



CORPUS CHRISTI WITH ST. JOSEPH PARISH

CHARITY NO: 1199568



PARISH PRIEST Fr. Rinda Emmanuel Bamuh

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FACEBOOK: Corpus Christi and St. Joseph Parish in Portsmouth

Also: St. Joseph's Church, Baffins

PARISH WEBSITE: <https://portsmouthdiocese.org.uk/parish/corpus-christi-with-st-joseph/>

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Parish Safeguarding Ministers

Corpus Christi: Shelagh Card: St. Joseph's:

PLEASE NOTE: Any of the above can be contacted via the Parish Office

4th Ordinary Sunday – 1st February 2026

COME AND INVITE YOUR FAMILIES, NEIGHBOURS & FRIENDS

Readings of the Day

1st Reading: Zephaniah 2:3; 3:12-13

Responsorial Psalm: Ps 145:7-10

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

2nd Reading: 1 Corinthians 1:26-31

Gospel Acclamation: Alleluia, alleluia.

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

Gospel: Matthew 5:1-12

Our Nothingness

Yes, we can celebrate today our nothingness in the eyes of the world, because God has looked on our humility and lowliness and given us the wisdom, virtue and holiness of Christ. He alone is our boast.

WEEKLY MASSES AND INTENTIONS

Sat 31st: 6 pm(SJ): RIP of Derek Hopkins FM

Sun 1st: 9 am (SJ): For the death anniversary of Derek Hopkins

11 am (CC): For the wellbeing of Jenny Pearce

Mon 2nd: 9:30 am (CC): RIP of Jeff Jeffries FM

Tues 3rd:

Weds 4th: 7pm (CC): For the intentions of the people of the Parish

Thurs 5th: 9:30 am (SJ): RIP of Claude Hamilton Hicks FM

Fri 6th: 9:30 am(CC):

10 a –6 pm(CC): First Friday Adoration. It will end with benediction and mass

Mass intentions can be offered by filling the mass intention envelopes at the back of the church and put in the offertory basket or can be handed to the priest or secretary.



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Sunday Reflection

THEME: HAPPY ARE THE POOR IN SPIRIT; THEIRS IS THE KINGDOM OF HEAVEN

The essence of man's existence has never really been about material possessions, but about possessing life with God in heaven. This is why the Catechism of the Catholic Church summarises the essence or purpose of our existence as being centred on knowing God, loving God, serving God (in our brothers and sisters), and coming to live with God forever in heaven. Apart from this, we are chasing the wind. It is in this connection that Jesus, in the first beatitudes in today's gospel passage, invites us to realise that the kingdom of heaven belongs to those who are poor in spirit.

In the gospel passage, we listen to the beatitudes of Jesus. The beatitudes are a summary of Jesus' testament or a culmination of Jesus' teachings. In a sense, the beatitudes give us the road map we must travel daily to get to heaven. As Jesus mentions several things we need to focus on, I would love it if we reflect a little about: "How happy are the poor in spirit; theirs is the kingdom of heaven" (Mt 5:2). These are the same words repeated as the response to the responsorial psalm of today.

Poverty is what I dread, and I think many of us do the same. When I dread poverty, I refer to a material, financial, or psychological poverty that drains us of the ability to live a normal, ordinary life. In this light, physical poverty is something we should work to eliminate. That is why Jesus, in this beatitude, does not refer to physical or material poverty but to a poverty in spirit. In a sense, Jesus is saying that spiritual poverty is what we should all long for, for it will help us to gain the kingdom of heaven. The question that ensues is: how do we make sense out of what Jesus is presenting to us?

Spiritual poverty, or those who are poor in spirit, are those who have a certain level of spiritual growth. They are those who have learnt to empty themselves of the things of this world so that they can attach themselves more to the things of heaven. Spiritual poverty here is about total dependence on God. By detaching from loved ones and the things of this world, we become so completely attached to God that we see everything through God's eyes. Such people are ready to use the material, physical and financial gains of this world to spread the kingdom of God without allowing these things to control them. A good example here to contemplate is Mother Teresa of Calcutta.

As we strive to seek this spiritual poverty, the first reading of today gives us a clue on what we need to do. It tells us this in the following words: "Seek the Lord, all you, the humble of the earth, who obey his commands. Seek integrity, seek humility: you may perhaps find shelter on the day of the anger of the Lord" (Zeph 2:3). In a nutshell, the Prophet Zephaniah is inviting us to seek the Lord, integrity,

humility and be humble and keep God's commands. This is the pathway to holiness, a life of poverty in the spirit. When we take this path, life and its mysteries become clear to us because we can see things clearly with the eyes of God. St. Paul brings this out clearly in the second reading of today in analogical terms when he says: "Take yourselves for instance, brothers, at the time when you were called: how many of you were wise in the ordinary sense of the word, how many were influential people, or came from noble families? No, it was to shame the wise that God chose what is foolish by human reckoning, and to shame what is strong that he chose what is weak by human reckoning; those whom the world thinks common and contemptible are the ones that God has chosen – those who are nothing at all to show up those who are everything" (1 Cor 1:26-30). In a sense, we need to allow ourselves to be taught by God once he has chosen us. Without this, we cannot gain the required wisdom and spiritual poverty necessary to transform the world.

As we carry on with life today, let us strive to assess ourselves, see how poor we are in spirit, and evaluate whether we are making it to the Kingdom of heaven. May we allow the poverty of Jesus to transform us to transform the world, so that mankind may know how best to use the things of this world without being too attached to them. May we also use today as an opportunity to reflect on the beatitudes as found in Matthew's fifth chapter of his gospel. How happy are the poor in spirit; theirs is the kingdom of heaven. May this Christ-like poverty inflame our hearts now and forever.

Volunteers Needed for Outreach Talks Initiative

We are re-launching the Outreach Talks programme at St Joseph's Church to share engaging topics connected to the Faith with both Catholic and non-Catholic neighbours. This important evangelising effort needs your support!

We are looking for volunteers from St Joseph's parish and the Friars communities to help organise distributing flyers, setting up the hall, serving teas and refreshments.

Your help can make these talks a success. If you can help, please contact the parish office or speak to a Friar after Mass. Please volunteer!

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FINANCE & MORE

COLLECTIONS/INCOME 25/01/2026

ST. JOSEPH: Loose plate £73.21, Envelopes £33.70, Cathedral £12, 100 Club £120, Coffee £18, Donation from Friars £62, CRIB £15 and Hall Rent £ 640

Contactless Collection: General £5

CORPUS CHRISTI: Loose plate £113, Envelopes £15, Candles £3.61, Mass Stipend £10, Hope in Action £20, 100 Club £120, Coffee £20.80, Housebound Donation £4.20, Cathedral £10 and Directory £5

Contactless Collection: General £30 & New Heating £10

Online Donation: General £50, CC New Heating £20 & Votive Candles £10

STANDING ORDERS DECEMBER £2178

FINANCIAL APPEAL: We need your financial help to run our parish all the time and now more than ever before. You can help towards the repairs by either using our account name,

Catholic Diocese of Portsmouth Corpus Christi & St Joseph, sort code is 30-93-04 and account number 00884996 or the online giving page for the parish at: <https://donate.giveasyoulive.com/charity/Portsmouth-corporus-Christi--st-joseph-catholic-parish>

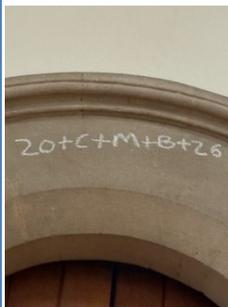
Donations to Bamenda in the orange/yellow buckets for November and December amounted to £118.39. Thank you to all contributors. Don't forget to put your loose change in the buckets and you can now use the contactless payment machine/QR code in both churches to donate to Bamenda.

100 CLUB RENEWAL: All annual subscriptions for 100 Club will conclude at the end of January. Those who pay annually needs to renew their subscriptions. Our winners for the month of January are:

1 st Prize	ADELE
2 nd Prize	SHELAGH
3 rd Prize	MARIA HELEN

HIEROGLYPHICS? Did anyone notice the chalk letters and numbers over the door to the Sacristy and top exit at St. Joseph's? These are called "Chalking the Doors" and it is done at Epiphany. It's a house blessing.

It's the initials of the three Kings plus the + sign for Christ and the numbers refer to the beginning and end of the year. It all translates as "May God bless this House".



DAILY MASSES

ST. JOSEPH: Adoration at 8:30 am followed by Mass at 9:30 am in English on Thursdays. On Saturdays 5 pm adoration followed by 6 pm mass and 9 am mass on Sundays.

Adoration: 11 am - 1:30 pm Monday to Friday (Most days with Exposition of the Blessed Sacrament and Adoration).

Holy Hour: 7pm - 8pm Monday to Friday (with Exposition of the Blessed Sacrament, Vespers (in Latin), Rosary and Benediction.

LATIN MASS COMMUNITY: 7am daily and 11:15 am on Sundays at St Joseph.

CORPUS CHRISTI: Adoration at 8.30 am followed by Mass at 9:30 am on Mondays and Fridays and adoration at 6 pm on Wednesdays followed by Mass at 7 pm to allow workers to have a chance to attend weekday masses. On Sundays at 11 am.

CHURCH TIMES FOR PRIVATE PRAYERS DAILY:

Corpus Christi: 9 am – 11 am on Wednesdays, Thursdays and Fridays

CONFESSIONS

ST. JOSEPH: 8:30 am on Thursdays and Sundays and 5 pm on Saturdays

CORPUS CHRISTI: 6 pm on Wednesdays and 8:30 am on Mondays and Fridays.

SACRAMENTAL PROGRAMME FOR 2024/2025

- RITE OF CHRISTIAN INITIATION OF ADULTS:** If you are not a Catholic or have no religion and wants to become a Catholic, you can join this program. So far, we have 5 persons currently doing the program. Others are also welcome to enrolled in this programme.
- FIRST HOLY COMMUNION PROGRAM 2025/26:** Next session will be on Sunday 1st of February 2026 at 9:15 am in Corpus Christi Hall. Retreat will be on Saturday 31st of January 2026 from 10 am till 2 pm.
- BAPTISMAL PREPARATION DATES FOR 2026:** There will be a baptismal preparation sessions at St Joseph Hall, Tangier Road Copnor PO3 6JL on the following dates:

Sat 16th May 2026

Sat 19th Sept 2026

Sat 31st Oct 2026

COPRUS CHRISTI PARISH/SCHOOL FAITH IN ACTION:

The children's group will be serving hot chocolate with a biscuit and marshmallow for 50p after the mass today at Corpus Christi Hall. Funds raised will go to the Marys Meals Charity. To learn more, google Marys Meals UK.

CONTINUATION OF ANNOUNCEMENTS



Over 60 Singers Gathered in Portsmouth for Major Gregorian Chant Course that began last 10 January 2026

Portsmouth resonated with the timeless sound of sacred music as more than 60 participants gathered last Saturday, 10 January 2026, for the opening session of the Portsmouth Gregorian Chant Course, hosted at St John's Cathedral. It brought together both beginners and seasoned singers. The three-part workshop series is offering a rare opportunity for participants to deepen their understanding of Gregorian chant, explore ancient repertoire, and develop interpretative skills under expert guidance.

A Public Sung Mass Featuring a 60-Voice Choir
The first workshop culminated in a sung Mass at 15:00, during which course participants will form a choir of more than sixty voices to perform the chants they have studied. [The Mass, held at St John's Cathedral, Bishop Crispian Way, Portsmouth PO1 3HG, is open to the public.](#)

The Portsmouth Gregorian Chant Course consists of three workshops, held on the second Saturday of each month. The first one was last 10 January and next workshops will be on 14 February and 14 March 2026.

FRIENDSHIP GROUP IN 2026: The group meets every second Saturday of the month at 10.30 am – 12 noon in the church hall at St. Joseph's. Not only is there time to meet up with others, make new friends and have a coffee/tea and a piece of cake, there are activities, like quizzes, etc.

WE PRAY FOR THE SICK & HOUSEBOUND MEMBERS OF OUR COMMUNITIES INCLUDING:

Karen, Sonia, John, Michael, Sheila, David, Nicky, Janet, Helen, Dawn, Eileen & Joe, Vanessa, Debbie, Jenny, Colin, Angie, Aileen Mary, Leonard, Tom & Joan, Ellen, John, Maureen, Philip, Margaret & Brian, Jim, Giuseppe, Kamila, Terry, Pretty, Clare, Frances & Ron, Anna, Margaret, Sean, Leo and Tallieu family.

Please send names of sick & housebound parishioners so that we can add them to this list.

IF YOU HAVE ASKED FOR PRAYERS AND NOW WISH THESE PEOPLE TO BE REMOVED FROM THE LIST, PLEASE EMAIL THE PARISH OFFICE.

ST. STEPHEN'S GUILD ENROLMENT: During 11 a.m. Mass on Sunday 8th February, 3 further Corpus Christi altar servers: Thomas, Isabella and Annabel (who were on holiday on the traditional enrolment date) will be enrolled into the Guild of St. Stephen and will receive their medals. Congratulations to them on their dedication and commitment!

FORMATION MORNING FOR EXTRAORDINARY MINISTERS OF HOLY COMMUNICATION:

Fr Anthony Fyk, Director of Liturgical Formation and the Liturgy Formation team invite you to a formation morning at St Peter's Pastoral Centre, Winchester on Saturday 9th May 2026 commencing with Mass at 9 am. There will be a welcome session from Fr Anthony, a talk focussing on the Eucharist in the sacred scriptures as well as a session on Lectio Divina: "Living a Eucharistic life – what does it mean to live out the eucharist?". All Eucharistic Ministers, experienced and new, are very welcome to attend. If you wish to attend, please register via liturgy@portsmouthdiocese.org.uk.

HOPE IN ACTION: There will be a meeting on Sunday 15th of February after the mass at Corpus Christi Church for those who volunteered and willing to join.

ANNUAL MASS OF HEALING: All are welcome to a Mass of Healing to commemorate World Day of Prayer for the Sick on Saturday 7th February, at 12:15pm, at St John's Cathedral. There will be laying on of hands for those in need of Christ's healing. Refreshments served afterwards by St Vincent de Paul Society of Portsmouth.

rites of Election: This will be on Saturday 21st of February at the Cathedral. We have three candidates from our parish: Laura, Jenny and Gemma. Father will have a meeting with the candidates today after the mass in view of the baptism on Easter Vigil.

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