



PARISH OF OUR LADY OF PERPETUAL HELP
STEPHENDALE ROAD
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PARISH TEAM

Parish Priest

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Safeguarding Rep.

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OFFICE HOURS

Due to National Lockdown the Parish Office is open for limited hours please do call before coming in. Thank you for your understanding.

PARISH NOTICES

✠ **SUNDAY MASS:** During this time Sunday Masses will remain in place as normal at the same time **SAT. EVE: 6:30pm SUNDAY: 9am AND 11am.** Visit Website and read document from Cardinal dated 08/01/21 for further information. Also it is important that you book a place via the Website. If you are not able to book a place for whatever reason please do contact me by email or phone and I would be very happy to book a place for you. Thank you.

✠ **MASS INTENTIONS:** Since we continue to celebrate Masses on Sunday it is also important that there are some Mass Intentions. Therefore I encourage you to offer Masses for your deceased friends and beloved ones or for anyone whom you think may need God's help. Please do come and speak to me either after Mass or calling in the office and I'll assist you to book any Mass you wish. Thank you.

✠ **DONATIONS:** As you are aware, the coronavirus pandemic has placed all of us in difficult financial circumstances. In these circumstances, you should feel free to review accordingly your current planned giving to our Parish. If, however, you are able to contribute to the ongoing cost of maintaining our church building and meet our regular expenses during this period, it would be very much appreciated. We have set up an easy way to donate, especially for Mass intentions or occasional donations. It is called **VIRGIN MONEY GIVING**. You can access it directly from our webpage by clicking on the 'Donate to Our Parish button'. Then you will need to click on the red Virgin Money Giving button and follow the instructions. Alternatively, you can **SCAN the QR Code below** with your smartphone and follow instructions.

Also if you have a **Standing Order** do continue to use it as usual. If instead you make use of **Planned Giving Envelopes**, please do remember to bring them to church. Consider however the possibility of giving by standing order.

Any **Cash Loose donations** could be made by placing it in an enveloped marked "Sunday collection" and posted through the parish house letterbox, as part of your essential outdoor time. In general, if you are a tax-payer, please **gift-aid any donation** you make. Thank you for your generosity.



Second Sunday in Ordinary Time (B)

17th January 2021

Dear Brothers and Sisters in Christ,

after the bright lights of Christmas and the New Year celebrations, these present days can seem very dull, dreary and pretty miserable. Do we need to put all the blame on COVID 19? Perhaps! January is often a cold, dark and depressing month. And for some people, the cold, darkness and depression can be literal.

All of us feel down from time to time. We can get moody and touchy. We can get irritable, snappy, argumentative, and very hard to live with. But there are people who experience real depression, a terrible deep, black, gut feeling which can invade the world around them and the world within them, robbing it of meaning, and sapping all their zest for love and life. This kind of depression is a terrible form of death. It can court suicide.

A young mother, with long experience of recurrent episodes of depression, tries to describe some of her worst feelings; she writes:

“I forget any good in the past ... a kind of isolation sets in, a peculiar paralysis of mind and body. The added extras of depression are almost too many to mention; the endless crying and sobbing, day and night. The misery of waking up already crying, with the grim realisation that another day has arrived and has somehow to be got through. Guilt comes in like a tide, and you blame yourself for just about everything. There is a kind of irritability that you cannot control, and all noise is magnified to an unbearable degree. Nothing seems worthwhile anymore – especially eating. Shopping and cooking and cleaning become huge tasks beset with problems. You cease to have any real care for your family or your friends. No one can get through to you. You hate them for trying. And you hate them for not trying.”

If we have never been depressed to this extent ourselves, we probably know people, loved ones, perhaps in our own family, or friends, who have. They need our understanding and support. Never our judgement. The heavy cross of depression has touched the lives of many people, including many saints. They know there is no way out. But there is a way through. In their terrifying darkness, and in their terrible despair, many have cried out:

*“I waited ... I waited for the Lord, and he stooped down to me.
He heard my cry and put a new song, a song of hope, into my mouth.”*

May these words be fulfilled in all those who pray them during these dark January days ... or indeed, on any dark day.

Fr Fortunato

Mass Times and Intentions this Week <i>Saturday 16th and Sunday 17th January 2021</i>		
MONDAY	NO MASS	
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY	Vigil Mass 6:30pm	People of the Parish
SUNDAY	Mass at 9am	Private Intention
	Mass at 11am	Christiana Nkengfa-Richard RIP