

**Mass times and intentions: 31<sup>st</sup> January – 08<sup>th</sup> February 2026**

<b>Saturday</b>	<b>31</b>	<b>FOURTH SUNDAY IN ORDINARY TIME</b> 18.00 – Da-Cunha Family – thanksgiving
<b>Sunday</b>	<b>01</b>	11.30 – The People of the Parish
<b>Monday</b>	<b>02</b>	No Mass
<b>Tuesday</b>	<b>03</b>	St Blaise 10.00 – Joe Omada – birthday
<b>Wednesday</b>	<b>04</b>	Feria 10.00 – Deirdre and her intentions
<b>Thursday</b>	<b>05</b>	St Agatha 10.00 – Matthew James – thanksgiving
<b>Friday</b>	<b>06</b>	Ss Paul Miki and Companions 10.00 – John Shanahan RIP
<b>Saturday</b>	<b>07</b>	Memorial of the Blessed Vergin Mary 10.00 – Margaret Brown and her intentions
		<b>FIFTH SUNDAY IN ORDINARY TIME</b> 18.00 – Peggy Kennelly RIP
<b>Sunday</b>	<b>08</b>	11.30 – The People of the Parish

Tuesday to Saturday, after the Holy Mass,  
**Adoration of the Blessed Sacrament & Holy Rosary**

**Mass Intentions / Offerings:** Special envelops are available at the back of Church. If you would like Mass offered on a particular date or anniversary, please let the Parish Priest know well in advance – the sooner the better. Thank you for your co-operation.

**Mass Attendance last weekend: 256**

**Offertory Collection last weekend: £ 758.31**

Standing order details:	Online via QR Code:
<b>Account Name:</b> Catholic Church Hainault The Assumption <b>Sort Code:</b> 40-13-22 <b>Account Number:</b> 31019244	

**CATHOLIC PARISH  
OF THE DIOCESE OF BRENTWOOD**

PARISH PRIEST: FR TARCIZU ERDES  
020 8500 3953  
07735 416319

[hainault@brcdt.org](mailto:hainault@brcdt.org)  
[finance-hainault@brcdt.org](mailto:finance-hainault@brcdt.org)  
[www.hainault.org.uk](http://www.hainault.org.uk)

98, Manford Way, Hainault, IG7 4DF



**FOURTH SUNDAY IN ORDINARY TIME – 01<sup>st</sup> February 2026**

Hymn Book numbers for Sunday Mass  
**88** – Blest are the pure in heart

**Responsorial Psalm: *Blessed are the poor in spirit;  
for theirs is the kingdom of heaven.***

**570** – Oh, the love of my Lord is the essence

**633** – Seek ye first the Kingdom of God

**765** – Walk with me, oh my Lord

**488** – Mine eyes have seen the glory of the coming of the Lord

**Dear brothers and sisters,**

Jesus goes up the mountain, sees the crowd, and stops. Not because of hurry, not out of duty, but because his heart is moved. He sits down and, before asking anything, before correcting or commanding, he offers a word that comforts: “Blessed.” It is as if Jesus were saying, “I want you to know first how God sees you.” Not as failures, not as believers who are never good enough, but as people called to happiness, even where life hurts.

Before him there are simple people, with dusty clothes from the road, with many worries and tired souls. Some have lost someone they love, others struggle with illness, poverty, or injustice. And to them Jesus does not say, “Endure,” but “Blessed.” It is a reversal that heals. Jesus does not deny suffering, but he gives it meaning and opens it to hope.

Blessed are the poor in spirit. Not those who have nothing, but those who do not believe they own everything. It is the person who knows how to say, “I need help,” “Help me,” “Lord, without you I cannot.” It is like the elderly man who enters the church leaning on his cane, sits in a pew, and, perhaps without many words, places his whole life into God’s hands. This poverty of heart creates a free space where God can dwell.

Blessed are those who mourn. Not because tears are easy, but because they are never wasted. There is the crying of a mother keeping watch beside a sick child, the tears of a husband or wife left alone, the tears of someone who has realised they have made mistakes. In all these tears, God is present. Sometimes he does not change the situation right away, but he changes the heart. And from a comforted heart, new strength is born.

Blessed are the meek. Meekness is the language of those who truly love. It is the father who, though tired, does not raise his voice. It is the wife who chooses to listen instead of accusing. It is the person who could hurt, but chooses not to. Meekness may seem small, but it makes room for God where violence drives him away.

Blessed are those who hunger and thirst for righteousness. It is that holy restlessness that does not allow indifference. It is the person who does not accept lies as normal, who does not get used to evil. Maybe they cannot change everything, but they refuse to let evil change them. It is the believer who chooses honesty even when it is costly, because they know that God sees.

Blessed are the merciful. Mercy is the heart of the Gospel. It is the woman who cares for a neighbour forgotten by everyone. It is the person who forgives, even when it still hurts. It is the one who does not first ask, “Why did you do this?” but “How can I help you?” Mercy does not erase the truth, but it speaks the truth with love.

Blessed are the pure in heart. A pure heart is not one without struggles, but one without a double life. A heart that does not pretend, that does not wear masks before God. It is the person who comes to prayer just as they are, with weaknesses and desires, and simply says, “Lord, this is who I am.” Such a heart can see God’s traces even in grey days.

Blessed are the peacemakers. Not those who avoid conflict, but those who do not give up love when conflict comes. It is the one who takes the first step, who calls, who writes, who prays for the person who has hurt them. Peace is born from the courage to love more than pride.

And blessed are those who are persecuted for righteousness’ sake. Jesus does not promise applause, but he promises the Kingdom. There are moments when faith has a cost, when remaining faithful makes you feel alone. But God never abandons those who choose the good. Even if the road is narrow, it leads to life.

The Beatitudes are not a list for perfect people. They are a consolation for real people. They are small steps we can take every day. And today, on this mountain of the Gospel, Jesus looks at each of us and says gently, “Happiness is not far away. It begins when you allow your heart to be touched by God’s love.” And this is the good news that lifts us up, heals us, and sends us forward.

**Amen.**

• **PARISH BINGO NIGHT – Saturday, 7<sup>th</sup> February 2026 – 7pm**

Come and meet your fellow parishioners at the Parish Bingo Night to play bingo, win prizes and enjoy a two-course meal whilst spending quality time together and strengthening the bonds within our parish community.

The Bingo Night will commence after the evening mass on **Saturday 7<sup>th</sup> February** at 7pm in the **Hainault Community Hall** behind the library adjacent to our Church. Adult tickets are £20; tickets for those aged 10 to 15 are £10. Please note that the evening is not suitable for those under 10 years of age. Tickets on sale after Mass on Saturday and Sunday. All proceeds (apart from costs related to hall hire and bar staff) go to the Church.

• **RAFFLE TICKETS now on sale - Just £5 a Strip!**

Don’t miss your chance to win some **amazing prizes** while supporting a great cause. Get your tickets now and be in a chance to win. Donations for the raffle and prizes are most welcome. Thank you for your continued support!

• **Diocesan Second Collection and Crib Offerings –  
Brentwood Catholic Children’s Society**

There will be a second collection after Masses this weekend which will be put together with our Crib Offerings for the Brentwood Catholic Children’s Society. Thank you.