

## Prayer is a little like ice-cream.

When we go to the ice-cream shop, there are so many flavours, some are bright and sweet, some are rich and deep and some are simple and plain. We don't always choose the same one. It depends on how we feel that day.

Prayer is like that too. Sometimes our prayer is happy, like a scoop of strawberry on a sunny day. We say thank you, we smile, our hearts feel light. Sometimes our prayer is heavy, like dark chocolate, we are sad, worried, or tired, and we bring those feelings with us. Sometimes our prayer is plain, like vanilla, we have no big words, no catchy phrases, we just sit quietly and say, "I'm here."

There is no right or wrong flavour.

Just as the ice-cream maker welcomes every choice, God welcomes every kind of prayer. Loud or quiet, joyful or broken, long or very short, what matters is not the flavour, but that we pray.

And just like ice-cream is best enjoyed slowly, prayer doesn't need rushing. We can take our time, taste the moment, and let it melt gently into our lives.

Prayer is a reminder to us that, whatever the day brings, there is a variety with just the right taste.

**Every flavour is welcome, every taste  
catered for!**



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### **THIS WEEK**

**Sat 31<sup>st</sup> Jan Memorial of St. John Bosco , Priest 4.00pm**

Mass Intention: People of the Parish

**Sun 1<sup>st</sup> Feb Fourth Sunday in Ordinary Time 9.30am**

Mass Int: Candidates for First Holy Communion & Confirmation.

**Mon 2<sup>nd</sup> Feb Feast of the Presentation of the Lord**

Mass Intention: Charles Harris RIP. 10.00am

**Wed 4<sup>th</sup> Feb Feria in Ordinary Time 10.00am**

Mass Intention: Norman Stockford RIP.

**Fri 6<sup>th</sup> Feb Memorial of St Paul Miki & Companions,  
Martyrs. 10.00 am**

Mass Intention: Johanna Packer RIP

**Sat 7<sup>th</sup> Feb Feria in Ordinary Time 4.00pm**

Mass Intention: Joe Nally RIP

**Sun 8<sup>th</sup> Feb Fifth Sunday in Ordinary Time 9.30am**

Mass Intention: People of the Parish

**Safeguarding:** The Parish operates in accordance with Statutory Safeguarding Guidance and the national and Archdiocese policies & procedures at all times. Our Parish Safeguarding Representative is

**Mrs. Jo Currie who can be contacted at**

[sg.stbenedict.atherstone@rcaob.org.uk](mailto:sg.stbenedict.atherstone@rcaob.org.uk)

### Walk with Jesus through Lent.

**7pm Friday 27<sup>th</sup> Feb, 2026**  
**St, Benedict's Church, Owen St, Atherstone**

A path of love, of self-giving and of compassion.  
An evening with hymns, readings, Taizé chants,  
psalms & silence

### **For Your Diary** **Milestone events in 2026 in our Parish**

**Taizé in church** Friday 27<sup>th</sup> February at 7pm.

**First Holy Communion** Saturday 6<sup>th</sup> June at 10.30am  
**Confirmation** Tuesday 30<sup>th</sup> June at 6.00

**Commitment Mass** for those who wish to receive these  
Sacraments Sunday 1<sup>st</sup> February

**Please note a change to the date of the First Holy Communion**  
It was as Saturday 16<sup>th</sup> May, 2026  
**but is now**  
**2026.**  
**Saturday 6<sup>th</sup> June , 2026**

*Please pray for those whose anniversaries fall at this time;*

*Joseph Charnell, Andreld Thomas Hall, Alfred Joseph Fellows,  
John McManus, Mary Elizabeth Slater, Maureen Deakin,  
Ada Loach, Rose Elizabeth Haynes, Elizabeth Pallett, Doris  
Matthewson, Hannah Challis, Johanna Welford, Peter T, Diugnam,  
Edgar Roberts, Lucia Every*

***Eternal rest grant unto them O Lord...***

### NOTICE

Father John will be away from  
9<sup>th</sup> February to the 16<sup>th</sup> February 2026.

### *The Bible Time-line*

*7:00pm*

*Every Monday Evening*  
*St. Benedict's Community Hall*



### **ASH WEDNESDAY** **18<sup>th</sup> February 2026.**

**(A day of fasting and no meat, for those who are  
fit and able).**

**Mass and imposition of ashes**  
**10am & 7pm.**

### Collections

<b>1st Collection</b>	<b>£ 139.07</b>
<b>2<sup>nd</sup> Collection</b>	<b>£ 71.44</b>
<b>TOTAL</b>	<b>£210.51</b>