

## NEWSLETTER

5TH SUNDAY  
IN ORDINARY  
TIME**To be Happy**

You can have flaws, be anxious, and even be angry, but do not forget that your life is the greatest enterprise in the world. Only you can stop it from going bust. Many appreciate you, admire you, and love you. Remember that to be happy is not to have a sky without a storm, a road without accidents, work without fatigue, relationships without disappointments.

To be happy is to find strength in forgiveness, hope in battles, security in the stage of fear, love in discord. It is not only to enjoy the smile but also to reflect on the sadness. It is not only to celebrate the successes but to learn lessons from the failures. It is not only to feel happy with the applause but to be happy in anonymity. Being happy is not a fatality of destiny, but an achievement for those who can travel within themselves. To be happy is to stop feeling like a victim and become your destiny's author. It is to cross deserts, yet to be able to find an oasis in the depths of our soul. It is to thank God for every morning, for the miracle of life. Being happy is not being afraid of your own feelings. It's to be able to about you. It is having the courage to hear a 'no'. It is confidence in the face of criticism, even when unjustified.

It is to kiss your children, pamper your parents, to live poetic moments with friends, even when they hurt us. To be happy is to let live the creature that lives in each of us, free, joyful, and simple. It is to have maturity to be able to say: 'I made mistakes'. It is to have the courage to say 'I am sorry'. It is to have the sensitivity to say, 'I need you'. It is to have the ability to say 'I love you'. May your life become a garden of opportunities for happiness..., That in spring may it be a lover of joy. In winter a lover of wisdom. And when you make a mistake, start all over again. For only then will you be in love with life? You will find that to be happy is not to have a perfect life. But use the tears to irrigate tolerance. Use your losses to train patience. Use your mistakes to sculptor serenity. Use pain to plaster pleasure. Use obstacles to open windows of intelligence. Never give up on people who love you. Never give up on happiness, for life is an incredible show.

*Pope Francis*

**This coming week, let's pray-** *"We pray for all women going through unexpected pregnancies, that they would experience peace and support in their situations, and experience the many blessings that motherhood brings. Lord hear us"*

**Pray the Rosary**

Our Holy Father, Pope Francis has requested us all to pray the Rosary for peace in the world and an end to the pandemic. To pray it individually or as a family. Thanks.

*Fr. Christopher*

**BAPTISMS can happen now on a Saturday morning or afternoon.**

Parents must attend a 2-session Baptism Formation Program (during pregnancy or after birth) – **Next baptismal course will be on 17 February 2021 at 7pm on Zoom**. Please, drop an email to the office to reserve your space. Later we will need your email address to invite you to join the session.

**MASS INTENTIONS****February 6th, 2020**

6pm - Pro Populo

**February 7th, 2020**

9am—Sick & Housebound

11am— Margaret Dunn (Anniv)

For weekday mass intentions please, see the notice board on the left hand side of the main door of the church.

Confession  
only by appointment.

**ADORATION**

**Every Friday from 9.45  
until 1pm.**

**Everyone is invited**

**Spiritual  
Communion**

Jesus!

My God and my All  
my soul longs for thee.

My heart yearns to  
receive thee in

Holy Communion, come, O  
Lord.

Bread of heaven and food of  
angels to nourish my soul  
heal my body and to rejoice  
my heart  
come most lovable friend of  
my soul,

to inflame me with such love  
that I may never again be  
ever separated from thee.

## Readings for this &amp; next Sunday

1st Reading; Job 7:1-4, 6-7

Psalm 146; 1-6, responsive v 3

2nd Reading - 1 Corinthians 9: 16-19, 22-23

Gospel – Mark 1;29-39

1st Reading; Leviticus 13:1-2, 44-46

Psalm 31; 1-2, 5, 11 responsive v 7

2nd Reading - 1 Corinthians 10: 31-11;1

Gospel – Mark 1;40-45

### St Joseph, Pillar of Families

Those who are devoted to prayer should, in a special manner, cherish devotion to St Joseph. I know not how anyone can ponder on the sufferings, trials, and tribulations the Queen of Angels endured whilst caring for Jesus in his childhood, without at the same time thanking St Joseph for the services he rendered the Divine Child and his Blessed Mother. St Teresa of Avila

The Holy Family Love families. The hearts of Jesus, Mary, and Joseph are concerned as to what's happening to families. We see all around us families are falling apart. Sadly, the modern man has abandoned God and trying to re-define what it means to be a family. The consequence has been the divorce rates are high; the majority of couples use contraception, abortion is now legal; it has even become acceptable for children to be raised up by two Dads or two mums. The family today is at the precipice.

Various programs backed by very powerful resources nowadays seem to aim at the breakdown of the family. At times it appears that concerted efforts are being made to present as 'normal' and attractive, and even to glamourize, situations which are in fact 'irregular'. Indeed, they contradict 'the truth and love' which should inspire and guide relationships between men and women, thus causing tensions and divisions in families, with grave consequences particularly for children. The moral conscience becomes darkened; what is true, good, and beautiful is deformed; and freedom is replaced by what is actually enslavement. St John Paul II

God established the family as the school of love, which is beautiful, life-giving, and delightful and Satan and his angels want to destroy. One may ask, how are we going to change this situation around? How can we return to order? the only way is by holding the Holy Family as the model of the family. When we celebrate the Holy Family in society, we will know the sanctity of motherhood, the heroism of fatherhood, and the blessing of children.

#### St Joseph wants to be the Pillar of your families:

We know that a pillar is a foundation. In order for our families to stand on a sure foundation and be unshakable, our families need St. Joseph. He will teach the importance of prayer, respect, purity, honesty, forgiveness, love, and most important of all, placing God above all things.

#### St. Joseph loves family!

He [St Joseph] teaches the importance of motherhood, fatherhood, and children. He the saint of the childhood and the hidden years of Jesus. He teaches us that the true definition of a family is the one that consists of a mother, father, and children. 'The modern notion of a family' is invalid and it's from the devil. To re-define marriage and family results in the breakdown of society, culture, morals, and true family values.

In St Joseph, we can all learn what it means to be a husband and a father. They are to be self-sacrificing for women, children, and the common good. It's honourable for men to sacrifice themselves for others. Manhood and fatherhood are perfected through love, sacrifice, and faithfulness to those entrusted to their care. Such manhood and fatherhood are perfected through love, sacrifice, and faithfulness to those entrusted to their care. The exercise of such manhood is how husbands and fathers become pillars of civilisation and become holy. A world filled with men like St. Joseph will experience a renewal of social and moral order. Place a statue of St Joseph at the centre of your home where you have your conversations, perhaps in your kitchen.

[Consecration to St Joseph, by Donald H. Calloway} I have adapted it here.

*Fr. Christopher*

## St Joseph Comfort of the Afflicted

Nothing will be refused him [St Joseph], neither by Our Lady nor by his glorious Son St Francis de Sales

We are called to comfort the afflicted and it's a work of mercy. In the Church, there are seven Spiritual Works of Mercy and seven Corporal Works of Mercy. The works of mercy help us to be devout followers of Jesus by serving others, they help us to be like St. Joseph.

### SEVEN CORPORAL WORKS OF MERCY

Feed the hungry  
 Give Drink to the Thirsty  
 Clothe the Naked  
 Shelter the Homeless  
 Visit the Prisoners  
 Comfort the Sick  
 Bury the Dead

### SEVEN SPIRITUAL WORKS OF MERCY

Teach the Ignorant  
 Pray for the living and the Dead  
 Correct Sinners  
 Counsel those in Doubt  
 Console the Sorrowful  
 Bear Wrongs Patiently  
 Forgive Wrongs Willingly

We all know that experiencing misery or feeling miserable is not pleasant. The reality is that at some point we are all going to have miserable moments. Our world is a valley of tears, and we all going to suffer. Be it in financial problems, marital difficulties, psychological struggles, difficulties in relationships, the death of a loved one or a child, or even the myriad of woes and we at some point have and will have experienced misery. It's good at such times as these we can turn to St Joseph for comfort.

[St Joseph will comfort you in Difficult times:](#)

Life is filled with sorrows. Loved ones will die, children will rebel, and the gravity will take away your youthfulness, making you old and immobile. Life may bring a myriad of problems but St Joseph will be our consolation and comfort. He [St Joseph] knows the hardship of life. He is a kind and loving father. He will comfort us who should go to him in times of affliction. His fatherhood is unlike any other.

[Let us commend ourselves to our good father, St Joseph, who is the Patriarch of troubled people since he himself went through so much trouble.](#) St Joeseeph Marello

A loving father provides for his children when they are going through difficulties. A father's wisdom and presence is reassuring and is life-giving. The knowledge that we can go to our father. in times of difficulty reassures us that all will be well, despite that feeling that our world is falling apart. Sadly, many have never experienced such kind of love from a father. Many, have grown up with emotional abuse, distant, and less-than-virtuous fathers. Such experiences have led people to have great anxieties, fears in life, and a tremendous sense of insecurity.

God wants us to rest in St Joseph's fatherhood. He [St Joseph] will never abandon us Doesn't matter what our experience of fatherhood has been, St Joseph will always be there for us. He is our spiritual father, and he loves us, nor will he hurt us. He would give his life for us several times over.

When we feel life has let us down, let's go to our spiritual father. pour out our heart to him, and let him know our troubles. he is the most loving of fathers and he is available for us, always attentive, and understanding.

[If discouragement overwhelms you, think of the faith of Joseph; if anxiety has its grip on you, think of the hope of Joseph; if exasperation or hatred seizes you, think of the love of Joseph, who was the first man to set eyes on the human face of God in the person of the Infant conceived by the Holy Spirit in the womb of the Virgin Mary. Let us praise and thank Christ for having drawn so close to us, and for giving us Joseph as an example and model of love.](#) Emeritus Benedict XVI

[Consecration to St Joseph, Donald H. Calloway, MIC] I have adapted it here.

*Fr. Christopher*

**At the end of the Rosary, say the following prayer to St Joseph**

To you, O Blessed Joseph, we have recourse in our affliction, and having implored the help of your most holy spouse, we now, with hearts filled with confidence, earnestly beg you to take us under your protection. Through that sacred bond of charity which united you to the Immaculate Virgin Mother of God, and by that fatherly love with which you embraced the Child Jesus, we humbly beg you to look graciously upon the beloved inheritance which Jesus Christ purchased by his blood and to aid us in our necessities with your power and strength.

Defend, O most watchful guardian of the Holy Family, the chosen children of Jesus Christ. Keep from us, O most loving father, all blight of error and corruption. Aid us from on high, most valiant defender, in this conflict with the powers of darkness. And just as you once saved the Child Jesus from mortal danger, so now defend God's Holy Church from the snares of the enemy and from all adversity. Shield us by your constant protection, so that, supported by your example and strengthened by your help, we may be able to live a virtuous life, die a happy death, and obtain everlasting bliss in heaven. Amen

*Pope Leo XIII*

**INTERNATIONAL DAY OF HUMAN FRATERNITY: 4TH FEBRUARY**

Thursday 4th February has been designated as the International Day of Human fraternity. and it stems from 'Fratelli Tutti'

H.E. Cardinal Ayuso Guixot, President of the Pontifical Council for Interreligious Dialogue has drawn out the essential implications of 'Fratelli Tutti' for Interreligious Dialogue; It's an invitation with Pope Francis in commemorating the 2nd anniversary of the Holy Father's apostolic journey to the UAE and his signing with the Grand Imam of Al-Azhar, Ahmad Al-Tayyeb, the document on *Human Fraternity for World Peace and Living Together*. You asked to in your prayers to pray for world peace and that we all can live as brothers and sisters. Thank you, Fr Christopher

**Those who might be in Need**

If you are aware of anyone who might be in need at this difficult time, do let the parish office know, by giving their details after having consulted with them. We can assist with food vouchers and one of our neighbours are willing to help with groceries. Do let us know if anyone might need help.

Thank you, Fr Christopher

**GARDEN PROJECT**; we want to launch a garden project in our parish. Our garden needs a complex approach. Each year we ask volunteers to come to help to clean it. But while cleaning it we dump a huge amount of organic matter out. If we could shred and to compost it instead of throwing away, we could reuse what is growing in the garden and put it back into the soil as compost. At the moment we do not own a garden shredder. We would very much like to buy one this season with a few other necessary garden tools. We can later share the shredder with our parishioners who have their own gardens. If you like the ecological approach to gardening and want to support us: please, donate in an envelope that you can find on the table in our porch: with GARDEN PROJECT on top of it or by your online banking with Garden as a reference..

We have collected : **£180.00 so far**. Thank you very much, Katherine

**VOLUNTEERS NEEDED TO CLEAN THE CHURCH.** If you can spare an hour or two monthly to help us to keep the church clean, please, contact the office to discuss details. Thank you.

**Diocese of Westminster  
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**LAST WEEK'S COLLECTIONS:** loose: £58.00 envelopes: £180.00 total: **£238.00**  
Standing orders in December **£3043.00**

As a charity we rely on your donations only. As you have not been allowed to come to the church, we only were receiving donations set up as standing orders. We will be grateful for your financial support when you are back.

Your new sets of gift aided envelopes are available for collection before/after any mass or from the office.

Alternatively you could sent your donation by bank. Parish account is on Parish Web.

*Thank you for your Generosity*

WRCDT Charity No: 233699