

THE PARISH OF ST ALPHEGE, EDMONTON

Sunday 1st February 2026

The 4th Sunday in ordinary time.

The beatitudes, which Jesus offers us, are a sign of contradiction to the world's understanding of happiness and joy. How can one possibly find happiness in poverty, hunger, mourning and persecution? Poverty of spirit finds ample room and joy in possessing God as the greatest treasure possible. Hunger of the spirit seeks nourishment and strength in God's word and Spirit. Sorrow and mourning over wasted life and sin leads to joyful freedom from the burden of guilt and spiritual oppression.



Entrance Hymn

88: Blest are the pure in heart.

Offertory Hymn

72: Be still, for the presence of the lord.

Procession

547: O praise ye the lord.

THIS WEEK:

Monday 2nd Feb: The Presentation of the Lord.

6pm: Said Mass with blessing of candles.

Tuesday 3rd: St Blaise, bishop, martyr.

Wednesday 4th: Feria.

Wednesday Evening Mass 7pm Lady Chapel.

Thursday: 5th: St Agatha, virgin, martyr.

Friday 6th: St Paul Miki & companions, martyrs.

Friday Midday Mass: 12 noon in Lady Chapel.

Saturday 7th: Feria.

NEXT WEEK:

Sunday 8th Feb: 10am, Parish Mass with Fr Angus.

Weds 18th: Ash Wednesday, Mass with imposition of Ashes at 12 noon and 6pm.

CONFSSION: (by appointment). Speak to Fr Angus to arrange time for this. Lent heralds the 40 days before Easter and is a season of fasting, prayer & penitence. It is a time traditionally when people reconnect with God through the Sacrament of reconciliation.

Would you like to join our Social & Fundraising group? Speak to Maxcine; Mary F or Carol Saul to find out more.

SPECIAL BLESSINGS: Please let one of the sidespeople know before mass begins if you would like a special blessing.

SACRAMENT CANDLE: Lloyd McKnight

Please see Sue if you would like to sponsor the EUCHARISTIC GIFTS, CANDLE FOR OUR LADY or SACRAMENT CANDLE

ST ALPHEGE PRAYER GROUP aims to pray every day at 9.00am. We also offer prayers during the Sunday Service, just come to the side chapel during Communion. We are bound by rules of confidentiality. Please see Mary Findlow for more information.

House Blessings: if you would like Fr Angus to bless your house or even just your front porch, please let him know.

Parish Office hours: Tues – Sat: 9.30am – 5pm

Tel: 020 8374 8205 (office hours)

Pastoral Emergencies: 07508482909 (24hrs)

PARISH SICK LISTS

Long term: Gillian; Margaret; Lloyd; Brian; Ann; Carl; Jean & Family; Astley; Mary; Stephen.

Short term: Angela; JC; Gloria; Lauren; Judy.

RECENTLY DEPARTED: Rodney Hines; Michael Biggs; Kat Morris.

ANNIVERSARIES OF DEATH: Derek Ambrose; Lilian Marrington; Nellie Keene; Gladys Dufour; Cyril Neaves.

BIRTHDAYS THIS WEEK: Millie Stanley.

FINANCIAL POSITION: The Church and Hall Gas Bill for 2024 was £18,667.69 and the Electric Bill was £1,476.07. Please consider joining the Parish Giving Scheme (PGS).

PARISH GIVING SCHEME: A great way to make your regular donation to support St Alphege!

Scan the QR code to sign up!



NORTH ENFIELD FOODBANK: The foodbank is in urgent need of many items – see list at back.

REFRESHMENTS SERVED AS ALWAYS AFTER MASS!

ENTRANCE ANTIPHON

*Save us, O Lord our God!
And gather us from the nations,
to give thanks to your holy name,
and make it our glory to praise you.*

COLLECT

Grant us, Lord our God,
that we may honour you with all our mind,
and love everyone in truth of heart.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.

Amen.

FIRST READING Zephaniah 2:3; 3:12-13

A reading from the Prophet Zephaniah.

Seek the Lord, all you humble of the land,
who do his just commands;
seek righteousness; seek humility;
perhaps you may be hidden
on the day of the anger of the Lord.
I will leave in your midst
a people humble and lowly.
They shall seek refuge in the name of the Lord,
those who are left in Israel;
they shall do no injustice and speak no lies,
nor shall there be found in their mouth a deceitful tongue.
For they shall graze and lie down,
and none shall make them afraid.

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM Psalm 146(145):6c-7. 8-9a. 9b-10
R. Matthew 5:3

**R: Blessed are the poor in spirit;
for theirs is the kingdom of heaven.**

Or **Alleluia.**

1. It is the Lord who preserves fidelity for ever,
who does justice to those who are oppressed.
It is he who gives bread to the hungry,
the Lord who sets prisoners free. **R.**

2. The Lord who opens the eyes of the blind,
the Lord who raises up those who are bowed down.
It is the Lord who loves the just,
the Lord who protects the stranger. **R.**

3. The Lord upholds the orphan and the widow,
but thwarts the path of the wicked.
The Lord will reign for ever,
your God, O Sion, from age to age. **R.**

SECOND READING 1 Corinthians 1:26-31

A reading from the First Letter of Saint Paul to the Corinthians.

Consider your calling, brothers and sisters: not many of you were wise according to worldly standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the

world, even things that are not, to bring to nothing things that are, so that no human being might boast in the presence of God. And because of him you are in Christ Jesus, who became to us wisdom from God, righteousness, and sanctification, and redemption; so that, as it is written, 'Let the one who boasts, boast in the Lord.'

The word of the Lord.

Thanks be to God.

ACCLAMATION BEFORE THE GOSPEL Matthew 5:12a

R: Alleluia, Alleluia.

Rejoice and be glad,
for your reward is great in heaven.

R: Alleluia.

GOSPEL Matthew 5:1-12a

A reading from the holy Gospel according to Matthew.

At that time: Seeing the crowds, Jesus went up on the mountain, and when he sat down, his disciples came to him. And he opened his mouth and taught them, saying:
'Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Blessed are those who mourn, for they shall be comforted.
Blessed are the meek, for they shall inherit the earth.
Blessed are those who hunger and thirst for righteousness,
for they shall be satisfied.

Blessed are the merciful, for they shall receive mercy.

Blessed are the pure in heart, for they shall see God.

Blessed are the peacemakers, for they shall be called sons of God.

Blessed are those who are persecuted for righteousness' sake,
for theirs is the kingdom of heaven.

Blessed are you when others revile you and persecute you and
utter all kinds of evil against you falsely on my account. Rejoice
and be glad, for your reward is great in heaven.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

O Lord, we bring to your altar
these offerings of our service:
be pleased to receive them, we pray,
and transform them
into the Sacrament of our redemption.
Through Christ our Lord.

Amen.

COMMUNION ANTIPHON

Let your face shine on your servant.

Save me in your merciful love.

O Lord, let me never be put to shame, for I call on you.

Or

**Blessed are the poor in spirit,
for theirs is the Kingdom of Heaven.**

Blessed are the meek, for they shall possess the land.

PRAYER AFTER COMMUNION

Nourished by these redeeming gifts,
we pray, O Lord,
that through this help to eternal salvation
true faith may ever increase.
Through Christ our Lord.

Amen.

