



Sunday 21st February 2021

Volume 2, Issue 12 and 'On Line'

THE FIRST SUNDAY OF LENT

Welcome to our 'On Line' Newsletter It should be easier to read and to download and print if you so wish. Please use the readings and reflection as part of your spiritual Communion and with any streamlining Masses in which you may be watching and participating.

Sunday Cycle
Readings Year B

Weekday Readings
Week Lent 1

Divine Office
Week 1 (Lent)

For children,
download a weekly sheet:
[http://www.sdc.me.uk/
sundayliturgy/](http://www.sdc.me.uk/sundayliturgy/)

THIS WEEK

| | |
|--|---|
| Sun 21 Feb 6.15pm 8.30am 9.45am 11.15am 5.30pm | FIRST SUNDAY OF LENT NO EVENING MASS Baptiste Fernandes Ints. Joe Fernandes RIP Matthew Rammelt RIP NO EVENING MASS |
| Mon 22 Feb 9.30am | THE CHAIR OF ST PETER THE APOSTLE John Byrne RIP |
| Tues 23 Feb 9.30am | Lent feria Mairiad Wedgewood RIP |
| Weds 24 Feb 9.30am 11.00am | Lent feria Michael walsh Intentions FUNERAL MASS Dorothy Vivano Smale RIP |
| Thurs 25 Feb 9.30am | Lent feria Rita Criggle RIP |
| Fri 26 Feb 9.30am | Lent feria Richard Carroll RIP.  Alice Cullen RIP & Helen Brady RIP |
| Sat 27 Feb 9.30am | Lent feria Marie Argent RIP |
| Sun 28 Feb 6.15pm 8.30am 9.45am 11.15am 5.30pm | SECOND SUNDAY OF LENT NO EVENING MASS Bernard Welikala RIP Ignatius Fernandes RIP Eileen Nicklen RIP NO EVENING MASS |

TODAY'S MASS



We die to the world and live to God through the waters of Baptism. We will still be tempted as Christ was in the wilderness, but if we repent and really believe in the Gospel then we have nothing to fear. God is faithful to those who keep their promises to him and we are promised to God through baptism.

First Reading: *Genesis 9:8-15*

God establishes a covenant with Noah, giving a rainbow as its sign.

Second Reading: *1 Peter 3:18-22*

In our baptism, we are saved through Christ's death and Resurrection.

Gospel Reading: *Mark 1:12-15*

Jesus is tempted in the desert by Satan.

SPIRITUAL QUOTE OF THE WEEK

What is the essence of the three temptations to which Jesus is subjected? It is the proposal to exploit God, to use him for one's own interests, for one's own glory and for one's own success. And therefore, essentially to put oneself in God's place, removing him from one's own existence and making him seem superfluous".

(Pope Benedict XVI)

MAKING CONTACT AT ST. GEORGE'S

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Charity No: 233699

Email: sudbury@rcdow.org.uk **Website:** parish.rcdow.org.uk/sudbury

GOSPEL REFLECTION

FOR YOUR PRAYERS

SICK & HOUSEBOUND: Catherine Kevill, Margaret O'Shea, Marie Rego, Eileen Kidd, Christopher Browne, John and Angela McCarthy, Germaine Duffner, Patrick McDonagh, Noel Gill, Tom Fernandes, Dee Auriol, Kathleen O'Brien, Allan Noronha, Fiona Power, Theresa Isaccs,

RECENTLY DEPARTED: Agnelo Rebelo, Dorothy Smale, Leopoldina Barros, Mina Fortes, Betty Treacy, Errol Mark.

ANNIVERSARIES OF THE DEPARTED: Matthew Rammelt, Helen Brady, Alice Cullen, Laura McKim

INTENTIONS OF POPE FRANCIS FOR FEBRUARY Violence Against Women

We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

SANCTUARY LAMP

In Loving Memory of Joe Fernandes RIP

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

A DAILY PRAYER TO SAINT JOSEPH

given to us by Pope Francis for this Year of St Joseph

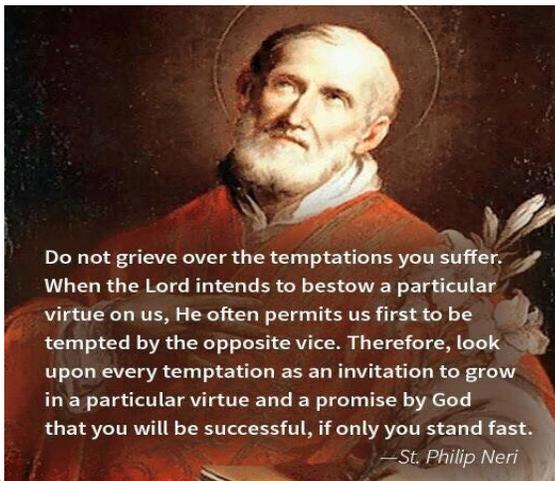
Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.

To you God entrusted his only Son;
in you Mary placed her trust;
with you Christ became man.

Blessed Joseph, to us too,
show yourself a father

and guide us in the path of life.

Obtain for us grace, mercy, and courage,
and defend us from every evil. Amen.



Do not grieve over the temptations you suffer. When the Lord intends to bestow a particular virtue on us, He often permits us first to be tempted by the opposite vice. Therefore, look upon every temptation as an invitation to grow in a particular virtue and a promise by God that you will be successful, if only you stand fast.

—St. Philip Neri

Jesus spent forty days in the desert and while he was there, he was tempted by Satan, the accuser, the enemy, the one who is hostile to human being. The desert is a hostile place, where there is lack of food, water, extreme temperatures, and where wild animals live. It was in that place where Israel experienced the care of God, who provided them with water and mana in their journey with Moses to the promised land. But not only that God made a perpetual covenant with them. Israel, then walked for forty years in it; Moses spent forty days and forty nights on the mountain without food and drink; and the prophet Elisha did the same but walking in the desert towards the Horeb. On Ash Wednesday we began our forty days of journey through our own desert, as well. Ours is not a physical one but a spiritual desert into God's realm.

The Hebrews call it *Teshuva*, the 'return'. Return to whom? To God, whom they have offended with the making of the golden calf. According to the book of Exodus, God was intending to destroy his unfaithful people at first, but thanks to the intercession of Moses, God relented. In this way He offered the people the possibility of returning to His way. The Teshuva is currently celebrated by the Jews in the month of *Elul*, which falls at the beginning of August and lasts forty days until the feast of the *Yom Kippur*, the feast of the Great Expiation. During those forty days they recite every day the prayer of *Selihot*, a particular prayer in which they plead for the forgiveness of their sins. The Hebrews are aware that the teshuva is a gift from God.

In today's Gospel Jesus fulfils this invitation to return to God. By offering to those who were listening him, the time (in ancient Greek *Kairos*, a favourable time) to repent and believe in the Good News. This season of Lent, then is the time that each of us have of entering each day into God's Kingdom, who draws near us in the person of Jesus Christ. The Church invites us to do this by making use of the ancient practice of praying, fasting and almsgiving. We will do this neither to please ourselves nor to please others but to please God the Father, who sees everything that is done in the secret of our heart and He is the only one who can reward us with the grace of conversion.

HM Government

We must keep on protecting each other.

NHS





HANDS FACE SPACE

STAY ALERT · CONTROL THE VIRUS · SAVE LIVES

NEWS UPDATE



Confirmation 2021 Information Evening



Are you in Year 10 or above, part of our Parish and wishing to be confirmed in 2021?

If so, please join us, with one Parent/Carer only, in the Parish Centre for the

COVID Secure

Confirmation Information Evening

Monday 29th March

7.00-7.45pm - Surnames A-K

8.00-8.45pm - Surnames L-Z



MASS TIMES: We are now keeping again our traditional Mass routine for both Sundays and weekdays. i.e. Sunday 8.30am, 9.45am, 11.15am

The only change is that there is **NO EVENING MASS ON SATURDAY OR SUNDAY**

The church will open on:

Sunday: Open at 8.00am close at 9.00am

Open at 9.15am close at 10.15am

Open at 10.45am close at 11.45am

Weekdays: Open at 9.00am close at 10.00am

After each closure the church must be cleaned. Needless to say this involves a huge undertaking on the part of volunteer stewards/cleaners. Could you help? Maybe one mass each fortnight. Volunteers must be under 70 years of age and have no underlying health conditions. If you can help either with cleaning or stewarding talk to one of the parish team.

CONFESSIONS by appointment

EXPOSITION OF THE BLESSED SACRAMENT with BENEDICTION Fridays 9.00-9.30am

Mass at the usual time of 9.30pm.

LENT LEAFLET: Please take one if you didn't pick one up last week.

FUNERAL MASS of Dorothy Vivano Smale on Wednesday 24th February at 11.00am followed by burial in Greenford Cemetery. May she rest in peace.

FUNERAL MASS of Errol Mark on Monday 29th March at 11.00am followed by cremation at West London Crematorium.

VACCINATION: It has been wonderful to hear that parishioners are starting to receive the Covid 19 vaccination and also that some of our medical professionals are working hard to deliver these jabs. Thank you from us all, you are doing a great work of charity. Whether you have received your jab or not, please stay safe and continue to follow the guidelines for the sake of everyone.

THANK YOU ONCE AGAIN to all who come to steward and clean. Above all they make it possible for

our church to stay open and follow the guidelines to make sure we are "Covid secure". Please do treat them with respect. They mayask you to change your seat or sit elsewhere. Please know that they are simply doing their job—freely and willingly too.

FIRST HOLY COMMUNION 2021 - In accordance with current government guidelines to keep us all as safe as possible, the FHC Programme is **continuing at home** in the coming weeks. Each Tuesday morning that week's **session plan is sent to all Parents/Carers by email**. If, for any reason, you did not receive this week's session plan please check your Spam/Junk folder & ensure peterkingsley@rcdow.org.uk is in your email contact list so all the important information sent about the FHC Programme arrives safely. Thank you.

STANDING ORDERS: April is the beginning of the new financial year, if you are a gift aider and giving your offertory donation via the weekly envelopes why not consider giving by standing order? If you are interested, please contact the Parish Office via phone or email.

GIFT AID DETAILS: In order to gift aid your donations you need to be a UK tax payer, if you are one you can gift aid your donations at no extra cost to yourself, we would be able to claim 25% of your donations from HMRC. It is also important that we keep our donor records up to date as we do not want to cause anyone any trouble, if your circumstances have changed or you are no longer a tax payer please inform the Parish Office at your earliest convenience. If we claim on behalf of someone who is not paying taxes HMRC may ask that person to refund the amount claimed.

IF YOU ARE ADMITTED TO HOSPITAL please tell the staff to register you as Roman Catholic on your patient records and that you would like the Catholic Chaplain to visit you. Because of the current restrictions, parish clergy are not allowed to visit the wards, but the Catholic hospital chaplain will see you, just ask at the nurses station

SVP - During the current Pandemic, the Parish SVP Group is there to help the vulnerable of the Parish with tasks such as shopping, posting letters, urgent supplies and can provide telephone support if you are feeling isolated or lonely. If you need their help please call **0208 9000250, 0775 3654154 (Theresa)** or email StGeorgeSVP@pm.me

CHURCH LAMPS: Both the Sanctuary Lamp and the lamp of Our Lady of Walsingham have been sent away for some minor restoration. Whilst the lamps are not in their holders they are burning in the relevant places and for the intentions given. Under the present circumstances there are plenty of spaces during February, March and April.

MASS INTENTIONS Whilst the office is closed we know it is difficult to organise Mass Intentions. What we ask so that we can keep contact down to a minimum that you send us your requests with an SAE and we will return it to you ASAP. By the way,

there are plenty of gaps this year if you want a Mass said on your behalf or for someone else living or departed.

DONA is a new Diocesan scheme to make your weekly giving (and any one-off giving) much easier. Basically it is a card/contactless system. You'll see the machine as you enter by the door. Please do use it as you wish, especially if you choose to carry no cash.

WANT TO HELP THE NHS & THE VACCINATION PROGRAMME? If you would like to be considered go to: <https://www.england.nhs.uk/coronavirus/join-the-nhs-covid-19-vaccine-team/>

SOME LITURGICAL DATES FOR YOUR DIARY:

St Patrick -17th March

St Joseph -19th March

The Annunciation of the Lord - 25th Mar

Palm Sunday - beginning of Holy Week -28th Mar

Maundy Thursday - 1st April

Good Friday - 2nd April

Holy Saturday - 3rd April

Easter Sunday of the Resurrection - 4th April

THE PARISH OFFICE remains closed. If you wish to book a Mass and for a Mass Card, the best way to get one is to give us all the details, your offering and an SAE and we will post it back to you ASAP.

CATHOLIC VOICES: a recent survey gave a picture of how Catholics were coping with the pandemic. Clergy & Laypeople, Catholics and Non Catholics are invited now to take a second survey, to give insight into the lives of Christians in lockdown. Go to: <https://www.catholicvoices.org.uk/survey>

YEAR OF ST JOSEPH: A St Joseph Novena - 11th-18th March. A diocesan resource from the Agency for Evangelisation and Caritas. Go to: <https://rcdow.org.uk/faith/evangelisation/st-joseph-novena/>

CAFOD LENT APPEAL: Abdella lives in an extremely remote and mountainous part of Ethiopia. It takes him ten hours a day to collect water. He says his life is being wasted as he has no time for anything else. Give today to reach vulnerable communities around the world with water and to provide other vital support. Donate online at: <https://cafod.org.uk/Give/Donate-to-CAFOD/Lent-Appeal>

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AN ACT OF SPIRITUAL COMMUNION

(For those not able to receive Holy Communion)

My Jesus, I believe that you are present in this Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.

SUNDAY READINGS & PRAYERS

Entrance Antiphon: *Cf. Ps 90: 15-16*

When he calls on me, I will answer him; I will deliver him and give him glory, I will grant him length of days.

Collect

Grant, almighty God,
through the yearly observances of holy Lent,
that we may grow in understanding
of the riches hidden in Christ and by worthy conduct
pursue their effects.

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: Genesis 9:8-15

God spoke to Noah and his sons, 'See, I establish my Covenant with you, and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you: everything that came out of the ark, everything that lives on the earth. I establish my Covenant with you: no thing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again.'

God said, 'Here is the sign of the Covenant I make between myself and you and every living creature with you for all generations: I set my bow in the clouds and it shall be a sign of the Covenant between me and the earth. When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh.'

The word of the Lord.

Responsorial Psalm: *Ps. 24:4-6,7-9*

*R/. Your ways, Lord, are faithfulness
and love for those who keep your covenant.*

1. Lord, make me know your ways.

Lord, teach me your paths.

Make me walk in your truth,

and teach me:

for you are God my saviour. *R/.*

2. Remember your mercy, Lord,

and the love you have shown
from of old.

In your love remember me.

because of your goodness, O Lord. *R/.*

3. The Lord is good and upright.

He shows the path to those who stray,

He guides the humble in the right path,

He teaches his way to the poor. *R/.*

Second reading: 1 Peter 3:18-22

Christ himself, innocent though he was, had died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still

building that ark which saved only a small group of eight people 'by water', and when God was still waiting patiently, that these spirits refused to believe. That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God's right hand, now that he has made the angels and Dominations and Powers his subjects.

The word of the Lord.

Gospel Acclamation: *Mt 4:4*

*Praise to you, O Christ, King of
eternal glory!*

*Man does not live on bread alone,
but on every word that comes from the mouth of God.*

*Praise to you, O Christ, King of
eternal glory!*

Gospel: Mark 1:12-15

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

Prayer over the Offerings

Give us the right dispositions, O Lord, we pray,
to make these offerings,

for with them we celebrate the

beginning of this venerable and sacred time.

Through Christ our Lord.

Communion Antiphon: *Mt 4: 4*

One does not live by bread alone,

but by every word that comes forth from the mouth of God.

Prayer after Communion

Renewed now with heavenly bread, by which faith is nourished,
hope increased, and charity strengthened,

we pray, O Lord, that we may learn to hunger

for Christ, the true and living Bread,

and strive to live by every word which proceeds from your mouth.

Through Christ our Lord.

Prayer over the People

May bountiful blessing, O Lord, we pray,

come down upon your people, that hope may grow in tribulation,

virtue be strengthened in temptation, and eternal redemption be

assured. Through Christ our Lord. Amen.