

OUR LADY AND ST. HELEN'S

CONDORRAT.

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Tel. 01236-731-258

Priest: Rev. Paulinus Onyenuru OP.

Deacon: Paul McNair

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Mass times

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| Monday to Friday | 10 am |
| Saturday Vigil Mass | 6 pm |
| Sunday | 10 am & 12 noon |

Adoration of the Blessed Sacrament

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| Monday to Friday | 9:00 -9:45 am |
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Confessions

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| Tuesday and Thursday | 9:20 am |
| Saturday | 5:20 pm |

Fourth Sunday in Ordinary Time – Year A.

Sunday, 1st of February, 2026.

1st Reading: Zephaniah 2:3; 3:12-13

I will leave in your midst a people humble and lowly.

Responsorial Psalm: Psalm 146 (145)

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

2nd Reading: 1 Cor. 1:26-31

God chose what is weak in the world.

Gospel: Matthew 5:1-12a

Blessed are the poor in spirit.

Reflection: The life of the Blessed, rosy or thorny?

What does happiness consist of? Is it found in limitless pleasure, personal comfort, and a life insulated from pain and difficulty? In Matthew 5:1–12, Jesus inaugurates His public teaching with the Beatitudes, offering a vision of happiness that radically challenges conventional expectations. Instead of linking happiness to comfort, success, or social approval, Christ identifies as “blessed” those whose lives are marked by poverty of spirit, mourning, meekness, persecution, and suffering endured for the sake of righteousness. At first glance, these conditions seem unpleasant and even undesirable. Yet it is precisely through this paradox that the Gospel reveals the true nature of Christian happiness.

The happiness proclaimed in the Beatitudes is not a superficial emotion or a fleeting sense of pleasure. It is a deep and enduring state of blessedness rooted in one’s relationship with God. Mourning, persecution, calumny, and abuse become sources of happiness not because suffering is good in itself, but because, when embraced for the sake of the Kingdom of God, they draw the believer into deeper communion with Christ. Perseverance amid adversity purifies the heart, strengthens faith, and reorients the believer towards eternal hope rather than temporal reward.

Living the life of Christ is not a walk in the park. It is a demanding way of life that requires self-discipline and a conscious effort to conform one’s life to the pattern of Christ Jesus. To live the Beatitudes is to allow one’s values, desires, and responses to be shaped by the mind of Christ rather than by the logic of the world. This path often involves contradiction and misunderstanding, yet it is precisely along this narrow way that authentic Christian joy is found.

Christ Himself embodies the Beatitudes in their fullness. Throughout the Gospels, He mourned over Jerusalem and his friend Lazarus and endured suffering for humanity. He was persecuted, rejected, falsely accused, abused, and ultimately crucified. He faced hostility and threats, yet He remained steadfast, obedient to the Father and faithful to His mission. In

Safeguarding holds a vital place in the life of the Archdiocese of Glasgow. Our parish is committed to promoting safeguarding awareness and embraces our collective responsibility to provide care and protection for everyone.

Him, the paradox of the Beatitudes is fully revealed. The sufferings he bore became the pathway to His glory.

Christian happiness, therefore, is the fulfilment of the self. It arises when we live in accordance with our deepest identity as sons and daughters of God, created in God's image and likeness. The life of the Beatitudes is not a denial of the self. It is rather the emergence of our true selves. The promise of happiness is thus inseparable from perseverance. **“The one who remains faithful to the end will gain the crown of life.”**

Hymns for Sunday

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| Entrance: Seek ye first | No. 604 |
| Offertory: Fill my house | No. 256 |
| Communion 1: This is my body | No. 681 |
| Communion 2: The Lord hears the cry of the poor | No. 658 |
| Recession: Here I am | No. 376 |

Memorial: The Presentation of the Lord (Monday), St. Agatha (Thursday), St. Paul Miki and Companions (Friday)

Let us keep in our prayers the sick in our community, especially **Pat Lennon**.

The funeral of **Cecilia Wright** is scheduled for Thursday, the 12th of February at 10 AM.

Death: *Baby Noah Egan, Marie Carrigan, Mary Dunn, John Francis Wheatley, William Mooney, John Mooney, Hugh Mooney, Rose McDade.*

Anniversary: *Margaret McConnell, Phil McConnell, Margaret Stirling, Rita Friel, Tom McCarty.*

The Fatima Devotion comes up on the 7th of February with Mass at 10AM. Rosary begins after Mass.

Enrolment Ceremony for those for the Sacrament of Confirmation. Next Sunday, 8th February, at the 10 AM Mass, the children preparing to receive the Sacrament of Confirmation will have their enrolment ceremony. This marks an important step in their sacramental journey. Families and the entire community are encouraged to attend and support these young members of our parish.

200 Club Winners for February

The February draws took place at the Parish Council Meeting on Monday. Congratulations to the winners:

1st Prize: No. 251

2nd Prize: No. 24

3rd Prize: No. 218

Collections for 25/01/2026

Offertory: £362

Gift Aid envelopes: £514.15

Assisted Parishes: £500.88 **Thank you.**

RCAG Young Adults – Holiness in Ordinary Life: RCAG Youth invites young adults aged 16–35 to the first session of our Spring Series, Holiness in Ordinary Life. This evening will help young adults embrace their universal call to holiness by exploring how God's presence can be woven into the ordinary routines of everyday life. Wednesday, 12 February, 7–9 pm, Eyre Hall, 196 Clyde Street G1 4JY. Register at RCAGyouth.co.uk All young adults are welcome.

Archdiocese of Glasgow Lourdes Pilgrimage: Bookings are now open for anyone wishing to join the Archdiocesan Pilgrimage to Lourdes, taking place from 16th July to 23rd July. For information about the pilgrimage go to <https://joewalshstours.co.uk/tours/glasgow-pilgrimage-to-lourdes/> If you are interested in attending, or you have any questions or require further information, please contact the Pilgrimage Office at pilgrimage@rcag.org.uk. We look forward to hearing from you.

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