



**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, Mary E. Malone, Michael Griffin Snr., JK, Titus Fernandes, Sean O'Connor, Alan Parnell, MTD., Breda Connellan, Marie Rego, Minneth Johns.

RECENTLY DEPARTED: Victor Jude Booth.

RECENTLY BAPTISED:

ANNIVERSARIES OF THE DEPARTED: Deverajah & Pushpam Selvadurai, Mary Ferrao, Jim Dooley (10th), Clinton De Bourg, Thomas Chan (4th) John Hing Chung Fung (1st).

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

O God, our Creator, all life is in your hands from conception until death. Help us to cherish our children and to reverence the awesome privilege of our share in creation. May all people live and die in dignity and love. Bless all those who defend the rights of the unborn, the handicapped and the aged. Enlighten and be merciful toward those who fail to love, and give them peace. Let freedom be tempered by responsibility, integrity and morality.

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
BABY DAVID KILCOMMONS RIP



Sunday cycle
Readings Year A
Weekday readings
Year 1 week 5
Divine Office
Week 1

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



**Sunday 5th February 2017
THE FIFTH 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



Following upon the teaching of the Beatitudes, Jesus uses the now familiar metaphors of salt and light to describe the life of discipleship. We take salt and light for granted in our society, but these commodities were more precious in ancient cultures. Just as now, salt was used in Jesus' time for flavouring, as a preservative, and as a healing agent. Jesus' call to be salt for the earth and light for the world powerfully states our mission as Church and as Christians. When we feed the hungry, clothe the naked, console those who mourn, and so on, we show ourselves to be the salt of the earth and the light of the world. When we do these things with the community of faith, the Church, we are indeed acting as "a city set on a mountain" that cannot be hidden!

First Reading: Isaiah 58:7-10
In the work of justice, light shall break through darkness.
Second Reading: 1 Corinthians 2:1-5
Paul shows that he came to Corinth preaching Christ crucified.
Gospel Reading: Matthew 5:13-16
Jesus teaches that his disciples are to be the salt of the earth and the light of the world.

SPIRITUAL QUOTE OF THE WEEK
It would scarcely be necessary to expand doctrine if our lives were radiant enough. If we behaved like true Christians, there would be no pagans.
Pope St John XXIII

Sunday reflection

Jesus used ordinary images, such as salt and light, to convey extraordinary truths that transform our minds, hearts, and lives. What does salt and light have to teach us about God and the transforming power of his kingdom? Salt was a valuable commodity in the ancient world. People traded with it, like we trade with valuable goods, such as gold and stock. Salt also served a very useful purpose, especially in warmer climates before the invention of electricity and refrigeration. Salt not only gave rich flavour to food, it also preserved food from going bad and being spoiled. Jesus used the image of salt to describe the transforming effect of God's work in our lives - and how the Holy Spirit wants to work through us to bring the power and blessing of God's kingdom to others. As salt purifies, preserves, and produces rich flavour for our daily food, we, too, as disciples of Jesus, are "salt" for the world of human society. The Lord wants to work in and through us to purify, preserve, and spread the rich flavour of God's kingdom.

What did Jesus mean by the expression "if salt has lost its taste... it is no longer good for anything except to be thrown out and trodden under foot" (Matthew 5:13)? Salt in the ancient

world was often put into ovens to intensify the heat. When the salt was burned off and no longer useful it was thrown out on the ground where it would easily get stepped on and swept away (Matthew 5:13). How can we lose our "saltiness"? When we allow the world, sin, and evil to corrupt us. The Lord wants us to preserve our "saltiness" - through virtuous living and rejection of sin - not only for our own sake but also for the sake of others.

Jesus used the image of light and a lamp to further his illustration of God's transforming work in and through us. Lamps in the ancient world served a vital function, much like they do today. They enable people to see and work in the dark and to avoid stumbling. The Jews also understood "light" as symbol or expression of the inner beauty, truth, and goodness of God. Jesus used the image of a lamp to describe how his disciples are to live in the light of his truth and love. Just as natural light illumines the darkness and enables one to see visually, so the light of Christ shines in the hearts of believers and enables us to see the heavenly reality of God's kingdom. Our mission is to be light-bearers of Jesus Christ so that others may see the truth of the gospel and be freed from the blindness of sin and deception.



come to attend. Please note that our next baptism preparation evening will be on Friday 31st March 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 peterkingsley@rcdow.org.uk. Thank you.

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.

ST. LUKE'S HOSPICE: Please see charity function notice in the church 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.

HARROW SUPPORT GROUP for separated and divorced Catholics. The next meeting will be on Monday 6 February 2017 at 8pm in the hall at St Bernard's Church, Northolt Rd. All are welcome. Details from Jill 020 8204 3714 or Eileen 020 8756 1284.

FOR SALE: Bentley Piano, gd cond.—07484101156

FOR SALE: Brand new dining table. Light wood, white legs. 07939087557.

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

RETOUVAILLE—a lifeline for married couples.

WIDOWED YOUNG—support events.

CALIX CENTRE—A Catholic ministry to addicts.

ADULT FAITH FORMATION COURSES.—new information.

DIOCESAN PILGRIMAGES: FATIMA—led by Cardinal Vincent Nichols, 24-27 April 2017. **THE HOLY LAND** 31st Oct to 7th November led by Bishop John Sherrington. Further details in the folder in porch.

SCHOOL DIRECT TEACHER RECRUITMENT FAIR at The Cardinal Vaughan Memorial School on 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 .

T	L	U	N	D	E	R	D	O	S	SALT EARTH TASTELESS NOTHING TRAMPLED CITY LIGHT UNDERFOOT HILLTOP LAMP TUB SHINES SIGHT /MEN PRAISE	
B	O	A	E	I	C	E	I	S			
U	L	O	M	T	L	Y	E	E			
T	H	E	F	P	H	L	T	N			
E	L	I	M	R	E	G	O	I			
A	S	A	L	T	E	T	I	H			
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B	U	G	C	U	P	I	P	L			

NEWS & VIEWS

UPDATE No. 2

PARISH MISSION LENT 2017

Saturday 11th to Thursday 16th March.

Thank you to all who have offered accommodation. We now need a series of volunteers to prepare Lunch and Dinner for our friars. Could you help in this way? Please speak to one of the Parish Team. A full programme will be available soon.



A DAY WITH MARY
St George
Harrow Road, Sudbury
Saturday 11th February 2017

Church Cleaning Group B	1.45pm
Prayer Group	8.00pm
Friday 10 February:	
Teas after morning Mass	
Friends of Jesus	5.30pm

SATURDAY is "A DAY WITH MARY" Please not that Mass is a bit later that morning (around 10.30am)

GOOD NEWS in that we have finally finished the renewal of all the church lighting with a new light for the Shrine of Our Lady of Walsingham. This light fitting has not worked for ages so this is a small but vast improvement.

WHAT NEXT? The next stage of work for the renewal of the parish Centre will be the entrance and hallway. We still need to do work on the drains and the roof to first make it watertight and then we can work on replacing the doors, flooring and lighting. More news soon.

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 peterkingsley@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 wel-

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.

G	Sun	5 Feb	THE FIFTH SUNDAY OF THE YEAR	<i>Sat. Vigil</i>	6.15pm 8.30am 9.45am 11.15am 5.30pm	Jim Dooley RIP (10th Ann) Mary Ferrao RIP PRO POPULO Peter Jones RIP Deverajah & Pushpam Selvadurai RIP
R	Mon	6 Feb	S. Paul Miki & Comps.		9.30am	Holy Souls
G	Tues	7 Feb	feria		9.30am	John Hing Chung Fung RIP (1st Ann)
W	Wed	8 Feb	S. Josephine Bakhita		9.30am	Noeleen Bell RIP
G	Thur	9 Feb	feria		9.30am	Thomas Chan RIP (4th Ann)
W	Fri	10 Feb	S. Scholastica		9.30am	Phyllis Coakley RIP
W	Sat	11 Feb	Our Lady of Lourdes	"DAY WITH MARY"	10.00am*	Eileen Costello RIP



Living an abundant life doesn't necessarily mean that we have travelled to fifty countries, have mastered a musical instrument or have achieved all our career goals by the age of forty! For each of us, abundant living will be different. It could mean a life marked with great success in the eyes of the world; or, just as easily, mean a life of relative solitude and simplicity, filled with great love.

In preparation for our **PARISH MISSION** between 11th and 17th March, please take time to reflect prayerfully on your own experience of life, by answering the questions below. Perhaps you could record your answers in a journal, to return to again in the coming weeks. Hopefully this exercise will help you to answer the question: **what does it mean to me to live life to the full?**

Do I have a strong sense of my own identity?
Do I experience myself as someone who is known, valued and loved?

Do I have regrets and find it difficult to move on from past hurts? Am I forgiving of others?
Am I forgiving of myself?

Do I get stressed and anxious because of the busyness of life and the competing demands on my time? Do I take enough time to stand back, pause and reflect? Do I intentionally cultivate the spiritual side of who I am?

TODAY'S MASS

Entrance Antiphon *Ps 95 (94): 6-7*

O come, let us worship God
and bow low before the God who
made us, for he is the Lord our God.

Collect

Keep your family safe,
O Lord, with unfailing care,
that, relying solely on
the hope of heavenly grace,
they may be defended always
by your protection.
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: Isaiah 58:7-10

Thus says the Lord:
Share your bread with the hungry,
and shelter the homeless poor,
clothe the man you see to be
Naked and turn not from
your own kin.
Then will your light shine like
the dawn and your wound be
quickly healed over.
Your integrity will go before you
and the glory of the Lord
behind you.
Cry, and the Lord will answer;
call, and he will say, I am here.

If you do away with the yoke,
the clenched fist, the wicked word,
if you give your bread
to the hungry,
and relief to the oppressed,
your light will rise in the darkness,
and your shadows become like
noon.

Responsorial Psalm: Psalm 111

***R/. The good man is a light in the
darkness for the upright.***

1. He is a light in the darkness for the upright:
he is generous, merciful and just.
The good man takes pity and lends,
he conducts his affairs with honour. ***R/.***
2. The just man will never waver:
he will be remembered for ever.
He has no fear of evil news;
with a firm heart he trusts in the Lord.
R/.
3. With a steadfast heart he will not fear;
Open-handed, he gives to the poor;
his justice stands firm for ever.
His head will be raised in glory. ***R/.***

Second Reading: First Letter of St. Paul to the Corinthians 2:1-5

When I came to you, brothers, it

was not with any show of oratory
or philosophy, but simply to tell
you what God had guaranteed.
During my stay with you, the only
knowledge I claimed to have was
about Jesus, and only about him as
the crucified Christ. Far from
relying on any power of my own, I
came among you in great 'fear and
trembling' and in my speeches and
the sermons that I gave, there
were none of the arguments that
belong to philosophy; only a
demonstration of the power of the
Spirit. And I did this so that your
faith should not depend on human
philosophy but on the power of
God.

Gospel Acclamation

Alleluia, alleluia!

***I am the light of the world, says
the Lord, anyone who follows me
will have the light of life.***

Alleluia!

Gospel: Matthew 5:13-16

Jesus said to his disciples: 'You are
the salt of the earth. But if salt
becomes tasteless, what can make
it salty again? It is good for noth-
ing, and can only be thrown out to
be trampled underfoot by men.
'You are the light of the world. A
city built on a hill-top cannot be

hidden. No one lights a lamp to put
it under a tub; they put it on the
lamp-stand where it shines for
everyone in the house. In the same
way your light must shine in the
sight of men, so that, seeing your
good works, they may give the
praise to your Father in heaven.'

Prayer over the Offerings

O Lord, our God,
who once established these
created things
to sustain us in our frailty,
grant, we pray,
that they may become for us now
the Sacrament of eternal life.
Through Christ our Lord.

Communion Antiphon *Cf. Ps 107 (106): 8-9*

Let them thank the Lord for his
mercy, his wonders for the
children of men, for he satisfies the
thirsty soul, and the hungry he fills
with good things.

Prayer after Communion

O God, who have willed that
we be partakers
in the one Bread and the
one Chalice,
grant us, we pray, so to live
that, made one in Christ,
we may joyfully bear fruit
for the salvation of the world.
Through Christ our Lord.