

01st FEBRUARY 2026: FOURTH SUNDAY (A)

Mass book: p130

Preface: Preface IV of Sunday in Ordinary Time p69

Eucharistic Prayer: II p24

9.30am	Hymns are on the back of this Newsletter.		
11am	Gathering: 908 Gloria: Glendalough Sanctus: Holy, Holy, Holy (Glendalough) Post-Communion: 892	Entrance: 970 Gospel Accl. ⁿ : 820 Memorial Accl. ⁿ : We proclaim your death O Lord Final: 854	Kyrie: Kyrie Eleison (Glendalough) Offertory: 608 Communion: 302

The Holy Father's Prayer Intention - 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.

Mass Times, Intentions & Feast Days

Sat 31	
18:30	<i>First Mass of Sunday</i> Bob Bailey Wellbeing
Sun 01	✠ FOURTH SUNDAY (A)
09.30	Heather Browne RIP
11.00	Judith Abeydeera Wellbeing
Mon 02	<i>THE PRESENTATION OF THE LORD</i>
09.30	Emmanuel Cassar RIP Rosary
Tue 03	<i>Saint Laurence of Canterbury</i>
09.30	Bridget Carberry Wellbeing Rosary
Wed 04	
09.30	Kennedy & Hogan Families Wellbeing Rosary
Thu 05	<i>Saint † Agatha</i>
09.30	Julie Redgrave RIP Rosary
Fri 06	<i>Saints Paul Miki and his Companions</i>
09.30	Kofi Agyeman Dwommoh RIP Exposition
Sat 07	
09.30	Esther Bay RIP
18:30	<i>First Mass of Sunday</i> Denies Sullivan - Get Well
Sun 08	✠ FIFTH SUNDAY (A)
09.30	Robert White RIP
11.00	Mass

Prayer Requests

If you request for yourself or an immediate family member to be listed in the Parish Newsletter. Please send an email to: gregoryackron@rcaos.org.uk.

Please Pray for the wellbeing of:

Geoff Brady, Margaret Ann Baker, Henry & Philomena Hutcheon, Nkechi Roberts, Kathleen Edkins, Germani Vemalaragni, Steven Pearce, Carol Bonehill, Kamila Silke, Elizabeth De Masi, Matilda Ogutu, Irene Clark, Denise Sullivan, Bridget Carberry.

Please Pray for those who have died recently:

Margaret Ann Manly-Rollings, Giorgina Mabea, Albert James McElroy, Etelvina Rodrigues, Ann Maria Jalees, Sam Lowell, Tony Rawsthorne, Adam Taylor, Iris Scott, Heather Browne, Sally Kennedy.

Sick & Housebound

If your neighbour or anyone you know is unable to attend Mass because of poor health, please inform Fr Gregory and he will take them Holy Communion.

Catholic Women Praying Together (CWPT)

Join CWPT Group at Our Lady & St. Philp Neri Church every 4th Sunday of the Month, after 11am Mass. See you all there.

Confirmation

Next Session: 31 January 2026

Lewisham Foodbank

Lewisham Foodbank urgently requires the following items: (no pork please), UHT milk (semi-skimmed or full fat only), non-dairy milk, long-life juice, cereal, canned tomatoes, canned sweetcorn, canned meat, halal canned meat, canned fish, canned fruit, canned rice pudding, biscuits, instant coffee, rice, cooking oil, pasta sauce, vegetarian meals (non-perishable), toilet rolls, sanitary towels, (not

tampons), nappies, baby wipes, washing-up liquid, and strong carrier bags. **The SVP and the Knights of St Columba** will be taking donations to Lewisham Foodbank on 2nd February 2026. **The last date for donations will be 1st February 2026.**

Sydenham Catholic Social Club

Just nearby in Watlington Grove - 2 minutes walk. Available for hire at weekends, during the week for celebrations, funerals, any special occasions or business use.

Call Mags on 07930 889632

The Club opens for drinks and socialising with friends at weekends. Come and join us on Fridays at 7-11pm, Saturdays 4pm to 12.00am (live music) and Sundays 12.00 noon - 11pm.

Gift Aiders

When you use Gift Aid envelopes for first, special and second collections, you must write your Gift Aid number on the envelope. There is a supply of envelopes at the back of the church.

If you have forgotten your number, please email the treasurer on sydenhamtreasurer@rcaos.org.uk

If you are a Tax Payer BUT NOT a Gift Aider

It is very easy to become one. Just complete one of the envelopes at the back of the church and post through the church house letter box. This a way of helping the church at no extra cost to yourself. The church claims from the Government an extra 25p for every £1 you donate.

Answering the Call:

Become an Active Member of the Legion of Mary!

Are you looking for a meaningful way to deepen your faith and serve the Lord in our parish community? The Legion of Mary invites you to join us in our mission of evangelization and service under the banner of our Blessed Mother, Mary.

The Legion of Mary is a Catholic lay association dedicated to the glory of God through prayer and active apostolic work in union with Mary and the Church. Our members participate in the life of the parish through various spiritual and corporal works of mercy, striving to bring Christ to others and helping to sanctify their own lives in the process.

What does Active Membership involve?

Weekly Meetings: Weekly Apostolic Work: Visiting the sick, housebound, and bereaved in their homes or hospitals: Maintaining contact with those unable to attend church regularly and sharing the parish newsletter: Promoting parish functions and devotions:

Assisting with other apostolic and missionary undertakings sponsored by the parish, under the guidance of our Spiritual Director.

Feel free to speak to members of the Legion of Mary after mass who are ready to provide more information.

Racial Justice Sunday Collection

Collection to support the work of the Catholic Church to promote racial justice in our schools, parishes and in wider society.

Pilgrimage to Rome

St Anthony's in Anerley are organising a parish pilgrimage to Rome from Monday 21st to Friday 25th September 2026 in conjunction with All Saints Travel and with parish priest Fr Joseph Edem as Spiritual Director. The cost is £1,295 (sharing) to include return flights to Gatwick, airport transfers, half board accommodation in a hotel close to the Vatican, daily mass, a full programme of visits to the basilicas, the Vatican, the English College and the services of a tour guide. If you are interested in joining this pilgrimage, please let St Anthony's parishioner James Finette know by email at: jfinette@icloud.com. The pilgrimage can be booked directly with All Saints Travel at:

WWW.ALLSAINTSTRAVEL.CO.UK/RM1139/

Last Week

Offertory:

Gift Aided: £151

Not Gift Aided: £465

Mass Count:

Sat (51)

Sun 09.30 (100)

11.00 (124)

Second Collection

Last week:

Maintenance of St George's Cathedral (£258)

This week:

Racial Justice Sunday

Next Week:

None

Donate

Gift Aid: Tax payers, please sign up, using the white envelopes at the back of the church, so we can claim 25p for every £1 donated.

Card: Card Machine in Church Foyer or www.olspn.church

Standing Order: Email Treasurer for details.

Cheque: Payable to 'RCAS Sydenham'

Contact

David Simpson

Treasurer: sydenhamtreasurer@rcaos.org.uk

Steven Pearce

Secretary: Working from Home

sydenham@rcaos.org.uk

Margaret Doherty

Catholic Club: 07930 889632

ENTRANCE ANTIPHON

Save us, O Lord our God! And gather us from the nations, to give thanks to your holy name, and make it our glory to praise you.

COLLECT

Grant us, Lord our God, that we may honour you with all our mind, and love everyone in truth of heart. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

Amen

FIRST READING – Zephaniah 2:3; 3:12-13

Seek the LORD, all you humble of the land, who do his just commands; seek righteousness; seek humility; perhaps you may be hidden on the day of the anger of the LORD.

I will leave in your midst a people humble and lowly. They shall seek refuge in the name of the LORD, those who are left in Israel; they shall do no injustice and speak no lies, nor shall there be found in their mouth a deceitful tongue. For they shall graze and lie down, and none shall make them afraid.

The word of the Lord.

Thanks be to God

RESPONSORIAL PSALM – Psalm 145

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

1. It is the LORD who preserves fidelity for ever,
who does justice to those who are oppressed.
It is he who gives bread to the hungry,
the LORD who sets prisoners free.

2. The LORD who opens the eyes of the blind,
the LORD who raises up those who are bowed down.
It is the LORD who loves the just,
the LORD who protects the stranger.

3. The LORD upholds the orphan and the widow,
but thwarts the path of the wicked.
The LORD will reign for ever,
your God, O Sion, from age to age.

R.

R.

R.

SECOND READING – 1 Corinthians 1:26-31

Consider your calling, brothers and sisters: not many of you were wise according to worldly standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, even things that are not, to

bring to nothing things that are, so that no human being might boast in the presence of God. And because of him you are in Christ Jesus, who became to us wisdom from God, righteousness, and sanctification, and redemption; so that, as it is written, 'Let the one who boasts, boast in the Lord.'

The word of the Lord.

Thanks be to God

ACCLAMATION BEFORE THE GOSPEL

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

GOSPEL – Matthew 5:1-12a

At that time: Seeing the crowds, Jesus went up on the mountain, and when he sat down, his disciples came to him. And he opened his mouth and taught them, saying: 'Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall receive mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven.'

The Gospel of the Lord

Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

O Lord, we bring to your altar these offerings of our service: be pleased to receive them, we pray, and transform them into the Sacrament of our redemption. Through Christ our Lord.

Amen

COMMUNION ANTIPHON

Let your face shine on your servant. Save me in your merciful love. O Lord, let me never be put to shame, for I call on you.

PRAYER AFTER COMMUNION

Nourished by these redeeming gifts, we pray, O Lord, that through this help to eternal salvation true faith may ever increase. Through Christ our Lord .

Amen