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# Our Lady of Mount Carmel Church

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The parish is part of the RC Diocese of Aberdeen Charitable Trust, a registered Scottish Charity, SC005122

Diocesan Safeguarding: <https://www.rcda.scot/safeguarding>  
Safeguarding Policy, *In God's Image*: <http://www.bcos.org.uk/safeguarding>  
Parish Safeguarding Coordinator: Mrs. Theresa Allan: [mountcarmelpsc@rcd-abdn.org](mailto:mountcarmelpsc@rcd-abdn.org)

## 1<sup>ST</sup> FEBRUARY 2026 – THE FOURTH SUNDAY OF ORDINARY TIME – YEAR A

### MASS SCHEDULE

**Monday – Thursday**  
No public Mass

**Friday Morning only**  
09.30am Mass

**Saturday Evening only**  
6pm (Vigil Mass of Sunday, Polish)

**Sunday**  
9.30am

**CONFESSION**  
before/after any Mass, or on  
request

### LITURGICAL DAYS THIS WEEK

Monday 2<sup>nd</sup> February  
**The Presentation of the Lord Jesus –**  
Feast (Candlemas)

Tuesday 3<sup>rd</sup> February  
**St. Blaise, Bishop and Martyr**

Wednesday 4<sup>th</sup> February  
**Weekday of 4<sup>th</sup> Week of Ordinary  
Time**

Thursday 5<sup>th</sup> February  
**St. Agatha, Virgin and Martyr -**  
Memorial

Friday 6<sup>th</sup> February  
**St. Paul Miki and Companion**  
**Martyrs of Japan - Memorial**

Saturday 7<sup>th</sup> February  
**Weekday of 4<sup>th</sup> Week of Ordinary  
Time**

Sunday 8<sup>th</sup> February  
**5<sup>th</sup> Sunday of Ordinary Time**

**Jubilee Year of St. Francis.** Pope Leo has proclaimed a special Jubilee Year of St. Francis. A plenary indulgence is available under the usual conditions during this year for any of the following: a pious pilgrimage to a Franciscan church, participation in Jubilee celebrations, prayer and meditation in the Franciscan spirit, as well as daily acts of charity and humility that express the spirituality of Saint Francis.

### Assisted Suicide: Action Needed

MSP Audrey Nicoll recently [withdrew her support](#) for the McArthur Bill: "My perspective on this has, to a great extent, been shaped by my policing career, and my exposure in public service to those most vulnerable in our communities.

"I believe, even with the most robust legislative provision in place, the reality is individuals will experience coercion and pressure from others."

Please use this handy online tool to [contact your MSPs](#) to ask them to vote against the Bill if you haven't already – it only takes a few seconds! ( <https://carenotkilling.scot/> )

Please note that there's a second opportunity to support the Catholic Church in Scotland's work for **Justice and Peace** today: there will be a retiring collection at the end of Mass this weekend, 31 Jan/1 Feb. 🙏 *Many thanks for your generous support!*

**Vocation Discernment.** Do you sense a call to serve God and His people in the priesthood? The Catholic Church in Scotland is inviting you to explore the possibility of a vocation to the priesthood. If you are considering a life dedicated to serving in the ministry, we encourage you to apply for seminary starting in 2027. To learn more about the application process and what a priestly vocation entails, please contact our diocesan director of vocations, Fr. Mark Impson. He is here to support you in your journey of discernment and will guide you through each step along the way. Don't hesitate; the Lord may be calling you to something extraordinary! Take the first step and contact Fr. Mark today: [mark.impson@rcda.scot](mailto:mark.impson@rcda.scot)

**Retreat Weekends with the Glasgow Ignatian Spirituality Centre.** 'Navigating the way forward' - Either 13-15 March (Conforti, Coatbridge) or 8-10 May (Benedictine Monastery, Largs). Take time out with God for reflection, input and community as we consider how to discern where we are and where we might be invited to next steps. For those facing choices in life, or wondering if there are changes which would lead to greater growth.

'Going Deeper' for People New to the Catholic Faith (RCIA) - 1-3 May Pluscarden Benedictine Monastery, Elgin. Take time to pause and reflect on your faith journey in the beautiful surroundings of Pluscarden Benedictine Monastery. Arrivals from 5pm on Friday 1st May and leaving after 12:00 noon lunch on Sunday 3 May. This residential retreat is designed for those who have been through RCIA (a programme which prepares people to become Roman Catholic).

Both retreats offer time together as a group, as well as periods of silence and personal reflection. More details at <https://www.iscglasgow.co.uk/>

**The Marriage Course (online)** Commencing on Sunday 25th January, a series of seven sessions, designed to help couples invest in their relationship and build a strong marriage. Nicky and Sila Lee, authors of *The Marriage Book*, developed *The Marriage Course* for couples looking for practical support to strengthen their relationship. The course is designed to help couples build strong foundations, learn to communicate more effectively and resolve differences well. [More Info & Registration](#)

**AI Resources for Schools, Parents and Children.** The UK Safer Internet Centre has created [new educational resources on the safe and responsible use of AI](#) ahead of Safer Internet Day 2026. The resources have been designed for use with children and young people of different age groups from 3 to 18-years-old. The resource packs include presentation slides and activities.

These free educational resources are designed for use with 3-7, 7-11, 11-14 and 14-18 year olds, with each resource pack containing presentation slides, activities and more. Alongside these resources, there are also top tips for parents, carers and young people. These tips cover the key things each age needs to know about using AI safely and responsibly. ( <https://saferinternet.org.uk/> )