

GOSPEL REFLECTION FOR THE FIFTH SUNDAY IN ORDINARY TIME

Shining Example

We often hear folk proclaim that their faith is a very private affair, something strictly between themselves and God. Of course there's a place for private worship, but at the end of the day, what good is a religious conviction that rarely impacts others and fails to make the world a better place?

Today Jesus tells us that if we live by our faith we will become 'the salt of the earth' and the 'light of the world'. How wonderful to be worthy of such compliments, but lest we get carried away, Jesus warns of us of the pitfalls. If the salt is to lose its taste it will become worthless, and if we are to hide the light beneath a bowl it will obviously fail to serve its purpose. What a silly idea! Why on earth would we go round hiding lights underneath bowls...yet we do it all the time.

We deny the salt and hide the light every time we keep our faith to ourselves. It isn't fashionable to be a Christian nowadays and hiding God's light gives us a get out clause. Hiding the light means we can choose the comfortable or the easy option. Hiding the light means ignoring someone who is alone, or suffering. Hiding the light means keeping quiet and erring on the side of popular opinion. Hiding the light means keeping quiet in the face of injustice or intolerance.

Today we are invited to remember all those who Jesus might have described as the 'salt of the earth'. We all remember someone who has motivated and inspired us. We all remember someone who has stood out against the crowd. Today we ask, "Are we guilty of practising our faith quietly and only when it's safe, or are we shining examples."

Feast of Our Lady of Lourdes - World Day of the Sick - 11th February

"Illness is part of our human condition. Yet, if illness is experienced in isolation and abandonment, unaccompanied by care and compassion, it can become inhumane. When we go on a journey with others, it is not unusual for someone to feel sick, to have to stop because of fatigue or of some mishap along the way. It is precisely in such moments that we see how we are walking together: whether we are truly companions on the journey, or merely individuals on the same path, looking after our own interests and leaving others to "make do".

Bitesize - 'A good example is like a bell that calls many to church.' *Danish Proverb*



PARISH PRAYER – Father, pour out your Spirit upon our parish. Grant us a new vision of your glory, a new faithfulness to your Word and a new consecration to your service, that your love might grow among us and your kingdom come, through Christ our Lord, Amen.

Permanent Deacons: Revs Martin Sanderson & Richard Jones (deaconrick@gmail.com)

Parish Music team: Judy Reid, Kathleen Edmunds & Paul McIntee.

Parish Safeguarding Representatives: Paul McIntee

Sacred Heart & St Margaret Mary



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Sunday 8th February 2026 – 5th Sunday in Ordinary Time
[Sundays Year A, 5th Week of the Year, Weekdays Year II, Psalter Week 1]

MASSES in the PARISH

Saturday 7th February	Feria
18.00 <i>First MASS of Sunday</i>	Elaine Wilkes + (TP)
Sunday 8th February	Fifth Sunday in Ordinary Time
09.00 MASS	For the People of the Parish
11.00 MASS <i>Live streamed</i>	Michael Manley + (VK)
Monday 9th February	Feria
- No Mass	
Tuesday 10th February	St Scholastica
- No Mass	
Wednesday 11th February	Our Lady of Lourdes – World Day of Prayer for the Sick
- No Mass	
Thursday 12th February	Feria
1100 MASS	Funeral Mass for Michael Manley +
Friday 13th February	Feria
- No Mass	
Saturday 14th February	Ss Cyril Monk & Methodius, Patrons of Europe (Feast)
18.00 <i>First MASS of Sunday</i>	Nell Bradley + (Fdn)
Sunday 15th February	Sixth Sunday in Ordinary Time
09.00 MASS	Michael Manley + (JM)
11.00 MASS <i>Live streamed</i>	For the People of the Parish

SACRAMENT OF RECONCILIATION: Thursday after 10.00 Mass and Saturday at 17.30
EXPOSITION & BENEDICTION: Thursday after Mass

Rosary & Morning Prayer are said weekdays before Mass from 09:15.

Please note the 18.00 and 11.00 weekend Masses are normally sung.

For Live Streamed Masses Search for Dereham Catholic Church on YouTube, or use the link on the parish website.

The parish newsletter is available on the parish website from Friday each week.

Anniversaries this week: Ralph Keatley, Molly Sayer, Colin Halstead, Madeline Stanley, Maria Rupp, William Green, Henry Raw, Patrick Flynn, Stella Daisy Hercock, Millie Boyer, Muriel Hope Drury, Maria Cole, Joseph McHendrie, Nell Bradley, Antero Ribeiro, Mary Frances Martin. *May their souls and the souls of all the faithful departed rest in peace.*


Hospital Visits: If you or any member of your family is admitted to the Norfolk and Norwich Hospital and would like to have a visit from a Catholic Priest, please inform a nurse on the ward and contact will be made through the Chaplaincy. If you are admitted to the Queen Elizabeth Hospital in King's Lynn, please contact Fr. Peter Rollings at the Presbytery on 01553 772220. If you would like to receive the Sacrament of the Sick before going into hospital, please contact Fr. Jay either by phone or by email.

Sick & Housebound [with GDPR Permissions] – Please pray for: Derek Williams, Patsy Gray, Colette Barrow-Nessian, William Dunne, Pauline Buckland, Katherine Vella, Pauline Organ, Pat Grout, George Mealy, Peggy Mealy, Richard Allison, Marion Ring-Davies, Patsy Thompson, Ann McWilliams, Margaret Glendon-Doyle, Mila Kaunaite, Anne Sibley, Terri Sanderson, Pat Sutton, Hillary Bushell, Ann Williams, Richard Grout, Kathleen Doyle.

Money Matters: Offerings for the week was as follows:
Sunday 1st February 2026 Plate: £323.14.

A New Bank for the New Year! Our new banking details are: The Sacred Heart Church, S/C 52-41-29, A/C 44725132. Please use these details for any new BACS payments. There is no need to alter your standing orders yet - your current standing orders will be forwarded automatically. Watch the newsletter for information in January. Any queries please send to treasurer@sacredheartdereham.org.uk. If a tax payer, please consider Gift Aid (forms at back of church, or contact Rex Baker: Telephone 01362 694801 or email rex baker27@btinternet.com). This will help to maximize donations.

Upcoming Parish events:

Diary for week Sunday 8th February 2026 - Saturday 14th February 2026	
Sunday: 1100	Children's Liturgy
Monday: 1400 – 1600	Tea Buddies - Monthly get together for a friendly natter over a cuppa – Emmaus Room. All welcome. Every second Monday of the month.
	
Monday: 1900 - 2030	AA Group Meeting - Emmaus Room
Friday: 1915 - 2030	Altar Servers Meeting – Emmaus Room
Parish Garden Club – To volunteer, please contact Sonia on 07985 521578.	

No Mass on the Following Weekdays, as Father Jay is away:

- 10th - 11th February

+Michael Manley - Funeral Mass, Thursday 12th February 2026 at 1100 hours.

The Funeral Mass for +Michael Manley will be celebrated on 12th February 2026, at 11 am. All are warmly welcome to pray for the repose of the soul of Michael and support his family in their loss.

+Shirley Liebenhals | Eternal rest grant unto her, O Lord...

The Funeral Mass for our beloved Shirley will be announced in due course. In the meantime, we continue to pray for the repose of her soul and for the comfort and consolation of her family.

15-Minute Silence Before Mass - Mandatory

Silence before Mass prepares our hearts to encounter the Lord. Please observe silence in the Church during the 15 minutes before each Mass, as many allot this time for praying. Conversation with one another is warmly encouraged after Mass.

130 Club - Please can everyone collect their 130 Club envelopes from their pigeon hole in the foyer soonest. They need to be returned with the monies by *no later than the end of March* please.

- As Marcia is away, can the *envelopes please be given to Father Jay*, (hand them to Father Jay or drop them at the Presbytery) who will hold onto them for her and pass them on to her on her return.
- If anyone would like extra numbers, or would love to join, let Marcia know by leaving a note with Father Jay and she will be in touch with them on her return at the beginning of March. Thank you.

Parish Retreat - The Parish Retreat day for Lent will be on the Saturday 7 Mar 26, with Deacon Rick. All welcome. Will be 1100 – 1500 hours in the Emmaus Room. Please bring a packed lunch, as no food provided. Tea & coffee will be provided.

Parish Parking and Traffic Guidance - Copies of the Parish Parking and Traffic Guidance are available at the back of the Church. Please help us by following the guidance unless otherwise advised.

Walk With Me (Prayer booklets for Lent) - Copies are available at the Emmaus Room counter for £1 per copy.