

# CHURCH OF SAINT MARY

19 January 2020

*Second Sunday in Ordinary Time*



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LONDON, NW3 6QU

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[www.stmaryshampstead.com](http://www.stmaryshampstead.com) (pastoral website)

Parish Priest: The Reverend Monsignor Phelim Rowland

Parish Administrator &

Pastoral Assistant: Mary Stanier, [marystanier@rcdow.org.uk](mailto:marystanier@rcdow.org.uk)

*Fairtrade Certified Parish*



## Sunday Collection: 12 January 2020

The collection last weekend was as follows:

Cash	£ 1,042.48
Planned Giving	£397.80
<b>Total</b>	<b>£1,440.28</b>

Please remember the Diocese levies our parish at 33% (increased for 2018) of the weekly collections.

### READINGS FOR NEXT SUNDAY (Third Sunday of Ordinary Time)

First Reading: Isa 8:23-9:3  
Psalm: 26:1,4,13-14  
Second Reading: 1 Corinthians 1:10-13, 17  
Gospel: Matt 4:12-2



[http://www.wednesdayword.org/downloads/parish\\_docs/617-A-Ord-03-2020.pdf](http://www.wednesdayword.org/downloads/parish_docs/617-A-Ord-03-2020.pdf)

### Mindfulness the Ignatian Way ([www.ignatianspirituality.com](http://www.ignatianspirituality.com))

At the start of each new year newspapers and magazines are full of ways to encourage us to re-create ourselves, change our diet, exercise, attitude to finance, friendships, work and many other areas of life. The year 2020 is no exception and perhaps even more hyped because it marks the start of a new decade. Many articles seek to help us improve our mental health and frequently focus on mindfulness to do this. More than 400 years ago St. Ignatius Loyola encouraged prayer-filled mindfulness by proposing what has been called the Daily Examen. The Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and to discern his direction for us. This is very worthwhile so why not give it a try? It might make Dry/Vegan/Weight-loss January more bearable!!

- 1) Ask God for Light—I want to look at my day with God's yes, not merely my own.
- 2) Give thanks—The day I have just lived is a gift from God. Be grateful for it.
- 3) Review the day—I carefully look back on the day just completed, being guided by the Holy Spirit.
- 4) Face your shortcomings—I face up to what is wrong—in my life and in me.
- 5) Look toward the day to come—I ask where I need God in the day to come.

### POST COMMUNION CLASS—CCD

As there are very few children attending the class offered to post-First Holy Communion children on Sunday mornings we are considering stopping it. The catechist, Deepa Abraham, gives up her valuable time to prepare and give the class. It is not really worth it if hardly anyone goes. If by half-term the numbers have not increased, we will no longer do the class.

### LANDINGS TASTER DAY 18 JAN 10AM-2PM, Vaughan House, 46 Francis Street, SW1P 1QN

In 2020 the Diocese is working with Landings, an organisation that helps parishes to run programmes to encourage lapsed Catholics to return to the Church. Would you like to run a group here at St Mary's to reach out Catholics returning to their faith? If so, please book a place on a Landings Taster Day or Training Day contact: Warren Brown at [catadmin@rcdow.org.uk](mailto:catadmin@rcdow.org.uk) or 020 7798 9152. Free to attend – please bring a packed lunch.

“Fear not that thy life shall come to an end, but rather fear that it shall never have a beginning.” St John Henry Newman



## **OPEN DOORS 2019 WORLD WATCH LIST**

### **"IF ONE PART SUFFERS, EVERY PART SUFFERS WITH IT." 1 CORINTHIANS 12:26**

The latest World Watch list shows 260m Christians in 50 countries face high or extreme levels of persecution for their faith. (up by 15m on 2018) Persecution comes in many forms, from the Easter Sunday church attacks by Islamic extremists in Sri Lanka, to a believer being denied their rights or ostracised by their family and community. The top 10 worst countries include Somalia, India, Iran, Pakistan. N.Korea tops the list. Many parts of Africa are becoming increasingly dangerous for Christians. In the past two years, China in position 23 has risen sharply on the World Watch List - from 43 in 2018. Increasingly, churches are pressured and monitored by the state. Children under 18 are banned from attending church. Religion is banned from the public sphere, and teachers and medical staff have been pressured to sign documents saying they have no religious faith. The online sale of Bibles was banned in 2018. To read more and learn how you can help, go to: **[opendoorsuk.org](http://opendoorsuk.org)**

### **TEENAGE CONFIRMATION**



On Saturday 18th January the group will go on retreat to Spec <https://dowym.com/spec/>. We will spend the day there and hopefully the candidates will come home more sure as to whether Confirmation is for them. The following Sunday, 26th January at the 18:30 Mass the candidates will be formerly enrolled. Please come to the Mass to show your support for our young adults.

**UPCOMING EVENTS - NILAND CONFERENCE CENTRE AT ROSARY PRIORY**  
**Celebrating Christian Unity - Saturday 25 January** (2-5pm) with prayer, talk and discussion on *Unusual Kindness: local community outreach*, and Afternoon Tea. Home baking is welcomed. Please register for planning purposes. Donations welcome.  
**Morning Reflection** with Sr Regina McGarry OP & Monika Cleaver - **Thursday 30 January** (10.30-12.30) on *Prayer of Silence*. Suggested donation £6.  
**Scripture from Scratch - The Year of the Word: St Matthew** with Sr Anne Walsh OP. Alternate Thursdays from **30 January** (7.30-9pm). Suggested donation £5/session

### **ST CHRISTINA'S SCHOOL EARLY YEARS OPEN MORNING 21 January 9.15-11am**

St Christina's School on St Edmund's Terrace St John's Wood is holding an open morning for early years class entry To register your interest, go to their website: [saintchristinas.org.uk](http://saintchristinas.org.uk) For any other enquiries, please get in touch by emailing them at [office@saintchristinas.org.uk](mailto:office@saintchristinas.org.uk) or by phone on 0207 722 8784.

### **CAFOD SUPPORTERS' INFORMATION MORNING - SATURDAY 25TH JANUARY 10AM-12.30PM**

Come and hear how CAFOD is helping communities, thanks to your support. Meeting will take place from 10am – 12.30pm at CAFOD's Romero House, 55 Westminster Bridge Road, London, SE1 7JB. Bookings required: 0208 449 6970 or e mail [westminster@cafod.org.uk](mailto:westminster@cafod.org.uk)

### **LAUDATO SI' QUOTES FROM POPE FRANCIS**

'Doomsday predictions can no longer be met with irony or disdain. We may well be leaving to coming generations debris, desolation and filth. The pace of consumption, waste and environmental change has so stretched the planet's capacity that our contemporary lifestyle, unsustainable as it is, can only precipitate catastrophes, such as those which even now periodically occur in different areas of the world.'

## Second Sunday in Ordinary Time

Saturday	18:30	Vigil Mass
Sunday	08:30	Mass
	10:00	Family Mass
	11:30	Solemn Mass, Mass Intention Santana Luis Thanking for healing
	18:30	Mass with hymns, Mass Intention Miles Simpson RIP
Monday	20 Jan 09:00	Mass
Tuesday	21 Jan	Mass
Wednesday	22 Jan 09:00	Mass
Thursday	23 Jan 09:00	No Mass
Friday	24 Jan 11:30	Requiem Mass Mary Coker

**PARISH SAFE-GUARDING REPRESENTATIVE** - Deirdre Allen  
She can be contacted in confidence at [hampsteadsg@safeguardrcdow.org.uk](mailto:hampsteadsg@safeguardrcdow.org.uk).

### **THE SACRAMENTS**

Baptism: usually on Saturday by prior arrangement with the Parish Priest

Penance: Saturday 6.00–6.25pm

Marriage: by appointment with the Parish Priest

Visiting of the Sick and Housebound: please arrange with the Parish Priest

Confirmation: annually by participation in Confirmation Programme

Convert Instruction: regular courses run by the Parish Priest

### **DATES FOR YOUR DIARY**

*Details for some events can be found in the newsletter  
or on the display board in the back of the church.*

18 Jan	Teenage Confirmation All-day retreat Spec Pinner
19 Jan	17:00 RCIA Parish Rooms
23 Jan	19:00 Churches Together Meeting
26 Jan	18:30 Teenage Confirmation Enrollment during Mass

### **Catholic Teaching For Children Attending Non-Catholic Schools**

Our Pastoral Assistant, Mary Stanier, is responsible for the instruction of children who attend non-Catholic schools.

The classes take place every Sunday during term, beginning at 11am in St Dorothy's Convent, 99 Fognal.

Children must be registered beforehand.

Please contact Mary:  
[marystanier@rcdow.org.uk](mailto:marystanier@rcdow.org.uk).

Download our app:  
Search 'myparish'  
in the app store



**Fairtrade Certified Parish**

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