



Sunday 31st January 2021

Volume 2, Issue 8 and 'On Line'

THE FOURTH SUNDAY OF THE YEAR

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 4 Year 2

Divine Office
Week 4

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

THIS WEEK

Sun 31 Jan	4th SUNDAY IN ORDINARY TIME
6.15pm	NO EVENING MASS
8.30am	Janet Bennett Ints
9.45am	Ambrose Etan RIP
11.15am	PegKathleen Halpin RIP
5.30pm	NO EVENING MASS
Mon 1 feb	feri
9.30am	Mossie O'Grady RIP
Tues 2 Feb	THE PRESENTATION OF THE LORD
	(Candlemas)
9.30am	Anna Corcoran RIP
Weds 3 Feb	Ss. Laurence, Dunstan & Theodore
9.30am	Mary Ferrao RIP
Thurs 4 Feb	feria
9.30am	Brian Foley RIP
Fri 5 feb	S. Agatha
9.30am	Roger & Adam Ints.
Sat 6 Feb	Ss. Paul Miki & Companions
9.30am	Teresa Canavan Ints.
Sun 7 Jan	5th SUNDAY IN ORDINARY TIME
6.15pm	NO EVENING MASS
8.30am	Nancy Quinn RIP
9.45am	Michael Howard RIP
11.15am	Peter Jones RIP
5.30pm	NO EVENING MASS



TODAY'S MASS



COME OUT OF THE MAN MK 1:21

After Jesus' preaching, an even more astonishing thing happens. A man possessed with an unclean spirit calls out to Jesus. The crowds see in Jesus' cure of the possessed man further affirmation of his authority. Jesus' power to heal gives greater credence to his teaching. Jesus impresses the crowds through his words, which are manifested with power in his deeds. St. Mark's Gospel tells us that because of the authority with which he healed, Jesus' fame spread throughout all of Galilee.

First Reading: Deuteronomy 18:15-20

Moses tells the people that God will raise up for them a new prophet.

Second Reading: 1 Corinthians 7:32-35

Saint Paul expresses his concern that those who are married are more likely to face the distractions of earthly life than those who are celibate.

Gospel Reading: Mark 1:21-28

Jesus heals a man with an unclean spirit and his fame spreads throughout Galilee.

SPIRITUAL QUOTE OF THE WEEK

"Miss no single opportunity of making some small sacrifice, here by a smiling look, there by a kindly word; always doing the smallest right and doing it all for love."

St. Therese of Lisieux

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

ANNIVERSARIES OF THE DEPARTED: Mary Ferrao, Kathleen Halpin

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 *Private intention*

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.

It was pride that changed
angels into devils; it is humility
that makes men as angels

— St Augustine

As you might expect people in position of authority have, historically, been questioned or looked upon, no matter the origin or source of their authority: political, ideological, familiar, or religious. Sadly, each one of us, in one way or another, has been affected by it, and therefore has reason to be cautious and or critical of it. Since experience tells us that the people to whom, at a given time of our life, to whom we have been entrusted have either abused, misused, or neglected their authority. How often do we hear of children who have been neglected or abandoned by their parents? And what about those who have used their position to abuse the most vulnerable? What about the disappointment of a corrupt politician who has wasted some funds? All these have caused so much damage to victims, which in some cases are obvious, and with other situations the victims are not even aware.

Is it then fair to conclude that all authority has always a negative influence? Hopefully, this is not the case, as the Gospel testifies.

In today's gospel, Jesus enters the synagogue, and his teaching made a deep impression on his listeners. Why? Because, unlike the scribes, he taught them with authority! Not only that, his authority goes even further: he gives orders to unclean spirits and they obey him!

But where is the source of Jesus's authority? The answer lies in the Holy Trinity, in his profound relationship with his Father, in the Holy Spirit, as God the Son. A relationship that is based fundamentally in love and trust and is very much personal. While the scribes founded their authority in the knowledge of the Torah and the Law, in a word: scripture, yet they were fundamentally devoid of any personal relationship with God. Although the Jews had qualified exorcists, those trained to expel demons, the way of dealing with them were through very lengthy prayers and were often unsuccessful, while Jesus managed to do so with one command!

The voice of Jesus Christ, and not only this but his very self, then has the power to instruct and teach us the way to the Father, to free and sanctify us from the bond of sin by his death on the cross; and to guide us to heaven. This is because he is the true Prophet, Priest and King! "O that today you would listen to his voice! Harden not your hearts" say the psalms.

HM Government

NHS

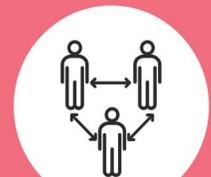
TO KEEP ON PROTECTING
EACH OTHER



HANDS



FACE



SPACE

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.

FUNERAL MASS of Mina Fortes on Friday 5th February at 11.00am followed by burial in North Acton Cemetery. May she rest in peace.

FUNERAL MASS of Leopoldina Marla Barros on Tuesday 9th February at 11.00am followed by burial in Greenford Cemetery. May he rest in peace.

FUNERAL MASS of Agnelo Rebelo on Monday 15th February at 11.00am followed by burial in Greenford Cemetery. May he rest in peace

FUNERAL MASS of Betty Treacy on Tuesday 16th February at 11.00am followed by cremation at Breakspear Crematorium. May she rest in peace.

THE FEAST OF THE PRESENTATION OF THE LORD falls this coming Tuesday. The Feast is also known as 'Candlemas' and commemorates also the Purification of Mary, forty days after the birth of Jesus and the ritual presentation of Jesus to God in the Temple at Jerusalem. It brings to an end our Christ-

mas season and the presence of the crib. The word 'Candlemas' comes from our solemn blessing of candles which are used in church and in our homes during the year. We hold these candles in our hands to honour Christ, who is the true light of the world. If you have any new candles at home which you would like to be blessed, just bring them with you to Mass on Tuesday at 9.30am. Usually the blessing of candles takes place at the back of the church. This year, due to social distancing the blessing will take place with the priest at the front of the church and the people will remain in their seats.

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.

ASH WEDNESDAY... this year will, be rather different to previous years. The Vatican has issued special instructions regarding the distribution of ashes, mindful of the current health emergency. Instead of our foreheads being marked with ash, the priest will sprinkle the ash directly over your head. This is common practice already in some other countries. Ordinarily we would have a morning and evening Mass. However, as most people are working from home, **we shall have two Masses at 9.30am and 12.30pm.**

HUGE APOLOGIES for the muddle in the Mass intentions over the last couple of weeks. This week is back to normal! All intentions will be honoured.

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.

MET DEGREE APPRENTICESHIP - The MET Degree Apprenticeship Scheme offers young people with GCSE grade C (or 4 or above) in English & Maths with the opportunity to study on full pay at one of four London Universities whilst training to become a Police Officer. At the end of the fully-funded training one receives a BSc (Hons) degree in Professional Policing Practice. The starting salary package is circa £30,000 (including allowances). For further information please visit our website <https://parish.rcdow.org.uk/sudbury/youth/>.

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

THE YEAR OF ST JOSEPH - On the 150th anniversary of the proclamation of St Joseph as 'Patron of the Catholic Church' by Blessed Pius IX, Pope Francis has proclaimed 'A Year of St Joseph' from 8th December 2021 to 8th December 2021. <https://rcdow.org.uk/faith/news/st-joseph/>

APOLOGIES: our toilets and hall remain closed at this time. Thank you for your understanding.

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.

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.

SOME LITURGICAL DATES FOR YOUR DIARY:

Candlemas (The Presentation of the Lord) 2nd Feb

Ash Wednesday - 17th Feb

1st Sunday of Lent - 21st Feb

St Patrick - 17th March

St Joseph - 19th March

The Annunciation of the Lord - 25th Mar

Palm Sunday - beginning of Holy Week - 28th Mar

Maudy Thursday - 1st Apr

Good Friday - 2nd Apr

Holy Saturday - 3rd Apr

Easter Sunday of the Resurrection - 4th Apr

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.

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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: *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: *Deuteronomy 18:15-20*

Moses said to the people: 'The Lord your God will raise up for you a prophet like myself, from among yourselves, from your own brothers; to him you must listen. This is what you yourselves asked of the Lord your God at Horeb on the day of the Assembly. "Do not let me hear again" you said "the voice of the Lord my God, nor look any longer on this great fire, or I shall die"; and the Lord said to me, "All they have spoken is well said. I will raise up a prophet like yourself for them from their own brothers; I will put my words into his mouth and he shall tell them all I command him. The man who does not listen to my words that he speaks in my name, shall be held answerable to me for it. But the prophet who presumes to say in my name a thing I have not commanded him to say, or who speaks in the name of other gods, that prophet shall die."'

Responsorial Psalm: *Ps. 94(95):1-2,6-9*

R/. O that today you would listen to his voice! 'Harden not your hearts.'

1. Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before him, giving thanks,
with songs let us hail the Lord. *R/.*

2. Come in; let us bow and bend low;
let us kneel before the God who made us:
for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand. *R/.*

3. O that today you would listen to his voice!
'Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your fathers put me to the test;
when they tried me, though they saw my work.' *R/.*

Second reading: *1 Corinthians 7:32-35*

I would like to see you free from all worry. An unmarried man can devote himself to the Lord's affairs, all he need worry about is

pleasing the Lord; but a married man has to bother about the world's affairs and devote himself to pleasing his wife: he is torn two ways. In the same way an unmarried woman, like a young girl, can devote herself to the Lord's affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world's affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord.

Gospel Acclamation

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

Gospel: *Mark 1:21-28*

Jesus and his disciples went as far as Capernaum, and as soon as the sabbath came he went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority. In their synagogue just then there was a man possessed by an unclean spirit and it shouted, 'What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.' But Jesus said sharply, 'Be quiet! Come out of him!' And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. 'Here is a teaching that is new' they said 'and with authority behind it: he gives orders even to unclean spirits and they obey him.' And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

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.