Sacred Heart Flitwick

1 February 2026

4th Sunday in Ordinary Time

OUR MISSION

Through the power of the Holy Spirit we will be a parish renewed in our knowledge and understanding of the love of Jesus Christ, to enable each of us to fulfil our Christian mission.

PARISH CATECHESIS

Sermon on the Mount

This famous opening to the Matthews's first discourse, the Sermon on the Mount, contains the Beatitudes. It would be a mistake to think that Matthew is listing the qualities of the afterlife in heaven. In his Gospel, the phrase 'kingdom of heaven' stands for the embryonic Christan community. So, he is outlining the qualities of the Christian life and the reward such qualities bring in the here and now.

The 'poor in the spirit' does not mean feeble or downtrodden. It means recognising a dependence on God. That is the initial way into the community of Christ. The gentle, that is those who do not seek power or are belligerent in their dealings with others, will inherit the earth. This has always been so, but not many lessons are learnt from history.

Those who mourn not just a personal bereavement but have an acute sense of sorrow of peoples' sufferings will be comforted. Those who work tirelessly for justice and human rights will find mercy and the pure in heart will see God because God is perfect in purity.

The peacemakers, not those who play for peace but those whose motives are reconciliation, are the sons of God whose Son was the prince of peace. The persecuted will also be found in the community of Christ as will those who are slandered and abused.

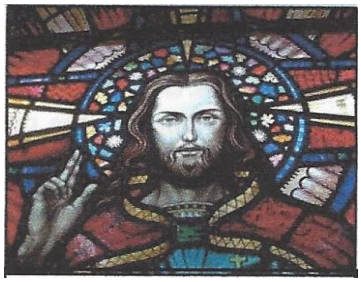
All those qualities of the Christian life bring their reward.

The Word of God, Year A, Robin Cooper

CIRCLE OF PRAYER FOR FEBRUARY — RACIAL JUSTICE, CONSECRATED LIFE, VICTIMS OF HUMAN TRAFFICKING, THE UNEMPLOYED

MASS INTENTIONS

Saturday 31 January	5.00 pm	Intentions of Ron and Nancy Ashpoole
Sunday 1 February	9.00 am	Tom and Bernadette Smith, and Peter and Selina Houghton, RIP Malcom James Graham, 2nd Anniversary, RIP
Sunday 1 February	11.00 am	Geoffrey Heanue, RIP
Tuesday 3 February	7.00 pm	**No Mass** *St Blaise, Bishop and Martyr*
Wednesday 4 February	9.30 am	**No Mass** *St Werberga, Virgin*
Thursday 5 February	9.30 am	**No Mass** *St Agatha, Virgin and Martyr*
Friday 6 February	10.00 am	**Service of the Word with Communion** *St Paul Miki and Companions, Martyrs of Japan*



PRIEST IN CHARGE
Father Jerry Manomey
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Contact: 01525 715 109

SECRETARY
Aggie Keeble
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WEBSITE AND FACEBOOK
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flitwick.sacred.heart

SAFEGUARDING
Paula Bates
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HOSPITAL CONTACTS
Bedford - Deacon Tony Quinlan 01234 950 453
tonyquinlan15@gmail.com
Luton – Fr. Ugo Nnaji
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PRAYER LINE
Please ring 01525 643 186.

SVP
Members provide help to anyone in need. Please call Ann on 01462 239 268

CONFESSIONS
Before Mass on Friday and Saturday or on request.

NEWSLETTER DEADLINE
Wednesday afternoon Please contact Aggie Keeble.

MASS INTENTIONS
For Mass Intentions, call or email Aggie who will arrange for a Mass to be said. There are special envelopes in the foyer that you can fill in and leave in the sacristy.

DIARY DATES

MOTHERS' PRAYERS

We shall be meeting on **Friday 6 and 20 February after 10.00 am Mass**. Ring Sue Barley 01525 634186 for information.

SEWING GROUP

The sewing group will meet on **Monday 2 February from 2.00 pm.** For details, phone Hilary Brennan on 01525717919

ALPHA TRAINING

The diocese encourages all parishes to run Alpha — a welcoming course that helps people explore Christian faith in a friendly and open way. We are looking for volunteers who can join our team for a practical and inspiring training day to equip you to run Alpha. The training on how to run Alpha is on Saturday, 7 February 2026, 11.30 am–4.00 pm, St Joseph the Worker, Luton (LU3 2NS). Cost is £15. **Bookings and dietary needs: admin.mission@northamptondiocese.org. Please contact Aggie, the parish secretary, if you need more details.**

COME AND SEE

We will gather on **Tuesday 17 February, after the 7.00 pm Mass in the Parish Room.** Please join us as we come together to pray and worship God.

TEA, COFFEE AND CHAT

As part of our welcoming church, we are having tea and **coffee after Friday Mass, once a month**. We would love to see you. Perhaps invite a friend? So please join us on **20 February and 20 March**. **For those who like a little company and chat, and the cake is back! All welcome.**

THE WELL AT ST JOHN'S

It will take place on **Tuesday 3 February at St John's Parish Centre, 296 Sundon Park Rd, Luton LU3 3AL**. Michael will lead worship at **7.30 pm**. The speaker is Derek Williams. Everyone is welcome! Donations only.

JOURNEY WITH JESUS THROUGH LENT

During Lent, the Pastoral Development Vicariate is offering you the opportunity for weekly online small-group sessions (various days and times are available) to help individuals deepen their relationship with Jesus through Scripture. Using St Beuno's Outreach Prego resources, each 45-minute session invites you to pray and reflect on Scripture for the coming Sunday. The programme runs once a week for six weeks, starting the week of **16 February.** To register:
https://northamptondiocese.org/lenten-journey/

QUIET DAY

We will have **Quiet Day on Saturday 14 February from 10.00 am till 3.00 pm.** All are welcome!

CAFOD FAST DAY

Cafod Fast Day will be on **Friday 27 February with the retiring collection on 28 February and 1 March**. This Family Fast Day we are thinking about hunger. Not the kind that comes from waiting too long to eat, but the kind that comes from having nothing to eat at all. Envelopes will be available on **21 and 22 February**.

OTHER NOTICES

LIVE SIMPLY FEBRUARY – RECYCLING

I promise to find out more about recycling in my local area and to encourage my family to recycle more. **The Mini Vinnies in our Parish will be recycling soft plastics.**

What are soft plastics?

Soft plastics are lightweight plastics that often cannot be placed in recycling bins at home. Think plastic film lids on yoghurt pots, soft fruit punnets and ready meals, as well as plastic crisp packets, pasta bags and chocolate or biscuit wrappers.

Soft plastics recycling is easy. Just follow these three steps: **Clean it** – rinse your packaging out; **Scrunch it** – scrunch it up tight - if it pings back, it's a useful indicator it's soft plastic; **Pop it into our soft plastics recycling bin** – look out for our new posters and bins. **Reflection:** Be the change you wish to see in the world. *Gandhi.*

RETROUVAILLE

It helps marriages by bringing hope and healing to relationships. **Next date is 12 February 2026, www.retrouvaille.org.uk**
Tel: 07887 296983

SACRED HEART 200 CLUB – NEW MEMBERS

Our 200 Club fundraising activity starts a new year in February, and all current members have been advised accordingly. This is an excellent way of supporting the parish, and **only costs £12 per year** for each number issued. We have over 140 numbers currently in our monthly draw which takes place on the second Sunday. Over the years we have successfully raised several thousands of pounds for the parish. New members are always welcome and if you are new to the parish or a current parishioner who would like to join or take out additional numbers, then full details are available from our parish secretary. Additionally, if you need any further details, please contact me at **pjleatherland@google.com.** We look forward to hearing from you. Peter Leatherland

FR. JERRY AWAY

Fr. Jerry will be away till 13 February. In case of emergency please email Aggie on parish.sacredheartflitwick@northamptondiocese.org

MASS OFFERINGS
Standing orders are £860.00 weekly
The collection was £280.10
Thank you very much for your generosity
Finance Committee