

## ARCHDIOCESE OF BIRMINGHAM

Our Archdiocese has a zero-tolerance policy for all forms of abuse. Our Parish Safeguarding Representative is Tim Naylor and can be contacted via [sg.stwulstan.littlemalvern@rcaob.org.uk](mailto:sg.stwulstan.littlemalvern@rcaob.org.uk) (Confidential).

Alternatively, the Diocesan Safeguarding team can be contacted on 0121 230 6240 or via [safeguarding@rcaob.org.uk](mailto:safeguarding@rcaob.org.uk) if you have any concern or in an emergency.

### ST. WULSTAN'S LITTLE MALVERN

In the pastoral care of the Benedictine Monks of Belmont Abbey

**PARISH PRIEST: FR. THOMAS REGAN OSB**

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## 15<sup>th</sup> FEBRUARY 2026 / SIXTH ORDINARY SUNDAY

HOLY MASS THIS WEEK

SUNDAY 10.30am SPECIAL INTENTION / PRO POPOLO

MONDAY 10am ANNA RIVERS (ints)

SHROVE TUESDAY 10am BERNADETTE McCORMACK (RIP)

ASH WEDNESDAY: Day of Fasting & Abstinence HOLY MASS at 12noon

Soup & Roll after Mass: (donations to sponsor a young girl in Uganda).

THURSDAY 10am

FRIDAY 6pm (Rosary 5.30pm) PRO POPOLO

(Reminder: NB: NO VIGIL MASS at St. Wulstan's on Saturdays)

FIRST SUNDAY OF LENT 10.30am Maureen & Thomas Regan

PLEASE NOTE: after tomorrow, Saturday 15th, the 5pm Mass is discontinued.

Mass will be at Our Lady & St. Alphonsus, Blackmore Pk., 4pm, and at St. Joseph's Malvern, 6pm

### Readings for Sunday Mass

First Reading: Sirach 15:15-20

'He has not commanded anyone to be ungodly.'

Psalm Ps 119(118):1-2,4-5,17-18,33-34

Blessed are those who walk in the law of the Lord.

Second Reading: 1 Corinthians 2:6-10

'A wisdom God decreed before the ages for our glory.'

Gospel: Matthew 5:17-37

'It was said to those of old; but I say to you.'

## A PRAYER OF INTENT FOR LENT

O God, heavenly Father, look upon me and hear my prayer during this holy Season of Lent. By the good works You inspire, help me to discipline my body and to be renewed in spirit.

Without You I can do nothing. By Your Spirit help me to know what is right and to be eager in doing Your will.

Teach me to find new life through penance. Keep me from sin, and help me live by Your commandment of love.

God of love, bring me back to You.

Send Your Spirit

to make me strong in faith and active in good works.

May my acts of penance bring

me Your forgiveness, open my heart to Your love, and prepare me for the coming feast of the Resurrection of Jesus.

### PRAYING FOR OUR DEARLY DEPARTED LOVED ONES AND ALSO THE SICK

We pray for the repose of the souls of loved ones and friends. May their souls and all the souls of the faithful departed, through the mercy of God rest in peace. Amen.

Please pray also: for all the sick and housebound including Rosemarie Kay, Pat Sweetman, Jennifer Bush, Patricia Soper, Lea Maloney and Bernadette Mulholland'

### POPE LEO'S PRAYER INTENTION FOR FEBRUARY

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.

**FASTING & ABSTINENCE** Lent is the traditional season of renewal and repentance in Christ. The Code of Canon Law prescribes that Ash Wednesday and Good Friday are to be observed as days of fasting and abstinence. **FASTING** means that the amount of food we eat is considerably reduced. **ABSTINENCE** means that we give up a particular kind of food or drink or form of amusement. Those over eighteen are bound by the law of fasting until the beginning of their sixtieth year, while all over fourteen are bound by the law of abstinence. Priests and parents are urged to foster the spirit and practice of penance among those too young to be the subjects of either law. If, because of your age or health, you are not required to Fast & Abstain...still do what you can.

**WALK WITH ME** The Lent booklets are available today: only £1.50p, and FREE Lent Calendars for the children.

**MALVERN CLUSTER CONFESSIONS:** St. Wulstan's 3pm Sunday 15<sup>th</sup> March, and at St. Joseph's 7pm on Friday 27<sup>th</sup> March.

**PARISH VOLUNTEERS** please sign-up & return forms TODAY. God reward you!

**CAFOD FAMILY FAST DAY** last Friday of month: please use special envelopes.

See the link for the video for Family Fast Day on Friday 27<sup>th</sup> February.

<https://vimeo.com/1115554004/a2a29b6d82?fl=pl&fe=cm>

There will be a short appeal at the end of Mass on Sunday 22<sup>nd</sup> February for CAFOD

**SUNDAY COFFEE:** There will be coffee after Mass this Sunday.

**LENT CONFESSIONS** Malvern Penitential Services (3 Priests for Confessions) are: - ST. WULSTANS 3pm Sunday 15<sup>th</sup> March / ST. JOSEPH'S 7pm Friday 27<sup>th</sup> March.

**CENSUS** we have no names/addresses for so many who attend Mass at St. Wulstan's. PLEASE fill in one of

**FLOWER POWER** after 10.30am Mass on 1<sup>st</sup> March: a short meeting for all who would like to be involved in planning Church Flowers.... Nothing burdensome, just information & ideas.

**GIRL POWER** Plan International Uganda writes: 'Girls face significant barriers to education and independence, but your sponsorship will help them and everyone in their community see their potential. When a girl is able to stay in school, she can decide what she wants to achieve in her life. Her positive impact will be felt by her local community and for generations to come.'

St. Wulstan's have been sponsoring JOY MICPARWOTH. Each year she writes to update us on the opportunities we help to provide for her. If you would like to get in touch with her, to let her know someone far away cares, you can do so by use Plan International's online Postbox at: [plan-uk.org/postbox](https://plan-uk.org/postbox)

Joy is now a teenager. Our soup & roll 'fasting lunch' on Ash Wednesday will help her. God reward you!

**REST IN PEACE** the Requiem for Fr. Bernard Wall (formerly SJ) takes place at Oulton Abbey ST15 8UW at 11am Friday 20<sup>th</sup> Feb. Fr. Brian was chaplain at Cardiff University, Keele University, a time in Chile, and in Stoke on Trent. RIP (Mass for him on this Thursday.)

### **VOLUNTEERS**

For those of you that are kind hearted enough to wish to help with the day-to-day running of the Church and have not volunteered yet there will be a list at the back of the Church for you to sign (adding your phone number) and someone will contact you. If you do so thank you very much.

**HUMAN DIGNITY:** The Catholic Vision and Why it Matters. The next of the 'Horizons of Hope' talks will be given by Professor John Loughlin on the principles of Catholic Social teaching, and how they impact on the many moral challenges in our world today. At The Chapterhouse, Belmont Abbey Saturday, 21 February 2026 10am-12.30pm. All welcome!

### **DEFEND THE SANCTITY AND DIGNITY OF HUMAN LIFE!**

Dear Fr,

I'm emailing to invite you to the upcoming 40 Days for Life Kick-off event in Birmingham which is on Sunday 15th Feb at 2pm in St Joseph and St Helen's church hall in Kings Norton and ask whether you could help promote it? We have recently had newly released national abortion statistics and they are catastrophically high - around 300,000 across the UK in 2023 - this is something we can practically do to challenge that both practically and prayerfully.

At the event we will have some of our younger members sharing their own testimonies of why they are involved in the campaign and their own experiences. Just to be clear, while it's just young people who are giving the testimonies, this event is open to all ages.

Sunday 15th Feb, 2pm: 'A New Generation Rising to Defend Life - Young pro-lifers share their reasons for being involved in 40 Days for Life'. Come along to St Joseph and St Helen's Church Hall 84 Northfield Rd, King's Norton B30 1JG. This is for all ages. No booking required. For more info or to get involved in the upcoming campaign please contact Isabel on 07773 501721 [izzyvs@gmail.com](mailto:izzyvs@gmail.com)

Many thanks for any support you can give. God bless,  
Isabel Vaughan-Spruce  
Campaign Director 40 Days for Life Birmingham

**FOR NEWS AND EVENTS FROM THE ARCHDIOCESE OF BIRMINGHAM** Link to see what is going on in the archdiocese: <https://www.birminghamdiocese.org.uk>