



The Parish Newsletter

"Go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit". Mt. 28:19

Year A 1st February—8th February 2026

PARISH CONTACTS

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MASS TIMES FOR THE COMING WEEK

DAY	TIME	SERVICE/INTENTION/FEAST
Sunday 1st Feb 2026	M: 09.00 am	SUNDAY MASS
4th Sunday in ordinary time	B: 11.00 am	
Tuesday 3rd Feb 2026	M: 10.00 am	Mass Mass Intention St Blaise, Bishop and Martyr
Wednesday 4th Feb 2026	B: 10:00 am	Mass
Thursday 5th Feb 2026	M: 10.00 am	Mass St Agatha Virgin, Martyr
Friday 6th Feb 2026	B: 09:30 am	Benediction
	B: 10:00 am	Mass St Paul Miki and Martyrs
Next Sunday 8th Feb 2026	M: 09.00 am	SUNDAY MASS
5th Sunday in Ordinary Time	B: 11.00 am	

WEEKDAY MASSES

Masses during the week at Brandon and Mildenhall are as per the newsletter.

PARISH RETREAT

We are hoping to hold a Parish Retreat Day sometime in mid March 2026. Further details will be announced in the near future. We hope as many of you as possible will be able to attend. If you would like to put forward some suggestions/input regarding this event please speak to Fr Anil. Many thanks.

FOOD BANK—Today

Today is the first Sunday of the month and our monthly food bank appeal. There is still much demand for items such as tinned goods (beans, soups, vegetables etc. cereal, hygiene products and more. Please leave any items for the food bank at the back of the church. Donations of money will also be appreciated. (please ensure items are still in date).

Thank you as always for your continuing generosity. For any more information please speak to Sinead or John Bruton.

****NEXT WINTER WARMER LUNCHEON FUND RAISER****

Please put this date in your diaries - **SUNDAY 8TH MARCH 2026 1.00 pm at St John's, Mildenhall**. A sign up sheet will be available soon so that we can get details on numbers who wish to attend. We will be holding a raffle so if people would like to donate raffle prizes for this event it will be greatly appreciated Many thanks, Chris (Fundraising)

50/50 CLUB WINNERS JANUARY DRAW—Random Number draw 30th Jan 2026

1st Prize Carole London (No. 112) £20.00

2nd Prize Mrs Grey (No. 44) £15.00

3rd Prize Sandra Chadwick (No. 15) £10.00

****YOUNG WOMEN'S RETREAT 6TH - 8TH MARCH 2026****

The Diocese Youth Service is organising a retreat in York during lent, for young (age 18—35). For more information and to book a place.

See www.rcdea.org.uk/youth.

Places are limited and accepted on a first come first served basis

**** REMINDER FOR PARENTS DURING MASS****

Parents are reminded to escort their children to the restroom facilities during mass/services. Thank you.

FOR THE SICK OF OUR PARISH AND THOSE THAT CARE FOR THEM

Please remember to pray at this time for **Stephen Dean, Sue Dean, Des Neville, Janet Kemp, Eugene Armour, Yan Cheung, Kath Cottrell** and all in our parish who are challenged with health issues or need our support at this time.

Our Father, Hail Mary, Glory be ...

PLEASE PRAY FOR PEACE.

During this New Year 2026, let us continue to pray for peace in the world. Let the message of Christ unite us as one world to live together in love and harmony.

LENTEN SEASON FASTING AND ABSTINENCE AT HOME

Dr Antonia Braithwaite's article discusses Lenten practices that help Catholics draw closer to God throughout the season. As Lent approaches, the Church invites Catholics to practise fasting and abstinence on Ash Wednesday and Good Friday, and to embrace a spirit of self-denial throughout the season.

For many families, these practices may seem daunting or old-fashioned, yet fasting and abstinence have deep biblical roots, are modelled on Christ himself, and have long formed part of the Church's wisdom for all the faithful. The Code of Canon Law still references that it is obligatory for Catholics on certain days of the year.

In England and Wales, Catholics **must abstain from eating meat on Ash Wednesday, Good Friday and all Fridays of the year unless a Solemnity falls on that Friday.**

Abstinence does not mean one must eat fish. It simply means avoiding meat.

For those who rarely eat meat, the Bishops recommend giving it up on Fridays nonetheless and choosing an additional, personally challenging form of abstinence.

This obligation binds Catholics from the age of 14, unless they are ill, pregnant or otherwise excused. On Ash Wednesday and Good Friday, Catholics from the age of 18 until the start of their 60th year are also required to fast. Fasting means eating one modest meal and up to two small snacks, traditionally called collations, that together do not amount to a full meal. Those with health concerns or serious reasons are exempt.

Children who are not yet bound by these rules should still be encouraged to enter into the spirit of penance in age appropriate ways. Families might give up sweets, limit screen time or set aside another small pleasure. Such practices help children recognise that these days are sacred and prepare them for fuller participation later in life.

(Ref Dr Antonia Braithwaite // www.rcdea.org.uk/wp-content/uploads/2026/01/CEA-Feb-26)

Many thanks for all your generosity in helping the parish with funding.

PARISH FINANCES - Please note that there are many ways to support our parish:

The preferred option is by standing order or regular transfer

details below

1. Web Card donation using the DONA button on the parish website home page.
2. Cheques made payable to Brandon & Mildenhall Catholic Parish
3. Cash donations—please help if you can by donating cash or cheques at the offertory in the baskets provided during service or at the back of the church. Donations can also be given for mass intention and when lighting candles for special private intentions.
4. Parish bank acc details: Brandon & Mildenhall Catholic Parish Lloyds

Bank Sort code 30-98-58 A/C No.00489176.

Contact Philip Kemp Treasurer

RC Diocese of East Anglia Registered Charity 278742

BISHOPS DIARY

FEBRUARY Feb 2, Mon Bishop to attend The Presentation of the Lord (World Day for Consecrated life) Annual Meeting of Religious and Mass at the Cathedral at 11:30.

Feb 5, Thurs Bishop to Diocesan Liturgy Commission Meeting at 11:00 in Poringland.

Feb 7, Sat Bishop to attend Annual Mass to celebrate Our Lady of Lourdes with Anointing of the Sick at the Cathedral at 11:30.

Feb 10, Tues Bishop to London to attend a meeting with the Allen Hall Formation Team in London at 16:15 followed by Sung Vespers at 18:30.

Feb 11, Wed Bishop to attend Bishop's Council Meeting in Poringland.

Feb 12, Thurs Bishop to attend Meeting of the Deans in Poringland at 11:00.

Feb 14, Sat Bishop to attend Marriage and Family Life Commission Meeting at 11:00 in Poringland.

Feb 18, Wed Bishop to celebrate Solemn Pontifical Mass for Ash Wednesday at 17:30 in Cathedral.

Feb 22, Sun Bishop to attend Rite of Election at 15:00 at the Cathedral. Feb 24, Tues Bishop to attend Lenten Station Mass at St Peter and All Souls, Peterborough. Format: 18:00 Exposition and confession 19:00 Mass 20:00 Light buffet or Soup.

Feb 25, Wed Bishop to attend Department of Dialogue & Unity meeting in London.

Feb 26, Thurs Bishop to attend Diocesan School's Service Commission Meeting at 10:45, in Poringland.

Feb 26, Thurs Bishop to attend Lenten Station Mass at Our Lady of the Assumption & the English Martyrs, Cambridge. Format: 18:00 Exposition and confession 19:00 Mass 20:00 Light buffet or Soup.

Feb 27, Fri Bishop to meet with Ignite Team at 18:00.

(ref: Latest online news at: www.rcdea.org.uk)