

6.

**SIX BIBLE STUDIES ON THE LENTEN SUNDAY GOSPELS**

Mauro Iannicelli will break-open the forthcoming Lenten Sunday Gospels with in-depth teaching and stimulating questions.

Starts:

**Tues 17th February, 2026 @7pm**

Six consecutive Tuesdays:

**17 Feb | 24 Feb | 03 Mar |**

**10 Mar | 17 Mar | 24 Mar**

(7-8:15pm). **Free of Charge |**

**LIVE on YouTube. Registration:**

**[comeandsee.org/lent26](http://comeandsee.org/lent26)**

Formerly known as:

**“The Women’s World**

**Day of Prayer”,**

**and held on**

**the First Friday of March**

**i.e.:**

**Friday 6th March 2026 at 8pm,**

**THE WORLD DAY OF PRAYER**

**will be here**

**in St Mary of the Crays**

**this year. The women of**

**Nigeria have prepared**

**this year’s service.**

**Please come. Please help.**



**THERE WILL BE**  
**“A DAY WITH MARY”**  
**HERE, IN ST MARY OF THE CRAYS,**  
**ON THE FIRST**  
**SATURDAY 7TH MARCH.**  
**PLEASE, put this date in**  
**your diaries today**  
**and commit**  
**to come to the whole,**  
**or part of, A DAY WITH MARY.**

**The Sisters of La Sainte Union**  
**des Sacres-Coeurs**  
**- The Holy Union Sisters -**  
**celebrate 200 years since their**  
**foundation in northern France**  
**in 1826, by the Belgian Priest:**  
**Fr Jean-Baptiste Debrabant.**  
**These are the Sisters**  
**who founded**  
**St Catherine’s School in 1956,**  
**and who live in Shalom Convent.**  
**Ad Multos Annos - Sisters!**  
**(To many more years - Sisters!)**

3.

**+ J. M. J. + = + JESUS, + MARY, and + JOSEPH +**  
**Newsletter Supplement: 8th February Anno Domini 2026**  
**THE FIFTH SUNDAY IN ORDINARY TIME (A)**

***Pages 133-135 in the Parish Mass Book***

***(Rite of Blessing and Sprinkling of Holy Water on Page 62.)***

***(Music in Parish Mass Book begins page 320,***

***Gloria on page 323, Preface Dialogue page 15,***

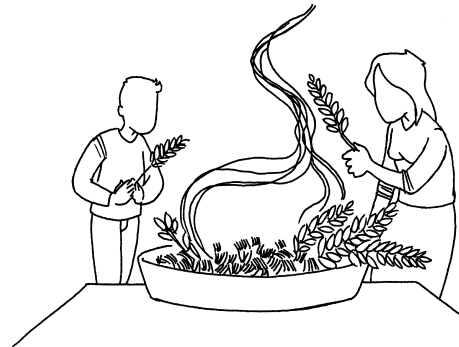
***Holy, holy /Sanctus page 16,***

***Mystery of Faith: “SAVE US ...” page 29,***

***Lamb of God/Agnus Dei page 57 & 78)***

***PALMS FOR ASHES FOR***  
***ASH WEDNESDAY***  
***18TH FEBRUARY 2026 ...***

***Please bring in your Palms***  
***from last year’s Palm Sunday***  
***so that we might burn them***  
***and create the Ashes for***  
***Ash Wednesday. Thank you***



**ACTS OF CONTRITION:**

**O My God,**  
**because You are so good,**  
**I am very sorry**  
**that I have sinned against You,**  
**and, with the help of Your grace,**  
**I will not sin again. Amen.**

**O my God,**  
I am sorry and beg pardon for all my sins, and detest them above all things, because they deserve Thy dreadful punishments, because they have crucified my loving Saviour Jesus Christ, and most of all because they offend Thine infinite goodness; and I firmly resolve, by the help of Thy grace, never to offend Thee again, and carefully to avoid the occasions of sin. **Amen.**

**I love You Jesus,**  
My Love above all things. I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always, then do with me what You will. **Amen.**

*St Alphonsus de Liguori*



4. "Holy Michael, the Archangel,  
defend us in the day of battle;  
be our safeguard against the wicked-  
ness and snares of the devil.  
May God rebuke him,  
we humbly pray and do thou,  
O Prince of the Heavenly Host,  
by the power of God,  
thrust down into hell  
Satan and all the evil spirits  
who prowl through the world  
seeking for the ruin of souls. Amen."

(Pope Leo XIII)

\*\*\*\*\*  
"Angel of God, my Guardian dear,  
to whom God's love commits me here,  
ever this day/night  
be at my side to light,  
to guard, to rule, and guide. Amen."  
\*\*\*\*\*

"Visit this house,  
we pray You, Lord:  
drive far away from it all  
the snares of the enemy.  
May Your holy angels stay here  
and guard us in peace, and let  
Your blessing be always upon us.  
Through Christ our Lord. Amen."

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"Repent, and believe  
in the Gospel."



"Remember that  
you are dust, and  
to dust you shall return."

As we prepare for  
**LENT AND EASTER,**  
the greatest Season of  
the Church's Calendar  
and Liturgy some of us  
have been planning  
and pondering.  
Please, do we have some  
folk and families who would  
be willing to help 'meet and greet' our Parishioners and visitors before Holy Mass each Saturday and Sunday, to help with the Books and Newsletters and any information that an occasional visitor might need?

**WELCOME. WORSHIP.  
WITNESS.**

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And what about  
**'SHROVE' WEEKEND?**  
In Europe some countries  
keep both 'Fat' Thursday  
and 'Fat' Tuesday, or ,  
'Giovedi grasso' ,  
'Martedi grasso',  
or, 'Mardi Gras',  
or 'Carne Vale' /Carnival,  
that is saying  
'Good-Bye' to meat!!

Shall we have a  
**'BRING & SHARE'  
GET-TOGETHER**  
on Sunday 15th February af-  
ter the 10:30am  
Holy Mass?

5. **Please welcome our newest  
'Auxiliary' Bishop to our  
Archdiocese of Southwark:**

**Bishop Gerard Bradley.**  
He was ordained Bishop on  
Monday 2nd February in  
St George's R. C. Cathedral  
at Southwark by  
Archbishop John Wilson,  
assisted by our Emeritus  
Archbishop Kevin McDonald  
and Bishop Paul Hendricks.  
Many other Bishops attended,  
Including:

**Bishop Richard Moth,**  
who will soon be the new  
Archbishop of Westminster  
Diocese. Bishop Moth was a  
priest of this Archdiocese and  
will be installed as the twelfth  
Archbishop of Westminster on  
**Saturday 14th February.**

For both:  
**Archbishop-elect  
Richard Moth, and  
Bishop Gerard Bradley**  
may we pray:

**Ad Multos Annos!!  
To many more years!!**



**PRAY**

**THE ROMERO ROSARY AT  
ST GEORGE'S CATHEDRAL.**

Join Archbishop John Wilson  
and the Cathedral clergy in pray-  
ing the rosary **every Friday at  
5pm** throughout Lent. This is a  
beautiful opportunity to draw  
closer to the Lord Jesus in pray-  
er. Archbishop John will person-  
ally lead the devotion at the Na-  
tional Shrine of St Oscar  
Romero at St George's Cathedral  
(SE1 6HR) on

**Ash Wednesday  
(18th February) at 5pm,**  
and again on **Friday 6th  
and Friday 27th March.** On

all other Fridays during Lent,  
the Cathedral clergy will lead  
**the Rosary,** followed by

**the Stations of the  
Cross at 6pm.  
Let the rosary  
connect you to  
the Lord Jesus  
this Lenten season.**



Find out more at:

[rcaos.org.uk/romerorosary](http://rcaos.org.uk/romerorosary)

Please, let Housebound folk  
know, and pray together, as  
Families with the Cathedral.