


5th Sunday of the Year (A)
Mass Times and Intentions
Divine Office – Psalter Week 1


Saturday 7 th February	5.30pm	Brian Farrington
Sunday 8 th February	11.00am	Peter Thompson
Tuesday 10 th February	9.30am	Julie Guo
Wednesday 11 th February	7.00pm	Sarah Meehan
Thursday 12 th February	9.30am	Anne and Ken Fidler
Saturday 14 th February	5.30pm	William and Harriet Ross
Sunday 15 th February	11.00am	Paul Lowrey

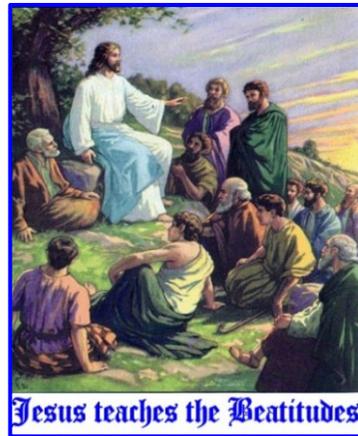


The Roman Catholic Parish of
Our Lady Help of Christians
 Portico Lane, Prescot, L34 2QT

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5th Sunday of the Year (A)
8th February 2026



In the Readings for today, we are reminded of our need to be mindful of the health and welfare of those less fortunate than ourselves. In the First Reading from the Prophet Isaiah, we hear the prophet chastising the rich and powerful people of the 5th century BC for not looking after the poor, the hungry, the oppressed and homeless. Selfishness and greed were some of the reasons for the fall of the Jewish monarchy, and now they (selfishness and greed) are rising again to be a major issue. However, charity toward those less fortunate can bring much spiritual freedom to the heart and mind. The Responsorial Psalm is a prayer that continues the same thought pattern of the blessings that come

to those who share their time, talent and treasures with those in need. In the Second Reading, from St. Paul's First Letter to the Corinthians, Paul tells us something about himself. We know that Paul was well educated and probably well off financially. However, after his conversion, he gave up everything to preach the gospel. In doing so, he did not approach people as a person of power and means, but rather as a poor itinerant preacher. In this way the words of the Gospel, the "Spirit and Power" of God, would shine through and be more important than the one who delivered them. The Gospel Reading is from the Gospel of Matthew. This short passage follows immediately after Jesus' pronouncement of the Beatitudes. The symbols of salt and light are used here to explain how service to others can lead both the giver and the receiver into a closer walk with Jesus Christ. "Salt" has many uses, but the one that we most often think about is as a food enhancer, to bring out the best in food. When we help to bring out the "best" in someone else, we help ourselves as well. When we help others to "see the light" through our example, we both gain insight into our role in God's Plan of Salvation.

Sunday Liturgy

Proper of the Mass		p. 133
Profession of Faith	Nicene	p. 11
Preface	Special II	p. 46
Eucharistic Prayer	Special 2	p. 46

The Holy Father's Prayer Intention for February



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.

February is the month of the Holy Family. "By his obedience to Mary and Joseph, as well as by his humble work in the long years at Nazareth, Jesus gives us the example of holiness in the daily life of family and work." *From the Catechism of the Catholic Church, 564.*



Offertory Collection/Donations

If you do not have any cash you can donate by scanning this QR code with a smart phone.

50 Plus Group

The next meeting of the 50 Plus Group is on Wednesday 11th February 2026 at 2:00pm in the Parish Church hall. The invitation is open to anyone in the community over the age of 50. Tea/coffee, cake/biscuits. lots of chat, a quiz and a raffle are all included. You will be welcome to join us.

Weekday Mass



If you are free during the day, have you ever thought of attending weekday Mass? There is no better way of sanctifying the day than listening to the Scriptures and receiving Christ's Body and Blood in Holy Communion. Our weekday Mass is a lovely opportunity to pray and reflect. Why not come and Join us?

Knitters and Stitchers Group

Portico Knitters and Stitchers first meeting was a great success and our next meeting is at 1.00pm on Thursday 12th February. Look forward to seeing you there.

World Day Of Prayer for the Sick

World Day of the Sick is a Catholic Church awareness day on February 11th, aimed at praying and sharing, sacrificing one's suffering for the welfare of the church, and urging everyone to see the face of Christ in his or her ailing brother or sister. The day falls on the Feast of Our Lady of Lourdes, and it is an important occasion for individuals in the Catholic health ministry to reflect on caring for those who are sick as well as those who care for them. This year Pope Leo XIV asks us to reflect on this theme: "The compassion of the Samaritan: loving by bearing the pain of the other".

Confirmations in 2026

Anyone in Year 8 or above can now register to be Confirmed in 2026.

Register: www.liverpoolcalled.co.uk.

Anyone who has missed out in previous years is also welcome to apply.

Civic Mass

The annual Civic Mass for the City of Liverpool and the County of Merseyside takes place in the Metropolitan Cathedral at 11.00am on Sunday 15th February. Guests in attendance will include the Mayor of Liverpool, the Lord Lieutenant of Merseyside, the High Sherriff and members of the Judiciary and Consular Corps, as well as representatives from all walks of life in the city. The celebrant will be Archbishop John Sherrington, and light refreshments will be served afterwards in the Gibberd Room.

Exposition and Benediction

We will have a short period of Exposition of the Blessed Sacrament after the 9.30am Mass this coming Thursday, during which we will offer prayers for the sick. The service will conclude with Benediction.

Feast Days This Week

- Monday** **St Michael Febres Cordero** – Born in the year 1854, he was an Ecuadorian de la Salle Brother, the first native vocation there. A teacher, he was honoured with membership in the great Academie Francaise. Michael died near Barcelona in Spain in the year 1910 after teaching for many years and serving as a model of prayer and charity. In 1936, his intact body was returned to Ecuador. Pope John Paul II canonized him in 1984.
- Tuesday** **St Scholastica** – She was the sister of St Benedict, born in Umbria, Italy, about the year 480, and devoted herself to a life of prayer from an early age. Together with her brother she consecrated herself to God and founded a monastery of nuns. Like her brother, she was a great contemplative, and she followed him to Monte Cassino when he established the famous monastery there, and she died there about 547.
- Wednesday** **Our Lady of Lourdes** – In 1858 the Virgin Mary appeared to Bernadette Soubirous near Lourdes in France, in the grotto of Massabielle. Through her, Mary called sinners to penance and prayer, and there arose in the Church a marvellous spirit of prayer and charity, especially in helping the poor and the sick. Our Lady appeared to Mary eighteen times between 11th February and 16th July, and it was to Bernadette that she revealed herself as the Immaculate Conception.
- Thursday** **St Buonfiglio Monaldo** – He was one of the seven Florentines who had joined the Confraternity of the Blessed Virgin in a particularly lax period of the city's history, inspired by a vision to take up a life of solitude and prayer. After nearly fifteen years of austerity at a hermitage on Monte Scenario he took the name in 1240 of the Servants of Mary, or Servites. Six were ordained, and they established many religious houses and foreign missions. Brother Buonfiglio served as its first Prior General from 1240 until his death on 1st January 1256.
- Friday** **St Catherine de Ricci** – She was born in Florence in the year 1522. From her earliest years she manifested a great love of prayer, and at the age of fifteen she entered the convent of Dominican nuns at Prat in Tuscany. While very young she was chosen as Mistress of Novices, then subprioress, and at twenty five years of age she became perpetual prioress. Her reputation of her sanctity attracted many illustrious people, three of whom went on to become Pope. She is famous for her "Ecstasy of the Passion", and after a long illness she died in the year 1589.
- Saturday** **St Cyril and St Methodius** – They were born at Salonika of a prominent senatorial Christian family, and after becoming priests they were educated at Constantinople. In the year 863 they were sent by the Emperor to Moravia to preach the Faith. They both translated the liturgical books into the Slavonic language using the Cyrillic Alphabet which they invented. They believed people should celebrate the liturgy in their own language. However, in their work they met opposition from German bishops so they returned towards Byzantium. They were called to Rome and here Cyril died on 14th February in the year 869. Methodius was consecrated bishop and went to Pannonia in Hungary where he laboured ceaselessly in preaching the Gospel. He endured many hardships because of jealousy, though he had the support of the Holy See. He died on 6th April 885 in Czechoslovakia. They are co- patron Saints of Europe, and are now called the apostles of the Slavs.