



# High Wycombe Catholic Parishes

## 4<sup>th</sup> Sunday of the Year [A]

### 1<sup>st</sup> February 2026



**Please take the Newsletter home with you for reference.**

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✉ [www.st-augustines-church.org.uk](http://www.st-augustines-church.org.uk)  
[www.stjhnp parish.org](http://www.stjhnp parish.org)

✉ [www.facebook.com/StAugustinesHW](http://www.facebook.com/StAugustinesHW)

**Morning Prayer** 9.15am before 9.30 weekday Mass

#### MASS INTENTIONS & TIMES

**Saturday 31 January** – St John Bosco, Priest  
5.00pm (OLG) – Vigil Mass – Foundation - Conaty

**Sunday 1<sup>st</sup> February – 4<sup>th</sup> Sunday of the Year [A]**

9am (StAug) - Mary Therese Joseph RIP

9am (SW) – William Gilbert RIP – Anniv.

11am (StAug) – Kay Dunsire RIP – Anniv.

11am (OLG) –

6.00pm (StAug) – People of the Parish

**Monday 2<sup>nd</sup> February – THE LORD'S PRESENTATION**

9.30am (StAug) –

6.00pm (SW) -

**Tuesday 3<sup>rd</sup> February – St Blaise, Bishop & Martyr**

9.30am (StAug) -

10.00am (SW) – John Joe & Danny O'Brien

**Wednesday 4<sup>th</sup> February - St Werburga, Virgin**

9.30am (StAug) – Patrick Hanbury RIP

**Thursday 5<sup>th</sup> February – St Agatha, Virgin & Martyr**

9.30pm (StAug) – Judemar Canja Hivon RIP

7.00pm (OLG) – Blaise Oriabure

**Friday 6<sup>th</sup> February – St Paul Miki & Comp. Martyrs**

9.30am (StAug) –

10.00am (SW) – Donald Adonis RIP

**Saturday 7<sup>th</sup> February –**

9.30am (StAug) – Raphael Nkwocha RIP

5.00pm (OLG) - Vigil Mass – People of the Parish

**Sunday 8<sup>th</sup> February – 5<sup>th</sup> Sunday of the Year [A]**

9am (StAug) – Kenneth Donaghey RIP

9am (SW) – Danny O'Brien (Int)

11am (StAug) – David John Dean

11am (OLG) – Anna Benigno RIP

6.00pm (StAug) –

**Sunday Mass Readings:** Zephaniah 2:3,3:12-13;  
Psalm 146:6-10; 1Cor.1:26-31; Matthew 5:1-12

#### **Psalm response:**

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

#### **Gospel Acclamation**

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

#### **Eucharistic Acclamation:**

We proclaim Your Death, O Lord, and profess Your Resurrection until You come again.

#### **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.

**CONFESIONS:**

St Augustine's	<b>Saturday 10.15-11.00am</b>
St Wulstan's	<b>Saturday 11.30-12.00am</b>
Our Lady of Grace	<b>Thursday 6.30-7.00pm</b>

**CHILDREN'S LITURGY:** The Children's Liturgy for those children who have not yet made their First Communion at the 11.00 Mass at St Augustine's and the Sunday morning Masses at the other churches..

**TEA AND COFFEE after the 11.00 Mass at St Augustine's in the UPPER ROOM.**



**ALSO** after Sunday morning Mass at St Wulstan's and Our Lady's.

**ALSO** after Thursday Mass at St Augustine's and the 2<sup>nd</sup> Tuesday of the month at St Wulstan's.

**EXPOSITION & ADORATION:**

St Augustine's: Saturday after Mass until 11am.

St Wulstan's: First Tuesday of the month after Mass until 11am

Our Lady of Grace: 6.30-7.00pm Thursdays

**ROSARY ON MONDAYS & FRIDAYS:**

After 9.30 Mass at St Augustine's.

**ONLINE ROSARY**

All welcome. Thursday evenings 8 – 8.30pm via Zoom. For joining details, contact Deacon Brin on 07931 607249

**LAST SUNDAY'S COLLECTION**

St Augustine: £963.80

+Standing Orders of £696

St John Henry Newman: £655.74 plus S/O  
**THIS WEEK 2<sup>nd</sup> Collection for SPUC White Flower Day Appeal**

**PRAAYER GROUP at St Augustine's:**

26<sup>th</sup> January – Zoom – 8pm

9<sup>th</sup> February – Upper Room 7.30pm

16<sup>th</sup> February – Zoom – 8pm

23<sup>rd</sup> February – Zoom – 8pm

2<sup>nd</sup> March – Zoom – 8pm

For Zoom details please contact Deacon Brin.



**SICK & HOME VISITS:** If you know of anyone who is ill or housebound please get them to call Fr Jonathan, so we can arrange for a visit and to receive Holy Communion if they wish.

**LECTIODIVINA** Please join us via Zoom for our Thursday morning sessions as we reflect on the Word of God for the forthcoming Sunday. Thursdays at 11.00am-12.30pm latest. You can join the meetings from 10.45. All ages welcome. For details of how to join, please contact **Anne Freier** [freier1961@gmail.com](mailto:freier1961@gmail.com) or **Kathy Russell** [karussell143@aol.com](mailto:karussell143@aol.com)

**CHURCH CLEANING ROTA (St Augustine's)**

Feb. 4	Pauline & Tony
Feb.11	Winston & Prem
Feb.21	Valentina & Kennedy
Feb.25	Liz & Maria

**OUR LADY OF GRACE - GAMES DAY**

Do come along on the **1st Wednesday** of the month whatever your age (18-80+!) for a time of chat, games and refreshment from **1.00pm** onwards. A contribution of £2 is requested to cover the cost of refreshments.

**JULIAN MEETINGS** for a time of Spiritual Reading and Contemplative Prayer, followed by refreshments and chat!. Our next meeting will be on Saturday 28<sup>th</sup> February at the usual time of 4.00pm. All welcome.

**EMMAUS: Opening the Scriptures** This very popular series of talks on a wide range of subjects continues on 4<sup>th</sup> February, when Fr Jerome Ituah OCD will speak on 'Trauma & Healing – Learning from the Prophet Elijah (1Kings 19:1-18). To register contact [www.stjosephs.org.uk/Emmaus](http://www.stjosephs.org.uk/Emmaus)

You can also watch online at [you.tube.com/@Emmaussouthbucks](https://www.youtube.com/@Emmaussouthbucks)

**YOUTH CLUB** meeting at St Wulstan's on Saturday afternoons.. If interested in either joining or volunteering contact **Leticia** 07506 421908 or [ltcadenuga@yahoo.co.uk](mailto:ltcadenuga@yahoo.co.uk) It should be emphasised that the youth group is not only for St Wulstan's but for all three churches.

**MORNING PRAYER** For any who wish to participate in the Morning Prayer of the Church, offered at St Augustine's most mornings Monday to Friday, we use the 'Universalis' app which you can put on your smartphones on the settings for Northampton Diocese.

**ROTAS for READERS/EUCHARISTIC MINISTERS** at St Augustine's are now published. If you have not received the rota by email, please find it on the noticeboard on the west side of the porch. If there are dates you know you are not going to be able to make, please try to find a replacement.

There have been a couple of people who have volunteered to go on the rota for the 6pm Sunday Mass, but I am afraid I seem to have mislaid their details. If those who volunteered will provide their details again I will draw up a rota for that Mass.

Thank you all on behalf of the Parish.

**LENTEN PRAYER** 'Walk With Me' booklets are now available to help us with a short but focussed time of Prayer and Scripture for each day of this forthcoming Holy Season at £1.50.

## **DIOCESE**

See the latest information from NYMO about upcoming events for teens, young adults and those working with young people in our diocese. If you would like to sign up to NYMO's newsletter receive emails about these and future events, please see their webpage: News – NYMO (<https://nymo.org/news-2/>)

**LUX.Belong** Running from 13-15 February at King's Park Centre, Northampton. This event is for those aged between 11 and 18. It is an annual event where each year a particular theme is explored through workshops, drama, music, worship, Mass, prayer times, games, inputs and time with friends. This year's theme is 'Belong.'

Visit [nymo.org/lux-belong-2026/](https://nymo.org/lux-belong-2026/) or email [NYMO.admin@northamptondiocese.com](mailto:NYMO.admin@northamptondiocese.com) to find out more.

**JOURNEY WITH JESUS THROUGH LENT**  
During Lent there is the opportunity for online small group sessions once a week for the six weeks beginning in the week beginning 16<sup>th</sup> February. Each 45 minute session will help you pray and reflect on the Scripture Readings for the coming Sunday. There will also be time during the session for silent reflection and sharing responses to the readings. Sessions will be available on multiple days and different times.

Sign up, and further information at <https://tickettailor.com/events/northamptondiocese/1963574>

## **MEN'S DISCERNMENT DAY** Saturday 28 March.

Any men who are wondering whether God might be calling them to the priesthood are warmly invited to a 'Come and See' discernment day. The day will include prayer, reflection, input on priestly vocation and an open Q&A, offering a relaxed and supportive space to explore God's call and learn more about priestly life. It is open to men who are exploring, questioning or actively discerning a vocation.

To register your interest or for further info. Please contact Fr Pius Amoako either by email to [vocationsdirector@northamptondiocese.org](mailto:vocationsdirector@northamptondiocese.org) or call 01753 523147

## **ENCOUNTER MINISTRY HEALING SERVICE** on Friday 28 February at 7.30pm at Northampton Cathedral.

The event is free, with no sign-up needed, and all are warmly invited to attend. It is part of a wider healing school taking place over Friday and Saturday, welcoming over 100 participants from across the UK some of whom will serve as prayer ministers.

**WALKING IN THE HOLY SPIRIT (Fanning Into Flames)** The Northampton Charismatic Services of Communion (CDSC) invite parishioners to take part in this four part monthly online series exploring how the Holy Spirit shapes and strengthens us to send us out as disciples of Christ.

Each Zoom session offers accessible teaching and practical encouragement to deepen our relationship with the Holy Spirit. Sessions run from 7.00-8.30pm on Tuesdays.

17 February – *Growth* – Fr Emmanuel Okami  
17 March – *Bonding* – Speaker to be confirmed  
16 June – *Empowerment* – Charles Whitehead  
14 July – *Mission* – Maria Heath

All are welcome and further information can be found at <https://northamptondiocese.org/courses/walking-in-the-holy-spirit/>

## **OTHER**

**RETRouveille** The Retrouvaille organisation exists to support marriages, and can bring hope and healing to relationships. Next programme begins on 12<sup>th</sup> February 2026. Visit [www.retrouveille.org.uk](http://www.retrouveille.org.uk) for information.

**POPE LEO XIV** has chosen Bishop Richard Moth of Arundel and Brighton. Bishop Moth is to be installed as 12<sup>th</sup> Archbishop of Westminster on 14 February this year. Please keep him and the retiring Archbishop, in your prayers at this time.

**FIRST FRUITS** **gardening project** on 5 allotments. Volunteers wanted to help between 10.30am and 3.30pm on the 2<sup>nd</sup> and 4<sup>th</sup> Saturdays of the month. Lunch provided. Info. From Dominic on 07754 051840.

**CATHOLIC YOUNG ARTIST** and **YOUNG WRITER** Awards The **Catholic Young Artist Award** is newly launched this year and is open to primary school aged children. This year's theme is **Forgiveness**. Entries will be judged by Margaret Mizen of the Mizen Foundation and the winner will be announced before the summer holidays and will receive a cash prize. Runners up will also be recognised. Alongside this is the **Catholic Young Writer Award**, open to those of secondary school age, which this year invites entries reflecting on the question: **Why do we go to Confession?** More information can be found at <https://catholicunion.org/2026/01/young-catholic-artist-award-2026>

**SNOWDROP WALK** Child Bereavement UK's family friendly Snowdrop Walk will be at West Wycombe Park on Sunday 1<sup>st</sup> February. Enjoy a walk in beautiful surroundings before planting a snowdrop in memory of someone important. Children can enjoy a treasure hunt and you can finish with hot food, cakes and refreshments at West Wycombe Village Hall where further children's activities will take place. For more info. Or to purchase tickets please visit Snowdrop walk in Buckinghamshire: Child Bereavement UK

#### **AND NOW FOR SOMETHING COMPLETELY DIFFERENT.....**

The following was seen on a poster at the entrance to a church in France. (My translation)

#### **WARNING**

If you come into this building, God may speak to you.

However, He will probably not call you on your phone, so please turn it off.

#### **PILGRIMAGE**

**ASSISI** led by Fr Matt Roche Saunders. This year Assisi is celebrating a Jubilee Year marking the 800<sup>th</sup> anniversary of the life and death of St Francis. The trip is from 1-6 June 2026 from £1350 per person including return flights from Stanstead, Accommodation, Breakfast and Dinner and services of a local English-speaking guide throughout. Pilgrims will visit the basilicas of St Francis and St Clare, Mount Subiaco and also the tomb of St Carlo Acutis. Full details at [www.jcjourneys.com](http://www.jcjourneys.com) or call 01886 812862

#### **+Useful Websites:**

<https://northamptondiocese.org>  
<https://www.catholicreadings.org>  
<https://cbcew.org.uk>  
<http://www.heavensroadfm.com>  
<http://www.walsingham.org.uk>  
<https://northamptondiocese.org/donate/>  
<http://cafod.org.uk>

#### **PRAYER TO ST MICHAEL**

Holy Michael, the Archangel, defend us in the day of battle. Be our safeguard against the wickedness 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 to hell Satan and all the wicked spirits who wander through the world for the ruin of souls. Amen.



#### **PRAYER OF SPIRITUAL COMMUNION** to be used especially by those not receiving the Eucharist.

My Jesus, I believe that You are present in the Most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally come at least spiritually into my heart. I embrace You as if You were already there and I unite myself wholly to You. Never permit me to be separated from You. Amen.