



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

Due to the new legislation on Data Protection Legislation (GDPR) each person who has their name on the newsletter (as in the sick list below) must give their consent to their names appearing. So once again we start a new list. If you would like your name or the name of someone who is sick who needs our prayers then you must supply the office with: 1. The name and, 2. Evidence of their or your consent.

SICK & HOUSEBOUND: Michael Dempsey, Michael Fahey, Michael Griffin, Anne Hull, Gillian Gibbs, Catherine Kevill, Margaret O'Shea, Lionel Stonehouse, Edith Geissler, Sandy McAdam, Julia Rammelt, Marie Rego.

RECENTLY DEPARTED: Michael Dempsey.

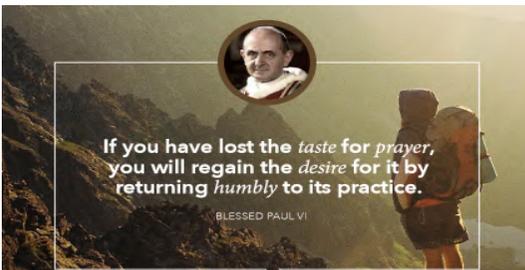
ANNIVERSARIES OF THE DEPARTED: Mary Ferrao, Hing Cheung Fung, Peter Jones, Violet Brown, Cathy O'Shea, Michael Howard, Jim Dooley.

RECENTLY BAPTISED: Elsa Mascarenhas, Jack Millwood-Geretto, Noah Foo-Kozaczuk, Oliver Forte-Almel.

PLEASE PRAY for the couples and presenting team at Marriage Encounter weekend in Swindon, this weekend.

INTENTION OF POPE FRANCIS FOR FEBRUARY 2019

Human Trafficking: For a generous welcome of the victims of human trafficking, of enforced prostitution, and of violence.



MAKING CONTACT AT ST. GEORGE'S

Parish Priest:	Mgr. Jeremy Fairhead	jeremyfairhead@rcdow.org.uk
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Safeguarding Representative:	Mrs. Mary Kugaswaran	sudburysg2@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. Catechetical Coordinator.	Charity No: 233699
Email:	sudbury@rcdow.org.uk	
	Website: parish.rcdow.org.uk/sudbury	

Prayer to be Filled With Holy Light

Lord,
as daylight fills the sky,
fill us with your holy light.
May our lives mirror our love for you
whose wisdom has brought us
into being,
and whose care guides us on our way.
We ask this through our Lord Jesus
Christ, your Son,
who lives and reigns with you and the
Holy Spirit,
one God, for ever and ever. AMEN.

SANCTUARY LAMP

HAS BEEN SPONSORED THIS WEEK
IN MEMORY OF
JOE MYLLES RIP

LAMP AT THE ALTAR OF OUR LADY OF WALSINGHAM

has been sponsored this week
For a PRIVATE Intention

ROSARY AT HOME: This week the statue of
Our Lady of Fatima will be at the home of
Baptiste Fernandes



Switch mobile phones
off or to silent



Sunday cycle
Readings Year C

Weekday Readings
Ordinary Time
Week 4 Year 1

Divine Office
Week 4

The Catholic Parish
of St George, Sudbury



Sunday 3rd February 2019 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



This Gospel is about who Jesus is and who people believe him to be. Jesus challenges and provokes the people of Nazareth by referring to examples in which Israel rejected the prophets. He also challenges them to respond to his message, the message of a prophet, in a way that is different from their ancestors. This call for a new response leads to his rejection. Just as the people at Nazareth did not welcome

the Good News that Jesus announced, so too many among the people of Israel will not accept the preaching of the gospel.

First Reading: *Jeremiah 1:4-5,17-19*

The Lord assures Jeremiah that he will deliver him from all who fight against him.

Responsorial Psalm: *Ps. 71:1-2,3-4,5-6,15,17*

A song in praise of God's salvation.

Second Reading: *1 Corinthians 13:4-13*

Paul describes love as the greatest of virtues.

Gospel Reading: *Luke 4:21-30*

Jesus is rejected in his hometown of Nazareth.

SPIRITUAL QUOTE OF THE WEEK

"You will never be happy if your happiness depends on getting solely what you want. Change the focus. Get a new centre. Will what God wills, and your joy no man

shall take from you."

Venerable Fulton Sheen

SUNDAY REFLECTION

Throughout the Gospel accounts Jesus praised individuals who put their faith in God as they remembered the great and wonderful deeds he had performed time and again. Jesus even praised outsiders - non-Jews and pagans from other lands who had heard about the mighty deeds of the God of Israel. One example Jesus mentioned was Naaman the pagan army commander from Syria who was afflicted with leprosy - a debilitating skin disease that slowly ate away the flesh (you can find the story in 2 Kings 5:1-15). Naaman's slave-girl was a young Jewish woman who had faith in God and compassion for Naaman her master. She urged him to seek healing from Elisha, the great prophet of Israel. When Naaman went to the land of Israel to seek a cure for his leprosy, the prophet Elisha instructed him to bathe seven times in the Jordan river. Naaman was indignant at first, but then repented and followed the prophet's instructions. In doing so he was immediately restored in body and spirit.

When Jesus first proclaimed the good news of God's kingdom to his own townspeople at Nazareth (Luke 4:23-27), he did not hesitate to confront them with their sin of indifference and unbelief. He startled his listeners in the synagogue at Nazareth with a seeming rebuke that no prophet or servant of God could receive honour among his own people. He then angered them when he complimented Gentiles (non-Jews) who

had shown more faith in God than the "chosen ones" of Israel. Some who despised the Gentiles (non-Jews) even spoke of them as "fuel for the fires of hell." Jesus' praise for "outsiders" offended the ears of his own people because they were blind-sighted to God's merciful plan of redemption for all the nations. The word of rebuke spoken by Jesus was met with indignation and hostility. The Nazarenes forcibly threw him out of their town and would have done him physical harm had he not stopped them.



We all stand in need of God's grace and merciful help every day and every moment of our lives. Scripture tells us that "the steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning" (Lamentations 3:22-23). God gives grace to the humble who seek him with faith and with a repentant heart that wants to be made whole and

clean again.

The Lord will set us free from every sinful habit and every harmful way of relating to our neighbour, if we allow him to cleanse and heal us. If we want to walk in freedom and grow in love and holiness, then we must humbly renounce our sinful ways and submit to Christ's instruction and healing discipline in our lives. Scripture tells us that the Lord disciplines us for our good that we may share his holiness (Hebrews 12:10). Do you want the Lord Jesus to set you free and make you whole again? Let us ask him to show us the way to walk in his healing love

FRIENDS OF JESUS—The Friends of Jesus Programme takes place on **Fridays from 5.30-6.30pm** providing a little **Religious Education** to children of Primary-School age who are not attending a Catholic school and have not yet received their First Holy Communion. An Information Leaflet can be picked up from the porch and Enrolment Forms are available from the Parish Office.

HOLY BAPTISM: Information packs are available from the parish office. You can sign up there for the preparation course. Parents to be, i.e. before birth, are welcome to attend. The date of the next baptism preparation is **Saturday 2nd March at 10.30am** in the parish centre.

EXTRAORDINARY MINISTERS OF HOLY COMMUNION: The new rota is being prepared. Please assist, where required, at whichever Mass you attend.

FILM NIGHT: Our next film night will be on Friday 22nd February. *'Of Gods and Men'* (a French film with English subtitles), tells the story of Trappist monks in North Africa who face the agonising choice of whether to stay or flee from their monastery in midst of attacks by religious fundamentalists. The film won many awards. *'Patient and restrained, Of Gods and Men* asks deep, profound questions that will linger in the audience's mind long after the movie' (*Rotten Tomatoes* website). Doors open for refreshments at 6.45pm, followed by the film at 7.15pm. All welcome!

WELCOMING AT SATURDAY 6.15PM—We would be grateful to any **new volunteers** open to help welcome the people at the **Saturday 6.15pm Mass**. If you are able to help please let us know.

THE ANNUAL MASS IN HONOUR OF OUR LADY OF LOURDES takes place on Saturday 9th February at 2pm at Westminster Cathedral. The Sacrament of the Sick will be administered during Mass. All are welcome to attend. A special invitation is extended to all who are sick or infirm, all hospital chaplains, doctors, nurses, healthcare assistants and all who work in healthcare. No tickets required.

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. There are still some weeks free in March and April. Please see Toni in the Parish Office.

CHURCH CLEANING- Might you consider helping to clean the Church on a monthly basis. If so, please contact the parish office.

ST GEORGE'S PARISH COOKBOOK: A little fun project to raise some money for the church: Can you provide:

- ◆ **THE NAME OF YOUR RECIPE**
- ◆ **YOUR NAME** (or a pseudonym)
- ◆ **INGREDIENTS** (metric and/or imperial)
- ◆ **METHOD** – step by step...
- ◆ **PHOTOGRAPH(S)** especially of the finished product
- ◆ **SOMETHING ABOUT WHY THIS RECIPE IS IMPORTANT** (i.e. where it comes from, maybe when you cook it (seasonal) – this is optional)

All this can be sent to subury@rcdow.org.uk or put together in an envelope (pictures etc.) and popped through the presbytery letter box or given to one of the parish team.

If we have a good response we can get it up an running for Easter.

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.
- MARRIAGE/ENGAGED ENCOUNTER: www.wmme.org.uk

DIOCESAN VACANCIES please see folder in porch or diocesan website.

CARDINAL WISEMAN CATHOLIC SCHOOL require a **Science Technician** (part time) 2 days per week, term time and **Exams and Assessment Officer** - 35 hours per week, term time. C/date for both 4/2/19).

ST. RICHARD REYNOLDS CATHOLIC COLLEGE have the following vacancies: Subject Lead Maths, Maths Teacher, Science Teacher, Computing Teacher, English Teacher. Closing date for the applications is 10am on Friday 8th February.

See schools' websites for details.

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

NEWS & VIEWS

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 LEAVE THE PEW NEAT AND TIDY AS YOU DEPART CHURCH TODAY. This is especially true if you have children using their worksheets. Please make sure they (or you) bring all the crayons back to the basket.

PARISH DIARY FOR THE WEEK

Sunday 3 February:

Teas/Coffees after 9.45am and 11.15am Masses.

Tuck Shop after 9.45am Mass

Monday 4 February:

Keep Fit 2.00pm
Confirmation 7.30pm

Tuesday 5 February:

Over 60's Group 1.00pm
First Holy Communion (children) 7.30pm
Set/Ceilidh Dancing 8.45pm

Wednesday 6 February:

Ladies Social Guild 2.00pm
Discovering Christ 7.00pm

Thursday 7 February:

Church Cleaning Group B 10.30am

Friday 8 February:

Art Class 2.00pm
Friends of Jesus 5.30pm

BLESSING OF THROATS. This year the Feast of St Blaise falls on a Sunday so the customary blessing of Throats will take place after the Mass on **Monday morning, 4th February.**

THIS WEEK is **NATIONAL MARRIAGE WEEK** and on Saturday 9th February at the 9.30am we invited an couple who might like to renew their vows together. Afterwards there will be refreshments in the Café/Bar.

WORKS UPDATE in the parish. The last week has seen two important jobs done. Firstly, all the asbestos which was under the stage in the hall and which was coming loose has now formally been removed thus making it a safer environment. Heating in the Church has been on 20% power as a major leak was discovered before Christmas. It's all back and working now so we can be warm in this cold spell.

KEEPING THE CHURCH WARM...please, please shut the door after you when you come in. We can't afford to heat the road as well

WHITE FLOWER APPEAL raised £652.69 for The Society for the Protection of Unborn Children (SPUC). Thank you for your generous donations.

DIVINE MERCY -The **Divine Mercy Chaplet** is recited in the church every Monday after the Rosary. All are welcome!

SOCIAL DANCE on Friday 1st March in the parish Centre. Bar-Raffle-Dancing. 8 until late. Music by "Slim Attraction" Tickets on sale at the door—£7.00. All proceeds to the parish. Take a flyer today!

CARDINAL'S MASS OF THANKSGIVING FOR THE SACRAMENT OF MATRIMONY: Westminster Cathedral on Saturday 8th June 2019 at 3pm. The Cardinal will be inviting to this Mass all couples in the Diocese who are celebrating their 5th, 10th, 25th, 30th, 40th, 50th and 60th (and every year over 60) wedding anniversary of Catholic marriage in 2019. If you are celebrating an anniversary, please give your parish clergy the following details: husband and wife's names, wedding date, full postal address and email (or telephone number, if no email).

HARROW DEANERY YOUNG ADULT TRIP TO TAIZÉ 2019 - Our Deanery is planning a Trip to Taizé (France) for those **aged 18 to 29 from 27th July to 5th August 2019.** The estimated cost is **£250.** If you are interested in joining us please pick up an **Information Leaflet and Booking Form** from the porch. Thank you!

CONFIRMATION—Enrolment on the Confirmation Programme 2019 is **now closed.** Thank you for keeping the candidates in prayer as they prepare to receive this Sacrament. This coming Monday evening's session, on **'The Creed & The Sacraments', begins at 7.30pm.**

FIRST HOLY COMMUNION—The next session, entitled **'Jesus is with us at Mass'**, for children only is taking place on **Tuesday 5th February at 7.30pm.** If you might consider helping to prepare the children to receive their First Holy communion please let us know as we are looking for some new and willing volunteers to support our wonderful team of Catechists. Thank you.

WHAT TIME SHOULD I ARRIVE FOR MASS?

Mass begins with the entrance procession and ends after the final dismissal and we should be there from beginning to end. Each part of the Mass relates and complements the others in a single act of worship even though some parts, such as the consecration, are essential while others are merely important. Arriving on time is not just a question of obligation but of love and respect for Our Lord who has gathered us together to share his gifts, and who has some grace to communicate to us in each part of the Mass, It is also a sign of respect for the community with whom we worship and who deserves our presence and the contribution of our prayers in each moment. The liturgy is essentially the worship of Christ's body, the Church. Each assembly is called upon to represent and manifest the whole body but this can hardly happen if it forms itself in drips and drabs after the celebration has begun. Thus people who arrive late to Mass have to honestly ask themselves, Why? If they arrive late because of some justified reason or unforeseen event, such as blocked traffic due to an accident, they have acted in good conscience and are not strictly obliged to attend at a later Mass (although they would do well to do so if they arrive very late and it is possible for them). Likewise, for many elderly people, even getting to the church is an odyssey, and one must not burden their consciences by counting the minutes. If people arrive late due to culpable negligence, and especially if they do so habitually, then they need to seriously reflect on their attitudes, amend their ways, and if necessary seek the sacrament of reconciliation. Depending on how late they arrive they should prefer to honour the Lord's day by attending some other Mass, or, if this is not possible, at least remain in the Church after Mass is over and dedicate some time to prayer and reflection on the readings of the day.

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.

HOLYDAYS OF OBLIGATION: 9.30am, 8.00pm.

EUCCHARISTIC ADORATION: Saturday 5.15-6.00pm.

CONFESSIONS: Saturday 5.15pm - 6.00pm. *and any time by appointment.*

DIVINE MERCY: Tuesday 10.30am.

ROSARY: Daily after Mass.

<i>Sun 3 February</i>	THE 4th SUNDAY OF THE YEAR
6.15pm (<i>Sat. Vigil</i>)	Imelda McCarthy RIP
8.30am	Mary Ferrao RIP
9.45am	Ken & Joyce Fernandes RIP
11.15am	Peter Jones RIP
5.30pm	PRO POPULO

Mon 4 February 9.30am	feria Alex Law RIP <i>Mass followed by the Saint Blaise Blessing of Throats</i>
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Tues 5 February 9.30am	S. Agatha Vera Bell RIP
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Weds 6 February 9.30am	S. Paul Miki & Comps. Spencer Coomarewel RIP and Holy Souls
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Thurs 7 February 9.30am	feria Hing Cheung Fung RIP
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Fri 8 February 9.30am 11.00am	S. Josephine Bakhita Francis Anselmo Fernandes RIP FUNERAL MASS Michael Dempsey RIP
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Sat 9 February 9.30am	Of Our Lady Michael Howard RIP (2nd Ann)
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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: *Jeremiah 1:4-5,17-19*

In the days of Josiah, the word of the
Lord was addressed to me, saying:
'Before I formed you in the womb
I knew you;
before you came to birth I consecrated you;
I have appointed you as prophet to the
nations.
'So now brace yourself for action.
Stand up and tell them all I command you.
Do not be dismayed at their presence,
or in their presence I will make you dis-
mayed.
'I, for my part, today will make you
into a fortified city,
a pillar of iron,
and a wall of bronze
to confront all this land:
the kings of Judah, its princes,
its priests and the country people.
They will fight against you
but shall not overcome you,
for I am with you to deliver you –
it is the Lord who speaks.'

Responsorial Psalm: *Ps. 70:1-6,15,17*

R/. My lips will tell of your help.

1. In you, O Lord, I take refuge;
let me never be put to shame.
In your justice rescue me, free me:
pay heed to me and save me. *R/.*
2. Be a rock where I can take refuge,
a mighty stronghold to save me;
for you are my rock, my stronghold.
Free me from the hand of the wicked. *R/.*
3. It is you, O Lord, who are my hope,
my trust, O Lord, since my youth.
On you I have leaned from my birth,
from my mother's womb you have been my
help. *R/.*
4. My lips will tell of your justice
and day by day of your help.
O God, you have taught me from my youth
and I proclaim your wonders still. *R/.*

Second reading: *1 Corinthians 12:31-13:13*

Be ambitious for the higher gifts. And I am
going to show you a way that is better than
any of them.
If I have all the eloquence of men or of
angels, but speak without love, I am simply a
gong booming or a cymbal clashing. If I have
the gift of prophecy, understanding all the
mysteries there are, and knowing
everything, and if I have faith in all its
fullness, to move mountains, but without
love, then I am nothing at all. If I give away
all that I possess, piece by piece, and if I
even let them take my body to burn it, but
am without love, it will do me no good
whatever.

Love is always patient and kind; it is never

jealous; love is never boastful or con-
ceited; it is never rude or selfish; it does
not take offence, and is not resentful. Love
takes no pleasure in other people's sins
but delights in the truth; it is always ready
to excuse, to trust, to hope, and to endure
whatever comes.

Love does not come to an end. But if there
are gifts of prophecy, the time will come
when they must fail; or the gift of
languages, it will not continue for ever;
and knowledge – for this, too, the time will
come when it must fail. For our knowledge
is imperfect and our prophesying is
imperfect; but once perfection comes, all
imperfect things will disappear. When I
was a child, I used to talk like a child, and
think like a child, and argue like a child, but
now I am a man, all childish ways are put
behind me. Now we are seeing a dim
reflection in a mirror; but then we shall be
seeing face to face. The knowledge that I
have now is imperfect; but then I shall
know as fully as I am known.

In short, there are three things that last:
faith, hope and love; and the greatest of
these is love.

Gospel Acclamation: *Jn14:6*

Alleluia, alleluia!

*I am the Way, the Truth and the Life, says
the Lord; No one can come to the Father
except through me.*

Alleluia!

Gospel: *Luke 4:21-30*

Jesus began to speak in the synagogue:
'This text is being fulfilled today even as
you listen.' And he won the approval of all,
and they were astonished by the gracious
words that came from his lips They said,
'This is Joseph's son, surely?'
But he replied, 'No doubt you will quote

me the saying, "Physician, heal yourself"
and tell me, "We have heard all that hap-
pened in Capernaum, do the same here in
your own countryside.'" And he went on, 'I
tell you solemnly, no prophet is ever
accepted in his own country.

'There were many widows in Israel, I can
assure you, in Elijah's day, when heaven
remained shut for three years and six
months and a great famine raged
throughout the land, but Elijah was not
sent to any one of these: he was sent to a
widow at Zarephath, a Sidonian town. And
in the prophet Elisha's time there were
many lepers in Israel, but none of these
was cured, except the Syrian, Naaman.'

When they heard this everyone in the
synagogue was enraged. They sprang to
their feet and hustled him out of the town;
and they took him up to the brow of the
hill their town was built on, intending to
throw him down the cliff, but he slipped
through the crowd and walked away.

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.