Sacred Heart Flitwick

5th Sunday in Ordinary Time

8 February 2026

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

Discourse – The Sermon on the Mount

Continuing our look at the Sermon on the Mount, we find Jesus using the two examples of salt and light, as he exhorts his audience to faithfulness.
Salt is useful as a preservative or as a flavouring. If, however, those uses were a waste of time because salt had lost its qualities, it would be fit for nothing.
Similarly, a light shines dispelling darkness. This is its task. That is why it is put on a lampstand. If it was put under a tub so no light radiated from it, it would be fit for nothing.
So the followers of Jesus, in their mission, must be identified by their flavour or the radiance beaming from them. If these qualities are absent, then we run the risk of being false to our calling.

The Word of God, Year A, Robin Cooper

POPE'S PRAYER INTENTION FOR FEBRUARY 2026

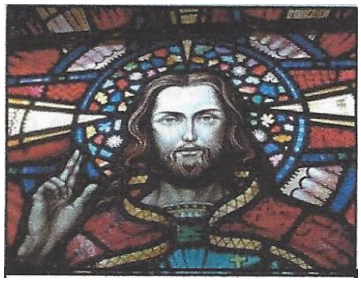
For children with incurable diseases

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

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

MASS INTENTIONS

Saturday 7 February	5.00 pm	Leo, Eileen and Rosalie Smith, RIP
Sunday 8 February	9.00 am	Thomas, Joseph and Anthony Fahey, Anniversary, RIP Intentions of Frances Appleford on Her Birthday
Sunday 8 February	11.00 am	Intentions of the Barley Family
Tuesday 10 February	7.00 pm	**No Mass** *St Scholastica, Virgin*
Wednesday 11 February	9.30 am	**No Mass** *Our Lady of Lourdes*
Thursday 12 February	9.30 am	**No Mass**
Friday 13 February	10.00 am	Leo, Eileen and Rosalie Smith, RIP



PRIEST IN CHARGE
Father Jerry Manomey
frjerry.manomey@northamptondiocese.org
Contact: 01525 715 109

SECRETARY
Aggie Keeble
parish.sacredheartflitwick@northamptondiocese.org

WEBSITE AND FACEBOOK
www.sacredheartflitwick.co.uk
flitwick.sacred.heart

SAFEGUARDING
Paula Bates
safeguarding.sacredheartflitwick@northamptondiocese.org

HOSPITAL CONTACTS
Bedford - Deacon Tony Quinlan 01234 950 453
tonyquinlan15@gmail.com
Luton – Fr. Ugo Nnaji
frugo.nnaji@northamptondiocese.org

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 **20 February after 10.00 am Mass**. Ring Sue Barley 01525 634186 for information.

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.**

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/

WALKING IN THE HOLY SPIRIT – FANNING INTO FLAMES

Northampton CDSC invites parishioners to a four-part monthly Zoom series on how the Holy Spirit forms and sends us as disciples. Each session offers practical teaching to deepen faith and confidence in daily Christian life. It starts at 7.00 and finishes at 8.30 pm on Tuesdays: 17 Feb – Growth (Fr Emmanuel Okami); 17 Mar – Bonding (TBC); 16 Jun – Empowerment (Charles Whitehead); 14 Jul – Mission (Maria Heath). More info: **https://northamptondiocese.org/courses/walking-in-the-holy-spirit/**

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

This Lent, live out the Gospel call to love your neighbour. By fasting and giving what you save, you join in Christ's compassion and help another family put food on the table. Your donation can help families around the world grow food in difficult conditions – such as on flood-resistant floating gardens or using solar-powered water pumps in times of drought. Collect a CAFOD envelope to bless others with your support, donate online at **cafod.org.uk/envelope or call 0303 303 3030. Text CAFODLENT to 70085 to donate £10.** Cafod Fast Day will be on **Friday 27 February with the retiring collection on 28 February and 1 March**. 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.*

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 £375.20
Diocesan Priest Training Fund £164.80
Thank you very much for your generosity
Finance Committee