

# MASS TEXT

Sunday Year A  
Weekday Cycle II  
Divine Office: Vol. 1. Week II

Praise we now the Lord our God,  
in silence we adore you.

**OT Read:** Ecclesiasticus 15:16-21

**RP:** 119

Blessed are those  
who walk in the law of the Lord!

**NT Read:** 1 Corinthians 2:6-10

**GOSPEL ACCLAMATION:**

**Alleluia, alleluia!**

I thank you, Father, Lord of heaven  
and earth, you have revealed  
the secrets of the kingdom to little  
children.

**Alleluia!**

**Gospel:** Mat 5:20-22a, 27-28, 33-34a,

**PREFACE: I**  
**EUCH. PRAYER: II**

**22nd February 2026**  
**1st Sunday of Lent (A)**

**OT Read:** Genesis 2:7-9,3:1-7

**RP:** 51

**NT Read:** Romans 5:12-19

**Gospel:** Matthew 4:1-11

## WEEKLY COLLECTION

St. Teresa's: **£576.00**  
Holy Trinity & St. Luke's: **£255.00**  
*Thank you so much everyone  
for your generosity.*

**Baptisms** can easily be arranged by  
contacting Father directly

**Weddings** normally require six  
months notice, please contact Father  
before booking.

**SICK & HOUSEBOUND.** Your Clergy  
are available to offer the sacraments of  
healing (anointing), Reconciliation and  
Holy Communion. If any parishioner re-  
quires assistance or needs to talk, please  
call on the Parish number.

*The sick and housebound would appreciate a copy of the bulletin,  
if you can please pop one through their door. Thank you.*

## BEYOND THE BARE MINIMUM



### THE CHALLENGE



Moving from "Doing Nothing Wrong" to "Truly Loving".

### RULES VS. HEART



**FOLLOW  
RULES**



**CHANGE  
HEART**



Jesus wants us to learn to LOVE, not just avoid mistakes.



### NEWMAN'S INSIGHT

**"HOLINESS IS A HABIT OF THE  
HEART; A NEW WAY OF LOVING."**

### LES MISÉRABLES: LETTER VS. SPIRIT

**JAVERT:**

**LETTER OF THE LAW**  
(Rigid, Lifeless)



**VALJEAN:**

**SPIRIT OF THE LAW**  
(Mercy, Compassion)



### CALL TO ACTION

Stop saying "I've done nothing wrong."

Start praying:

**"LORD, MAKE MY HEART LIKE YOURS."**

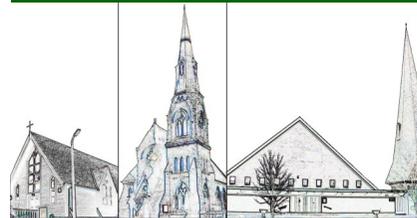
Grace transforms us.



**Ash Wednesday - 18th February**

**KEEP IN PRAYER** the recently deceased members:  
Liam Murray, Daphne Little, Catriona J. Lau, Rosie Biggin,  
Delia Moscardini, Joan White, Laurie Howell, John McKay,  
Tony Ade A. Egede, RIP. We pray for them, and their families.

## Sixth Sunday in Ordinary Time (A) 15th February 2026



### Parish Clergy

Fr Uchenna Odenigbo, CSSp  
- Parish Priest / P. Chaplaincy  
Fr Francis Dometiero, CSSp  
- Asst. Parish Priest

### Parish Office:

St Teresa's Presbytery,  
Glasgow Street, Dumfries.  
DG2 9DE.

Tel: 01387 252603.

Emails:

[dumfries.stteresa@gallowaydiocese.org.uk](mailto:dumfries.stteresa@gallowaydiocese.org.uk)

[lockerbienmoffat@gallowaydiocese.org.uk](mailto:lockerbienmoffat@gallowaydiocese.org.uk)



[www.saintteresachurch.co.uk](http://www.saintteresachurch.co.uk)

[www.holytrinitysaintlukes.co.uk](http://www.holytrinitysaintlukes.co.uk)

### Our Deacon:

Rev. Mr. William Hiddleston

Tel: 01387 264424

[william.hiddleston@gallowaydiocese.org.uk](mailto:william.hiddleston@gallowaydiocese.org.uk)

(Please only call Deacon Willie during office  
hours unless an emergency)

*A parish of the RC Diocese of Galloway.*  
Charity Number: SC 010576

**Sunday Masses are Live Streamed**  
**from St Teresa's Church, Dumfries.**

Please follow the link on our website.



**A Family  
Welcoming  
Parish.**

*You are very welcome in our parish community, a special place where we gather frequently for  
worship, fellowship, ministry, inspiration, and outreach. We all respect the need for silence, of  
course, we love to welcome children, and we know that they don't always find that so easy – so relax!*

The Catholic Parishes of  
**St Teresa's, Dumfries,**  
**Holy Trinity, Lockerbie with St Luke's, Moffat.**  
Served by **THE SPIRITANS** (Holy Ghost Congregation)

### Newsletter

**Year A - Cycle II - Eucharistic Prayer: II - Psalter: II**  
*St. T (St Teresa's), St. A. (St Andrew's, Dumfries)*  
*St. L (St Luke's, Moffat), HTL (Holy Trinity, Lockerbie)*

**Saturday 14th February - Ss. Cyril, Monk & Methodius, Bishop**  
*(2nd & 4th Sat. in St Andrew's)*

10.00 am - St A- Mass

5.00 pm - St. L. Vigil Mass - Young People/ Families

**Sunday 15th February - 6th Sunday in Ordinary Time (A)**

9.30 am - HTL - Mass - Sylvia Coupland. Wellbeing

11.30 am - St. T. - Mass - Eleanor McGaw, Wellbeing

5.00 pm - St. T. - Mass. Youth (P6-S4), Talk.Games.Pizza

**Monday 16th February - Feria**

10.00 am - St. T. - Mass - Peter McAteer, RIP

**Tuesday 17th February - Feria**

9.30 am - St. T. - Rosary, Adoration & Bene.

10.00 am - St. T. - Mass - Patrick & Bernard Toolis, BD Anni

**Wednesday 18th February - Ash Wednesday**

9.30 am - St. L. Mass - People of the Parish

11.30 am - St. T. - Mass - People of the Parish

7.00 pm - HTL - Mass - People of the Parish

**Thursday 19th February - Feria**

10.00 am - St. T. - Mass - Clem+Maureen Maggiori, 60th Wed Anni

**Friday 20th February - Feria**

10.00 am - St. A. - Mass

**12.00 n - St. L. Stations of the Cross**

**7.00 pm - St. T. / HT.L. - Stations of the Cross**

**Saturday 21st February - Memorial of the BVM**

*(1st, 3rd + 5th Sat. in St. Teresa's)*

10.00 am - St T. - Mass - Rosie Biggin, RIP, Anni

10.30 am - St. T. - Reconciliation, Adoration & Bene.

5.00 pm - St. L. - Vigil Mass - Tony Green, Wellbeing

**Sunday 22nd February - 1st Sunday of Lent (A)**

9.30 am - HTL - Mass - Brian McIntyre, RIP, Anni

11.30 am - St. T. - Mass - Philomena 'Phil' Clarke, RIP

**FIRST COMMUNION CHILDREN (RCIC).** We shall welcome the children to our 9.30 am Mass for the Rite of Enrolment, another step towards receiving their First Holy Communion. We pray for them on their journey.

**RITE OF CHRISTIAN INITIATION FOR ADULTS (RCIA)** - At today's 11.30 am Mass, St Teresa's, Dumfries, we will celebrate the Rite of **Acceptance into the Order of Catechumens** for those who wish to join the church, following the way of Jesus Christ. We will also celebrate the Rite of Welcome for those Christians who want to become Roman Catholics and receive the Sacraments of Confirmation and Holy Eucharist. Please pray for **CHRISTINE, DAVID, BRIONY, ALEXANDER, ABIGAIL, TAMMIE, MOLLIE, and CAMERON** as we accept their intention and welcome them into our parish community.



**RCDG YEAR OF THE HOLY SPIRIT** – Monthly Mass with the Bishop. During this Year of Prayer to the Holy Spirit, a Mass to the Holy Spirit will be celebrated in each of our four Deaneries each month. You are invited to the **February monthly Mass with Bishop Frank at St Teresa's Church, Dumfries, on Thursday 26<sup>th</sup> February, at 7.00 pm** (There will be no morning Mass then).

**CUPPA AT HOLY TRINITY.** Please join us for a cuppa and a chat after Mass, in the Hall.

**SCIAF CAMPAIGN 2026.** Your SCIAF Lenten pack is available to pick up in the Church porch. It includes your flat-pack "Wee Box". In this year's campaign, you are helping to bring real solutions and hope to many in Ethiopia, where decades of progress are being undone by conflict, drought, floods, and cuts to international aid. Our annual SCIAF collection will be taken up on Sunday, 15<sup>th</sup> March.

**BIBLE STUDIES.** During Lent this year, we would like to offer everyone the opportunity to come together to 'Pray with Scripture' every Thursday, from 5<sup>th</sup> March, at 7.00 pm, in Holy Trinity Church Hall, Lockerbie.

The weekly sessions will involve listening to a Gospel passage, spending quiet time in personal prayer and reflection, and then sharing together with the group what has arisen in your time of prayer - if you wish to share. Each session should last no more than one hour. There is a sheet with an overview of the six sessions available in the porch for you to take home.

**LENT TALKS** will be hosted by different Churches across Moffat at St John's Church, every Tuesday, at 7.00 pm, from Tuesday, 24<sup>th</sup> February. St Luke's Church will host the Talk on Tuesday, 3rd March.

**WORLD DAY OF PRAYER (WDP),** a global ecumenical movement led by Christian women, will be held in St Luke's, Moffat, on Friday, 6th March, in the afternoon. This year's theme: "I WILL GIVE YOU REST: COME" (Matt. 11-28.30) is prepared by the women of the WDP committee of Nigeria for 2026.



**Wednesdays**  
Day time Hours  
@ HT. Lockerbie

**GROW IN FAITH/ RCIA.** The next evening, for all those interested in discussing and growing in their knowledge of the faith, and for those on the RCIA programme, will take place on **Tuesday, 17<sup>th</sup> February, from 6.15 pm in the parish hall, St Teresa's Dumfries.** All are welcome. Thanks

**LECTIO DIVINA/ BIBLE STUDY** - every Tuesday, from 10.45 am in St Teresa's Parish Hall? A cuppa is served at the start; finish at 11.45 am.

**YOUTH EVENING (P6-S4):** Join Youth from across the cluster on Sunday 15th February as they gather for their monthly evening in St Teresa's, Dumfries. They'll be reflecting on the theme of Lent: what Lent is and what they're called to do during it. The evening begins with Mass at 5.00 pm after which they'll continue in the hall with games, activities, a short talk, and pizza. All young people in P6-S4 are welcome. If it's your first time, please complete an Annual Consent Form online: [youth.rcdg.org.uk](http://youth.rcdg.org.uk).

**WALK WITH ME** is a prayer and scripture journey for people who desire more this Lent. **Pick a free copy and only make a free donation if you can help cover the cost.**

**MISSION STAMPS.** Thank you for all your used stamps - please keep leaving them in the box at the back of each of our churches! It really does make a difference!

**FOOD BANK.** Your contributions to this local initiative with the Salvation Army are much appreciated. Please leave items in the box/bag at the back of our church, where our parish SVP collects and delivers your contributions each week.

**PARISH RECORDS.** If you have not already done so, please pick up a Registration Form at the back of the Church, complete and return it to the Church so that we can update the parish database. Thank you.

### IS GOD CALLING YOU TO THE PRIESTHOOD?

If you sense a vocation to be a Priest and would like support to discern this call, please contact the Diocesan Vocations Director, Fr Stephen McGrattan, at [vocations@rcdg.org.uk](mailto:vocations@rcdg.org.uk) or 01563 521832.

**WILLS AND BEQUESTS.** Our Parish has benefited greatly in the past from the thoughtfulness of parishioners who have remembered us in their Wills. Many funded the church's painting, the Organ, Carpet, etc. God bless them for their kindness. Please do consider a legacy to the Church in your Will to ensure St Teresa's is there for future generations. It's a tax advantage as a charity. Thanks



**BLESS MY EX-SISTER.** Two sisters spent the day fighting. That evening, they prepared for bed, still mad at each other. As usual, each knelt by the side of her bed for their prayers. "Dear God," the 8-year-old began, "Bless Daddy and Mommy, bless our cat and dog." Then she stopped. Her mother gently prodded, "Didn't you forget somebody?" She glared across the bed at her 6-year-old sister and added, "And, oh yes, God, bless my ex-sister."

**GALLOWAY YOUNG ADULTS 12TH-16TH OCTOBER**  
**ROME 2026 £1000**  
JOIN US FOR A FANTASTIC 5-DAY SPIRITUAL AND CULTURAL PILGRIMAGE.  
FOR MORE INFORMATION AND TO REGISTER SCAN THE QR CODE.

**COST INCLUDES:**

- ✓ Flights and airport transfers
- ✓ City Centre Accommodation (Twin/ Triple Rooms)
- ✓ Breakfast and Dinner
- ✓ Visits to all four Papal Basilicas
- ✓ Wednesday Papal Audience



**MORE INFORMATION** @ [youth@rcdg.org.uk](mailto:youth@rcdg.org.uk)  
Diocese of Galloway Youth - @rcdg youth

**Mass Offering/ Donations**  
No Cash, No problem  
Scan me to make a cashless donation to the Parish



SCAN ME!