

ST MARY'S CATHOLIC PARISH, STIRLING

Archdiocese of St Andrews & Edinburgh

5th SUNDAY OF THE YEAR
Sunday, 8th February 2026 – Year A



Day	Time	Church	Holy Day	Mass Intention
Sunday, 8 th February	5.30pm	St Mary's (Vigil)		Special Intention: David Tortolano Margaret McKay (RIP) The People of the Parish Margaret Sharp (RIP) Evelynn Lucy Murray (RIP)
	9.00am	Holy Spirit		
	10.15am	St Mary's		
	11.30am	St Margaret's		
	5.30pm	St Margaret's		
Monday, 9 th February	10.00am	St Mary's	St Scholastica	Roman (Sr) and Ronita Pantino
Tuesday, 10 th February	10:00am	Holy Spirit		Jason Steel (RIP)
Wednesday, 11 th Feb	10:00am	St Margaret's	Our Lady of Lourdes	Special Intention: Fr Jamie Boyle
Thursday, 12 th February	10:00am	St Margaret's		Betty McNally (RIP)
Friday, 13 th February	10.00am	St Margaret's	St Cyril and St Methodius	Chilson Kohler (RIP)
Saturday, 14 th February	10.00am	St Mary's		Isagani Penaranda & Julo Guipitacio
Sunday, 15 th February	5.30pm	St Mary's (Vigil)		Giuseppe Lai (RIP) Catherine Arthur (RIP) Robina Millar (RIP) The People of the Parish Joanna Louise Thatcher (RIP)
	9.00am	Holy Spirit		
	10.15am	St Mary's		
	11.30am	St Margaret's		
	5.30pm	St Margaret's		
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.

First reading

Isaiah 58:6-10

‘Your light shall break forth like the dawn.’

Thus says the Lord:

Is not this the fast that I choose:
to loose the bonds of wickedness,
to undo the straps of the yoke,
to let the oppressed go free,
and to break every yoke?

Is it not to share your bread with the hungry
and bring the homeless poor into your house;
when you see the naked, to cover him,
and not to hide yourself from your own flesh?

Then shall your light break forth like the dawn,
and your healing shall spring up speedily;
your righteousness shall go before you;
the glory of the Lord shall be your rearguard.

Then you shall call, and the Lord will answer;
you shall cry, and he will say, ‘Here I am.’

If you take away the yoke from your midst,
the pointing of the finger, and speaking wickedness,
if you pour yourself out for the hungry
and satisfy the desire of the afflicted,
then shall your light rise in the darkness
and your gloom be as the noonday

Responsorial Psalm

Ps 112(111):4-5. 6-7. 8a, 9. **R**4a

A light rises in the darkness for the upright.
or: Alleluia

Second reading

1 Corinthians 2:1-5

‘I proclaimed to you the mystery of Christ crucified.’

I, when I came to you, brothers and sisters, did not come proclaiming to you the testimony of God with lofty speech or wisdom. For I decided to know nothing among you except Jesus Christ and him crucified. And I was with you in weakness and in fear and much trembling, and my speech and my message were not in plausible words of wisdom, but in demonstration of the Spirit and of power, so that your faith might not rest in the wisdom of men but in the power of God.

Gospel

Matthew 5:13-16

‘You are the light of the world.’

At that time: Jesus said to his disciples, ‘You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people’s feet.

‘You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is 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, Ann O'Neill and Noel Scully who died recently.
May they rest in peace.

Sunday Collection

The collection combined over the three churches on 1st February was £1259.00 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

Parish Prayer Network

Can you pray a decade a day? One Mystery a week? Join our parish-wide prayer network supporting those facing difficult times. We pray a decade of the Rosary each weekday, from home, united in prayer across Holy Spirit, St Margaret's, and St Mary's. Simple. Powerful. Life-giving. Join us: Text 07503 342275

Children's Liturgy at St Margaret's

The dates for Children Liturgy during 11.30am Sunday Mass are: 15th February, 1st March, 29th March (Palm Sunday), 26th April, 3rd May, 24th May, 14th June and Sunday 21st June.

Church Cleaning St Mary's Monday 9th February

Please note that there will be no public Rosary after Mass on Monday to allow for the church cleaning to take place. If you would like to lend a hand, please do make yourself known to one of the group.

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 day 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!

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.

OTHER NOTICES

Campaign Against Assisted Dying

The third phase of proposed Assisted Dying legislation is expected to come before the Scottish Parliament in March. As part of the on-going activity to encourage MSPs to vote against this legislation, a targeted campaign will be launched in the Parish later this month. There will be speakers available at all masses to highlight how parishioners can support this campaign. Information will also be made available on the parish website.

Courageous Heart Day

High School Girls in S3-S6 are invited to a new day called "Courageous Heart" on Saturday, 28 February 2026 from 10:00am-3:00pm. The day will consist of prayer, opportunity for Confession, Mass, lunch, a craft, and friendship. It is hosted at St. Andrew Catholic Church and Convent at 77 Belford Road in Edinburgh and is sponsored by the Religious Sisters of Mercy of Alma. Please RSVP and request parent permission forms by emailing edinburgh@almamercy.org or phone 131 343 3380 (landline) by 24th February.

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