

ST COLMAN & ST PAUL CATHOLIC COMMUNITY, COSHAM AND PAULSGROVE

JESUS PRINCE OF PEACE SOUTH EAST HAMPSHIRE PASTORAL AREA

The Catholic Diocese of Portsmouth
Bringing people closer to Jesus Christ through His Church



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www.portsmouthdiocese.org.uk/parish/st-colman-and-st-paul/

Priest in charge: Fr Andrew Wagstaff

Parish Administrator: Mrs Zia Collins

Local Parish Office: The Presbytery, St Colman's Avenue, Cosham PO6 2JJ

Sunday 1 February 2026 : 4th Sunday of the Year

The Holdfast

I threatened to observe the strict decree
Of my deare God with all my power & might.
But I was told by one, it could not be;
Yet I might trust in God to be my light.
Then will I trust, said I, in him alone.
Nay, ev'n to trust in him, was also his:
We must confesse that nothing is our own.

Then I confesse that he my succour is:
But to have nought is ours, not to confesse
That we have nought. I stood amaz'd at this,
Much troubled, till I heard a friend expresse,
That all things were more ours by being his.
What Adam had, and forfeited for all,
Christ keepeth now, who cannot fail or fall.

George Herbert (1593 – 1633)

Times of Mass this week				Mass Intentions
Saturday 31 January	6pm	St Colman	4th Sunday	Emmanuel Tsidivakis
Sunday 1 February ST BRIGID SEPTUAGESIMA <i>Infant baptism at 9:30 Mass</i> <i>Holy Hour for Vocations: 5 – 6pm St Colman</i>	9:30am	St Colman	4th Sunday	Private intention
	11:30am	Our Lady & St Paul	4th Sunday	Pro Populo
	4pm Hospital Chapel		4th Sunday	QA Hospital Mass
Monday 2 February CANDLEMAS <i>Adoration 9am – 5pm</i> <i>Lectio Divina 5pm St Colman</i>	12:30pm	Hospital Chapel	Presentation of the Lord in the Temple	Ellie Hall (QA Hospital Mass)
	6:30pm	St Colman		Celebrant's intention
Tuesday 3 February <i>Blessing of throats after Mass</i>	9am	St Colman	St Blaise	Ann & Anthony Bell
Wednesday 4 February <i>No Bible Study this week</i>	10am	St Paul's School Hall	Votive	St Paul's School Mass
Friday 6 February <i>2pm Friendship Club</i>	6:30pm	St Colman	St Paul Miki	The Holy Father
Saturday 7 February	6pm	St Colman	5th Sunday	Kathleen Cooper RIP
Sunday 8 February SEXAGESIMA <i>Holy Hour for Vocations: 5 – 6pm St Colman</i>	9:30am	St Colman	5th Sunday	Mary Ann White
	11:30am	Our Lady & St Paul	5th Sunday	Pro Populo
	4pm Hospital Chapel		5th Sunday	QA Hospital Mass

Enquiries, appointments and hall bookings:

Parish Office opening hours: 9:30am – 1:30pm Monday – Thursday
02392 376151 scsp@portsmouthdiocese.org.uk 07555 182118

Parish Safeguarding Ministers:

Juliette Diamond (St Colman): safeguarding.porsc.sc@portsmouthdiocese.org.uk
Nathaly Speight (St Paul): safeguarding.porsc.sp@portsmouthdiocese.org.uk

Thank you for your donations!

You can donate directly into the parish bank account: CDP P'mouth St Colman:
account number 00884554; sort code 30 93 04; reference "offertory donation".
Gift aid: UK taxpayers can give an extra 25p per £1 at no extra cost to you; please direct
gift aid enquiries to Lesley Kilby via the parish office: scsp@portsmouthdiocese.org.uk

Alpha Course

Our Spring Alpha Course at St Colman will run from 2 March to 8 June on Monday evenings 7-9pm at St Colman's Hall. Whether you are new to the faith or have been a Catholic your whole life, why not join Alpha for a weekly film, meal and discussion, an encounter with one another and with Jesus Christ? Find out more by contacting Josie: alpha@waterlooville-catholic.org.uk

Standing orders and Gift Aid

Thank you kindly to everyone who has recently signed up to donate by standing order. If you are a UK taxpayer, please consider signing up for Gift Aid, by which we can recover the tax on your donation at no extra cost to you. Please contact our Gift Aid co-ordinator Lesley Kilby in person or via the Parish Office.

SPUC White Flower Appeal

This weekend we share the annual appeal from the Society for the Protection of Unborn Children. This year we are due to pass a grim milestone: it is projected that 1 in 3 human beings conceived in the UK in 2026 will be killed by abortion. Any society or culture that does this to its children is merely putting on a pretend show of civilisation. We Catholics are a pro-life community because we hold this truth to be self-evident: that all human beings are created equal from the first moment of existence at conception and remain so until natural death. Please support the valiant efforts of SPUC to make abortion unthinkable, and to restore respect for life.

Lourdes Mass for medical workers

Mass at 6:30pm on Friday 13 February will be celebrated as a votive Mass of our Lady of Lourdes, patroness of all who suffer from illness. Medical, nursing and care workers from our hospitals, care homes and surgeries are especially invited to join us.

The Sanctuary Lamp which burns constantly before the Tabernacle is sponsored this week for Pam Mills. If you would like to book it for your intentions, please contact the parish office.

Sacrament of Reconciliation:

Saturday 5:30pm at St Colman's Church.

Of your charity, please pray:

- For friends and neighbours who are ill or housebound: Kana Blyth, Joe Charlton, Elizabeth Christian, Christine, Anne & Michael Colley, Tommy Cooper, John Cox, Pauline Crook, Jean Gartshore, Bob Guy, Janet, Dawn Marie, Sajimon Mathew, Paula Medd, Phoenix, Valerie O'Donnell, Maureen Smeeth, Beryl Walters, Heather Webber, Verena.
- For patients in the Queen Alexandra Hospital and for residents in the care homes and nursing homes in our parish: Kinross, The Haven, Hamilton House, and East Cosham.
- For St Paul's Primary School: the staff, governors, children, parents and families.
- For the souls of the faithful departed, especially Muriel Hiney: may they rest in peace.