OUR LADY OF LOURDES PARISH NEWSLETTER

6th Sunday in Ordinary Time **15 February 2026**

Handling Anger

It is impossible to live without getting angry at one time or another. Now, we may have been taught that anger is sinful - in fact, it is one of the seven deadly sins (wrath). As a result, we feel guilty about getting angry and are tempted to deny or repress it.

The first thing that needs to be said is that anger is normal and even healthy. If we love and value ourselves, we will naturally get angry if we are being treated badly. We should not deny our anger. It is a feeling after all which in itself is neither good nor bad morally.

Psychologists tell us that repressed anger is very dangerous and can result in self-hatred, depression and even bodily ills such as ulcers. It needs to be released but this must be done in a wholesome way. When anger is given a means of expression relief follows.

When Jesus says to us, 'Do not get angry with your brother,' he is condemning anger in itself. After all, he himself got angry when he drove the traders out of the temple. There are time when we ought to be angry. An unjust situation should make us angry. Anger can be a good thing, it spurs us to make the situation right. But beware if we find ourselves angry often - we should look at the cause of our anger. The cause may lie with us…..we have to look at ourselves. Some people are full of anger which makes them very difficult to live with. Instead of owing their anger, they direct it onto others. If the cause of our anger lies with another person, we must look at our relationship with that person. Still when all is said and done, anger is not a good resting place. If our heart is filled with anger, there is no room in it for love.

Therefore, we would do well to heed the advice of St Paul, 'Do not let the sun go down on our anger' (Eph 4:26).

Story

A young man named Thomas wanted to offer a two-week holiday as a gift to his parents for their fiftieth wedding anniversary. But their response took him by surprise.

They said, 'Son, we thank you for your very generous gift but there is something else that would please us more.'

'What is that?' he asked earnestly.

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PARISH NEWS

Ash Wednesday

Mass times: **9am | 12.15pm | 6.30pm**

Stations of the Cross starts **Fri 20 Feb 7pm** and every Friday until 27 Mar.

Children's Liturgy

Last year we had over 20 children attending our *Children's Liturgy* (Sun 9am) during school terms and this year we want to continue doing the same but we need more volunteers. We would love to hear from you. Thank you for your support.
Please contact **Julian Williams 027 488 3360**

Columban Calendars

It is not too late to get your 2026 calendar! Calendars are still on sale at the bookshop or the parish office - $13 a copy.

Minimarket

There will be *no minimarkets* in February and March. Minimarket will resume **Sun 26 Apr.**

DIOCESE NEWS

Lent 2026

Visit **www.foodforfaith.org.nz** and sign up to receive daily email encouragements from Fr John O'Connor.

Lenten Talks

St Michael's church is hosting a *series of 4-weekly talks (*Tuesdays) by Bishop Peter Brown leading up to Lent to guide us reuniting ourselves to Christ through his gift of Reconciliation.
It starts **Tues 03 Mar 7pm-8.30pm** at Mary MacKillop Hall, 6 Beatrice Rd, Remuera.

Pilgrimage 2026

25 September to 17 October 2026

Fatima - Salamanca - Burgos - Lourdes - Paris - Venice - Padua - Assisi - Rome

Chaplain: Monsignor David Tonks

For more info, please contact Laura Yap **laura.yap@travelmanagers.co.nz** or call 021 390 055

Mass Times

Monday:	9am
Tues/Wed/Thurs	6.30pm
Wed: Novena	6pm
Friday:	9am
First Friday:	6.30pm
Saturday:	5pm Vigil
Sunday:	9am,10.30am,5pm

Reconciliation by appointment.
Please contact the parish office

Praise In The Park

You are invited to *Praise In The Park*
Sun 15 Feb 2026
4pm-6pm
at Selwyn Domain, 48-56 Tamaki Drive, Mission Bay.

It is a Catholic event involving praise and worship, testimonies, a short Gospel proclamation and will conclude with Eucharistic Adoration. Bring a chair or picnic mat, invite family and friends.

It is free, no registration needed and everyone is welcome.

(rain date: Sat 21 Feb)

If you wish to place a notice in our parish newsletter, please email the parish office by Wednesday

Please pray for our sick parishioners:

Violet Furtado, Mary Holmes, Ethan Peter Lelo, Rosalen Ahearn, Saulius David Balsys, Kalameli Tauta, Pauline Caffell, Louisa Baptist, Robert Shearman, Siufaga Maileoi Lilii, Lee Dunn, Alex Soniega, Aaron Ablan, Priscilla Fernandes, Nellie Lemusu-Kea, Joy Rapcsak, Gerard Hoover

Last Week's Collection:

House - $1,523.40
Parish - $2,617.80

Thank you for your generosity.

Readings For The Upcoming Week

Mon 16 Feb:	James 1:1-11
Mk 8:11-13	Ps 118:67-68, 71-72,
Tue 17 Feb:	James 1:12-18
Mk 8:14-21	Ps 93:12-15, 18-19
Wed 18 Feb:	ASH WEDNESDAY
Thu 19 Feb :	Deut 30:15-20
Lk 9:22-25	Ps 1:1-4, 6
Fri 20 Feb:	Is 58:1-9
Mt 9:14-15	Ps 50:3-6, 18-19
Sat 21 Feb:	Is 58:9-14
Lk 5:27-32	Ps 85:1-6
Sun 22 Feb:	Gen 2:7-9, 3:1-7
Rom 5:12-19	Mt 4:1-11
Ps 50:3-6, 12-14, 17	

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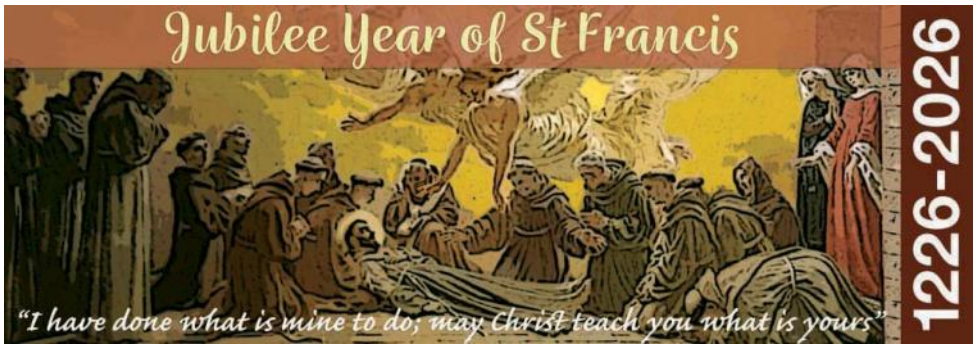
'You wronged your brother Patrick. Go and be reconciled with him. That would mean more to us than any gift.'
The thing that God wants above all is to see his children reconciled. If we are on the way to the altar and remember that someone has something against us, we can sincerely make a decision to seek reconciliation later.

Flor McCarthy SDB

St Francis Retreat Centre (1226-2026)



As we mark the *Franciscan Jubilee Year,* may the enduring spirit of St Francis inspire us to walk together a community of peace, gratitude and joyful simplicity.

Time Out Days - For those who seek a day retreat (9.30am to 2.30pm) $35 incl lunch ~ **Wed 18 Feb** | **Tues 03 Mar** | **Wed 01 Apr**

24-Hour Quietude - Begins Friday 7pm with prayer and rest, and continues until Saturday 7pm with a full day dedicated to reflection, contemplation and prayer ~ **Apr 17-18** | **Jul 03-04**

Bookings essential. Please visit **www.stfrancisretreatcentre.org.nz** or email **admin@sfrc.org.nz**

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Asst Parish Priest:
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