



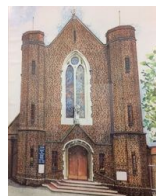
St Joseph's Catholic Church

Champion Road, Upminster

Parish Priest: Fr Matthew Bemand-Qureshi

Parish Secretary: Rachel Hayward

upminster@brcdt.org / 01708 222432



PARISH NEWSLETTER

14TH / 15TH FEBRUARY 2026

SIXTH SUNDAY OF THE YEAR (A) - Mass Book Pg 136

(Sirach 15:15-20, 1 Corinthians 2:6-10, Matthew 5:17-37)

The season of deeper conversion known as Lent begins in a few days time, on Ash Wednesday. This is the last Sunday in the short period of green Ordinary Time between Christmas and Lent. We continue and then put to one side the Sermon on the Mount, though Ash Wednesday's gospel also comes from the Sermon.

In the Sermon Our Lord invites us to live more fully according to the values of God's kingdom. The Law given to the chosen people of Israel was truly a gift, enabling them to live in a way pleasing to God, but the Law itself cannot give life or make us holy. There is always a danger that we approach it in a minimalist way, keeping on the right side of the letter of the law and always on the lookout for loopholes. Sometimes we approach the season of Lent - and the life of faith in general - in the same way.

Jesus deals specifically with two significant commandments, and demonstrates that the commandments should be lived in a generous rather than minimalist way, according with our own dignity and the dignity of every other person. These commandments, and Our Lord's teaching on them, form the basis of Catholic teaching on the sanctity of human life, respect for every human person, and the place of human love and the communion of marriage in the divine plan. Increasingly we are called to be a prophetic witness in these areas, standing against the tide of popular opinion - we must ask for a spirit of courage and faithfulness, and deeper understanding joined to humility as we receive teaching which we also may find hard.

This coming season of Lent is an opportunity to bring our entire lives into the light of the gospel. To develop self-discipline, to think of others, and to renew our spiritual lives through the practices of self-denial, almsgiving and prayer. More than just 'giving something up', we are invited to give up that central place in our lives which belongs to God alone; to orient our lives more completely to him, shaping our lives according to the supreme law of his kingdom, the law of generous, sacrificial love. This season, hard though it may be if we are serious about it, is meant to be received as a gift, a

reminder that God cares for us, and wants us to be truly happy in him rather than accept something less.

God bless, Fr Matthew.

THIS WEEK: Thank you to Fr Jude from Hornchurch who is celebrating some of the Masses this week. Please note there is NO Mass on Thursday. There is also NO Holy Hour on Saturday 14th but there IS holy hour as usual on Wednesday 18th and Saturday 21st.

ASH WEDNESDAY: Mass is celebrated at 10am and 7pm. We begin our Lenten observance with a day of fasting (eating significantly less than usual) and abstinence from meat, provided our physical health permits this.

RIP: Please pray for the repose of the souls of Patricia Merrigan and Mary Brennan who have died. Mary's funeral will be held here at St Joseph's on Tuesday 24th February at 12.30pm and her body will be received into the church on Monday 23rd February at 4pm. May they both rest in the eternal peace of Christ.

STATIONS OF THE CROSS: On Fridays of Lent we share this devotion, walking with Our Lord to Calvary, with our neighbours from St Lawrence's. Starting 7.30pm, alternating locations beginning this Friday over the road at St Lawrence's.

LOURDES FUND APPEAL: This Sunday, which follows the feast of Our Lady of Lourdes, patroness of our diocese, is the World Day for the Sick. Each summer a large group of pilgrims from our diocese visits the place where Our Lady appeared to St Bernadette. The collection that is taken up throughout our diocese today makes it possible for people to go on pilgrimage who would be unable to spend this time in Lourdes without support from our team of doctors, nurses and helpers, or without financial assistance. As well as the retiring collection at Mass, you can give online at <https://www.dioceseofbrentwood.net/donations> (specify 'Lourdes Fund' in 'Other' box). Thank you for your support.

WALK WITH ME BOOKLETS: These popular booklets with a daily reflection for Lent are available in the porch for £1.50.

ST PETER'S CRANHAM: Having made the decision to sell St Peter's (our former Mass Centre and hall in Cranham) as part of our plans to build a new Parish Centre, the diocese have instructed property specialists Newmark to arrange this. The property is now on the market. Although there is no exact timescale at this stage, we are no longer taking bookings for St Peter's. More information about our plans and the conversations leading to this decision can be found on our website. We will find an appropriate way to recognise its place in our history.

LENTEN ALMSGIVING: Next Sunday Fr Matthew will introduce some ideas for Lenten almsgiving, including CAFOD to support those in need overseas, and Your Place, formerly Anchor House, as a local charity addressing homelessness.

COME AND ENJOY THE FUN AT BROWNIES AND GUIDES: We have places for girls to join the Brownies (aged 7-10) and for Guides (aged 10-14). We currently are meeting at St. Peter's on a Thursday evening. For more information please contact :- Sharon for Brownies via email at shazza31281@hotmail.com or for Guides Diane at dianeconsultants@gmail.com. Please also see the articles on the church website.

SERIES OF FOUR LENTEN LECTURES 2026: Will take place at Brentwood Cathedral Parish Hall commencing Wednesday 25th February 2026 at 7.30pm. The theme this year is: "What does it truly mean to be Catholic?" This invitation is to the whole Diocese of Brentwood. All Welcome! **Talk 1**—Wednesday 25th February. Abbot Hugh Allan, O Praem. "I Believe..." Living and Proclaiming the Catholic Faith. 7.30pm. **Talk 2**—Wednesday 4th March. Rev Msgr Kevin W Hale, VG. Being Catholic and the call to holiness as seen in the lives of some recently canonised saints. 7.30pm. **Talk 3**—Wednesday 11th March. Mr Mauro Iannicelli. Prayer as the Foundation of our Catholic Life. 7.30pm. **Talk 4**—Wednesday 18th March. Rev Msgr John Armitage. The uniqueness of Catholicism for British Society. 7.30pm.

LOURDES WITH OUR DIOCESE: Would you like to join our bishop and parishioners and clergy from around the diocese on our annual pilgrimage to Lourdes this summer? The dates are Friday, 17th – Friday, 24th July. Please visit <https://tangney-tours.com/brentwood> for further information and to book, or contact Deirdre Pembroke, lourdes@brcdt.org if you have any questions. Paper booking forms to follow.

BRENTWOOD CATHOLIC CHILDREN'S SOCIETY AFTERNOON TEA: The Brentwood Catholic Children Society is delighted to kick off the year with an invitation to Afternoon Tea. Hosted in the opulent surroundings of the Roslin Beach Hotel in Southend-on-Sea on Tuesday 17th February 2026 (13:30-15:30).

SVP AND CAFOD WORK EXPERIENCE: The St Vincent de Paul Society and CAFOD are working together to offer a week of free residential work experience for 20 young adults in England and Wales. The experience will run from 21st – 26th June in London. Candidates must be aged 18-25 years old, but priority will be given to those in their first or second year at university. Applications close on the 6th April. For any queries, please contact KeziaH@svp.org.uk

VACANCIES IN DIOCESAN SCHOOLS: <https://www.dioceseofbrentwood.net/departments/education/vacancies/school-vacancies/>

MASS INTENTIONS THIS WEEK

Sat 14th Feb	ST CYRIL, M & ST METHIDIUS, B
5.30pm—6.15pm	ADORATION AND CONFESSIONS
6.30pm	People of the parish
Sun 15th Feb	SIXTH SUNDAY OF THE YEAR
9.00am	John Parker RIP (Leonard)
11.00am	Marie Geoghegan RIP (Anne, Jim & Family)
Mon 16th Feb	
9.15am	Deceased members of the Dennehy & Regan Families (Regan)
Tues 17th Feb	
9.15am	David Burge RIP (Talbot)
Wed 18th Feb	ASH WEDNESDAY
10am	Nora & Teddy O'Brien (Biggs)
12 noon—1pm	ADORATION AND CONFESSIONS
7pm	People of the parish
Thur 19th Feb	THURSDAY AFTER ASH WEDNESDAY
9.15am	NO MASS THIS MORNING
Frid 20th Feb	FRIDAY AFTER ASH WEDNESDAY
9.15am	Lawrence O'Brien RIP (Biggs)
Sat 21st Feb	SATURDAY AFTER ASH WEDNESDAY
5.30pm—6.15pm	NO ADORATION AND CONFESSIONS
6.30pm	Private Intention (Bemand-Qureshi)
Sun 22nd Feb	FIRST SUNDAY OF LENT
9.00am	People of the parish
11.00am	Martin Campbell RIP Anniv. (Campbell)

USEFUL INFORMATION

EUCCHARISTIC ADORATION & CONFESSIONS: Saturday evening 5.30-6.15pm and Wednesday 12 noon-1pm. Confessions also available on request when Fr Matthew is available or by appointment.

PARISH OFFICE HOURS: Mon-Fri 9am-12.30pm (except Wednesdays).

Fr Matthew (emergencies/pastoral need): 07356 292542

St Joseph's School - School office 01708-220277

Sacred Heart of Mary School - School office 01708-222660

Baptisms & weddings - please speak to Fr Matthew after Mass

Repository: Saturdays before & after Mass, and Sundays after the 9am Mass until 10.55am

Queen's Hospital: If someone staying in the hospital would like Holy Communion, please contact the lay chaplaincy coordinator Helen Miranda on 01708 477890. In an emergency ask the ward staff to request the on-call Catholic priest via switchboard.

St Joseph's Pre-School - (available 7.30am—6pm) 07983-859090 / 07807-700900

Facebook: [stjosephschurchupminster](https://www.facebook.com/stjosephschurchupminster) **Web:** www.stjosephschurchupminster.com

**PLEASE ENSURE YOU ARE AWARE OF THE POSITION OF THE
EMERGENCY FIRE EXIT DOORS IN THE CHURCH, AND PLEASE ENSURE THAT ALL
MOBILE TELEPHONES ARE SILENCED BEFORE THE SERVICE BEGINS**