



**PRAYING TOGETHER FOR THE CHURCH,
THE WORLD, THE PARISH & ONE ANOTHER**

SICK & HOUSEBOUND: PC, Yee Wing, CPO, Gillian Gibb, Phyllis Coffey, Ann Hull, Margaret O'Hanlon, Chris, RC, Theresa Mulvaney, Jodie Clarke, Kieran Maher, Rose Knights, Mary Honey, Peggy & John Cox, Diego Campigotto, Edel Rickard, Polly Thompson, Jean McGrath, Antonio Rodrigues, Julie & Lawrence Hayes, Margaret O'Brien, Michael Rynne, Mary Geaghan, Annemarie Dax, Special Intention, Terry Highland, Colleen Thomas, Joe Nemeth, Helen Faria,, Margaret Callighne, Frank Hunt, Maggie Kirrane, Vera Hylton, Monica Wisniewicz, Eileen Harrison, Ian Measham, David Colville, Josephine Smullen, Edward Reilly, Betty Cain, Callum Stewart-Robert, Betty Hickey, Bernie Marren, Sadie Burgess, Shayanayaki Kaithampillai, Richard Howse, Mia Harrison, RK., Special Intention, Ann Nemeth, Marjorie Hoareau, Max Perera, Nick Holmes, Michael Howard, George McDermott, Michael Fahy, Victor Jude Booth, Mary E. Malone, Michael Griffin Snr., JK, Titus Fernandes, Sean O'Connor, Alan Parnell, MTD., Breda Connellan, Marie Rego, Minneth Johns.

RECENTLY DEPARTED:

ANNIVERSARIES OF THE DEPARTED: Anastasia Johnston, Mariah Herrelle, Eric & Len Duffner.

INTENTIONS OF POPE FRANCIS FOR FEBRUARY

Comfort for the Afflicted: That all those who are afflicted, especially the poor, refugees, and marginalized, may find welcome and comfort in our communities.

MAKING CONTACT AT ST. GEORGE'S

Parish Priest: Mgr. Jeremy Fairhead jeremyfairhead@rcdow.org.uk
Assistant Priest: Fr. Tony Thomas tonythomas@rcdow.org.uk
Pastoral Assistant: Peter Kingsley peterkingsley@rcdow.org.uk
Secretary: Mrs. Toni Miles sudbury@rcdow.org.uk
Director of Music: Scott Price scottprice@rcdow.org.uk
Hall Bookings: via the office or sudbury@rcdow.org.uk
Address: The Presbytery, 970 Harrow Road, Sudbury, Wembley, Middlesex, HA0 2QE
Tel: 020 8904 2552. Phone Options: 1. Mass Times; 2. Parish Office 3. Mgr Jeremy;
4. Fr. Tony; 5. Pastoral Assistant. Charity No: 233699
Email: sudbury@rcdow.org.uk Website: parish.rcdow.org.uk/sudbury

CANDLEMAS PRAYER
O God
who didst command that women
who had given birth to a child
should be purified
by offering unto thee a pair of turtle
doves or two young pigeons:
make us become a living victim
to thee,
who didst make thyself
a victim for our sakes:
that thus thou,
who came not to destroy,
but to fulfil the law,
may graciously infuse into us
the riches of the grace of the gospel.
Amen
From the Mozarabic Breviary

SANCTUARY LAMP
has been sponsored this week
By Mr. & Mrs. F. in
THANKSGIVING
**LAMP AT THE ALTAR OF OUR LADY OF
WALSINGHAM**
has been sponsored this week
In memory of
FRANCISCO BARRETTO RIP



Sunday cycle
Readings Year A
Weekday readings
Year 1 week 4
Divine Office
Week 4

**The Catholic Parish
of St George, Sudbury**



**Sunday 29th January 2017
THE FOURTH SUNDAY OF THE YEAR**

Welcome to all at Mass today, especially to any visitors and particularly those who are here for the first time. Please take this sheet home with you which will tell you about this week's celebration and the activities during the week and also to remind you of our Liturgy today.

TODAY'S MASS



The people whom Jesus calls "blessed" and "happy" are not people we think of as blessed or happy . . . the poor in spirit, the meek, the persecuted. This Gospel today is one of reversals. Jesus' blueprint for happiness reflects little of what the world might call happiness. Jesus is saying that divine favour is upon those who are poor, those who mourn, those who are persecuted. This news might have been welcome—and surprising—to the crowds who heard Jesus that day. The Beatitudes can be understood as a framework for Christian living. Our vocation as Christians is not to be first in this world, but rather to be first in the eyes of God.

First Reading: Zephaniah 2:3, 3:12-13
There will be a people who remain sheltered from God's anger.
Second Reading: 1 Corinthians 1:26-31
God chooses the weak to show his power.
Gospel Reading: Matthew 5:1-12a
Jesus teaches what it means to be blessed.

SPIRITUAL QUOTE OF THE WEEK
"A blessed life may be defined as consisting simply and solely in the possession of goodness and truth"
St. Ambrose

Sunday reflection

What is the good life which God intends for us? And how is it related with the ultimate end or purpose of life? Is it not our desire and longing for true happiness, which is none other than the complete good, the sum of all goods, leaving nothing more to be desired? Jesus addresses this question in his sermon on the mount. The heart of Jesus' message is that we can live a very happy life. The call to holiness, to be saints who joyfully pursue God's will for their lives, can be found in these eight beatitudes. Jesus' beatitudes sum up our calling or vocation – to live a life of the beatitudes. The word beatitude literally means "happiness" or "blessedness". What is the significance of Jesus' beatitudes, and why are they so central to his teaching? The beatitudes respond to the natural desire for happiness that God has placed in every heart. They teach us the final end to which God calls us, namely the coming of God's kingdom, the vision of God, entering into the joy of the Lord and into his rest. Jesus' beatitudes also confront us with decisive choices concerning the life we pursue here on earth and the use we make of the goods he puts at our disposal. God alone satisfies. Theresa of Avila's prayer



book contained a bookmark which she wrote: "Let nothing disturb you, let nothing frighten you; All things pass: God never changes. Patience achieves all it strives for. Whoever has God lacks nothing, God alone suffices." It all begs the question: Is God enough for you? God offers us the greatest good possible – abundant life in Jesus Christ (John 10:10) and the promise of unending joy and happiness with God. The beatitudes which Jesus offers us are a sign of contradiction to the world's understanding of happiness and joy. How can one possibly find happiness in poverty, hunger, mourning, and persecution? Poverty of spirit finds ample room and joy in possessing God as the greatest treasure possible. Hunger of the spirit seeks nourishment and strength in God's word and Spirit. Sorrow and mourning over wasted life and sin leads to joyful freedom from the burden of guilt and spiritual oppression. God reveals to the humble of heart the true source of abundant life and happiness. Jesus promises his disciples that the joys of heaven will more than compensate for the troubles and hardships they can expect in this world. Today's gospel calls each of us to the happiness of hungering and thirsting for God alone.

FRIENDS OF JESUS - The Friends of Jesus offers Religious Education to those children of primary school age not attending a Catholic school. The Friends of Jesus meets during term-time for an hour at 5.30pm on Fridays. If you are interested in finding out more about the Friends of Jesus please pick up an Information Leaflet from the back of church. Enrolment Forms are available from the Parish Office.

STILL SEEKING CATECHISTS & HELPERS FOR CONFIRMATION - If you would like to help prepare this year's candidates for their Confirmation in June next year we would be delighted to hear from you. If you would be interested in helping in any way please speak to Mgr. Jeremy or contact Peter at peterkingsley@rcdow.org.uk. Thank you!

CAFÉ/BAR is open on Thursdays from 9-11am. If you would be interested in volunteering to help please contact Patricia on 07939 722 198

BEFRIENDING SERVICE - If you know of anyone in the Parish who might like to be befriended please let us know as we have a small group of befrienders who would be only too happy to help.

CHURCH LAMPS: If you would like to sponsor the blessed sacrament lamp or the lamp by the altar of Our Lady of Walsingham with a particular intention, the cost is £10 for the week - Please see Toni in the Parish Office..

MASS FOR BEREAVED PARENTS: On Saturday 11th March at 2.30pm in the Cathedral a Mass will be celebrated for all bereaved parents. As parents arrive in the Cathedral that day they will be invited to write the name of their deceased child, which will later be collected and taken to the sanctuary. All are welcome to attend. Please speak to Fr Tony if you require any further information.

ANNUAL MASS in honour of Our Lady of Lourdes will take place in the Cathedral on Saturday 11th February at 2.00pm. The Sacrament of the Sick will be administered during the Mass. You are all invited to attend this Mass. If you wish to attend and need to use a wheelchair please contact the parish office by 29th January to reserve a wheelchair space. Please see notice in the folders in the porch..

TEA DANCE at Sudbury Neighbourhood Centre, with Harrow School Swing Band, on Tuesday 21st February from 2-3pm. Followed by tea/cakes. £5 each at the door. Please call 020 8908 1220 to book your place. All Welcome.

WHITE/YELLOW FOLDER INFORMATION FOR THE FOLLOWING: (See in church porch)
BEGINNING EXPERIENCE helps separated, divorced or widowed Catholics.
SMART LOVING SEMINAR for married couples.
CATHOLIC SINGLES information
RETROUVAILLE—a lifeline for married couples.
WIDOWED YOUNG—support events.
CALIX CENTRE—A Catholic ministry to addicts.
ADULT FAITH FORMATION COURSES.—new information.
PILGRIMAGE TO FATIMA—led by Cardinal Vincent Nichols, 24-27 April 2017. Further details in the folder in porch.

SCHOOL DIRECT TEACHER RECRUITMENT FAIRS at The Cardinal Vaughan Memorial School on Thursday 2nd Feb and Saturday 29th April.— see notice in folder to book.

DIOCESAN VACANCIES:- Please see folder and website. for latest details

FOLDERS in the church porch: look for pilgrimages & retreats, job opportunities, schools & colleges .

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| S | P | I | R | Y | P | A | H | A | E | HAPPY | POOR | SPIRIT |
| E | L | H | P | S | E | A | R | H | T | HEAVEN | GENTLE | EARTH |
| N | R | U | O | M | P | O | O | R | R | MOURN | HUNGER | MERCIFUL |
| G | R | N | F | P | O | I | R | D | E | PURE | HEART | REWARD |
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| N | N | E | P | E | C | A | C | I | H | | | |
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A DAY WITH MARY

St George
Harrow Road, Sudbury
Saturday 11th February 2017

1917 Centenary of Apparitions of Our Lady of Lourdes 2017

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|----------|---|
| 10.00 am | Entry Procession of Our Lady. Angelus. Crowning. Sung Litany Mass in honour of Our Lady. Celebrant & Preacher : Monsignor Jeremy Fairhead Consecration of the Parish to Our Lady. The Five Joyful Mysteries |
| 12.15 pm | Lunch break (Please bring packed lunch) |
| 1.15 pm | Exposition and Procession of the Blessed Sacrament. The Five Luminous Mysteries. Sermon on Our Lady by Fr Tony Thomas The Five Sorrowful Mysteries. Silent Adoration. Meditations on the Passion |
| 3.30 pm | Tea break |
| 4.15 pm | Sermon on Our Lady by Monsignor Jeremy Fairhead The Five Glorious Mysteries. Act of Consecration. Benediction Enrolment in the Brown Scapular and Conferment of the Miraculous Medal M&S 5.30 pm |

During the day - Confession and Exposition of the Blessed Sacrament

NEWS & VIEWS

UPDATE

PARISH MISSION LENT 2017

Saturday 11th to Thursday 16th March.

Thank you to those who have offered one of the friars a bed for the duration of the mission. We still need to house a couple more. If you could help please do speak to the parish team this week.

WELCOME to all who have come to Mass today. Please stay on if you are able, for TEA & COFFEE after the 9.45am and 11.15am Masses, in the Bar of the Parish Centre.

TUCK SHOP open in the parish centre after the 9.45am Mass. Come and take a look!

NEW TO THE PARISH? If you are, please know you are very welcome. Please fill in one of the new parishioners forms at the back of church and we'll get back to you.

PLEASE TRY AND LEAVE THE PEW NEAT AND TIDY AS YOU LEAVE CHURCH TODAY.

PARISH DIARY FOR THE WEEK

Sunday 29 January:

Teas/coffees after 9.45am and 11.15am Masses

Monday 30 January:

Confirmation 8.00pm

Tuesday 31 January:

Over 60's Club 1.00pm

First Holy Communion 7.30pm

Set Dancing 8.45pm

Wednesday 1 February:

Ladies Social Guild 8.00pm

Thursday 2 February:

Church Cleaning Group A 7.00pm

Prayer Group 8.00pm

Friday 3 February:

Teas after morning Mass

Art Class 2.00pm

Friends of Jesus 5.30pm

LOST PROPERTY. If you have lost something recently by leaving it behind in church take a look at the table today with recent left items.

CANDLEMAS falls on Thursday 2nd February. There will be the blessing of candles at the 9.30am Mass.

THE BLESSING OF THROATS on St Blaise's Day will take place after the end of Mass on Friday 3rd February.

PILGRIMAGE TO LOURDES 2017: Would you be interested in making a pilgrimage to Lourdes this July? Fr Tony will be leading a group from this parish with the Westminster diocesan pilgrimage between Sunday 23rd July and Saturday 29th July 2017. As those who have travelled to Lourdes before will testify, it promises to be a memorable and faith-filled week. The cost will be £795.00 for full board, return flights and all transfers in Lourdes. If you would like to register your initial interest, please let Fr Tony know. If you are a youngster and would like to travel as a volunteer helper, we may be able to provide financial assistance.

TAMIL PRAYER MEETING every Saturday evening after 6.15pm Mass. All Welcome. Contact: Edward on 07976 487 313.

NEW READERS AT SATURDAY 6.15pm VIGIL MASS - Over the last few months a number of readers have moved away from the Parish or have become unavailable due to work commitments elsewhere. We would be very grateful for some new people to come forward to become part of the Readers' Rota for the 6.15pm Saturday Vigil Mass. The commitment is once a month. If you would consider being a reader please speak to Mgr. Jeremy, Fr. Tony or email Peter at peterkingslev@rcdow.org.uk for further information. Thank you.

HOLY BAPTISM: Information packs are available from the parish office. You can sign up there for the preparation evening. Parents to be, i.e. before birth, are welcome to attend. Please note that our next baptism preparation evening will be on Friday 24th February at 7.30pm in the Parish Centre.

FIRST HOLY COMMUNION DATE CHANGE REQUEST

We have received a request from one of our First Holy Communion Parents asking to swap the date of their child's First Holy Communion from Saturday 13th May to Saturday 6th May. If you are open to change your date from 6th May to 13th May, please contact our Catechetical Coordinator, Peter, at peterkingslev@rcdow.org.uk. Thank you.

LITURGICAL CALENDAR & MASS INTENTIONS

SUNDAY MASS: 6.15pm (Saturday Vigil), 8.30am, 9.45am (Family) & 11.15am (Solemn), 5.30pm, **WEEKDAY MASS:** Monday – Saturday 9.30am, **HOLIDAYS OF OBLIGATION:** 9.30am, 8.00pm, **EUCCHARISTIC ADORATION:** Saturday 5.15-6.00pm **RECONCILIATION/CONFESSIONS:** Saturday 5.15pm - 6.00pm and any time by appointment, **DIVINE MERCY:** Tuesday 10.30am, **PRAYER GROUP:** Thursday 8.00pm **FRIENDS OF JESUS:** Friday 5.30pm.

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|---|------|--------|---|--|--|
| G | Sun | 29 Jan | THE FOURTH SUNDAY OF THE YEAR | Sat. Vigil 6.15pm 8.30am 9.45am | Plama & Mariah Herrelle RIP PRO POPULO Wally & Dorothy Watts RIP Marita & Robbie Ledo RIP Hermosinda Toucedo RIP Anastasia Johnston RIP Connor RIP |
| G | Mon | 30 Jan | feria | 11.15am 5.30pm | Tim Haugh & Michael Haugh RIP |
| W | Tues | 31 Jan | S. John Bosco | 9.30am | Siobhan Webster RIP |
| G | Wed | 1 Feb | feria | 9.30am | Noeleen Bell RIP |
| W | Thur | 2 Feb | THE PRESENTATION OF THE LORD (<i>Candlemas</i>) | 9.30am | Patrick (Eric) Hughes RIP |
| W | Fri | 3 Feb | Ss. Lawrence, Dunstan & Theodore | 9.30am | Daniel Doherty RIP |
| R | | | Blessing of Throats (<i>St Blaise</i>) | | |
| W | Sat | 4 Feb | Of Our Lady | 9.30am | Tony Rammelt RIP |



The Real Story Behind the Church's Tradition of Blessing Throats

Very little is actually known about this early Christian martyr, however, the first reference we have of him is in the medical journals of a court physician from the end of the fifth or beginning of the sixth century, where St. Blaise is mentioned as being called upon for treating objects stuck in the throat.

We also know that Blaise was the bishop of Sebaste in Armenia and suffered martyrdom under Licinius about AD 316. But as far as details about his life, we must rely on various traditions. Supposedly, this early Christian martyr was born to noble and wealthy parents who provided him with a Christian education. He became a physician and was elected and consecrated a bishop at a young age. During the persecution of Licinius, Blaise experienced a call to live as a hermit in a cave outside of town, where he was known to heal sick and wounded wild animals. Eventually he was discovered by hunters who were roaming the countryside capturing creatures to use in the amphi-

theatre games. Blaise was taken to Agricolaus, the governor of Cappadocia and Lesser Armenia, and thrown into jail.

By the sixth century St. Blaise's intercession was being invoked in the east for illnesses related to the throat. By the ninth century, the saint was also revered in Europe and went on to become one of the most popular saints in the Middle Ages, venerated as one of the "Fourteen Holy Helpers" (which also included saints such as St. Christopher, St. Erasmus, St. Denis of Paris, St. Barbara, St. Catherine of Alexandria and St. Giles.)

Churches were named for St. Blaise and altars were dedicated to him. Pope Leo IV is said to have presented relics of St. Blaise to Duke Wolfenus of Rheinau, Germany in 855, who brought them home from Rome with him. Other relics of St. Blaise are reported to be in Braunschweig, Germany, as well as in Paris.

In time, the custom of blessing the throats of the faithful developed, with priests holding two tapered candles — blessed the day before on Candlemas, Feb 2 — over the head or the throat while invoking the intercession of St. Blaise against any ailment of the throat and body.

It's an ancient custom of the Church to bless the sick, rooted in the ministry of Christ and his apostles. According to the annual blessing of throats it is a traditional sign of the struggle against illness in the life of the Christian.

TODAY'S MASS

Entrance Antiphon: *Ps 105: 47*

Save us, O Lord our God!
And gather us from the nations,
to give thanks to your holy name,
and make it our glory to praise you.

Collect

Grant us, Lord our God,
that we may honour you with all
our mind,
and love everyone in truth of heart.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the
unity of the Holy Spirit,
one God, for ever and ever.

First reading: *Zephaniah 2:3,3:12-13*

Seek the Lord,
all you, the humble of the earth,
who obey his commands.
Seek integrity,
seek humility:
you may perhaps find shelter
on the day of the anger of the Lord.

In your midst I will leave
a humble and lowly people,
and those who are left in Israel will seek
refuge in the name of the Lord.
They will do no wrong,
will tell no lies;
and the perjured tongue will no longer
be found in their mouths.
But they will be able to graze and rest
with no one to disturb them.

Responsorial Psalm: *Psalm 145:6-10*

***R/. How happy are the poor in spirit:
theirs is the kingdom of heaven.***

1. It is the Lord who keeps faith for ever,
who is just to those who are oppressed.
It is he who gives bread to the hungry,
the Lord, who sets prisoners free. ***R/.***

2. It is the Lord who gives sight to the
blind,
who raises up those who are bowed
down,
the Lord, who protects the stranger
and upholds the widow and orphan. ***R/.***

3. It is the Lord who loves the just
but thwarts the path of the wicked.
The Lord will reign for ever,
Zion's God, from age to age. ***R/.***

Second reading: *1 Corinthians 1:26-31*

Take yourselves for instance, brothers,
at the time when you were called: how
many of you were wise in the ordinary
sense of the word, how many were
influential people, or came from noble
families? No, it was to shame the wise
that God chose what is foolish by
human reckoning, and to shame what is
strong that he chose what is weak by
human reckoning; those whom the
world thinks common and contemptible
are the ones that God has chosen –

those who are nothing at all to show
up those who are everything. The
human race has nothing to boast
about to God, but you, God has made
members of Christ Jesus and by God's
doing he has become our wisdom, and
our virtue, and our holiness, and our
freedom. As scripture says: *if anyone
wants to boast, let him boast about
the Lord.*

Gospel Acclamation: *Mt11:25*

***Alleluia, alleluia!
Blessed are you, Father,
Lord of heaven and earth,
for revealing the mysteries
of the kingdom
to mere children.
Alleluia!***

Gospel: *Matthew 5:1-12*

Seeing the crowds, Jesus went up the
hill. There he sat down and was joined
by his disciples. Then he began to
speak. This is what he taught them:

'How happy are the poor in spirit;
theirs is the kingdom of heaven.
Happy the gentle:
they shall have the earth for their
heritage.
Happy those who mourn:
they shall be comforted.
Happy those who hunger and thirst for
what is right:
they shall be satisfied.
Happy the merciful:
they shall have mercy shown them.

Happy the pure in heart:
they shall see God.
Happy the peacemakers:
they shall be called sons of God.
Happy those who are persecuted in
the cause of right:
theirs is the kingdom of heaven.
'Happy are you when people abuse
you and persecute you and speak all
kinds of calumny against you on my
account. Rejoice and be glad, for your
reward will be great in heaven.'

Prayer over the Offerings

O Lord, we bring to your altar
these offerings of our service:
be pleased to receive them, we pray,
and transform them
into the Sacrament of our redemption.
Through Christ our Lord.

Communion Antiphon: *Cf. Ps 30: 17-18*

Let your face shine on your servant.
Save me in your merciful love.
O Lord, let me never be put to shame,
for I call on you.

Prayer after Communion

Nourished by these redeeming gifts,
we pray, O Lord,
that through this help to eternal
salvation
true faith may ever increase.
Through Christ our Lord.