

MASS TEXT

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

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

OT Read: Zephaniah 2:3; 3:12-13

RP: 145

Blessed are the poor in spirit;
for theirs is the kingdom of heaven

NT Read: 1 Corinthians 1:26-31

GOSPEL ACCLAMATION:

Alleluia, alleluia!

Rejoice and be glad,
for your reward is great in heaven.

Alleluia!

Gospel: Matthew 5:1-12a

PREFACE: VI

EUCH. PRAYER: II

8th February 2026
5th Sunday in Ordinary Time (A)

OT Read: Isaiah 58:6-10

RP: 111

NT Read: 1 Corinthians 2:1-5

Gospel: Matthew 5:13-16

WEEKLY COLLECTION

St. Teresa's: **£538.87**

Holy Trinity & St. Luke's: **£140.20**

*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.

"Blessed are you who are poor."

How do we interpret what seems
prima facie to be a glorification of
economic poverty? Let me propose
the following reading: "How lucky
you are if you are not addicted to
material things." One of the classic substitutes for God is
material wealth, the accumulation of "things."

The freedom and fullness of detachment is probably no better
expressed than in John of the Cross' beautiful mantra: "To
reach satisfaction in all, desire satisfaction in nothing; to come
to the knowledge of all, desire the knowledge of nothing; to
come to possess all, desire the possession of nothing; to arrive
at being all, desire to be nothing." This fourfold nada is not a
negation but the deepest affirmation. It is finally to see the
world as it is, and not through the distorting lens of cupidity
and egotism."

- **Bishop Robert Barron, Diocese of Winona-Rochester, Minnesota, USA**



SATAN'S BEATITUDES

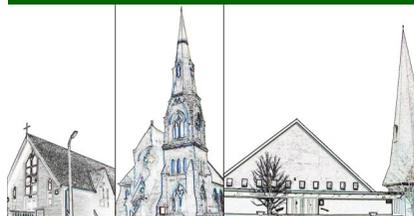
Blessed are those who are too tired, too busy, too distracted
to spend an hour once a week with their fellow Christians
in Church – they are my best workers.
Blessed are those who wait to be asked and expect to be
thanked – I can use them in my business.
Blessed are those who are touchy. Soon they will stop go-
ing to Church – verily, they shall be my missionaries.
Blessed are those who sow gossip and trouble
– they are my beloved children.
Blessed are those who have no time to pray
– for they are MY prey.
Blessed are those who gossip – for they are my secret agents.
Blessed are you when you read this and think it has every-
thing to do with other people, and nothing to do with you
– I've got room for YOU at my inn.

ANIMA CHRISTI

Soul of Christ, sanctify me. Body of Christ, save me.
Blood of Christ, inebriate me. Water from the side of
Christ, wash me. Passion of Christ, strengthen me.
O Good Jesus, hear me.
Within your wounds hide me.
Permit me not to be separated from you.
From the evil one protect me. At the hour of my
death, call me and bid me come to you
That with your saints I may praise you. **Amen**

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.

Fourth Sunday in Ordinary Time (A) 1st 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:

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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: IV

*St. T (St Teresa's), St. A. (St Andrew's, Dumfries)
St. L (St Luke's, Moffat), HTL (Holy Trinity, Lockerbie)*

Saturday 31st January - St. John Bosco, Feast

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

10.00 am - **St T. - Mass** - Freida Smith, RIP

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

5.00 pm - **St. L. - Vigil Mass** - Lynette Wilson, Well-being

Sunday 1st February - 4th Sunday in Ordinary Time (A)

9.30 am - **HTL - Mass** - Helen Beardon, RIP, 9th Anni

11.30 am - **St. T. - Mass** - Louis Rowland, Well-being

Monday 2nd February - The Presentation of the Lord

- Day for Religious Life

- Spiritans' Founder's Day

10.00 am - **St. T. - Mass** - Billy McMillan, Well-being

Tuesday 3rd February - Feria

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

10.00 am - **St. T. - Mass** - Doris Birrell, RIP, 26th Anni

Wednesday 4th February - Feria

9.30 am - **HTL - Reconciliation, Adoration & Bene.**

10.00 am - **HTL - Mass** - John Furlong, RIP

10.00 am - **St. A. - Mass**

Thursday 5th February - St Agatha, Virgin, Martyr

10.00 am - **St. T. - Mass** - Sick and Housebound

Friday 6th February - St. Paul Miki & Comp. Martyrs

10.00 am - **St. A. - Mass**

Saturday 7th February - Memorial of the BVM

(2nd & 4th Sat. in St Andrew's)

10.00 am - **St A - Mass**

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

Sunday 8th February - 5th Sunday in Ordinary Time (A)

9.30 am - **HTL - Mass** - Margaret Marcantonio, RIP, 1st Anni

11.30 am - **St. T. - Mass** - Daphne Little, RIP, 1st Anni

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

MASS FOR THE SICK will take place on Sunday, 8th February at 11.30 am Mass. The SVP would like to invite everyone for refreshments (soup, sandwiches, tea & coffee) in the hall after Mass.

FIRST COMMUNION CHILDREN (RCIC). Next Sunday, 8th February, we shall welcome the children to our 11.30 am Mass for the Rite of Enrolment, another step towards receiving the Sacraments of the Holy Eucharist. We pray for them on their journey.

ST TERESA'S SCHOOL: Enrolment for P1 will take place between Monday, 2nd February and Friday, 6th February at St Teresa's Primary School. Parents are asked to bring along proof of address, the child's birth certificate, baptismal certificate/support letter.

WEDNESDAY LUNCH HUB: Will take place on Wednesday, 4th February, in the hall. This is for all parishioners and their friends, beginning with their complimentary lunch at 12.30 pm. Doors open from 12 noon going on till 3 pm. Please come along, all welcome.

CHILDREN'S LITURGY returns today, in the Baptistry 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. A warm welcome awaits you.

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.

YOUTH EVENING: 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.

100 CLUB. Many Congratulations to the winners of the January draw:

1st Prize: Des McCaughey. 2nd Prize: Noreen Lilly, 3rd Prize: Sandra MacLeod.

New members are always welcome, only £2 per month. This is now due for 2026, at £24 for the year or £12 for 6 months. Please give money to Irene before the end of January (after the 11.30 am Sunday Mass), in the Church Hall. All proceeds go to the parish fund.

CHURCH/ HALL CLEANING. Thanks to all who weekly give our Church & hall a deep clean.

More hands are needed for the cleaning. Please come along on Tuesdays or Thursdays, in the morning. Or you and your family/friends can choose the day and time that suits you and do as much as you can. Please contact Sandra/ Joan for access and the tasks tracker. Thanks

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, 10th February, from 6.15 pm in the Baptistry Room.** All are welcome. Thanks

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.



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

QUIZ NIGHT. This Valentine's Day Themed Quiz night, Friday 13th February at 7 pm, is another exciting Parish social evening for parishioners and their friends to come along and enjoy. Entry for adults £3.00, children £1.50. Soft drinks bar available. Tea and coffee provided. Bring along tasty treats for your table. Donations of raffle prizes can be left in the box at the back of the Church. All proceeds will go to Parish Funds.

ABABA PROJECT. There will be a Second collection for the Ababa Project today, 1st February. Thanks for your generosity.

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

FOOD BANK. Your contributions to this local initiative are much appreciated. Please leave items in the box/bag at the back of our church, where our parish SVP collects and delivers your contributions each week.

PARISH RECORDS. If you have not already done so, please pick up a Registration Form at the back of the Church, complete and return it to the Church so that we can update the parish database. Thank you.

MISSION STAMPS. Thank you for all your used stamps - please keep leaving them in the box at the back of each of our churches! It really does make a difference!

TIGHTS FOR HAMLIN FISTULA HOSPITAL, Addis Ababa, Ethiopia is grateful for the Tights received. They are needed, so please keep handing them in when you can. The charity also gives each woman a hand-knit blanket on arrival at the hospital. They symbolise the love and care the women receive during their treatment.

'BACK TO LIFE, BACK TO REALITY' Fr. Uchenna is back to work after a refreshing and remarkable break in Nigeria. He is grateful to you all, especially Fr Francis and Deacon Willie, for your prayers, support and collaborations in the parish life and ministry. Fr Francis is going away for his own break this February. God bless our community, as always.



"Really happy and was still in their right mind?"

There was a *Peanuts* cartoon years ago in which Lucy asked Charlie Brown if he had ever known anybody who was really happy. Before she could finish her sentence, however, Snoopy came dancing on tiptoe into the frame, his nose high in the air. He danced and bounced his way across two frames of the cartoon strip. — Finally, in the last frame, Lucy finished her sentence, *"Have you ever known anybody who was really happy, and was still in their right mind?"*

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

£25, 111k £40,500



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

Thank You

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



SCAN ME!