

**Fifth Sunday of the Year -  
Weekday Readings Cycle 1**

**Eucharist Prayer II  
Memorial Acclamation –3**

**VOLUNTEERS FOR TEA/COFFEE AFTER  
10AM MASS**

Please volunteer to make the teas/coffees after Mass. This is one of the ways to support your parish and meet fellow parishioners. If more people volunteer, then you may end up doing this once every two or three months. Please give me your name and contact information.

**MASS INTENTIONS**

I have a 2026 Mass intentions Diary if you wish to book your personal Mass intentions. There is plenty of room in the diary if you wish to help me have a focus of an intention to offer/pray for at Mass. Thank you for your support.

**Please bring Food Bank items and we will distribute them to the needy within our community. Thank you.**

**SACRISTY AND SOUND SYSTEM**

We currently have very poor storage cupboards for Vestments. So, we are looking for quotes. The man who installed the new Loop has sent a quote of £2250 plus Vat, for the new sound system mixer and its cabinet. It is hoped the new mixer will eliminate the constant buzzing and interference. I appeal for your help, if at all possible. Your donations will be very much appreciated. Thank you.

**OFFERTORY**

Thank you very much for your generous support. Cheques are made payable to: Catholic Church Stansted St. Theresas. For online donations, our parish account details are:

**Name:** Catholic Church Stansted St Theresas

**Account no:** 41017519 **Sort code:** 401322

Date	Gift aid	Loose cash	Standing order	Total collection
01.02.26	£60.00	£160.64	£458.00	£672.94

Confessions on Saturdays from 5.15 pm to 5.45pm

**ST THERESA OF LISIEUX CATHOLIC PARISH STANSTED**

**Part of the Registered Charity No. 234092 (BRCDT)**

THE PRESBYTERY, HIGH LANE, STANSTED MOUNTFITCHET, CM24 8LQ

Priest in Charge: Fr. Clement Orang'o / Telephone: 01279814349

Parish Safeguarding: Susan Gurney / Email: safestansted@brcdt.org

**Sunday 8th February**



**CONTACT DETAILS & SOCIAL MEDIA**

Fr Clement's email: FrClementOrango@brcdt.org

Parish Website: www.sttheresastansted.org

Website editor: church-website@zunigadaly.com

Parish email: stansted@brcdt.org

Twitter: @StStansted

Instagram: sttheresastansted

Hall Bookings: Please email or contact Fr Clement

**Confirmation Lessons** take place on Saturdays at 4pm as follows: 28 February, 21 March, 18 April, 2 May, 23 May, 13 June, 4 July, 18 July, 29 August, 19 September. Bishop Alan will celebrate the Confirmation Mass on 27 September at 10am. The Lessons have now started and new entrants will wait for the next Group.

**A MESSAGE FROM FR CLEMENT**

The state of the Parish Finances was presented last week. The good news is the numbers in our congregation has slightly increased. We have new boilers in the Church and Hall. We recently installed a new loop. The Parish Hall and social events have raised £5,716. Thank you so much for supporting our parish in spite of the current difficult times and the cost-of-living crisis affecting so many people. Your support is an expression of your faith and love of our Church. However, we are currently running on a shortfall of £479 per month compared to a surplus of £43 per month at the same time in the previous year. Since the Sunday Collection is the main source of our parish income, can I please ask you to consider increasing the amount of money you are giving every Sunday if you can. Please consider giving a one-off donation if you are able. Another way to increase your offering by 20% is to sign a Gift Aid Form if you are a tax-payer. Thank you so much for your continued generous support. Without your help and donations, our parish cannot carry on to operate well. Gift Aid and Standing Order Forms are available in the Church Entrance. Please take one today.

**PLEASE NOTE: ASH WEDNESDAY MASS ON 18<sup>TH</sup>  
FEBRUARY WILL BE CELEBRATED AT 12.00PM & 7PM**

**GOSPEL MESSAGE**

Jesus says to us, "You are the salt of the earth.....You are the light of the world..." These two entities, Salt and Light, exist and function for the good and fulfilment of the other. They do not exist for their own good. They exist not for the good of the few, but for the good of the world. Our eternal salvation depends on the good we do to others, just like what salt does to everyone with its condiment and preservative qualities.