



22nd Feb 2026

St. Bernadette's RC Church



Tullibody

Parish Priest: Fr. Mike Freyne MHM
 Parish House, Baingle Brae, Tullibody, FK10 2SG
 Phone: 01259 213274

1st Sunday of Lent

Sat 21 Feb	8.45am -9.15am 9.30am 5.30pm	Confessions Mass Vigil Mass	Annual Mission Appeal
Sun 22 Feb	8.30am 11.30am 5.30pm	Mass ~ Mass ~ Children's Liturgy Stations of the Cross	Annual Mission Appeal
Mon 23 Feb	9.30am	Mass	
Tue 24 Feb	8am - 12pm	Meeting	
Wed 25 Feb	9.30am 5pm	Mass Reception body of John Charters	
Thu 26 Feb	9.30am	Requiem Mass for John Charters After to Kilmardock, Doune Cemetery	
Fri 27 Feb	7pm	Mass	
Sat 28 Feb	8.45am -9.15am 9.30am 5.30pm	Confessions Mass Vigil Mass	
Sun 1 Mar	8.30am 11.30am 5.30pm	Mass Mass Stations of the Cross	
Mon 2 Mar	9.30am 10am	Mass First Confessions	

Sundays during Lent 5.30pm Stations of the Cross

This Sunday's Readings	
First Reading	Genesis 2: 7-9; 3: 1-7
Psalm	51(50): 3-6; 12-14, 17
Second Reading	Romans 5: 12-19
Gospel	Matthew 4: 1-11

Last Sunday's Collection	
Non Gift Aid	£470.01
Gift Aid	£414
~ ~ ~	£0
Total	£884.01

Prayer Requests

Those who are sick ~

Joan Jones, Msgr. Basil O'Sullivan, Natalie Otalini, Jade Dicerbo, Stuart Mason, Sean McCann, Carly Mournian, Brendan Murphy, Vincent McDaid, Peter Douglas, Mary Gordon, Mary Hughes, Peter & Margaret Stark, Sarah Jane Connelly, Duncan McGregor, Maria McIntyre, John & Trisha Smith, Drs. Diane & Mike Basquill, Maurice Di Duca, Heather Stewart, Cathy McCallum, Archie Gallaway, Bishop Stephen, Cathy Fox, Jim McKay, Peter Caproni, Laura Laing, Susan Duvall, Brian Robertson, Melissa Brown, Margo Tobin, John Lawlor and Lisa Mcilwrath, Fr. Hutchinson, Margaret Smith, Kath Massanopoli, John Grogan, Bobby Williamson.

Those who have died ~

Hugh McKenzie, John Charters, Seamus Freyne

Those whose anniversaries occur at this time ~

Bishop Vincent Logan, Archbishop Philip Tartaglia, Monsignor John Harty, Margaret Tobin, Andrew Wilson, Hannah McNiven, Sam Morrison, Stella Marcinkiewicz, Steven Marcinkiewicz, Josef Marcinkiewicz, Ronald Marcinkiewicz, Vera Freyne, Cathie Stolarek, Helen Hasten, Paul Kochanech, Molly Hutchison, Anne Hilton, Catherine McGuire, Mel Latte, Alex Byrne, Fr Colin Golden, Mary Galloway, John Clarke, Tom Mack, Frances Masterton, Margaret Byrne, Stephen O'Grady, Fr. John Callaghan, Alex Mulholland.

Children's Liturgy
of the **Word**

The Children's Liturgy team are restarting the sessions during the 11.30am Mass on 2nd & 4th Sundays of each month until the School Summer Holidays:~

~~8th Feb~~ / **22nd Feb** / **8th Mar** / **22nd Mar**
26th Apr / **10th May** / **24th May** / **14th Jun**

The Roots of Lent

Lent is the most sacred season in the Christian liturgical year, which begins with Ash Wednesday, a day of fasting and religious observance. Church leaders spread ashes of burned, consecrated palms on our foreheads, as they say, "Remember you are dust, and to dust you shall return." We remember our limits - human finitude, human contingency - and belonging through practices of repentance, forgiveness, and grace. It is a solemn, contemplative day that begins 40 days of "fasting" leading to Easter.

Lent is derived from the Old English word *Lencten*, meaning "springtime" and related to the "lengthening of days." (1) Lent is called, in Latin, *Quadragesima*, literally translated as 'fortieth.' The number '40' is significant as it appears frequently to describe holy times in the Bible, from Genesis through the New Testament. (2) Lent is commonly described as a commemoration of Jesus' 40-day fast in the desert, when he was tempted by the devil and sustained by the Holy Spirit. While it is impossible to give up food and water for 40 days, today, Christians commonly "give something up" to honour Jesus' fast. By denying themselves something they enjoy, and also perhaps meat on Fridays, they connect to Jesus' self-denial and sacrifice.

Medieval Lenten practices were stricter and more severe than they are today. Christians observed "black fasts," eating only one meal on Ash Wednesday and Good Friday; only ate after 3:00 PM on all other Lenten days; and abstained from animal meat and fat, eggs, and dairy products. (3) Lent was a period of true penitence, self-denial, regimentation, and austerity.

Contemporary Discourse

Many contemporary Christians push back against the idea of "giving something up" and instead suggest that we "take something on." Rather than seeing Lent as a period of denial and deprivation, they suggest we view Lent as an invitation to commit to positive actions, like volunteering, donating money, or practicing deeper contemplation. (4) Proponents of this view point out that by virtue of committing to something new, we also give something else up. We sacrifice our time and commit it to service or to God.

PRACTICAL SUGGESTIONS FOR YOU!

- ◆ Perhaps give up for a few hours each day : social media; complaining.
- ◆ Take something on: pray for 10 minutes each day; read scripture for 10 minutes each day; help someone, volunteer to do something in the local school, church, old folks home.
- ◆ Change habits: wake up early; daily walk; stop swearing; declutter.
- ◆ Give up simple luxuries; cigs; alcohol, coffee, tea sugary drinks.



"I would like to invite you to a very practical and frequently unappreciated form of abstinence: that of refraining from words that offend and hurt our neighbor."

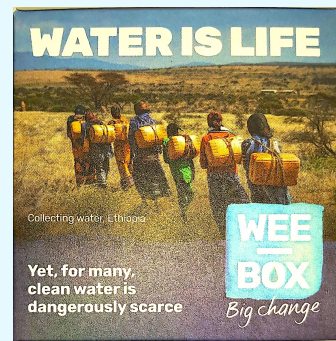
Pope Leo XIV

From the Holy Father's Message for Lent

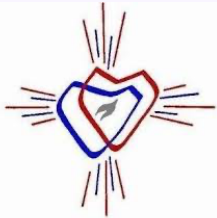


SCIAF Wee Boxes

are now available for Lent.



Please take one.



SISTERS OF THE SACRED HEART OF JESUS AND MARY

Every year each parish is asked by the Scottish Bishops' Conference to have one mission appeal for a designated Missionary group. This weekend we will welcome Sr. Pennie.

I am sure everyone will give her a good welcome. She was born on South Uist, Western Isles, Scotland but based just now in Liverpool.

Mill Hill Missionaries

Many greetings from Herbert House, Liverpool!

I hope this email finds you well, no matter where you are. I am pleased to invite you to a Lenten reflection taking place online via Zoom on February 25 at 11 a.m. (UK time), led by Fr John Hemer, MHM. Fr Hemer has served in mission areas including Pakistan, Kenya and Uganda, and brings 28 years of teaching experience from various formation centres. He is also a long-standing member of the faculty at Allen Hall Seminary in England, where he continues to teach today. Feel free to share this with your friends.

Join Zoom Meeting

<https://us06web.zoom.us/j/82133473482?pwd=0wujaFaMozwR9nl9NC95aN6VatXkMY.1>

Meeting ID: 821 3347 3482

Passcode: 936547