



**Do join us for refreshments  
after Mass today**

*St Anne in the Grove, Southowram*

**Sunday 8 February 2026**

During the week –

Monday 9<sup>th</sup> Feb. 1pm-3pm St Anne's Crafty Souls Craft Group meets in the Community Hall  
*Everyone is most welcome, either to craft or just for tea and a chat ~ have a word with Liz or Tracey...*

Wednesday 11<sup>th</sup> - 10.30am Said Mass

**Next Sunday – 15<sup>th</sup> Feb.**

6<sup>th</sup> Sunday in Ordinary Time / Next of Lent  
9.30am Parish Mass

*To help you prepare for our worship why not look up the readings we will use: Exodus 24:12-18; 2 Peter 1:16-21; Matthew 17:1-9*

**Ash Wednesday - 18<sup>th</sup> Feb.**

10.30am Said Mass with Imposition of Ashes  
*(St Paul's has a 12.30pm & 6pm Mass, both with the Imp. of Ashes)*

**Coffee Morning - 28<sup>th</sup> Feb.** 10.30am-1.30pm

To help raise funds for essential work to our Church Community Hall  
*(roof repairs & improving the heating etc)*

*We need YOUR help....*

The Social Committee met last week and plans are now taking shape for the coming year, with a good and varied programme of social and fund raising events. We now need some good prizes for our tombolas and raffle prizes.  
It's the ideal way of recycling those unwanted Christmas presents....!

**Parish Contact Details:**

Vicar: Fr. Nigel Stimpson 01422 553506  
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Readers: Val Doodson 07942 965117  
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**www.stannesouthowram.com**

**Welcome to our Parish Mass on  
the 5<sup>th</sup> Sunday in Ordinary Time**

A special welcome if you are visiting.  
If you require Gluten free altar bread - please have a word with one of the Welcomers at the door.

**Hymns: 541; 400; 445; 462; 810**

*There's a contactless payment facility at the back of Church and if you pay tax please make use of the Gift Aid envelopes – it helps us a great deal - Thank you!*

*Please stay for refreshments afterwards*

*During the week please pray for:*

Our neighbours in Brier Lane, Broadway and the people of King Cross

Monday – Preparations being made for Lent  
Tuesday – Peace in the troubled areas of the world  
Wed. – for all who run & all who rely on food banks  
Thursday – local farmers  
Friday – for all who mourn  
Saturday – for our Welcomers & Sidespeople

*Those who are sick or in need:*

Frances Norcliffe, Deborah Golding, Tom Hogan, John Greenwood, Paula Mead, Graham Firth, Bernadette Lister-Pollard, Stanley Sunderland, Mary Haward, Diane Metcalfe, Patricia Brunt, Julie Lloyd, Tony Hill, John Rushworth.

*The recently departed:*

*Anniversaries:*

Stuart Kilpatrick, Pr. Renee Doodson

**Weekly Collection Envelopes**

The current set of envelopes have now finished, so there's a temporary set for February, available at the back of church. Please add your usual number to each envelope. We are busy sorting things out, as this was one of David Harrison's responsibilities - so please be patient as we arrange for envelopes for the rest of the year! *Thank you.*

## 5<sup>TH</sup> SUNDAY – 2 BEFORE LENT

### ENTRANCE ANTIPHON

O come, let us worship God and bow low before the God who made us, for he is the Lord our God.

### OPENING PRAYER

Almighty God, you have created the heavens and the earth and made us in your own image: teach us to discern your hand in all your works and your likeness in all your children; through Jesus Christ your Son our Lord, who is with you and the Holy Spirit reigns supreme over all things, now and for ever. **Amen.**

### FIRST READING (Isaiah 58:7-10)

*A reading from the prophet Isaiah*

Thus says the Lord:

Share your bread with the hungry, and shelter the homeless poor, clothe the person you see to be naked and turn not from your own kin. Then will your light shine like the dawn and your wound be quickly healed over.

Your integrity will go before you and the glory of the Lord behind you. Cry, and he will say, "I am here." If you do away with the yoke, the clenched fist, the wicked word, if you give your bread to the hungry, and relief to the oppressed, your light will rise in the darkness, and your shadows become like noon.

*This is the word of the Lord. Thanks be to God.*

### RESPONSORIAL PSALM (Ps 112)

#### **R: The good will be a light in the darkness**

They are a light in the darkness fore the upright:  
they are generous, merciful and just.  
The good take pity and lend,  
they conduct their affairs with honour. **R:**

The just will never waver:  
they will be remembered for ever.  
They have no fear of evil news;  
with a firm heart they trust in the Lord. **R:**

With a steadfast heart they will not fear;  
open-handed, they give to the poor;  
their justice stands firm for ever.  
Their heads will be raised in glory. **R:**

### SECOND READING (Romans 8: 18-25)

*A reading from the Letter of Paul to the Romans*

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. We know that the

whole creation has been groaning in labour pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

*This is the word of the Lord. Thanks be to God.*

### GOSPEL ACCLAMATION

**Alleluia, alleluia, alleluia, alleluia!**

Speak, Lord, your servant is listening:  
you have the message of eternal life.

**Alleluia, alleluia, alleluia, alleluia!**

### GOSPEL (Matthew 6: 25-34)

*A reading from the holy Gospel according to Matthew*

**Glory to you, O Lord.**

Jesus taught his disciples, saying: 'Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?" For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. 'So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.

*This is the Gospel of the Lord. Praise to you, O Christ.*

COMMUNION ANTIPHON & THOUGHT FOR THE WEEK - To everyone who conquers, says the Lord, I will give permission to eat from the tree of life that is in the paradise of God. (*Revelation 2:7*)

