Box". In this year's campaign, you are helping to bring real solutions and hope to many in Ethiopia, where decades of progress are being undone by conflict, drought, floods, and cuts to international aid. Our annual SCIAF collection will be taken up on Sunday, 15th March.

THE CHOSEN. Do you want to follow the Life of Christ this Lent? Perhaps you are intrigued by the person of Jesus or simply interested in what Catholicism is about. We invite you to "*Come and See*" THE CHOSEN, a ground-breaking historical drama based on the life of Jesus Christ. Join us at St Teresa's Baptistery Room, on Wednesday 25th February (and every Wednesday in Lent), at 7.00 pm. You can ask questions, encounter God and journey with others. All are welcome.

LENT LUNCHES: will be held in St John's Church, Lovers Walk, every Friday, 20th February to 27th March, 12noon to 1.30 pm. Minimum Donation £4.00, children £1.50. St Teresa's will be on the Sales Table on 20th March. Donations of home baking would be most appreciated. If you would like to donate, please speak to Mary Brown after Mass.



For quiet and prayer
Mondays/ Tuesdays
Thursdays/ Saturdays
9.00 am – 5.30 pm

ST PATRICK'S NIGHT is on 17th March at 7 pm in the Church Hall, with a 2-course meal, bar and entertainment. Adults £10.00, Children under twelve £7.00. Please put your name on the list at the back of the Church. For catering purposes, please tick your options. Money needs to be paid by Sunday, 8th March. Donations of Raffle prizes can be left in the box at the back of the Church. Thank you.

WALK WITH ME is a prayer and scripture journey for people who desire more this Lent. **Pick a free copy and only make a free donation if you can help cover the cost.**

YOUTH EVENING (P6-S4): Join Youth from across the cluster on Sunday 15th February as they gather for their monthly evening in St Teresa's, Dumfries. They'll be reflecting on the theme of Lent: what Lent is and what they're called to do during it. The evening begins with Mass at 5.00 pm after which they'll continue in the hall with games, activities, a short talk, and pizza. All young people in P6-S4 are welcome. If it's your first time, please complete an Annual Consent Form online: youth.rcdg.org.uk.

ST TERESA'S CHURCH RECIPE BOOK - *Made with Love and Laughter*, is on sale for £5 in the church foyer. An interesting collection of recipes representing the diversity of our congregation. There are only a few copies left, so get yours before they are gone.

QUIZ NIGHT. What a lovely and enjoyable parish Valentine's event we had. Thanks to all who attended, and thanks to our entertainment committee for the excellent organisation, which raised £265.00 for the parish funds.

GROW IN FAITH/ RCIA. The next evening, for all those interested in discussing and growing in their knowledge of the faith, and for those on the RCIA programme, will take place on **Tuesday, 17th February, from 6.15 pm in the Baptistery Room.** All are welcome.

LECTIO DIVINA/ BIBLE STUDY - every Tuesday, from 10.45 am in St Teresa's Parish Hall? A cuppa is served at the start; finish at 11.45 am.

PARISH ART GROUP meets every Thursday, from 10.30 am – 12.00 n, in the Parish Hall. It is free for all levels- beginners will love it, drawing and enjoying the company of others.

WILLS AND BEQUESTS. Our Parish has benefited greatly in the past from the thoughtfulness of parishioners who have remembered us in their Wills. Many funded the church's painting, the Organ, Carpet, etc. God bless them for their kindness. Please do consider a legacy to the Church in your Will to ensure St Teresa's is there for future generations. It's a tax advantage as a charity. Thanks



BLESS MY EX-SISTER. Two sisters spent the day fighting. That evening, they prepared for bed, still mad at each other. As usual, each knelt by the side of her bed for their prayers. "Dear God," the 8-year-old began, "Bless Daddy and Mommy, bless our cat and dog." Then she stopped. Her mother gently prodded, "Didn't you forget somebody?" She glared across the bed at her 6-year-old sister and added, "And, oh yes, God, bless my ex-sister."

Heating Appeal

Thanks to you, we now have a new Church heating system, offering a warm, welcoming worship space for all. We are grateful for any donations towards this amazing project.

Can You Help? Donate by:

Online:



Cheque:
payable to
"RCDG ST
TERESA'S
DUMFRIES"

Cash: use the H. Appeal envelope

£26,511k £40,500



We welcome creative fundraising ideas—if you're willing to organise an event, please reach out!

Thank You

GALLOWAY YOUNG ADULTS 12TH-16TH OCTOBER
ROME 2026 £1000

JOIN US FOR A FANTASTIC 5-DAY SPIRITUAL AND CULTURAL PILGRIMAGE.

FOR MORE INFORMATION AND TO REGISTER SCAN THE QR CODE.

COST INCLUDES:

- ✓ Flights and airport transfers
- ✓ City Centre Accommodation (Twin/ Triple Rooms)
- ✓ Breakfast and Dinner
- ✓ Visits to all four Papal Basilicas
- ✓ Wednesday Papal Audience

MORE INFORMATION @ youth@rcdg.org.uk
Diocese of Galloway Youth - @rcdg youth

Mass Offering/ Donations
No Cash, No problem
Scan me to make a cashless donation to the Parish



SCAN ME!