

Our Lady of Mount Carmel & Saint George with Our Lady of Walsingham & the English Martyrs, Enfield

Year A

+ Fourth Sunday in Ordinary Time +

1st February 2026

St Blaise and the Blessing of Throats on his feast day

This Tuesday the Church remembers St Blaise, Bishop and Martyr. He was bishop of Sebaste in Armenia and was put to death under the Emperor Licinius and the prefect Agricolaus in the early 4th century. Whilst he was being persecuted he hid in a cave and blessed sick or wounded animals. Once, a woman brought him a boy who was in mortal peril due to a fishbone that was stuck in his throat. Blaise healed the boy. When he was imprisoned, the same woman brought Blaise food and candles. Hence, we have the tradition of blessing throats on the feast of St Blaise. Throats are blessed with two candles bound with a red ribbon, touching the neck and with the priest (or deacon) saying the following words: "Through the intercession of St Blaise, bishop and martyr, may God deliver you from every disease of the throat and from

every other illness. In the name of the Father, and of the Son and of the Holy Spirit. Amen."

This blessing will be offered to parishioners after the 7.30 am Mass (Convent) and 12 noon Mass (OLSG) on Tuesday of this week. We may well wonder whether this tradition has any connection with Candlemas day, which falls the day before. On this fortieth day after Christmas we light candles and walk in procession at the beginning of Mass, whilst singing the Song of Simeon concerning the Christ Child, who is 'A light for revelation to the Gentiles, and for glory to your people Israel' (Luke 2).

These candles, including those to be used for the blessing of throats the next day, will be blessed for their sacred use.

We give thanks for the richness of our Catholic heritage and customs. These are great gifts to us from our forebears and we do well to cherish them and make good use of them. With my prayers, *Fr Daniel*

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PLEASE PRAY FOR:

All those who are sick, at home or in hospital. Those who are bereaved. For peace and true justice throughout the world. For an end to racism and divisions on grounds of culture.

Those who have died: Chris Stegall, Ian Berry, Gloria Borbon, Hendryk Adamajtys, Monique Canham, Kristine Pourgourides, Rudolf Lacquiere, Peter Power, Gilda Zambon, Dorothy Williams, Hemamala Jay, Denis Murphy, Pauline Mooney and Barbara Mansi.

Anniversary of death: Joseph Reynolds, Brian Flood, Vincent Belfon and Lily Erley

THE LAMPS IN OUR CHURCHES

The lamps burn this week for the following intentions:

Tabernacle (Left) - Marie Coutinho—Healing

Tabernacle (Right) Blossom Nair - RIP

St George – Modesto Tondelli - Healing

Sacred Heart Chapel — Dennis and Rodney - Thanksgiving.

Our Lady's Chapel: Cassy Coelho RIP



Parish Notices

Cardinal's Thanksgiving Mass: there will be a Mass to celebrate the 16 years of ministry of the Archbishop of Westminster. This will take place in Westminster Cathedral on Thursday 5th February 2026 at 5.30pm. All are welcome to attend. If you would like to make a personal contribution to the collection, you can make a payment by credit/debit card online at <https://forms.org.uk/gift-for-cardinal-vincent-nichols>. All gifts will be consolidated into one single amount and presented to the Cardinal.

Day with Mary. This popular day of devotion, which moves around Greater London on many weekends, will be held in OLSG this coming Saturday, 7th February. All are welcome. Confessions heard by visiting Confessors. The Day begins with the Procession and Crowning of Our Lady at 9.20 am.

Annual Mass in honour of our Lady of Lourdes: for the World Day of Prayer for the sick, is in Westminster Cathedral at 2pm on Saturday 7th February. Everyone is welcome.

Confirmation: The candidates can now book their slots for their Confirmation. The link to the event planner is parish.rcdow.org.uk/enfield/events.

Parent meeting for Confirmation Candidates has changed from 15th March to 8th March at 4pm. Please change the date in your diary. It is important for you to be there! Thank you, Fr Axel.

Palm Crosses from last year: Please bring in your palms from last year. The palms will be burned and the ashes blessed and distributed at all Masses on Ash Wednesday (18th February).

Special Welcome Coffee Mornings at OLSG on Sunday 8th February: The Parish Social Committee invite all parishioners (and especially those who are new to the parish) to have a coffee and light refreshments after every Mass next Sunday 8th February. This will be an opportunity to meet fellow parishioners and clergy and to hear about various groups in the parish and find ways in which we can become involved in the life of the parish. There is also a Coffee Morning after the Mass at OLW.

Brass Band Concert with the Potters Bar Town Band. We will welcome this excellent brass band back to OLSG on Saturday 28th February at 7.30 pm for a concert entitled' From Grace to Glory'. Tickets (£10 including interval refreshments) will be on sale next weekend. Please do put this into your social diaries.

Rosary Group: will meet in the Challoner room on 11th and 25th February at 10.30am. All are welcome.

New Readers for Evening Masses: We are looking for new readers to join the rota for 2026. We are especially in need of readers for Saturday and Sunday evening Masses. If you have a clear voice and are able to commit to reading for a whole month at a time, please email enfieldministers@rcdow.org.uk

Pilgrimage to Assisi - 17-23 June 2026: This pilgrimage is full. Applications have now closed.

Quiz Night: Saturday 21st February in the Parish Centre at 7.30pm. Proceeds in aid of the Nightingale. Tables of 6 or 8, £15 per person which includes a Ploughman's supper. Bring your own drink. Please contact triciaalder3@aol.com or phone 07930 182870

Looking for something new? Why not join the Book Club. We read non-religious books. The first meeting on 2026 is Friday 6th February in the Presbytery 10-11.30 am. For more information contact Mary on 0208 3663915 or email maryvnewman@btinternet.com. Or just turn up.

We are looking to buy a set of new green vestments – chasuble and dalmatic - for use on many Sundays throughout the Church year. If any parishioner would like

to assist with this purchase please contact Fr Daniel, or take an envelope in the church porch, thank you.

Manna Centre Society: donations will be collected this weekend. Non-perishables **foods**; (tinned meat, beans, soup and vegetables, sugar, coffee, pasta sauces and easy cook basmati rice) **toiletries**; (toilet rolls, deodorant and unopened razors) and **novels**. **No clothing this year.** Help would be appreciated, sorting donated goods after each mass. Help would also be appreciated on Monday morning 2nd February when the donations will be collected. **There will not be a collection for the Food Bank in February. It will resume on the first weekend of March.**

Mount Carmel Ladies Group: will meet on Thursday 5th February for talk by a forensic expert at 12.45pm in the Parish Centre. Usual raffle. All Welcome.

Mass Intentions: Advance notice that we intend to introduce card only payments for Mass intentions from 1st March.

Job Vacancy at St George's Catholic Primary School: Play leader required for lunch times. Full details and application can be found on the school website <http://www.st-georgesensfield.sch.uk>.

FINANCE: Giving by Standing Order. Would you consider donating your offering by Standing Order? If so, the payment details are: **HSBC Bank Plc, Sort Code: 40-05-20, a/c no:21309110 WRCDT Enfield;** your surname as reference. Please email us to let us know: enfieldgac@rcdow.org.uk

Thank you for your generosity.

Planned Giving Drives. This is long overdue and we will have one at OLW in March and at OLSG in November. Please pray for these initiatives as we begin to plan for them at this time.

LITURGY, CONFESSION & MASS TIMES THIS WEEK
To watch live-stream (LS): www.catholicensefield.org/live-stream

Sun 1 st Feb	+Fourth Sunday in Ordinary Time + Year A Psalter week 4 OLSG: Mass 8am, 9am (with Children's Liturgy), 10.30am, 12 noon (LS), 6pm. OLW: Mass at 10am
Mon 2 nd Feb	The Presentation of the Lord (Candlemas) OLSG: Church cleaning at 9.30 am: Mass 12 noon (LS) HFC: Mass 7.30am , Adoration 4-5pm Candles will be blessed at both Masses today.
Tue 3 rd Feb	Saints Laurence, Dunstan and Theodore, Archbishops of Canterbury OLSG: Mass 12 noon (LS) HFC: Mass 7.30am, Adoration 4-5pm Blessing of throats at Masses today.
Wed 4 th Feb	Feria OLSG: Mass 12 noon (LS) HFC: Mass 7.30am, Adoration 4- 5pm
Thu 5 th Feb	Saint Agatha, Virgin and Martyr OLSG: Mass 12 noon (LS) Prayer to the Sacred Heart 3pm-4pm. HFC: Adoration 4-5pm OLW – Mass 9.30am
Fri 6 th Feb	Saint Paul Miki and Companions, Martyrs (First Friday) OLSG: Mass 10am, Funeral Mass for Dorothy Williams RIP- 12 noon (LS) 6-7pm Holy Hour with Confessions
Sat 7 th Feb	Blessed Virgin Mary on Saturday – A DAY WITH MARY OLSG: 9.20 am -Entry Procession of Our Lady. Angelus. Crowning. Sung Litany, Mass in honour of Our Lady. See Flier for further details. Confessions 5-5.45 pm Mass (of Sunday) OLSG 6pm
Sun 8 th Feb	+ Fifth Sunday in Ordinary Time+ Year A + Psalter week 1 OLSG: Mass 8am, 9am (with Children's Liturgy) 10.30am, 12 noon (LS), 6pm. OLW: Mass at 10am
KEY	OLSG: Our Lady of Mount Carmel & Saint George, 45 London Road, EN2 6DS OLW: Our Lady of Walsingham, Holtwhites Hill, EN2 8HG HFC: Holy Family Convent, 52 London Road, EN2 6EN (LS): Mass also live-streamed: www.catholicensefield.org/live-stream /
In OLSG: OLSG church is open: Mass in Polish:	On weekdays the Rosary and the Litany will usually be said at 11.30am Monday-Friday 7am-6pm; Saturday-Sunday 7am-7pm. Morning Prayer at 7.05 am—Mon-Wed and 7.30 am on Thurs, Fri and Sat. All welcome. For information visit www.parafiaenfield.org