

MASS INTENTIONS
Fourth Sunday of Ordinary Time (Year A)

Saturday 31st January – Fourth Sunday of Ordinary Time	6.30pm	Eddie O'Dwyer (R.I.P)
Sunday 1st February – Fourth Sunday of Ordinary Time	9:00am	James Stimpson (R.I.P)
	11:00am	Bishop Thomas McMahon (R.I.P)
Monday 2nd February – The Presentation of the Lord	9:00am	PJ Watson
Tuesday 3rd February – St Anne Line	9:00am	Aedeen Connolly (R.I.P)
Wednesday 4th February – Feria	9:00am	Donal Bresilen (R.I.P)
Thursday 5th February – St Agatha	9:00am	Anna May Clark (R.I.P)
Friday 6th February – SS Paul Miki and Comps	9:00am	Ben Rao (R.I.P)
Saturday 7th February – Feria	9:00am	Rev Mgr David Manson (R.I.P)

Fifth Sunday of Ordinary Time (Year A)

Saturday 7th February – Fifth Sunday of Ordinary Time	6:30pm	Eddie O'Dwyer (R.I.P)
Sunday 8th February – Fifth Sunday of Ordinary Time	9:00am	Michael Palmer (R.I.P)
	11:00am	Thanksgiving

Thought for the Week: St Brigid of Ireland

Time and again in the gospel we see that Jesus needed the cooperation of women, to carry out his mission. They supported him at every moment of his public ministry. The qualities that made Saint Brigid great have been found in so many women down through the centuries. Some of these women entered religious life and were extremely dedicated to their vocation and mission. The vast majority, however, have been women who in their homes, workplaces and communities helped to nurture and to spread the faith. Without them the Church would have found it hard to survive and flourish. Their contribution is incalculable and the gratitude we owe them immense. – **Bishop Michael Router**



ST ALBAN'S PARISH NEWSLETTER
Langdale Gardens RM12 5LA
PARISH PRIEST: Canon Maurice Gordon



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Fourth Sunday of Ordinary Time (Year A)
31st January & 1st February 2026

Dear Friends,

In today's Gospel, Jesus gives us a prescription. It is a prescription for happiness. Everyone wants to be happy, but how do we go about it?

The world proposes many solutions that promise to make us happy, but often they do not make us happy. That is because there is a superficial or passing kind of happiness, and then there is a deep and abiding happiness, which we can call blessedness: that is the kind of happiness Jesus is talking about. Jesus' prescription has nine parts to it. We call them the beatitudes.

The word itself means 'blessedness' but we can think of them as attitudes of the heart. Jesus is telling us that what is in our hearts is vitally important for our happiness. The beatitudes remind us that ultimately, our happiness is never to be found completely in this world.

We have to keep our eyes on the eternal goal of heaven. What better way could we examine our consciences than to reflect prayerfully on the beatitudes?

Even if we have failed to measure up to them, we can begin anew through the grace of God's mercy in the sacrament of reconciliation. Jesus has given us the prescription to be followed. Let us do all in our power, with his grace and help, to reach our destination safely.

God Bless
Canon Maurice

Please pray for all who are sick, including:

Nell Addison, Domingos De Albuquerque, Christophe Amblard, Eva Au, Michael Balfour, William Bradbury, Rose Cahill, Marlene Camay, John Carty, Macmillan Chitoma Bras-Goncalves, Maureen Daly, Katherine Day, Gerry Margaret Dumbrill, Martha Dwyer, Fiona Forder, James Francis, Mary Gallet, Anna Gawlik, Ian Gilling, Maisie Glennon, Maureen Gorham, Kevin Harty, Bernadette Heddle, Peter Hemsley, Ellen Hurley, Mathew John, Julia Joseph, Kathleen Kavanagh, Baby Stephen Kelly, Vicky Loik, David Lynch, Mary Lynes, Amaogechi Mbanu, Siobhan McKeon, Norah McLoughlin, Gladys McQuaid, John Morrison, Ann Mount, Jim Nolan, Brian Nash, Livan Opoku-Agyemang, Baby Teegan Oakley, Dean Partleton, Michelle Pointer, Baby Teddy Rands, Dr Nikhil Rao, Jennie Reddy, Louis Russo, Dorothy Ryan, Fr Francis Coveney, Mary Sayers, Marina Scarff, Robin Stinson, Julia Stokes, Teresa Shorey, John Sinclair, The Salter Family (Bert, Charlie and Bert's Daughter-in-law), Charles Stimpson, Julia Thomas, Melon Vigo, Heather Wood, Elizabeth Wyles, Jay Spencer, Irene (Evelyn's sister) and Clara Yankey. For those we know and the many we do not know, we pray to the Lord.

PARISH FINANCES:

24th & 25th January 2026

Loose

£819.31

Envelopes

£354.63

Baptism Course:

The next session for the Baptism course will take place on Saturday the 14th of February at 9am in the Parish Hall. To attend please register with Mr & Mrs Law on 07454 962277.

Holy Communion Programme 2025/26:

The next session will take place this Thursday the 5th of February 2026 at 7pm. Children will meet in the Parish Hall and Parents in the Church. We also continue the sessions every Sunday for the children and parents not attending Catholic Schools at 10.10am to 10.45am,

Confirmation Programme:

The next session will be this Thursday 5th of February at Brentwood Cathedral. The coach will leave the Church at 5:30pm. It is expected that all our confirmation candidates will attend.

Journey in Faith Programme (RCIA):

Anyone who wishes to know more about the basics of the Faith or is interested in joining the Church is invited to the weekly session every Monday at 7:30pm in the Presbytery.

Diocesan Pilgrimage to Lourdes:

Join Bishop Alan and pilgrims from across our diocese in Lourdes next summer: Friday 17th - Friday 24th July 2026. Booking details will be available in the new year.

Holy Hour:

Please note Holy Hour continues every Sunday 6 -7pm.

Mother & Toddler Group:

If you would like to join us in 2026, please contact Maria at stalbanstoddler@yahoo.com or 07774 719 806 for more information.

Monthly Youth Mass

The next Youth Mass is next Thursday 5th February at Brentwood Cathedral 7.30pm

Post Confirmation Group:

We are hoping to start a post confirmation group meeting every month starting this Friday the 6th of February at 6:30pm. There is a felt need for young people to be supported, and this project could enhance the Spiritual development of our young people. The strength of our young people is in working together as a group.

R.I.P.:

Please pray for Catherine Friel whose Requiem Mass will take place on Wednesday 11th of February at 12:45pm. Her remains will be brought into the Church on Tuesday 10th February evening at 5pm. May she Rest in Peace.

Dates For Your Dairy:

- **Ash Wednesday** – 18th of February
- **Variety Show** – 21st of March
- **Easter Tridium** – 2nd – 5th of April

BCCS Afternoon Tea

The Brentwood Catholic Children Society is delighted to kick off the year with an invitation to Afternoon Tea. Hosted in the opulent surroundings of the Roslin Beach Hotel in Southend-on-Sea on **Tuesday 17th February 2026 (13:30-15:30)**.

Set in the elegant ballroom of this prestigious venue, this fundraising event promises an experience of true luxury.

Tickets are £35 per person - for more information or to book your place search www.bccs.org.uk/get-involved/events/ or contact Julie (jabbott@bccs.org.uk or 07912277413).

Social Committee:

We would like to organise a social committee with people that will be available to help at any parish events like the Bazaar, variety show and tea making for other events. The meeting will be this Wednesday 4th of February at 7pm, anyone interested is welcome to join us. Thank you

St John Bosco Children's Camp:

If you are in school year 12 or students age (or any age over 17!) you are very welcome to apply at www.boscocamp.co.uk. The application process includes references and a DBS check, which we can help with, as well as a training and support before and during camp. The camp provides over 100 children a week with a summer holiday – for many their only holiday. As a volunteer you use your skills in assisting with different sporting and fun activities, as well as the practical aspects of camp life. **Volunteer for 25th July – 1st August or 1st – 8th August.** The camp is a special work of Caritas Diocese of Brentwood and also seeks financial donations – all information on the website.

Job Vacancy:

The Governors of St Mary's Catholic Primary School, Hornchurch, are seeking to appoint an inspirational and dedicated Head Teacher. Closing date: Friday 6th March 2026 at 5pm / Interview Date: Friday 20th March 2026. Enquiries can be made by email to admin@stmcp.co.uk, or phone 01708 448430.