



St Joseph's Catholic Church

Champion Road, Upminster



Parish Priest: Fr Matthew Bemand-Qureshi

Parish Secretary: Rachel Hayward

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PARISH NEWSLETTER

7TH / 8TH FEBRUARY 2026

FIFTH SUNDAY OF THE YEAR (A) - Mass Book Pg 133

(Isaiah 58:6-10, 1 Corinthians 2:1-5, Matthew 5:13-16)

The theme of light keeps appearing in our readings, and that is no bad thing during the darkness of winter, for light represents the promise of a victory which sustains us in moments of darkness. Last week we began the Sermon on the Mount, which we continue with this week and next. We have heard St Matthew identify Jesus and specifically his preaching as bringing light to a people who had walked in darkness.

There is a twist in today's message. We are accustomed to hearing 'Jesus is the light of the world' and yet today we hear 'YOU are the light of the world'. We are also told 'you are the salt of the earth'. Salt makes a difference to whatever it is added to, enhancing the flavour. Whilst light enables us to see more clearly. As disciples of Jesus Christ, which should be making a positive difference to the world around us and all those we meet, in our homes and in our workplaces. The light we bring is not our own light, but the light of Jesus Christ, reflected in our lives. Our faith should make a visible difference to our lives. The beatitudes which we heard last week gives us a sense of what that might look like: a life lived for others rather than for ourselves. For there is a note of caution. Salt must not lose its saltiness, and light must not be hidden. We must remain close to Christ, and allow him to transform and renew us so that we remain faithful to him do not lose sight of our true calling and purpose.

Wednesday is the feast of Our Lady of Lourdes. I have the privilege once again of celebrating the feast in the very place where Our Lady appeared to a young poor girl named Bernadette. We should be inspired by her courage, remaining firm in bearing witness to what she knew to be true even though she didn't fully understand, in spite of opposition from many who were considered cleverer and more powerful. We too are called to be faithful in our own way, humbling trusting in God and walking in the light of Christ. In this way, he may use us, as he used Bernadette, to accomplish the spread of his kingdom.

Gid bless, Fr Matthew.

ASH WEDNESDAY: Lent begins on 18th February, and Mass with imposition of ashes will be at 10am and 7pm. The ash is made from the previous year's palm crosses. You are encouraged to bring old palm crosses to church and leave them in the basket in the porch before Shrove Tuesday.

THIS WEEK: Fr Matthew will be in Lourdes to plan the summer Diocesan pilgrimage. Thank you to Fr John McGrath and Fr Kris Tomczak for covering Masses. There is no holy hour this Wednesday or Saturday 14th.

RIP: Please pray for the repose of the souls of Bridget O'Sullivan, Patricia Merrigan and Mary Brennan who have died.

LOURDES FUND APPEAL: Next weekend we will have the annual collection for the diocesan Lourdes Fund, in honour of the patroness of our diocese whose feast we celebrate on Wednesday. This collection 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. Your support is much appreciated.

MUSIC GROUP: The 11.00am Mass Music Group extends a warm invitation to anyone who may like to join them to support the worship once a month and who may like to come along to informal rehearsals on Wednesday evenings. Please call Cathy on 07918020596 or email cathynewman41@hotmail.com for more details.

NATIONAL MARRIAGE WEEK: Please pray for all those living out the vocation to marriage and couples preparing to marry. Support is available for those who need it, and your parish priest can point you in the right direction. If you are celebrating a significant anniversary this year, please let your parish know so that you can be invited to the Mass of Thanksgiving in the Cathedral on Saturday 11th July.

HORNCHURCH PASSION PLAY: Preparations are well underway for the play which is taking place this Easter. If you are a musician interested on being part of the band/choir join the WhatsApp group: <https://chat.whatsapp.com/ESVfAC75adMJsVYmQdihKy>. The team are also looking for more soldiers. Email director@hornchurchpp.co.uk

LADIES' NIGHT: Thursday 12th February at 7.30pm in the Social Club. If you are new to the parish this is a great way to make new friends. We meet once a month and our first meeting of 2026 is 9th January. Table snacks. Drinks purchased from the bar. Do think about becoming a member of our Social Club in January for only £10 a year. More information from Bernadette in the Repository or Frances Chalk.

DIOCESAN LOURDES PILGRIMAGE: 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.

SOCIAL CLUB UPCOMING EVENTS: 6 Nations England Games - Sat 7th vs Wales and Sat 14th vs Scotland live on the big screen from 4pm. **Irish Night (18+)** - **Friday 20th March** - <https://buytickets.at/stjosephscatholicclubupminster/2034551> **"We Got The Funk" feat Simon Bartholomew from the Brand New Heavies (18+)** - **Saturday 25th April** - <https://buytickets.at/stjosephscatholicclubupminster/2034562> **Membership now just £5:** <https://membermojo.co.uk/stjosephsc>

ST MARYS CATHOLIC PRIMARY SCHOOL HEADTEACHER: The Governors of St Mary's Catholic Primary School, Hornchurch, are seeking to appoint an inspirational and dedicated Head Teacher. **Closing date: Friday 6th March 2026 at 5pm / Interview Date: Friday 20th March 2026.** Enquiries can be made by email to admin@stmcps.co.uk, or phone 01708 448430.

ST JOHN BOSCO CHILDREN'S CAMP: An amazing volunteer opportunity for this summer. If you are in school year 12 or student age (or any age over 17!) you are very welcome to apply at www.boscocamp.co.uk. The application process includes references and a DBS check, which we can help with, as well as a training and support before and during Camp. The Camp provides over 100 children a week with a summer holiday – for many their only holiday. As a volunteer you use your skills in assisting with different sporting and fun activities, as well as the practical aspects of camp life. Volunteer for Saturday, 25th July – Saturday, 1st August or Saturday, 1st – Saturday, 8th August. The Camp is a special work of Caritas Diocese of Brentwood, and also seeks financial donations – all information on the website.

RETROUVAILLE MARRIAGE HELP: Retrouvaille helps couples find hope and healing for their marriage. Next date: Thursday, 12 February.
www.retrouvaille.org.uk Tel: 07887 296983

BCCS 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). Tickets are £35 per person - for more information or to book your place search [//www.bccs.org.uk/get-involved/events/](http://www.bccs.org.uk/get-involved/events/) or contact Julie Abbott on 07912277413 or jabbott@bccs.org.uk

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

PLEASE PRAY FOR OUR SICK: Michael Coady, Reuben Jack Dodd (Lacey), Emilia Gunn, Deborah & Paul Bussutil, Christopher Noel Ashford, Joan Spoor, Liam O'Byrne, Tom Martin, Maureen Peek, Frances Oskis, Joseph Furzer, Martyn Oliver, James Nickelson, Len Rawlings, Stella Rogers, Wenda Cordell, Irene Stubbings, Janet Martin, Tony White, Nora Delor, Maureen Pain, Ian Laidlaw, Julie Cordell, Stella Owen, Patrick Rodgers, Mary Smith, Frank Hamilton, Christine Sejas, Anna Gawlik, Maureen Anderson, Mary-Anne Madden, Lisa Bostock, Jason Hamilton-Ramm, Thomas Presland.

MASS INTENTIONS THIS WEEK

Sat 7th Feb	
5.30pm—6.15pm	ADORATION AND CONFESSIONS
6.30pm	Thomas & Kathleen Tevenan RIP (30 Years) (Tevanan)
Sun 8th Feb	FIFTH SUNDAY OF THE YEAR
9.00am	People of the parish
11.00am	Robin Clist RIP (Family)
Mon 9th Feb	
9.15am	Joyce Jones RIP Anniv. (Carter / Jones)
Tues 10th Feb	ST SCHOLASTICA, V
9.15am	Joe O'Mahony RIP (Fahy)
Wed 11th Feb	OUR LADY OF LOURDES, PRINCIPAL PATRONESS OF THE DIOCESE
9.15am	John Parker RIP (Dingli)
12 noon—1pm	NO ADORATION AND CONFESSIONS
Thur 12th Feb	
9.15am	The Burge Family (Medley)
Frid 13th Feb	
9.15am	Maureen Gooding RIP (Baker Family)
Sat 14th Feb	ST CYRIL, M & ST METHODIUS, B
5.30pm—6.15pm	NO 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)

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**