

ROTAS:

CLEANERS: Marie & Ken Nugent and Rita Sweeney (w/c 2nd Feb)
CHILDREN'S LITURGY: Ann Haggin (Sun 8th Feb)
COFFEE: Big Friends (Sun 8th Feb)
COUNTERS: Richard Hannant & Cliff Goldby (w/c 8th Feb)

DIARY EVENTS:

SUN 1 st February	10.00 am:	Children's Liturgy Prayer Ministry and Coffee after 10am Mass
WED 4 th	1.15 pm:	Prayer Meeting
	6.00 pm:	First Reconciliation Session 1
THUR 5 th	6.00 pm:	Cenacolo Prayers in Oratory
FRI 6 th	3.00 pm:	Divine Mercy Chaplet recited in church
SAT 7 th	11.00 am:	Men's Group
SUN 8 th	10.00 am:	First Reconciliation Presentation Mass Children's Liturgy Prayer Ministry and Coffee after 10am Mass



THE POPE'S PRAYER INTENTIONS FOR FEBRUARY 2026 **For children with incurable diseases**

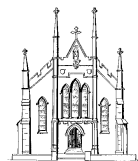
Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

RIGHT TO LIFE PRAYER: 1st February - *"As we celebrate the Presentation of the Lord on Monday, let us pray for all new parents and pregnant mothers. During this transitional time, amidst the challenges, may they too see the light their child brings and find the support they need in our community. Lord hear us".*

'CAN YOU SHARE YOUR GIFTS?' We need helpers in church and in the parish committees! If you are interested in helping and/or finding out more please leave your completed form with one of the priests or hand into the parish office. Thank you. *Fr Hugh*

GARAGE WANTED TO RENT: A parishioner is looking for a garage in Kendal to rent for their car. Please let Fr Hugh know if you can help with this. Thank you.

PARISH PRIESTS: Canon Hugh Pollock VG and Fr Simon Marley.
DEACON: Reverend George Bissett
Parish Office: (01539) 720063 Email: htsg.kendal@lrcd.org.uk
Website: www.kendalcatholicchurch.uk



HOLY TRINITY & ST GEORGE CATHOLIC CHURCH, KENDAL

Also serving Sedbergh

FOURTH SUNDAY IN ORDINARY TIME

1st FEBRUARY 2026

TODAY'S READINGS:

Lord, we Thy presence seek; may ours this blessing be...

Today's readings open with the voice of a prophet we rarely hear from — Zephaniah. And fittingly, he speaks about something we often try to sidestep: humility. Not the false kind that puts us down, but the kind that quietly makes room for God. His words go straight to the heart of the Christian life — our relationship with the Lord. Zephaniah addresses what he calls the "humble of the land." He speaks of a promise: even when God's judgement passes over the world, a small remnant will remain — people who are lowly, honest, and open-hearted. They are not weighed down by deceit or self-importance. They are not crammed full of themselves. Instead, they leave space for God to act within them. That is the heart of humility. Humility is openness — a readiness to receive God rather than to replace Him. Pride closes the door; humility leaves it ajar. A proud person has little need of God, because everything already seems to revolve around the self. A humble person knows how easily we lose our way without God at the centre. True humility also sharpens our sight. It helps us recognise God's presence in other people, God's truth spoken in unfamiliar ways, and God quietly at work in our own lives. The humble heart is always searching, always listening, always seeking the Lord wherever He may be found. So today we pray, quite simply, for that gift — the grace of humility: not to think less of ourselves, but to make more room for God.

.....give us a pure and lowly heart, a temple meet for Thee.



FIRST RECONCILIATION & FIRST HOLY COMMUNION

The first meeting will be on **Wednesday 4th February** at 6pm in the parish centre. **There is still plenty of time to join** so if you have a child in Year 3 or above ready to be prepared to receive these Sacraments, please take one of the forms in church or just come along to the first meeting and register then. **First Holy Communions will be Sunday 7th June.**

CONFIRMATIONS 2026 - FORMS NOW AT THE BACK OF CHURCH - Course beginning soon! Please take a form and return ASAP or speak to one of the priests if you are interested in being confirmed this year (Year 7 or above). Thank you.

MASSES WEEK COMMENCING SUNDAY 1st FEBRUARY 2026

Sun 1 st Feb	FOURTH SUNDAY IN ORDINARY TIME 10.00 am: Marie Cusani RIP 12.00 noon: People of the parish <u>at Sedbergh</u> 6.00 pm: Family & friends in Ukraine
Mon 2 nd	The Presentation of the Lord 10.00 am:
Tues 3 rd	St Blaise 11.00 am: Funeral Service for Ronald France AT BEETHAM 12.00 noon:
Wed 4 th	Wednesday of week 4 12.00 noon:
Thurs 5 th	St Agatha 12.00 noon:
Fri 6 th	SS Paul Miki & Companions 12.00 noon:
Sat 7 th	Saturday of week 4 9.30 am: Confessions 10 – 11am and Adoration
Sun 8 th	FIFTH SUNDAY IN ORDINARY TIME 10.00 am: John & Elsa Whenray RIP 12.00 noon: People of the parish <u>at Sedbergh</u> 6.00 pm: Anna Heng Guek Hiah RIP

KIRKBY LONSDALE: Weekend Mass on Saturday 7th February at 5.30pm.
Confessions available on request.

PLEASE REMEMBER IN YOUR PRAYERS:

LATELY DEAD: Ronald France.

THE SICK: Jamie Banks Wallhead, Christine Stoker, Thomas Smith, Jane Johnson, Mike Nicholson, Heidi Walmsley, Edward Sykes, Sylvia Chambers, Christopher Brown, Sandra Jones, Teresa Harbatch, Olimpia McAvoy, Christine Ellwood, Maria Parrott, Moira Ferguson, Diane Dixon, Elizabeth Cartmell, Maureen Dundon, Ann Beckett, Janet Merrett.

ANNIVERSARIES: William Tannahill, Bernard Keeley, Kath Armstrong, Thomas Wilkinson, Florence Wallder, Yvonne Graham, Harold Hodgson, Cyril Ellicott, Paula Potter, Irene Milburn, Roger Tollerson, Baby Rosie Duckett, Mary Kathleen Sheffield, Cathy Morrissey, Maria Carlesso Pilla, George Nattrass, Margaret Farrell, Stephen Edgar, Antonio Tognarelli, Rose Crowe, Josephina Capani, Frank Brownbill, Sarah Bell, Mary Ewart, Eileen Halstead, Henry Perruzza, Natalina De Angelis, Raymond Wightman.

TO WATCH THE 10AM SUNDAY MASS LIVESTREAM GOOGLE **KENDAL CATHOLIC CHURCH LIVESTREAM YOU TUBE AND FOLLOW IT FROM THERE**

DATE FOR YOUR DIARY: WEDNESDAY 25TH FEBRUARY DAY OF REFLECTION AT HYNING

A joint group from the six parishes has planned a Mission Outreach Day with the theme 'Moving Forward Together'. A day to gather, listen, respond and Go Forward with an action to grow and develop together.

"I dream of more, Lord, I long for something greater; inspire me" St Thomas More. Do you have a dream? This day is to explore how to work together in harmony, for the present and future benefit of our communities including time for prayer, reflection and Mass.

Please sign-up on the sheet in the porch if you are interested – more details will follow. Thank you. Fr Hugh

Drawn Into Promise...

A six-session journey through the story of God's faithful love
Each Wednesday of Lent at 3:00pm in The Parish Centre
Starting on Ash Wednesday 18th February - more details to follow

BECOMING A CATHOLIC (RCIA (Rite of Christian Initiation of Adults)): Please speak to Fr Hugh if you are interested in joining the course to become a Catholic.

WINTER ISSUE PARISH MAGAZINE: Please send any articles to Celeste yorkistatheart@gmail.com or johnraymonddaley@gmail.com. Many thanks.



MARYS MEALS COFFEE MORNING: Saturday 28th February
10am - 12noon in the parish centre.

MEN'S GROUP: Next meeting of the **newly established Men's Group** will be Saturday 7th February, 11am – 1pm, parish centre. Share some good company and conversation, all ages welcome. Tea, coffee and breakfast buns will be served!

CASTLERIGG WEEKENDS available for £60pp for two nights, fully catered. May 8-10th, 22-24th, 29-31st, July 3-5th. Open to church groups, Christian school groups, family groups or other ministries. Email [director\[at\]castleriggmanor.co.uk](mailto:director[at]castleriggmanor.co.uk)

PART TIME PAID POSITION IN GRANGE PARISH OFFICE to assist Marian and handle a smooth transition of some responsibilities, as of immediate effect. Please contact Fr Hugh at Kendal, Greg Tagney on 07776252937 or Mel Smith in Grange.