



4TH SUNDAY IN ORDINARY TIME - A

01 February 2026

401-403 Ewell Road, Tolworth, Surbiton, Surrey KT6 7DG, Tel: 020 8399 9550,
E-mail: tolworth@rcaos.org.uk □ www.olionline.co.uk □ **PARISH OFFICE:** Mon-Fri from 10am to 2pm
□ **PARISH PRIEST:** Fr. Michael Ezenwammadu, CSSp, michaelenzenwammadu@rcaos.org.uk
□ **CURATE:** Fr Bonaventure Ssebyanzi CSSp, bonaventuressebyanzi@rcaos.org.uk □ **SECRETARY:** Mrs Denise Kidd
□ **SCHOOL:** Our Lady Immaculate Catholic Primary School □ **HEADTEACHER:** Mr Ben Martin



THE BEATITUDES: Our Road to Glory

Today's gospel text is part of the first sermon of Jesus and Matthew which presents him as the new Moses. In the Old testament, Moses went up to mount Sinai to receive the ten commandments, (Ex 19) whereas in the New testament, Jesus also goes to the top of a mountain, but sits down (Mt 5:1ff) to give the people guidelines by his preaching. When Jesus sits down, it is symbolic of his authority as God. He spells out eight Beatitudes (formulas for lasting happiness) which some scholars see as a new version of the ten commandments. They are not commandments, but deep-down attitudes of mind, inspired by a genuine love of God and others. These Beatitudes can then be seen as constituting the road map to attain happiness of the Kingdom of God. The poor in spirit is a formula for detachment from worldly riches. Those who mourn, are comforted with the joy of being detached from pleasure-seeking attitudes. The meek renounce power and violence by desiring no praise or front positions. The persecuted are blessed because they suffer for the sake of the good (righteousness) which ultimately triumphs over evil. The merciful demonstrate deep down compassion and empathy towards those in trouble. The Beatitudes help us to look for happiness in the right places. Where do I look for happiness? Do I live my life according to the values of the world for worldly happiness, or live by the teachings of Jesus?

Fr. Bonaventure. CSSp.

MASS TIMES & INTENTIONS: 01 - 08 FEBRUARY 2026

Sat 31	18.30: Kandiah Paramanathan - RIP (<i>OLI Parish</i>)
Sun 01	09.00: Barbra Warner- RIP (<i>P Mitchell</i>) & Antonia Pacheco - RIP 11.00: Michael & Ortanza Aletrari - RIP (<i>J Tanousis</i>) 18.00: John Newton - Ints (<i>M Fahy</i>)
	<u>THE PRESENTATION OF THE LORD, CANDLEMAS - FEAST</u>
Mon 02	09.30: Michael Connolly - RIP, 1st Ann (<i>D Kidd</i>)
	<u>ST LAURENCE OF CANTERBURY, BISHOP - MEMORIAL</u>
Tues 03	09.30: June Monk - RIP (<i>OLI Parish</i>) 19.00: Private Intention (<i>J Fernandes</i>)
Wed 04	09.30: William Rooney - RIP (<i>OLI Parish</i>) 19.00: Holy Souls
	<u>ST AGATHA, VIRGIN & MARTYR - MEMORIAL</u>
Thurs 05	07.00: The Carers of the Sick & Elderly in our Parish 09.30: Private Intention (<i>D Kidd</i>)
	<u>STS PAUL MIKI & COMPANIONS, MARTYRS - MEMORIAL</u>
Fri 06	07.00: Holy Souls 09.30: Sick & Housebound Parishioners
Sat 07	09.00: Deceased Parishioners
Sat 07	18.30: William Rooney - RIP & WB of Alice & Susan (<i>C Stevens</i>)
Sun 08	09.00: Madeline McInerney - RIP (<i>P. Mitchell</i>) 11.00: People in the Parish 18.00: June Monk & John Brennan - RIP (<i>J Guy</i>)

REMEMBRANCE: Please remember in your prayers all who have recently died especially June Munk, William Rooney, Kandiah Paramanathan and those whose anniversaries occur at this time. May their souls rest in peace. Amen

THE SICK: Vanessa Andrew, Deacon Al Callan, Martin Dray, Thomas Haley, Frances Cox, George Trutwein, Rita Reginald, Sarah Mills, Thomas O'Connor, Ian Beard, Anita Smith, Tony Cook, Kathleen McGuinness, Nan Healy, Samar Staussi, Joan Frost, Shirlene A, Hazel D'Aguiar, Allan Cook, Claire Pender, Wendy Cook, Kathleen O'Connell, Ralph Smallwood, Elizabeth Jones, Nivetheni Robert, Gerry Hague, Mark Draper, Tim Ryan, Adam Martin, Maureen Stephens, Maureen Sellwood, Mavis Fisher, Andy Moolman, Qiaochen Shi, Jisha Nelson, Vinitha Sherin, Lionel Holland, Peter & Phil Tull, Julie Brian, & Sue Jones

EUCCHARISTIC EXPOSITION:
MORNING PRAYER (LAUDS):
SACRAMENT OF RECONCILIATION:
ST ANTHONY OF PADUA NOVENA:
OUR LADY OF PERPETUAL HELP NOVENA:
OUR LADY OF FATIMA DEVOTION:
SYRO-MALABAR VIGIL
YOUTH MASS

MONDAY – FRIDAY: 8AM
MONDAY – FRIDAY: 9AM
SATURDAY: - 9.30-10am & 5.30-6.00pm
TUESDAY: - After morning and evening Masses
WEDNESDAY: - After morning and evening Masses
FIRST SATURDAY - of the month, after morning Mass
FIRST FRIDAY - of the month
LAST SUNDAY of the month

TODAY'S READINGS

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.

Penitential Act: I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, *(And, striking their breast, they say:)* through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God. **Amen**

GLORIA: Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. **Amen.**

Opening Prayer: 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

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.

Reader: The word of the Lord.

All: Thanks be to God

Responsorial Psalm: Ps 146(145):6c-7. 8-9a. 9b-10. R̃ Matthew 5:3

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

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**

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**

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**

Ps 105: 47

Second reading

1 Corinthians 1:26-31

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.'

Reader: The word of the Lord.

All: Thanks be to God

Gospel Acclamation

Matthew 5:12a

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

Gospel

Matthew 5:1-12a

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.'

Priest: The Gospel of the Lord.

All: Praise to you Lord Jesus Christ.

THE NICENE CREED:

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. *(At the words that follow, up to and including 'and became man', all bow)* For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. **Amen**

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 **Cf. Ps 30: 17-18**
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.

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**

LENT 2026

The season of Lent 2026 will begin on **Ash Wednesday**, 18 February, a day of fasting and abstinence. There will be **three Masses** here in the parish on that day:

- 1. 7.00am: Early Morning Mass
- 2. 9.30am: Morning Mass
- 3. 7.00pm: Evening Mass

Stations of the Cross:
Fridays through Lent after 9.30am Mass (*English*)
6pm (*Syro Malabar Community*)

More Lenten details & the Holy Week Programme to follow

NEW AND SPECIAL ANNOUNCEMENTS

THE PRESENTATION OF THE LORD (MON, 2ND FEB)
Monday, 2nd February is the Feast of the Presentation of the Lord - Candlemas. The 9.30am Mass will start with the blessing of candles in the Old Chapel and procession to the Church. All are welcome!

BLESSING OF THROATS (3RD FEBRUARY)
The optional memorial of St Blaise is traditionally marked with the blessing of throats. This will be done at the end of the 9.30am Mass on Tuesday 3rd February.

2ND COLLECTION THIS WEEKEND: is for Racial Justice.

SAFEGUARDING ALERT
Please ensure that **ALL** children are accompanied to the toilet at all times during Mass. Notices have been placed on the door but, it seems, are not being adhered to. There have been a couple of incidents where non-Mass goers have gained access to the toilet next to the RDJ room. The exit door cannot be locked during Mass for Fire and Safety reasons. **YOUR CHILDREN'S SAFETY IS YOUR RESPONSIBILITY.** No untoward incident has occurred but the potential risk remains.

FOODBANK REMINDER: Donations will be collected at all Masses this weekend and on the first Sunday every month. There will be a Foodbank representative available at each Mass to collect your donations and deliver to collection points in the Kingston borough. Thank you for your continued support

THE PARISH BEREAVEMENT TEAM: will meet on Monday 2nd February, please at 7pm in the Old Chapel.

AMBASSADORS FOR CHRIST: A CATHOLIC APOLOGETICS RESOURCE: The Archdiocese of Southwark has launched an apologetics project to provide evidence-based answers to questions such as "Is Jesus God?" or "Does prayer work?". Ambassadors for Christ is designed to equip you with a deeper understanding of your faith, so you can confidently answer questions and be a joyful witness for the Lord Jesus and His Church. Every Monday, a new video will be posted on YouTube, along with a worksheet to enable parishes, schools, youth groups & families to use them as

part of their faith formation. To watch the videos and take part in this project, please visit: rcaos.org/ambassadorsforchrist.

DONATION OF CLEAN EMPTY JAM JARS- One of our parishioners is continuing to collect clean, empty jam jars in support of a charity. Thank you for all the donations received so far, and please continue to support this appeal. Jars may be left at the back of the church or handed in at the Presbytery. Thank you.

THE GOOD COUNCIL NETWORK, BLACK TIE BALL: will take place at 6pm on St Valentine's Day, Sat 14th Feb 2026 in Kensington, London. The evening will include a live band and a silent auction. London's Catholic Pro-Life Ball raising money to help save & change lives. Tickets £135 each or a table of ten for £1,300. For bookings & enquires email: GCNBall@gmail.com or telephone 07795205117

OBITUARIES

† KANDIAH PARAMANATHAN

Please remember in your prayers Kandiah Paramanathan who sadly passed away on 19th January aged 94yrs. May he rest in peace.

Funeral: OLI - Saturday, 7th February, 10.45am

† WILLIAM ROONEY

Kindly pray for William Rooney who sadly passed away on 15th January aged 83yrs. May he rest in peace.

Funeral: OLI - Friday, 20th February, 11.30am

† JUNE MUNK

Of your charity, please pray for the repose of the soul of June Munk who recently sadly passed away. May she rest in peace.

PAST ANNOUNCEMENTS

EPISCOPAL ORDINATION OF BISHOP-ELECT GERARD BRADLEY: His Holiness Pope Leo XIV has appointed Canon Gerard Bradley as an Auxiliary Bishop of the Archdiocese of Southwark. The Holy Father has assigned him the Titular See of Beverley, the birthplace in Yorkshire of St John Fisher, beloved to us all in our Archdiocese as a former Catholic Bishop of Rochester. Bishop-elect Gerard's Episcopal Ordination and Mass is on **Monday 2 February 2026 at 12.30pm**, the Feast of the Presentation, at St George's Cathedral. Please keep Bishop-elect Gerard in your prayers as he prepares for his Episcopal Ordination.

LEGION OF MARY
The Parish has been approached to form a Legion of Mary group. At the Saturday and Sunday weekend Masses of 7 & 8 Feb, the Legion of Mary in our Surrey area will be giving a talk about the Legion with the intent of setting up a similar group in our Parish.

PALM BRANCHES FROM LAST PALM SUNDAY: We are still collecting the blessed palm branches from the previous Palm Sunday. Kindly drop them in the designated basket in the narthex. Many thanks.

OUR LADY IMMACULATE SCHOOL TALENT SHOW
Come and enjoy a heart-warming evening as pupils from Our Lady Immaculate School showcase their amazing talents. From music and dance to truly sweet performances, it promises to be a joyful event for all. **Friday 6th February, 6.30pm** Tickets £5, available from the OLI School Office.

INFORMATION & REMINDERS

PARISH LENTEN PROJECT 2026 – DATES FOR YOUR DIARY

Following the Lenten Project Planning Meeting on Monday 19 January, the programme of fundraising events for 2026 has been agreed as follows:

- **Sat 7 Feb** – Distribution of Lenten Project Boxes
- **Sun 1 Mar** – Youth-led Fundraising Event
- **Sat 7 Mar** – Sponsored Walk
- **Fri 20 Mar** – Toy Donations from OLI Families
- **Fri 20 Mar** – Noah's Ark Pre-school LP Fundraising
- **Sat 21 & Sun 22 Mar** – Table-Top Sale
- **Wed 25 – Thurs 26 Mar** – OLI School LP Fundraising Events
- **Thu 2 Apr** – Maundy Thursday Collection
- **Sat 11 Apr** – Return of Lenten Project Boxes
- **Sat 11 Apr** – South Indian Cultural Night
- **Sat 9 May** – Filipino Cultural Night
- **Sat 16 May** – Jumble Sale
- **Sat 6 Jun (tbc)** – African-Caribbean Cultural Night
- **Sat 20 Jun (tbc)** – Sri Lankan Cultural Night (tbc)
- **Fri 5 / Sat 6 Sept** – Charity Nominations Open
- **Mon 9 Nov** – Lenten Project AGM

Full details will be shared in the Parish Newsletter and on the Parish website as each event approaches.

WEEKLY COLLECTIONS

LAST WEEKEND

Gift-aid: £434.27

Non-Gift-aid: £716.57

Total: £1,150.84

2nd Collection:

£129.90

Thank you for supporting your Parish.

Cheques: Please make payable to **RCAS Tolworth.**

*Kindly consider making your regular contribution to the Church via standing order (form available at olionline.co.uk), or by online banking: **RCAS Our Lady Immaculate Church, Account Number: 06467032; Sort Code: 60-21-05***

IMPORTANT: Gift Aid: If you are a Gift Aid donor, please include your **Gift Aid number** in your online payment reference. If you are not registered for Gift Aid, kindly use "NGA" in the reference. **Need Help?** Contact **Lance**

Louis at tolworthgac1@rcaos.org.uk or call **07851 070036.**

Thank you once again for your continued support.



A PRAYER FOR PEACE OF MIND AND HEART:

Holy God, I come to You burdened with worries, fears, doubts and troubles. Calm and quiet me with peace of mind. Empty me of the anxiety that disturbs me, of the concerns that weary my spirit, and weight heavy on my heart. Loosen my grip on the disappointments and grievances I hold on to so tightly. Re-lease me from the pain of past hurts, of present anger and tension, of future fears. Sometimes it's too much for me Lord, too many demands and problems, too much sadness, suffering, and stress. Give me new strength, hope, and confidence. Pre-prepare me to meet the constant struggles of daily life with a deeper faith and trust in You. Let your love set me free, for peace, for joy, for grace, for life, for others, forever. Amen.

A 13-year-old boy has difficulty with mathematics and failing in school.

His parents were not religious but after a religious friend's suggestion they felt a private Catholic school may be more effective.

His grades began to rise dramatically after this switch. Asked what had helped him so much, he answered, "When I saw the guy nailed to the plus sign, I knew they meant business!"

S	P	I	R	Y	P	A	H	A	E
E	L	H	P	S	E	A	R	H	T
N	R	U	O	M	P	O	O	R	R
G	R	N	F	P	O	I	R	D	E
E	T	G	Y	I	H	E	R	R	T
N	N	E	P	E	C	A	C	I	H
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L	G	V	O	E	A	T	E	S	A
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HAPPY

HEAVEN

MOURN

PURE

POOR

GENTLE

HUNGER

HEART

SPIRIT

EARTH

MERCIFUL

REWARD

