



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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(Email) ccsj@portsmouthdiocese.org.uk

Marian Franciscans at 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

5th Ordinary Sunday – 8th February 2026

COME AND INVITE YOUR FAMILIES, NEIGHBOURS & FRIENDS

Readings of the Day

1st Reading: Isaiah 58:6-10

Responsorial Psalm: Ps 111:4-9

(Response): **A light rises in the darkness for the upright.**

2nd Reading: 1 Corinthians 2:1-5

Gospel Acclamation: Alleluia, alleluia.

**I am the light of the world, says the Lord;
whoever follows me will have the light of life.**

Alleluia.

Gospel: Matthew 5:13-16

Christ's Church: A Light In The Darkness

The Church is a light shining in the darkness of the world. But today's celebration is overshadowed by a great If. How much more brightly would that light shine if we who are Christians were really like Christ.

WEEKLY MASSES AND INTENTIONS

Sat 7th: 6 pm(SJ): For the intentions of the people of the Parish

Sun 8th: 9 am (SJ): RIP of Sylvia Foster FM

11 am (CC): RIP of Maria & Frederick Douglas FM

Mon 9th: 9:30 am (CC):

Tues 10th:

Weds 11th: 7pm (CC):

Thurs 12th: 9:30 am (SJ): RIP of Teresa Kathleen Grace Potter FM

Fri 13th: 9:30 am(CC):



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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ccsj@portsmouthdiocese.org.uk

Sunday Reflection

THEME: SALT OF THE EARTH AND LIGHT OF THE WORLD

A man who did not believe in God once visited Mother Teresa's home for the poor and the dying. There, he met the sisters who were caring for a dying man, picked out of a gutter, and covered with dirt and sores. The visitor kept watching the sisters as they tenderly cared for the patient, smiling while they washed the wounds and attentively bandaged the man. The visitor then turned to Mother Teresa and asked: Why do you do all these? She smiled and responded: for love of God and mankind. The man burst into tears, saying: When I came here today, I didn't believe in God, and my heart was full of anger and hatred. But I leave here believing in God. I have seen the love of God in action. Through the tender hands of the sisters, gestures full of love for a wretched man, the man saw God's love expressed, and he believed. This was precisely because the sisters were salt to the earth and light to the world.

The readings challenge us to let our lights shine out before all men. In this connection, we must become salt to the world; that is, give flavour to the world by being an example in all that we do, so that when people see us, they may give thanks to God. That is what the sisters in our story did and won a soul for God. We, too, are called to be the shining example for others to follow.

In biblical times, salt had many uses. It was used as a preservative and seasoning for food, as a bride price, and, in our context today, to dissolve snow. The overall use of salt, back then and now, is to add flavour to life. Tasteless food is insipid. That is why we need to ask whether we are tasteless food or, as Christians, have we seasoned the lives of others? Do I give flavour to people's lives or did I sap it out?

The Gospel and the first readings bring out the theme of light. To put it simply, without light there is no life! Why? Because if there is no sunlight, there will be no photosynthesis, therefore no plants will grow, therefore no fruits, vegetables, no firewood, no animal food, and no human food. Also, if there is no sunlight, no electricity, no waves in the sea, no travel... without light, we cannot distinguish colours. In short, light is everything. It was even created first. To be the light means to shine out. To bring life, joy, warmth. To put an end to darkness. But how shall we go about this?

The first reading of today tells us precisely what we need to do to bring light into the world through the corporal works of mercy and the blessings that accrue to us as we go about doing this. The reading tells us that:

"Thus says the Lord: Is not this the fast that I choose: to lose 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 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" (Isaiah 58:6-10).

The responsorial Psalm echoes the same theme of light when it reminds us of a light that rises in the darkness for the upright. If we transpose this within the context of the second reading of today, then we are referring to Christ, the whole mission of Paul's preaching. He reminds the Corinthian church and us today that "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" (1 Corinthians 2:1-5).

My dear brothers and sisters in Christ, we are the salt of the earth and the light of the world. Jesus recommends that if salt has lost its taste, it should be thrown out and trampled underfoot. Also, light is not meant to be hidden but to shine out. In this sense, let our lights shine before others, so that they may see our good works and give glory to our Father who is in heaven.

Let us strive today and always to be the salt to the earth and the light that shines to dispel the darkness of vice in this world.

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 church and the Friars' community 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 01/02/2026

ST. JOSEPH: Loose plate £119.17 & Envelopes £33.40

Contactless Collection: General £35

CORPUS CHRISTI: Loose plate £107.87, Envelopes £25, Candles £9.65, 100 Club £120 & Coffee £10.61

Contactless Collection: General £25 & New Heating £10

Online Donation: General £45 & CC New Heating £30

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

Parish Pilgrimage to Knock & Co. Mayo – Led by Fr. Rinda Emmanuel. 08th March 2026. £899.00 pps. Price includes flight from Heathrow or Luton, 10kg hold luggage, 5 nights in 4* Castlecourt Hotel, Westport with Dinner, Bed & Breakfast. Full use of leisure facilities. All entertainment, excursions and transport included. Visit Knock Shrine, Ballintubber Abbey, Fr. Peyton Centre & Kylemore Abbey. Irish music nightly. Single supplement on Enquiry. Contact: Fr. Emmanuel to register your interest or complete the form to show your interest

BAPTISM: There will be baptism on Saturday 14th of February 12 noon at Corpus Christi Church. Let us all pray for the family.

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 8th of February 2026 at 9:15 am in Corpus Christi Hall.
- 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

NB: All Sessions start at 11.00am until 12.30.

COPRUS CHRISTI PARISH/SCHOOL FAITH IN ACTION:

The children would like to thank those who supported and gave donations to their hot chocolate event last Sunday. They raise £116.20 for Mary's Meal Charity.

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 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, **so the next get together is Saturday, 14 February.** 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, Lawrie, 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 today 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.

RITE 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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