

**Mass Readings**  
4th Sunday in Ordinary Time – A

**First reading**

**Zephaniah 2:3; 3:12-13**  
Seek the Lord, all you humble of the land, who do his just commands; seek righteousness; seek humility; perhaps you may be hidden on the day of the anger of the Lord.

I will leave in your midst a people humble and lowly. They shall seek refuge in the name of the Lord, those who are left in Israel; they shall do no injustice and speak no lies, nor shall there be found in their mouth a deceitful tongue. For they shall graze and lie down, and none shall make them afraid.

**Responsorial Psalm**

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

1. It is the LORD who preserves fidelity for ever, who does justice to those who are oppressed. It is he who gives bread to the hungry, the LORD who sets prisoners free.
2. The LORD who opens the eyes of the blind, the LORD who raises up those who are bowed down. It is the LORD who loves the just, the LORD who protects the stranger.
3. The LORD upholds the orphan and the widow, but thwarts the path of the wicked. The LORD will reign for ever, your God, O Sion, from age to age.

**Psalm 146(145)**

**Second reading**

**1 Corinthians 1:26-31**  
Consider your calling, brothers and sisters: not many of you were wise according to worldly standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, even things that are not, to bring to nothing things that are, so that no human being might boast in the presence of God. And because of him you are in Christ Jesus, who became to us wisdom from God, righteousness, and sanctification, and redemption; so that, as it is written, 'Let the one who boasts, boast in the Lord.'

**Gospel Acclamation**

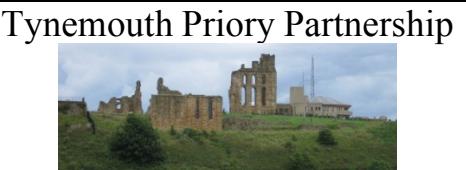
Alleluia, alleluia. Rejoice and be glad, for your reward is great in heaven. Alleluia.

**Gospel**

**Matthew 5:1-12a**  
At that time: Seeing the crowds, Jesus went up on the mountain, and when he sat down, his disciples came to him. And he opened his mouth and taught them, saying: 'Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall receive mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven.'

**The Parish of Saint Cuthbert and Saint Joseph, North Shields**

**Saint Cuthbert Catholic Church**  
Albion Road West  
North Shields



**Saint Joseph Catholic Church**  
Wallsend Road  
North Shields

**Father Christopher Hughes, St Joseph's Church, Wallsend Road, Chirton, North Shields, NE29 7AA**

Tel: 0191 257 5801 / Email: chris.hughes@diocesehn.org.uk

Parish Administrator: Mrs Katherine Main – Tuesday-Friday 8.45am-12.45pm

Tel: 0191 2573408

Email: Katherine.Main@diocesehn.org.uk

Parish Safeguarding Officer: Clare Harvey – 07507 297779

**Parish website information at: <http://www.northtynesidecatholic.org.uk>**

**Parish Schools**

**St Thomas More High School:** <https://stmacademy.org.uk/>

**St Cuthbert's Primary School:** <https://www.stcuthbertsrcprimary.co.uk/>

**St Joseph's Primary School:** <https://www.stjosephsrc-primary.co.uk/>

**Partnership Telephone Numbers**

Monsignor Andrew Faley Tel: 0191 252 8021

St Mary's Cullercoats Tel: 0191 251 3770

St Cuthbert's Church Tel: 0191 257 3408

**Partnership Telephone Numbers**

Father David Smith Tel: 0191 262 3882

Hospital Chaplaincy: Tel: 01670 712476

Deacon: Rev Stephen Boulter: Tel: 07768 387393

**31<sup>st</sup> January / 1<sup>st</sup> February 2026 – 4<sup>th</sup> Sunday in Ordinary Time – A**

**Masses, Devotions and Services**

	St Cuthbert's	St Joseph's	Our Lady & St Oswin's
<b>Saturday 31<sup>st</sup> January</b>		5:30pm: Vigil Mass:	
<b>Sunday 1<sup>st</sup> February 4<sup>th</sup> Sunday in Ordinary Time</b>	11.00am: Mass: People of the Parish		9:30am: Mass: People of the Parish
<b>Monday 2<sup>nd</sup> February The Presentation of the Lord</b>			
<b>Tuesday 3<sup>rd</sup> February</b>			10:00am: Mass: Christine Morris (SS)
<b>Wednesday 4<sup>th</sup> February</b>	9.30am: Mass: Oliver Freeman		
<b>Thursday 5<sup>th</sup> February</b>		9.30am: Mass:	
<b>Friday 6<sup>th</sup> February</b>	7.00pm: Mass:		
<b>Saturday 7<sup>th</sup> February</b>		5:30pm: Vigil Mass: People of the Parish	
<b>Sunday 8<sup>th</sup> February 5<sup>th</sup> Sunday in Ordinary Time</b>	11.00am: Mass: Oliver Freeman		9:30am: Mass: People of the Parish

**The Parish of St Cuthbert's and St Joseph's, North Shields**

search - - The Parish of Saint Cuthbert and Saint Joseph, North Shields.

[www.northtynesidecatholic.org.uk](http://www.northtynesidecatholic.org.uk)

0191 257 3408

## Parish Contacts

Parish Safeguarding Rep: Clare Harvey:  
Email: [Psr.stcuthbertstjoseph.northshields@diocesehn.org.uk](mailto:Psr.stcuthbertstjoseph.northshields@diocesehn.org.uk)  
Tel. 07507 297779

Holy Communion for Sick and Housebound: Doreen Hull  
Email: [pastoral.stcuthbertstjoseph.northshields@diocesehn.org.uk](mailto:pastoral.stcuthbertstjoseph.northshields@diocesehn.org.uk)

Buildings & Grounds:  
St Cuthbert's: Linda Shotton  
St Joseph's: Allan Badenhoppe  
Email:  
[Buildings.stcuthbertstjoseph.northshields@diocesehn.org.uk](mailto:Buildings.stcuthbertstjoseph.northshields@diocesehn.org.uk)

Health and Safety  
St Cuthbert's: Charlie Tynan  
St Joseph's: Jim Mclearie  
Email: [Hs.stcuthbertstjoseph.northshields@diocesehn.org.uk](mailto:Hs.stcuthbertstjoseph.northshields@diocesehn.org.uk)

Prayer Intentions for Ordinary Time (Winter): Peace on Earth; Openness to the Word of God, Christian Unity; the Sick and those who care for them; Victims of Trafficking and those who combat it; the Unemployed; Elderly in Poverty; The upholding of International Law and those who seek to defend it.

We pray for all who are sick, including Ros McGann, Jean Slater, Irene Keenaghan, Mary Quinn, Patricia Thompson, Paul Atkinson, Francis McSherry, Mary Kidd, Mary Rowley, Antoni Kulik, Peter Chester, Rebecca Cummings, Dorothy Falla, Bridget Geddes, Sr Zita, Stephen Davies.  
Please pray for Canon Bob Spence and for all those who have died recently.

## Fourth Sunday of the Year

For the next three Sundays before we start Lent on February 18, we have the first part of the Sermon on the Mount. Having this teaching on a mountain St Matthew is making strong connections with the teaching of Moses and the giving of the commandments on Mount Sinai. For Matthew, Jesus is Moses 2.0. As the sermon progresses, we see Matthew's perception of Jesus' teaching as being found on the Jewish law but he is developing it within the context of Jesus' vision of the Kingdom of God. The sermon starts with the beatitudes. These 9 beatitudes can be seen as the qualities needed to be children of the Kingdom of God developing St Luke's beatitudes and woes that say something of God who is committed to the poor, hungry, sad and persecuted. We are to imitate this God, we need the mindset of these 9 beatitudes. Which of these beatitudes you have already? Which you need to pray for the grace for? This passage is worth reflecting on discerning which of these are relevant to us at this time.

## White Flower Appeal

Last week-end there was a retiring collection for SPUC (Society for the Protection of the Unborn Child). The appeal

links Peace Sunday on January 18<sup>th</sup>. There can be no peace unless the dignity and sanctity of every human life is recognised, from the cradle to the grave and everywhere in between.

## Mass for Sick and Housebound

The World Day of Prayer for the sick is February 11<sup>th</sup>, Our Lady of Lourdes. Our annual Mass with the Sacrament of Anointing for sick and housebound will take place on Saturday 7<sup>th</sup> February at 2pm at St Joseph's. All are welcome.

## Mass for Marriage and Family Life

Bishop Stephen has kindly agreed to preside at our annual Celebration of Marriage and Family Life Mass in the Cathedral on Saturday 14 February 2026 at 12:00pm.

Pope Leo in his June 2025 celebration of families said, 'Marriage is not an ideal but the measure of true love between a man and a woman.' As we note in society internationally, moves to counter this principle and discount the Sacrament of Marriage are clearly evident in our secular world.

## Volunteer Chaperones for Diocesan Children's Choirs

The Diocese of Hexham and Newcastle is seeking volunteers to support children's choir rehearsals at the Cathedral Church of St Mary, starting as soon as possible. Choral Director, Eimear Hurley, is establishing two new children's choirs: one for girls and one for boys, each with a maximum of 30 members. Volunteers would need to be available from 4-5.30pm on their chosen weekday afternoon (Tuesdays or Thursdays). No musical experience is needed, but a valid DBS certificate will be required (this can be arranged through Parish Safeguarding Leads or the Diocesan Safeguarding Team).

If you would be interested in volunteering, please contact Eimear via email: [eimear.hurley@diocesehn.org.uk](mailto:eimear.hurley@diocesehn.org.uk) or on 07814 461448.

## Diocesan Pilgrimage to Lourdes 31st July – 7th August 2026

Celebrating 100 years since the First Diocesan Pilgrimage, bookings are now open for the Diocesan Pilgrimage to Lourdes. We travel on Friday 31<sup>st</sup> July and return on Friday 7<sup>th</sup> August. 2026 is the 100th anniversary since the first Diocesan Pilgrimage took place led by Bishop Joseph Thorman. If you would like to book, please contact Tangney Tours, our Tour Operator by going to their website: <https://www.tangney-tours.com/tours-and-pilgrimages/diocese-hexham-newcastle/> or by calling 01732 886 666.

## Holy Island SVP Vinnies Camps Summer 2026

Applications are now open for children in school Years 5-7 for Holy Island Summer Camps. The children spend a week in our centre on the island over the Summer holidays.

Transport takes the children from Tyneside to our residential centre and all meals, accommodation and activities are included in the cost. For more information please visit our website: Holy Island SVP Vinnies Camp <https://svp.org.uk/microsite/ozanam-camp>

## Volunteering Opportunities:

Do you have some spare time on your hands and want a fulfilling volunteer role? Our residential centre on Holy Island needs volunteers in 2026. There are lots of roles: Working with the children on our Vinnies Summer Camps, during the Summer holidays as a caretaker, kitchen assistants, cooks, and volunteering to work directly with the children. It's hard work, but so much fun and very worthwhile! No cost, just your time and patience for an interesting week on this beautiful island!

Or perhaps you are retired or have flexible holidays and could give some time to help at our Term Time Camps. We need people who can take on a caretaking role or help in the kitchen with serving meals, cooking or operating the dishwasher! These Camps allow hundreds of children from the Diocese and further afield have a great residential holiday in our centre.

Guaranteed hard work but fantastic memories too!

To join our fabulous team or find out more information about any of the roles and to volunteer, please visit our website: Holy Island SVP Vinnies Camp at <https://svp.org.uk/microsite/ozanam-camp> or contact [BarbaraT@svp.org.uk](mailto:BarbaraT@svp.org.uk)

## Proclaimers

The outreach group will be meeting on Wednesday 4<sup>th</sup> February at 7pm at St Cuthbert's. We will be discussing the Mass for sick and housebound on February 7<sup>th</sup> and CAFOD Family Fast Day on February 27<sup>th</sup> and the simple lunch of Soup after the 11am Mass at St Cuthbert's on March 1<sup>st</sup>.

## Diocesan Job Vacancy

Role: Parish Secretary

Contract: 18 months' fixed term

Salary: £10,537.80 pro rata per annum

Hours: Part-time 15 hours per week

Working Pattern: Tuesday, Wednesday, Thursday (5 hours per day. Start & finish time to be negotiated during interview).

Location: Our Blessed Lady Immaculate, Village Lane, Washington, Tyne & Wear, NE38 7HS.

In order to apply please visit:

<https://diocesehn.org.uk/vacancy/parish-secretary-17/>

Closing date: 12:00 pm, Tuesday 03 February 2026.

include refreshments available after the concert. For more information please contact Deacon Stephen Boulter at St Bede's Presbytery on 01670 823 258 or email: [stephen.boulter@diocesehn.org.uk](mailto:stephen.boulter@diocesehn.org.uk)

## Live Simply Tip

Living Simply is based on the following three strands:

- living simply
- living in solidarity with people in poverty
- living sustainably with creation

Community Support: Promote repair and barter campaigns to strengthen the local economy and reduce the need for new products.

## Parish Finance – Standing Orders

If you would like to set up a Standing Order the details of the parish account are:

Name: DHN North Shields St Cuthbert & St Joseph

Bank: HSBC;

Sort code: 40-34-45;

Account number: 91146513

## Prayer for Peace

As the fever of day calms towards twilight. May all that is strained in us come to ease. We pray for all who suffered violence today. May an unexpected serenity surprise them.. For those who risk their lives each day for peace. May their hearts glimpse providence at the heart of history.. That those who make riches from violence and war. Might hear in their dreams the cries of the lost.. That we might see through our fear of each other. A new vision to heal our fatal attraction to aggression.. That those who enjoy the privilege of peace. Might not forget their tormented brothers and sisters. That the wolf might lie down with the lamb. That our swords be beaten into ploughshares. And no hurt or harm be done anywhere along the holy mountain.

John O'Donohue Benedictus A Book of Blessings