

St Joseph's, Bedford & Our Lady's, Kempston

Parish Priest: Canon Seamus Keenan. Assistant Priest: Fr Ditto Devassy

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FOURTH SUNDAY OF THE YEAR

1st February 2026



MISSION APPEAL

There will be a Mission Appeal and second collection at all Masses next weekend on behalf of the Xaverian Missionaries.

CANDLEMAS

Monday is the feast of the Presentation of the Lord, also known as Candlemas, recalling the presentation of the infant Jesus in the Temple by his parents as the traditional offering of the firstborn to God. At the beginning of the Mass, candles will be lit and blessed symbolising Christ, the light of the world. He sheds his light, the light of truth, on us, guiding our way through faith in him.

BLESSING OF THROATS

The traditional blessing of throats on the feast of St Blaise will take place after Mass this Tuesday.

CHRISTMAS DRAW

The list of prize winners is still on display on the noticeboard in both churches. Prizes can be collected from the presbytery. Thanks to all who bought tickets and donated prizes.

Mass Times – St Joseph's, Bedford

Sunday 8.15am Jimmy Hough, RIP
9.30am People of the Parish
11.00am Mike O'Hara, RIP
6.30pm Bernard Atkins, RIP

Monday *Presentation of the Lord*

10.45am Vladimir Gmajner, RIP

Tuesday *St Blaise*

10.45am Bob & Joe Zak; Katy Szczurko, RIP

Wednesday *Feria*

10.45am Maria & Teodor Bazylewicz, RIP

Thursday *St Agatha*

10.45am Da Costa Family

Friday *St Paul Miki & Companions*

10.45am Aiswarya Mathew

Saturday *Votive Mass of Our Lady*

10.45am Johnson Family

Mass Times – Our Lady's, Kempston

Saturday 6.00pm Siji Mathew

Confessions – St Joseph's:

Saturday 11.30am – 12.30pm (Exposition)

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

ROSARY: Daily at 10.20am

EUCCHARISTIC ADORATION: Thursday 11.30am-7.00pm

CLEANING: S Masih, E Aoko, M Golomingi

FLOWERS: Mrs Bino

NEXT SUNDAY: Fifth Sunday of the Year

Readers & Ministers: Rota Week 1

Children's Liturgy: Jo & Raoul Bull

PARENTS PRAYER MEETING

Parents are invited to join in prayer for their children after the Mass this Monday in the Reconciliation Chapel.

FATIMA DEVOTIONS

Fatima Devotions this Saturday after the Mass to pray for the gift of peace in our troubled world and in our own hearts.

THE CHOSEN

Those who have been watching 'The Chosen' DVD at Our Lady's, Kempston, are informed that we will continue with it from Friday 6th February at 3pm in the Meeting Room. All welcome.

CONFIRMATION ENROLMENT MASS

The children preparing for the sacrament of Confirmation are reminded that they are to attend the 11.00am Mass in St Joseph's next Sunday to be enrolled into the Confirmation programme.

SCRIPTURAL STUDIES

This Tuesday at 7.00pm in the Guild Room led by Fr Ditto.

PARISH QUIZ

Our next fundraising event for the parish project is a Parish Quiz on Friday, 13th February at 7.30pm in the Guild Room. £5 entrance on the door. Make a note in your diary and come along for a fun evening.

CHARISMATIC PRAYER GROUP

The next meeting will be on Thursday, 5th February at 2.30pm in the Guild Room. All warmly welcome. For further information, contact Ted Fawcett on 838134 or 07561 424486.

LUX WEEKEND

LUX is our diocesan residential weekend for teens that happens in February every year. This year it's 13th to 15th Feb at the Kings Park Centre, Northampton, costing £110. It's for those in school years 7 – 13 and is a weekend packed with activity. Every year we explore a theme through workshops, dramas, music, worship, Mass, prayer times, games, inputs and time with friends. This year's theme is *Belong*. Visit: www.nymo.org/lux-belong-2026 or NYMO@northamptondiocese.com

REQUIESCANT IN PACE

Please pray for the repose of the souls of Margaret Brannan, Michael Manley, Derek David and Christina Henry. May they rest in the peace of Christ.

REFLECTION

I find the praying of the psalms each day from the breviary a great help to prayer, for they put into words what cannot be easily expressed at times. Sometimes they are quite poetic and other times more direct, expressing longing, pain, love, sorrow, pleading, anger, mercy, forgiveness, praise and thanksgiving, joy and hope. They run through the whole gamut of emotions and feelings of the human spirit. I find in them a great source of

inspiration and expression, not only for me, but I am aware that the recitation of the breviary is also on behalf of the whole Church, the whole people of God, in intercession for their needs. A psalm I particularly like begins, *'Like a deer that yearns for running streams, so my soul is yearning for you, my God. My soul is thirsting for God, the God of my life; when can I enter and see the face of God?'* (Ps 41). It is an expression of the exile's nostalgia for the Lord's temple when it was first penned, but it is that prayer of deep longing in the human heart for God and the desire to be with him. It also reminds us of that important truth that we are made for union with God and that we should let nothing blunt that desire for him, that thirst. Truth be told, many things can and do blunt that desire and remembrance of God. How, then, do we re-ignite it? And how do we keep it alight within us amidst the distractions of life? This requires some effort on our part. Once again, prayer is the key. Without that daily, assiduous prayer, our love and longing for God will grow cold. Yes, he is still there, somewhere in the background of our lives, somewhere often out of sight! Prayer brings him back into the foreground again, where we can see him, reach out and touch him, thus awakening our love for him. Like people, we can take God for granted and push him to the periphery. Prayer centres him once more, which is where he rightfully belongs. We can have other people and things there too, but, at the same time, don't push him to one side. Make room for him in your heart and allow him to become that constant and beating heart of one's life. The sacramental practice of the Church aids us greatly in this, along with his word spoken to us in the scriptures. And if we find it difficult to pray, not knowing what to say or how to say it, allow the psalms to speak for you. You will find something there that will resonate. Dwell on it, allow it to speak, to inspire, to move your heart and bring you into the heart of God. I often find myself automatically quoting the psalms in my prayer because I have become so familiar with them. They articulate perfectly the movements of my heart and what I want to say. This is just a suggestion as a way into prayer. It works well for me. *'When can I enter and see the face of God?'* Pull back the veil with prayer, and you will see him.

LAST WEEK'S COLLECTIONS

Offertory

St Joseph's £1817.44

Our Lady's £321.77

Thank you