



# Sacred Heart Church, Berkhamsted



✠ Fifth Sunday in Ordinary Time, Year B, 4<sup>th</sup> February 2024 – Psalter Week 1

This Sunday, the readings invite us to look more deeply into the experience of human suffering. It is only through Christ that our pain and despair can and will be transformed. Just like the suffering people in today's Gospel, we all long for Christ. It is through prayer that our yearning will be fulfilled.

Job (**First Reading**) expresses total despair at the great losses that he has experienced; he seems overwhelmed by the frailty of life. The suffering in our world today perhaps makes it easy to relate to his sentiments.

The **Psalms**, however, is like an antidote to the howls of loss that Job exclaims. It speaks of healing for broken hearts and minds; of wounds being bound and tended by our loving God, whose wisdom extends across a universe that he knows and loves intimately.

In the **Second Reading**, Paul writes of how his own experience of Christ and the Gospel impels him to share the Good News with others. He feels that he is like a slave to the Gospel, and is happy to accept this role.

Today's **Gospel** portrays the early days of Jesus's healing ministry in Galilee. After praying with the community in the synagogue, Jesus responds with compassion to all the sick and suffering people who are brought to him. He begins his days in prayerful solitude and is drawn by a desire to bring his Good News to as many people as possible.

Let us pray for the grace to respond with wisdom and compassion to the suffering and needs of our time. May we centre our lives in prayer and by the grace of God be determined like St Paul to bring the Good News to our broken and hurting world.

## Mass Intentions:

<b>Sun 4 Feb</b>	✠ 5 <sup>th</sup> Sunday in Ordinary Time	<b>8:30am</b>	Ed Delaney RIP Ann
		<b>10:00am*</b>	Frank Furlong RIP
<b>Mon 5 Feb</b>	Saint Agatha, Virgin and Martyr	<b>10:00am</b>	People of the Parish
<b>Tue 6 Feb</b>	Saint Paul Miki and Companions, Martyrs	<b>10:00am</b>	The Sinclair Family Int.
<b>Thu 8 Feb</b>	Feria	<b>12:00pm</b>	Peter Ariokiasamy RIP
<b>Fri 9 Feb</b>	Feria	<b>10:00am</b>	Bridget and James Greelish and All Holy Souls RIP
<b>Sat 10 Feb</b>	Saint Scholastica, Virgin	<b>10:00am</b>	Dominic Dieseru Family Int.
	Sunday Vigil	<b>5:00pm</b>	Alan Hynes RIP
<b>Sun 11 Feb</b>	✠ 6 <sup>th</sup> Sunday in Ordinary Time	<b>8:30am</b>	Kath Murphy RIP
		<b>10:00am*</b>	David Holden RIP Ann

\* Livestream Mass

**Saturday** - 9:00am – Exposition and Adoration of the Blessed Sacrament (and confession alongside) with Benediction at 9:45am

*Confessions can also be arranged outside of these times, please contact Fr Joseph*

## We Pray for:

### The Sick and the Housebound

We pray especially for: William Miller, Chris Holmes, Raza Shah, Benjamin Ezeffili, Perpetua Fernandes, Lin Thomas, Edith Dicom, Caroline Butler, Ann McDonnell, Tom Jackson, Tess Hennessy, Anthony Doolan, William Campbell, Alice Danladi, Fr John Boland, Canon Jane Bannister, Ron Harper, Tom Kemplen, Joe Quinn, Rosemary Goacher, Jane Blayney, Dympna O'Connor, Lucy Chapman, Hilary Sweetman, Gerry Earls.

### We commend them to God's healing.

### The Recently Deceased & Anniversaries

We pray for those who have died recently or those whose anniversaries occur at this time including: Sheila Hanratty, Beatrice Mary Ezekwe, Deacon Anthony Clark, Joyce Alker, Fr Stuart Andrew Gullan-Steel.

**Eternal rest granted onto them oh Lord and let the perpetual light shine upon them. May they rest in peace.**

### **The Blessed Sacrament Lamp**

is sponsored this week for the happy repose of Jim Thomson RIP.

Sacred Heart Church  
Park Street, Berkhamsted, HP4 1HX  
Tel: 01442 863 845  
Email: [berkhamsted@rcdow.org.uk](mailto:berkhamsted@rcdow.org.uk)  
Website: <https://parish.rcdow.org.uk/berkhamsted/>  
(Office Hours: 10:00am-2.00pm, Mon, Tue and Thurs.)

**Parish Priest - Fr Joseph Okoro:** [josephokoro@rcdow.org.uk](mailto:josephokoro@rcdow.org.uk)

**Administrator – Laura Etson:** [berkhamsted@rcdow.org.uk](mailto:berkhamsted@rcdow.org.uk)

**Parish Safeguarding Representatives (PSRs)**

Carmella Perkins – Sacred Heart PSR:

[berkhamstedsg@safeguardrcdow.org.uk](mailto:berkhamstedsg@safeguardrcdow.org.uk)

**Racial Justice Sunday** – Thank you to all who donated to Racial Justice Sunday collection last weekend. We raised £436.18. It is important to recognise that we are all children of God, regardless of our race and background.

**CELEBRATE Trust** - Is a Catholic ministry that inspires and equips people of all ages to live an authentic Christian life in the power of the Holy Spirit, in support of the family, to form the next generation and encourage local community.

Jenny Baker, our Parishioner who is the CELEBRATE Trust National Lead will be giving a short talk on the Trust's work at the Masses next weekend, 10th and 11th February. This will be followed by a retiring collection to support CELEBRATE Trust's work.

**New Altar Servers** – It is indeed a great privilege and blessing to serve God in his Sanctuary at Mass. We therefore encourage our young and teen parishioners to avail themselves of the opportunity of this sacred duty at the altar. Do not worry about what you need to do. Training sessions will be given. Parents, please help us to encourage our young ones to offer themselves to serve God in this very important ministry. Please speak with Fr Joseph if you would like to offer yourself for this service.

**Prayer Request Book** – Can now be found at the back of the church. All are invited to write their prayer requests in this book - parishioners, guests and visitors. These prayers will then be offered alongside the offertory to the Lord at the altar every Sunday.

**Friday Holy Rosary Devotion** - The Rosary is a powerful spiritual weapon and efficacious prayer. Please join us to pray the Rosary on Fridays after the 10am Mass in church for peace in the world and your private needs.

**Annual Mass of Our Lady of Lourdes** - On Saturday 10th February at 2.30pm the Cardinal will celebrate the annual Mass of Our Lady of Lourdes in the Cathedral which will include anointing of the sick. Please contact Laura to register your place for this event.

**Annual Mass for Matrimony** - The annual Mass for Matrimony will be celebrated in the Cathedral by the Cardinal on Saturday 25th May at 2.30pm for couples celebrating significant wedding anniversaries. Full information to follow but please make a note in your diaries if you wish to attend.

**Sunday Lunch** – The next lunch is taking place on Sunday 10<sup>th</sup> March at 12pm. **EVERYONE WELCOME!** We understand this is on Mothers Day this year so why not invite your mum or your children, have a day off from cooking and join us for this fantastic event. Adults £10.00, Children £5.00 (Under 10's eat free). There will be a sign up sheet at the back of the church nearer the time.

**Tea and coffee** - after Sunday 10am Mass. All are invited to join us in the parish hall for teas, coffees and chats.

**Mary's Meals** - Cakes, tea, coffee and table top treasures after 10:00am Mass this Sunday, 4th February. Please come along, a great chance for a catch up and to support Mary's Meals. No donation required but very much appreciated. If you have any unwanted bric a brac etc that you would like to donate, please bring along with you. Thank you as always for your great kindness and support.

**Give Us This Day, Our Daily Bread** - Thank you for your continued donations to the food bank. Please continue to support the Foodbank with non-perishable food. Your kind donations, which can be placed in the food collection box at the church entrance, are going directly to help local people via the Open Door and DENS Food Bank. Thank you.

**Offertory Collections** – 28/1/24

Weekly Loose Plate - £188.00

Weekly Contactless - £125.00

Thank you to every one for your support to our Parish.

**Contactless Donation Machine** – We are grateful for your continuing support to the parish. Donations for Mass stipends, votive candles, building maintenance fund, flowers for the Church and offertory can also be made using the contactless machine or the QR code below. You can also gift-aid your donation if you are a UK taxpayer. THANK YOU.



QR code to enable donation via mobile devices.

**Online Giving** – Should you wish to become a regular online donor please use the Parish bank details below.

**WRCDT Berkhamsted**

Sort Code 40-05-20

Ac. Number 31264354

Please do include your name as your reference and if you would like to gift-aid please ask Fr Joseph or Laura for a form. Thank you for your continued generosity and support to our parish. It is greatly appreciated.

**Mass Intentions** – Please call or visit the parish office to book Masses for your intentions, email Laura or use the blue envelopes at the back of the church.

The Diocesan suggested donation is £10.00. Thank you.

**If making a donation online, please use 'MASS STIPEND' and the date of the mass as your reference.**

**Blessed Sacrament Lamp** - If you would like to sponsor the Blessed Sacrament Lamp, for a week, the diary is open. To sponsor costs just £5 for a whole week. Just let the office know your preferred week and your intention.

**Parishes Celebrations / Dates for your Diaries** –

**4<sup>th</sup> Feb** First Holy Programme Session – 9am

*Celebrating our rescue*

**11<sup>th</sup> Feb** First Holy Programme Session – 9am

*God helps me get it right*

**4<sup>th</sup> Feb** Mary's Meals, Tea & Treasures after 10:00am Mass

**10<sup>th</sup> Mar** Sunday Lunch 12pm

**Synodal Day of Discernment** – Saturday 10th February 10:00am – 4:00pm. The Aula Magna, London Jesuit Centre, 114 Mount Street, London, W1K 3AH. Join people from a range of parishes and backgrounds for a day of reflection, conversation, and action, to prepare for the October 2024 Synodal Assembly, in Rome.

RSVP - [FarmStreetOffice@rcdow.org.uk](mailto:FarmStreetOffice@rcdow.org.uk)

Tel: 020 8986 0807

**The Divine Mercy Apostolate, London** - Is holding a Divine Mercy Afternoon of Reflection on Saturday 10 February 2024 from 1:30pm - 4:30pm at St Georges R.C. Cathedral, Westminster Bridge Road London SE1 7HY. The Reflection will include teachings on the Message of Mercy, Holy Mass, Way of the Cross, Hour of Mercy with Adoration and Benediction and Veneration of the Image of Merciful Jesus. All Welcome. Please call Millie on 07957594646 for more information.

**Presentation of the Offertory** – This week we welcome to present the offertory, the Hansard family on Saturday 3<sup>rd</sup> February at 5:00pm and the Murphy family on Sunday 4<sup>th</sup> February at 10:00am.