



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

SICK & HOUSEBOUND: Michael Fahey, Anne Hull, Gillian Gibbs, Catherine Kevill, Margaret O'Shea, Lionel Stonehouse, Edith Geissler, Marie Rego, Christopher Browne, Eileen Kidd, John and Angela McCarthy, Germaine Duffner, Patrick McDonagh, Paul Turnbull.

RECENTLY BAPTISED:

RECENTLY DEPARTED: Timothy Crowley, Joseph Scott, Ingeborg Briffa.

ANNIVERSARIES OF THE DEPARTED: Peter Jones, Melinda Peter, Eric Duffner (17th Ann), Francisco Barretto, Reynold Briffa (1st Ann).

INTENTION OF POPE FRANCIS FOR FEBRUARY
Listen to the Migrants' Cries

We pray that the cries of our migrant brothers and sisters, victims of criminal trafficking, may be heard and considered.



**"The breadth of charity
widens the narrow heart
of the sinner."**

- ST. ANTHONY OF PADUA

MAKING CONTACT AT ST. GEORGE'S

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**PRAYER BEFORE HOLY
COMMUNION**

**Dear Lord, may I receive you
in this Communion
with open arms,
And a loving, contrite heart,
So that I may be filled
with Your grace,
or my good and Your glory!**

SANCTUARY LAMP

has been sponsored this week
In Memory of
FRANCISCO BARRETTO RIP

**LAMP AT THE ALTAR OF
OUR LADY OF WALSINGHAM**

has been sponsored this week
for
PRIVATE INTENTIONS

ROSARY AT HOME:

This week the statue of Our Lady of Fatima
will be at the home of
RAJAN GEORGE



**Switch mobile phones
off or to silent**



Sunday cycle
Readings Year A
Weekday Readings
Week 5 Year 2
Divine Office
Psalms Week 1

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



**Sunday 9th February 2020
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



Jesus' call to be salt for the earth and light for the world powerfully states our mission as Church and as Christians. Our commitment to social justice flows from the exhortation that Jesus gives us in today's Gospel. Some of the activities that this commitment leads us to are given more concrete expression as the Corporal and Spiritual Works of Mercy. 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.

Responsorial Psalm: *Psalm 112:4-9*

The just person will be a light in the darkness.

Second Reading: *1 Corinthians 2:1-5*

St. 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

"Do you want to have God always in your mind? Be just as he made you to be. Do not go seeking another "you". Do not make yourself otherwise than he made you. Then you will always have God in mind". St Anthony of Padua

SUNDAY REFLECTION

What can salt and light have to teach us about God and his reign on earth? Jesus used ordinary images, such as salt and light, to convey extraordinary truths about the kingdom of God. Salt was a valuable commodity in the ancient world. People traded with it, like we trade with gold and stock. Salt also served a very useful purpose in hot climates before the invention of electricity and refrigeration. Salt not only gave food flavour, it also preserved meat from spoiling. Jesus used the image of salt to describe how his disciples are to live in the world. As salt purifies, preserves, and penetrates, so the disciple must be as salt in the world of human society to purify, preserve, and penetrate that society for the kingdom of God and of his righteousness and peace.

Jesus also used the image of light and a lamp to further his illustration. 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 an expression of the inner beauty, truth, and goodness of God. In his light we see light (Psalm 36:9).

His word is a lamp that guides our steps (Psalm 119:105). God's grace not only illumines the darkness in our lives, but it also fills us with spiritual light, joy, and peace. 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. In fact, our mission is to be light-bearers of Christ so that others may see the truth of the gospel and be freed from the blindness of sin and deception.

Jesus remarks that nothing can remain hidden or secret. We can try to hide things from others, from ourselves, and from God. How tempting to shut our eyes from the consequences of our sinful ways and bad habits, even when we know what those consequences are. And how tempting to hide them from others and even from God. But, nonetheless, everything is known to God who sees all. There is great freedom and joy for those who live in God's light and who seek this truth.



READING AT 8.30AM - Sadly one of our readers, who has served the community for many years, is stepping down as a reader in March 2020. If you would consider serving as a reader (lector) at the 8.30am Mass please contact Peter, our Catechetical Coordinator, at peterkingsley@rcdow.org.uk.

THE PARISH SVP GROUP meets in the **Café Bar** on the **3rd Wednesday of the month at 7.30pm. Our next meeting is on Wednesday 19th February 2019. All welcome.** For further information please contact Theresa Frain at fraint@pladisglobal.com

ANNUAL MASS OF THANKSGIVING FOR THE SACRAMENT OF MATRIMONY at Westminster Cathedral, Saturday 30th May 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 2020. 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).

SUNDAY COUNTERS: We are looking for new counters to join our teams, to work in groups of three, for approximately 3 hours on Sunday afternoons. This will be on a rota basis. If you are interested and think you are able to help please contact the parish team.

MASS INTENTIONS are booked to July 2020 and beyond. Remember to book your anniversary Masses early.

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.

CARITAS WESTMINSTER is recruiting at least one Caritas Representative from each parish, to help two-way communication between the Parish and Caritas to support and grow charitable activities. They will help to display posters, flyers, speak in Masses, learn about new tools and models for social action and share best practice between parishes. If you would like to be considered as a Caritas Representative, please contact one of the Parish Team.

THE PASSAGE— a Charity working with homeless people: St David's Day concert in aid of The Passage at Methodist Central Hall, Westminster on Friday 28 February at 7.00pm. The concert features the London Welsh Male Voice Choir with guest soloists Claire Jones (harp) and Aled Wyn Davies (tenor) and Guto Harri (Compère). Please book online through Eventbrite stdavidsday.eventbrite.co.uk. Full details to book are on the website www.passage.org.uk or telephone 020 75921856 or email info@passage.org.uk

SVP are distributing 11,500 **Vinnie Packs** containing cold weather essentials to the homeless this winter. Please could you consider sponsoring packs at a suggested donation of £3.50 per pack? Donations can be sent to Vinnie Packs, PO Box 72264, London SW1P 9EZ with cheques made out to SVP or by

bank transfer to Nat West sort code 60-60-04, account no. 4608 8237. Thank you so much for your support."

GIFT AID AND PLANNED GIVING SCHEME: If you have a gift aid and contribute by planned giving envelope or bankers' order please remember to inform the parish office if you have ceased to pay tax. Thank you.

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 EN COUNTER: www.wvme.org.uk

PARISH CLEANER— VACANCY IN AT SOUTH HARROW & NORTHOLT PARISH: A part-time Cleaner is required to maintain high levels of cleanliness within the parish halls and other facilities both at St Gabriel's South Harrow and St Bernard's Northolt. The successful candidate should have some previous cleaning experience, good organisation skills and possess the ability to work with complete discretion. 11 hours pw; £10.75 per hour. To be considered for the role, please complete an online application at: <https://jobs.rcdow.org.uk/> Closing date 24/2/20

ROOM TO LET: Whitton Avenue West— Tel: 07717124517.

ROOM NEEDED Nice polite young man desires a room. See Fr Jeremy if you can help.

PROBLEM WITH YOUR COMPUTER? Tomasz can fix it. Help also with setting up phones/TV's/ home security Call: 020 8058 2826. £20 per hour. Longer projects at negotiable prices.

CAR REPAIRS: Baptist Fernandes is available to help with all mechanical and electrical body repairs, M.O.T's for any make and model of car, and picking up and scrapping if needed. Further information on 07446355757.

FOR ALL PAINTING/DECORATING—please ring David on 07904913443

DIOCESAN AND SCHOOL VACANCIES please see folder in porch or School/diocesan website.

THE CARDINAL VAUGHAN MEMORIAL SCHOOL is seeking part-time invigilators for their summer exams. Please refer to their website for details. <https://www.cvms.co.uk/Staff-Vacancies/>

ST. GEORGE'S CATHOLIC PRIMARY VOLUNTARY ACADEMY have a vacancy for an ICT & Media Technician. Please see folder in porch/school website. Closing date 25 February 12 noon.

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 THIS WEEK

Sunday 9 February 2020:

Teas/Coffees after 9.45am and 11.15am Masses
Tuck Shop

Monday 10 February:

Confirmation 7.30pm

Tuesday 11 February:

Prayer Time 10.15am
Over 60's Club today
First Holy Communion 7.00pm
Set Dancing 8.45pm

Wednesday 12 February:

Knights of St. Columba 8.00pm

Thursday 13 February:

Church Cleaning Group C 10.30am

Friday 14 February:

Teas/Coffees after morning Mass
Film Night—doors open 6.45pm

HELP WITH SEWING AND ALTERATIONS FOR SACRISTY ITEMS.

One or two people said they could help with this. Can you let Fr Jeremy know if this is still possible? There are a few jobs that need to be done.

FUNERAL MASS of **Timothy John Crowley** on Wednesday 12th February at 11.00am. reception into Church on Tuesday 11th February at 6.00pm. Burial in St Mary's Cemetery, Kensal Green. May he rest in peace.

FUNERAL MASS of **Joseph Scott** on Friday 21st February at 11am. Cremation at Breakspear Crematorium at 1.15pm.

MASS for the intentions of **Eileen Bond RIP**, a parishioner for many years who recently died in Hampshire, will be held at St. Georges on Monday **17th February** at 9.30am.

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 course will be on Friday 28th February at 7.30pm** in the parish centre. Please let the parish office know if you are attending.

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

FAITH CAFÉ - 'Faith Café' is a monthly opportunity to explore the Catholic faith. The next session, on **The Mission of the**

Twelve', will be taking place in the Café Bar on **Wednesday 4th March**. Teas and coffees at **7.00pm** is followed by a video presentation and discussion at 7.30pm. All are welcome!

RCIA (Rite of Christian Initiation of Adults) is our parish preparation for those who want to become Catholics. If you know someone who would like to join this group or you yourself, please speak to one of the parish team.

CONFIRMATION 2020 - Thank you for keeping our Confirmation Candidates in prayer as they prepare to receive the Sacrament of Confirmation later this year. Session 2, on the **'The Creed & Sacraments'**, begins in the individual Catechist Groups this coming **Monday 10th February at 7.30pm**. Registration for this year's Programme is now closed.

FIRST HOLY COMMUNION - The Programme continues this coming **Tuesday 11th February at 7pm** with a session, for **Parents/Carers & Children**, taking the theme **'Jesus gives us what we Need'**.

PRAYER TIME A faith-sharing prayer group reflecting on the forthcoming Sunday Gospel. The group will consider how the Word of God, and the experience of those around us, challenge and inspire us. **Every Tuesday morning from 10.15 to 11.30am**. All welcome!

FILM NIGHT: The next film night will be on Friday 14th February when the 1952 film "The Miracle of Our Lady of Fatima" will be showing. "A gently paced telling of a wondrous event ... handled with a care this particular film is a lovely experience, not tarnished too much by Hollywood's treatment". Doors open for refreshments at 6.45pm for refreshments, film starts at 7.15pm. All Welcome.

MEN'S BREAKFAST: The next Men's Breakfast is on Saturday 22nd February beginning at 9.00am. Guest speaker. All Welcome.

SERVING AS A CATECHIST - Do you have a little time on your hands? Might you consider helping the community as a Catechist? We are already looking for people to help with First Holy Communion and Confirmation next year. If you might consider helping, or would just like a little further information, please contact Peter, our Catechetical Coordinator, at peterkingsley@rcdow.org.uk. He will be happy to meet to talk about what would be involved and answer any questions you may have.

THE REPOSITORY continues to be open after all Masses today with a selection of gifts and cards.

CHILDREN'S LITURGY AT 9.45AM FAMILY MASS—We are hugely grateful to our team of Catechists who generously provide a **Children's Liturgy at the 9.45am Family Mass**. Please, however, note that the **Children's Liturgy is ONLY for children from Reception to Year 2**. Older children are asked to remain in Church with their Parents/Carers.

You are the salt of the earth;
But if your life has become tasteless,
it has lost its worth.
Can you be sure of welcome
in God's kingdom as it
nears ...
When the Son of Man appears?
We are God's light in this place.
A city set on a height
cannot hide the light of grace
but shines forth with God's true light.
Let your light shine now
that then, people praise
God in heaven.
I have come to fulfil all
the Law and the Prophets
stress. No matter if it
seems small; It is mandate
nonetheless.
Now "it's finished"; can't
you see? Salt and light are
found in me.

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: Monday 10.30am.
ROSARY: Daily after Mass.

<i>Sun 9 February</i> 6.15pm (<i>Vigil</i>) 8.30am 9.45am 11.15am 5.30pm	5th SUNDAY OF THE YEAR Noel Lynch RIP Joan Hoolan RIP Patsy O'Hara RIP Peter Jones RIP PRO POPULO	Mon
10 February 9.30am	S. Scholastica James Mullane RIP	
Tues 11 February 9.30am 6.00pm	Our Lady of Lourdes Ailish Doherty RIP RECEPTION: Timothy Crowley RIP	
Weds 12 February 9.30am 11.00am	feria Dermot Clancy RIP FUNERAL: Timothy Crowley RIP	
Thurs 13 February 9.30am	feria Alan Murphy Intentions	
Fri 14 February 9.30am	Ss. CYRIL & METHODIUS Melinda Peter RIP (3rd Anniversary)	
Sat 15 February 9.30am	Of Our Lady Teresa Canavan Intentions	
<i>Sun 16 February</i> 6.15pm (<i>Vigil</i>) 8.30am 9.45am 11.15am 5.30pm	6TH SUNDAY OF THE YEAR Helen Brady RIP and Alice Cullen RIP (11th Anniversary) Kathleen Cronin RIP Wally & Dorothy Watts RIP Marita & Robbie Ledo RIP Hermosinda Toucedo RIP Matthew Rammelt RIP PRO POPULO	

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: *Psalms 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.
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.
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.

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 knowl-
edge 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 trem-
bling' and in my speeches and the
sermons that I gave, there were
none of the arguments that belong
to philosophy; only a demonstra-
tion 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 nothing,
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.