



# CATHOLIC CHURCH OF OUR LADY, ST JOHN'S WOOD



+ 5th Sunday in Ordinary Time, Year A - 5 February 2023

Westminster Roman Catholic Diocesan Trust: Registered Charity Number 233699

## Salt

"You are the salt of the earth" (Mt 5:13). Let us explore what our Lord could mean when he refers to us as salt from today's Gospel.

On a purely practical level, salt adds flavour, it can bring food to life; both Leviticus (2:13) and Ezekiel (43:24) advise that sacrificial offerings made to the Lord must be seasoned, sprinkled with salt; however, the sprinkling of salt has a deeper meaning.

In Numbers (18:19), 2 Chronicles (13:5), and Leviticus (2:13) we read of a covenant of salt. Holy Scripture speaks of this covenant, this bond between man and God, as lasting forever. The covenant of salt is mentioned in reference to the eternal kingship of David (2 Chron 13:5): Jesus is the eternal King, from the line of David (Lk 1:32, Mt 1:20-21); and in reference to perpetual offerings to Levi priests (Num 18:19): Jesus has become the eternal high priest (Heb 4:14). So references to a covenant of salt teaches us that the Lord our God wishes to establish eternal bonds with us, and, further, that these eternal bonds have been definitively revealed in Jesus. So salt can represent God's eternal commitment to each of us.

But there is still more. Jesus says that we are, "the salt of the earth". So this covenant which God has established is to have an abiding effect, a perpetual guidance on our lives, which points to our, "Father in heaven" (Mt 5:16). We need to be made salty!

In Mark's Gospel, we read, "for every one will be salted with fire" (Mk 9:49). When we refer to fire we can readily picture the fire of the Holy Spirit descending on the Apostles and Mary in the Upper Room at Pentecost, "and there appeared to them tongues as of fire" (Acts 2:3). This salty fire, which is the joy of the risen Jesus Christ, is the power behind centuries of ongoing charitable acts by Christians for others; it is the living power behind the holy and virtuous lives of families bringing their children up to embrace the purity of chastity and the sanctity of marriage; it is the power behind countless men and women giving their lives in service of Jesus in His Church for the salvation of others. Beloved in Christ, to be a Christian is to be salty. May we truly seek to live lives of such radiant joy, always persevering in the Lord, Who died and rose for each of us. May Jesus, our Lord, never have cause to say that we have lost our saltiness. *Fr Ben*

## Mass Times

### Sunday

6:00pm (Saturday)  
9:00am, 10:30am, 12:00 noon,  
6:00pm

### Weekdays

Monday, Tuesday, Wednesday:  
10:00am  
Thursday: 7:00pm  
Friday & Saturday: 10:00am

### Rosary

After weekday Mass

### Exposition & Confessions

Saturday 10:30am—11:00am

### Confessions

Saturday 5:15pm—5:45pm

## Music for Sunday

Palestrina - *Missa Laudate  
Dominum*

de Monte - *Beatus vir qui timet  
Dominum*

253 O praise ye the Lord! Praise  
him in the height

255 O worship the King,  
all-glorious above

223 How sweet the name of  
Jesus sounds

## Sunday Readings, page 133

Isaiah 58:7-10  
Psalm 111:4-9 R. v 4  
1 Corinthians 2:1-5  
Matthew 5:13-16

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020 7286 3214 <https://parish.rcdow.org.uk/stjohnswood/>

Facebook: Our Lady's RC Church, St John's Wood <https://www.facebook.com/ourladysjw>

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Director of Music:	Martin Toyer ( <a href="mailto:martintoyer@rcdow.org.uk">martintoyer@rcdow.org.uk</a> )

**Today is Racial Justice Sunday.** The theme chosen for 2023 is “All are included in the mission of Christ and His Church. Let us walk together, pray together and work together”. This was inspired by observations made by Pope Francis during his visit to Canada last year when he spoke about looking towards a future of, ‘justice, healing and reconciliation’ and by conversations following RJS 2022. For more information please visit <https://www.cbcew.org.uk/racial-justice-Sunday>.

**An appeal by the School of Joy.** *Friends of the Holy Land* is a charity supporting the most-needy Christians in the Holy Land. At Masses this weekend there will be a short talk focused on the School of Joy, followed by a retiring/second collection. Envelopes will be available if you are able to gift aid your donation.

**First Holy Communion Programme** This weekend’s meeting was the last before half term. The programme continues on Saturday 25 February 2023 from 12:00pm—1:00pm in the parish hall.

**Confirmation Programme** continues on Sunday 5 February from 4:00pm—5:30pm in the parish hall and after half term on Sunday 26 February 2023.

**The next UCM Meeting** will take place on Monday, 6 February 2023 at 8:00pm.

**The SVP Foodbank collection** takes place next weekend. Please leave your non-perishable items on the table in the porch. Thank you.

**‘A Day with Mary’** A day of instruction, devotion & intercession, based on the message, given at Fatima in 1916 at Church of Mary, Mother of God, Ponders End on 18 February 2023 and St Francis de Sales, Tottenham on 18 March 2023. Please see posters in the porch for full itinerary.

**Sea Sunday 2022 Appeal.** Stella Maris are most grateful to the parish’s donation of £260. The generosity shown by you means that seafarers and fishers in this country and around the world will continue to receive the care and support that they so vitally need.

**Modern Media.** Do look at our parish microsite <https://parish.rcdow.org.uk/stjohnswood/> (which has replaced the old website [www.olsjw.org.uk](http://www.olsjw.org.uk)), and at Our Lady's RC Church, St John’s Wood *Facebook* page which is updated almost daily.

**Tea & Coffee** Please join us today in the parish hall after the 9:00am Mass. We will break for half term and look forward to welcoming you back on Sunday 26 February.

**Volunteers for the Church Repository.** If you could help in the repository before and after any of the weekday and weekend Masses, please contact the parish office.

**Retrouvaille** is a programme to support couples who have difficulties in their marriage. It brings a positive focus, new hope and helps nourish and grow your marriage. No group therapy or group work. For confidential information or to register for the next programme in Welwyn Garden City on 24—26 February 2023, contact 07887 296983, [retrouvailleukinfo@gmail.com](mailto:retrouvailleukinfo@gmail.com), or visit [www.retrouvaille.org.uk](http://www.retrouvaille.org.uk).

**Lourdes Pilgrimage—Friday 21 to Friday 28 July 2023** Please register your '*Expressions of Interest*' by collecting a registration form from the back of the church or visit <https://rcdow.org.uk/pilgrimages/lourdes/>.

**Offerings.** Standing orders are the easiest way to give regularly and can be set up via <https://parish.rcdow.org.uk/stjohnswood/donating-to-the-parish/>. Please *Gift Aid* using the *Collectins* by registering your usual card on the machine or scan the QR code and register it at home which takes about 30 seconds.

Day	Location	Time	Group
Monday	Upper & Lower Hall	10:00am-12:00 noon	English Class
Tuesday, Wednesday, Thursday	Upper Hall	9:30am-11:30am	Parents & Toddlers
Tuesday	Upper Hall	1:00pm-4:30pm	Over 50's
Thursday	Lower Hall	10:30am-12 noon	Creative Writing