

ST MARY'S CATHOLIC PARISH, STIRLING

Archdiocese of St Andrews & Edinburgh

4th SUNDAY OF THE YEAR
Sunday, 1st February 2026 – Year A



Day	Time	Church	Holy Day	Mass Intention	
Sunday, 1 st February	5.30pm	St Mary's (Vigil)		Rena Oates - for a speedy recovery	
	9.00am	Holy Spirit		Thanksgiving - Our Lady, St Anthony & St Rita	
	10.15am	St Mary's		Tony McNair (RIP)	
	11.30am	St Margaret's		The People of the Parish	
	5.30pm	St Margaret's		Carol Ogilvie (RIP)	
Monday, 2 nd February	10.00am	St Mary's	Presentation of the Lord	Bozena Dormer (RIP)	
Tuesday, 3 rd February	10:00am	Holy Spirit		St Blaise, St Ansgar	Sally Boyle
Wednesday, 4 th February	10:00am	St Margaret's	St Agatha	Anne Coyle (RIP)	
Thursday, 5 th February	10:00am	St Margaret's		Holy Souls	
Friday, 6 th February	10.00am	St Margaret's		St Paul Miki	Bryan Welsh
Saturday, 7 th February	10.00am	St Mary's		Chilsong Kohler (RIP)	
Sunday, 8 th February	5.30pm	St Mary's (Vigil)		Special Intention David Tortolano	
	9.00am	Holy Spirit		Margaret McKay (RIP) HS	
	10.15am	St Mary's		The People of the Parish	
	11.30am	St Margaret's		Margaret Sharp (RIP)	
	5.30pm	St Margaret's		Evelynn Lucy Murray (RIP)	
Confessions:	9.30am - 9.50am Monday to Saturday before Mass except Fridays 10.30am - 11.00am after Mass and also Saturday 5.00pm - 5.20pm before Vigil Mass				
Exposition	Before every weekday Mass from 9.30am -9.50am, except on Friday when it is between 10.30am-11.00am.				

ST MARY'S CATHOLIC PARISH, STIRLING

The Parish Office can be contacted on 01786 473749 or admin.stmarystirling@staned.org.uk

Parish Office Address: St Mary's Church, Upper Bridge Street, Stirling, FK8 1ES

Holy Spirit, McGrigor Road, St Ninian's FK7 9BL

St Margaret of Scotland, Drip Road, Raploch FK9 4UA

Website: www.catholicstirling.org

Facebook: St Mary's Catholic Parish Stirling

Parish Clergy: Father Robert Taylor (Administrator) FrRobert.Taylor@staned.org.uk
Father Philip Uguru (Priest in Residence)
Father Federico Dundas SOCSJ (University Chaplain) fdundas@socsj.org

Parish Secretary: Margaret-Mary Higgins Working Hours: Tue-Thurs 10.00am - 3.00pm.

Baptisms: To register your child for baptism, email admin.stmarystirling@staned.org.uk. Baptism preparation courses will be held once every three months. Baptisms will take place on Saturday or Sunday, by arrangement.

Marriages: Couples resident in the parish should contact the office at least six months prior to their proposed wedding to discuss the required preparations.

Hospital Chaplains: Canon Pat Boylan is the co-ordinating chaplain for the Forth Valley Royal Hospital. He can be contacted on 01324 823310 or 07731 763 228.

Please submit items for the Newsletter by Wednesday 12.00 Noon. To add a name to either the Prayer List or the Book of Remembrance please complete the appropriate form found at the back of the church and pass to the Parish Office.

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

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

Ps 146(145):6c-7. 8-9a. 9b-10. **R** Matthew 5:3

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

Second reading

1 Corinthians 1:26-31

'God chose what is weak in the world.'

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

Matthew 5:1-12a

'Blessed are the poor in spirit.'

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.

PARISH NOTICES

May the choirs of Angels come to greet you; may they speed you to paradise



Of your charity, please pray for the soul of John Ging who died recently.
May he rest in peace.

Sunday Collection

The collection combined over the three churches on 25th January was £1378. The weekly donations via Standing Orders: £1200. Thank you for your generosity! Also, if more convenient you can donate using this QR Code for online contactless payment to the Church - a copy of which is also on each Church Noticeboard.



Please pray for the sick and the housebound of the Parish

Please continue to remember in your prayers the members of the parish who are sick and housebound and so unable to join us for the celebration of the Eucharist: Bobby Brown, Anthony Stafford. If you know of someone who cannot make it to Mass due to sickness, please complete the new form required which you will find at the back of each Church or contact the Parish Office. **Hospital Stay:** If you or your loved ones are admitted to Hospital, please let the Parish Office know and we will arrange for the Hospital Deacon to visit with Holy Communion. **Sick and Housebound:** Please contact the Parish Office if you would like to receive Holy Communion and we will co-ordinate with the Extraordinary Ministers of Holy Communion to arrange this for you.

Livestream & Prayer for the Housebound

We are aware of some recent issues with the parish livestream and are looking into them – thank you for your patience and understanding. This is also a timely reminder of our prayerful support for those who are sick, housebound, or otherwise unable to be physically present at Mass. Even when technology fails, our communion in prayer remains real and strong. Those who are unable to receive Holy Communion are encouraged to make a Spiritual Communion at Communion time, using this prayer.

My Jesus,
I believe that You are present in the Most Holy Sacrament.
I love You above all things, and I desire to receive You into my soul.
Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there
and unite myself wholly to You.
Never permit me to be separated from You. Amen

Rite of Illumination

As part of their preparation for the Sacrament of Reconciliation, those children who will be making their First Confession will this weekend complete the Rite of Illumination. It is the final rite before making this beautiful sacrament in March. Today is for them, a moment to ask Christ to be their light and guide. We are all invited to pray for them and their families at this important moment.

Mass Schedule for Ash Wednesday

Lent begins on Wednesday 18th February. Mass will be celebrated across the parish at these times, St Mary's 8:00am, Holy Spirit 10:00am, St Margaret's 11.00am (School Mass), St Mary's 7:00pm. There will also be the distribution of ashes at St Modan's in the morning. All are warmly encouraged to attend Mass on the that our Lenten preparations begin. Together as a parish community, may we ask the Lord for the grace of renewal as we set out in this Sacred Season.

Mass during Lent

Lent is a sacred season of prayer, reflection, and renewal as we journey towards the Paschal Triduum. From 19th February, a new Mass schedule will run throughout Lent, offering additional opportunities to pray, attend Mass, and participate in parish devotions. **See the posters displayed in each Church.** We encourage everyone to use this time to draw closer to Christ, deepen their faith, and prepare their hearts for the great mysteries of Easter.

Volunteering in the Parish

Our parish community is built up through the generous service of volunteers who give their time, skills and show their care for others. There are many ways to get involved, from assisting before and at Mass, helping with children's liturgy and music, welcoming people at our churches, supporting parish events and social activities, helping with church flowers or cleaning, and offering practical or pastoral support to those who are elderly, housebound or unwell through visiting, companionship or practical assistance, as seen through groups such as the SSVP. There are also opportunities to contribute your experience and expertise through involvement in the Finance Committee or Fabric Committee, helping to support the good stewardship of parish resources and the care of our buildings for future generations. This list is not exhaustive, and every contribution – whether regular or occasional – plays a vital part in sustaining parish life. More suggestions are on the noticeboards in each church. If you feel able to offer your help, or would simply like to find out more, please get in touch with the parish office, and we will be glad to help you find a role that suits you!

Eucharistic Adoration

The First Friday Eucharistic Adoration will take place on Friday 6th February after 10am Mass until 6.00pm and will conclude with Evening Prayer and Benediction at St Margaret's. **However, we will need 2 guardians for each hour.** Register as normal with the parish office, on the list at the back of the church, or directly with Pat Nicol.

St Marys Parish SSVP Lunch Club

The first Lunch club of 2026 will take place on 13th February in St Margarets Hall. Please be ready to start by 1200. Please indicate on the list at the back of each church if you would like to attend, if you have any dietary requirements or if you require a lift. We look forward to seeing you there.

St Mary's 500 Club

Congratulations to our December Winners: 1st Prize £202.50 Selena Bundy, 2nd Prize £101.25 Mary Burns, 3rd Prize £33.75 Teresa Addison. If you would like to join this club please contact the Parish Office. Ticket price is £5 per month and is payable by monthly standing order or by cash on a quarterly or annual basis by end January please. Annual payment can also be made via bank transfer.

OTHER NOTICES

Stations of the Cross

The Archdiocese hosts online Stations of the Cross each Monday in Lent. The first one is on Monday 23 February at 7:45pm and will feature a reflection from Archbishop Leo. The annual event is to pray for unborn children, their mothers and all pro-life intentions. Register at bit.ly/stations26

Valentine's Day afternoon retreat

This Valentine's Day (Saturday 14 February) couples are invited to join the Archdiocese's afternoon retreat reflecting on the Gift of Marriage. It takes place 2pm-5pm at St Kentigern's Church, 26-28 Parkgrove Avenue, Edinburgh, EH4 7QR and is led by renowned Scottish Catholic playwright Stephen Callaghan and wife Rachel. Details and registration at bit.ly/archretreat26