



Sunday 7th February 2021

Volume 2, Issue 10 and 'On Line'

THE FIFTH 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 5 Year 2**

**Divine Office
Week 1**

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

THIS WEEK

	5th SUNDAY IN ORDINARY TIME
Sun 7 Feb	NO EVENING MASS
6.15pm	Nancy Quinn RIP
8.30am	Michael Howard RIP
9.45am	Peter Jones RIP
11.15am	NO EVENING MASS
5.30pm	
Mon 8 Feb	S. Josephine Bakhita
9.30am	Emilia Salmorin Ints. Special Intention
Tues 9 Feb	feria
9.30am	Mary Conroy Ints.
Weds 10 Feb	S. Scholastica
9.30am	Natalie Bardwaj & family Ints.
Thurs 11 Feb	Our Lady of Lourdes
9.30am	Peggy Doogue Ints.
12.30pm	FUNERAL MASS
	Leopoldina Maria da Costa Barros
Fri 12 Feb	feria
9.30am	Paddy McGuiness RIP
Sat 13 Feb	Of Our Lady
9.30am	Mary Sugrue RIP
Sun 14 Feb	6th SUNDAY IN ORDINARY TIME
6.15pm	NO EVENING MASS
8.30am	Richard Carroll RIP
9.45am	Joaquina Piedale Fernandes & family Ints.
11.15am	Melinda Peter RIP (4th Anniv.)
5.30pm	NO EVENING MASS



TODAY'S MASS



HE GRASPED HER HAND AND HELPED HER UP AND THE FEVER LEFT HER.* MK1.31

Today's Gospel completes a picture of Jesus' ministry: preaching, curing the sick, driving out demons, and then moving on to continue this work in another place. Jesus' compassion and healing of the sick is a sign of the Kingdom of God. In today's Gospel we also notice the importance of prayer in Jesus' daily life. Jesus rose early in the morning, removed himself from the crowds, and went to a deserted place to pray. When the disciples found him, he told them that it was time to move on. We believe that in his prayers Jesus

found guidance and direction from God. We also bring our decision-making to God in prayer, asking for his guidance and direction in our lives.

First Reading: Job 7:1-4,6-7

Job laments his sufferings and his life.

Second Reading: 1 Corinthians 9:16-19,22-23

St. Paul explains the conditions under which he preaches the gospel and the reasons why he will not accept financial help from the Corinthians.

Gospel Reading: Mark 1:29-39

Jesus cures Simon's mother-in-law and many others as well.

SPIRITUAL QUOTE OF THE WEEK

"Love ought to consist of deeds more than of words."

St. Ignatius of Loyola

MAKING CONTACT AT ST. GEORGE'S

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Information 3. Mgr Jeremy; 4. Fr. Julio; 5. Catechetical Coordinator.

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: Peter Jones, Michael Howard, Liam Goddard

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.

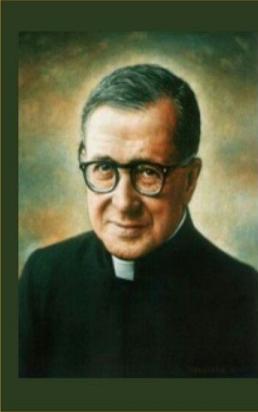
SANCTUARY LAMP *Private intention*

LAMP AT THE ALTAR OF OUR LADY OF WALSHINGHAM *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.



**"So you have failed?
You cannot fail.
You have not failed;
you have gained
experience.
Forward!"**

St. Josemaria Escriva

In Mark's gospel, Jesus is presented as one who acts rather than as one who speaks. The lengthy discourses in Matthew, for example, are missing in Mark. This is in keeping with the biblical conviction that actions speak louder than words. It is the interventions of God in human history, at the Exodus of Israel and then in the definitive Exodus of the Resurrection of Jesus, that contain the essential source of biblical revelation. This reminds us also that we must personally participate in some way in those events of liberation in order to receive the salvation promised by the Bible.

In today's gospel, Mark draws our attention particularly to those who were possessed by demons. Whatever their malady may have been, it represented the sad condition that existed before God brought a light-filled, harmonious world out of the original darkness and chaos. Jesus continues this creative work and the demons, as contemporary agents of the old chaos, instinctively recognize him as their adversary.

It is poignant to see how Jesus is already beginning to disappoint his disciples. They cannot wait for him to raise the flag of rebellion and to use his power to drive out the Roman occupiers of their land. But he goes off instead to a quiet place to commune with his heavenly Father. He has come to preach the good news of salvation through the power of love and sacrifice, rather than through the military power and domination that they seek.

We need not look far to find the reality of chaos and dissension in our world today. The ancient Hebrews saw in the original chaos an aggressive force that was constantly trying to take back the creation that God had brought forth. Their imagery may have been primitive, but their perception was very accurate. In fact, the forces of chaos seem at times to have the upper hand today, as nations are consumed by ethnic hatred, communities are divided by strife and families are often torn apart by sibling rivalries, not to speak of the present pandemic. Sometimes the chaos also enters our own psyches as we struggle to see the meaning in our lives.

God is fully aware of these troubles and he has sent Jesus to give us the wisdom, which alone can bring us peace and happiness. This is the unlikely, but only truly valid, wisdom of loving concern. Jesus not only taught this wisdom but he lived it fully as he gave his life for us.

We, like the disciples, can be all for making war to achieve our purposes, but Jesus goes away to pray. This does not mean that we should not strive to achieve legitimate objectives but it does mean that, ultimately, it is only prayerful attention to the Lord and sincere love of others that will heal the beautiful world that God has entrusted to us and bring the peace and harmony that Jesus came to offer us. For God certainly wishes, once again, to look at our world and be able to recognize, as he did at the beginning, that it is "very good" (Genesis 1: 31).

| HM Government

NHS

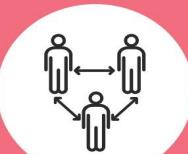
TO KEEP ON PROTECTING
EACH OTHER



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.

CONFESIONS 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 Leopoldina Maria Barros on Tuesday 9th February at 12.30pm 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.

FUNERAL MASS of Dorothy Viviano 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.

ASH WEDNESDAY 17TH FEBRUARY 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 many people are working from home, we shall have two Masses at 9.30am and 12.30pm.

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.

CONFIRMATION 2021 - Due to COVID we have had to postpone the beginning of our Confirmation Programme 2021. Our Programme is open to young people from our Parish in Year 10 & above. God willing, the Confirmation Information Evening will now take place in the Parish Centre on **Monday 29th March**. To keep us all as safe as possible this year there will be two COVID-secure sessions (7.00-7.45pm for those with surnames A-K & 8.00-8.45pm for those with surnames L-Z). Just the young person & one parent/carer are to attend. Thank you, in anticipation, for arriving on-time. For further information please contact our Catechetical Coordinator at peterkingsley@rcdow.org.uk.

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. 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 is 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.

RESTORED LIVES - Monday 8th February 2022 for nine weeks (via Zoom). This ecumenical resource is designed to enable individuals to recover from relationship breakdown. Through facilitated sessions guests are provided with the tools and insights to resolve the emotional impact of separation and divorce. To book your place on the course visit <https://www.restoredlives.org/> online course relationship breakdown

SOME LITURGICAL DATES FOR YOUR DIARY:

Ash Wednesday - 17th February

1st Sunday of Lent - 21st February

St Patrick - 17th March

St Joseph - 19th March

The Annunciation of the Lord - 25th March

Palm Sunday - beginning of Holy Week - 28th March

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.

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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 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: Job 7:1-4, 6-7

Job began to speak:
Is not man's life on earth nothing more than pressed service,
his time no better than hired drudgery?
Like the slave, sighing for the shade,
or the workman with no thought but his wages,
months of delusion I have
assigned to me, nothing for my own but nights of grief.
Lying in bed I wonder, 'When will it be day?'
Risen I think, 'How slowly evening comes!'
Restlessly I fret till twilight falls.
Swifter than a weaver's shuttle my days have passed,
and vanished, leaving no hope behind.
Remember that my life is but a breath,
and that my eyes will never again see joy.
The word of the Lord.

Responsorial Psalm: Ps 146:1-6

R/. Praise the Lord who heals the broken-hearted.

1. Praise the Lord for he is good;
sing to our God for he is loving:
to him our praise is due. **R/.**

2. The Lord builds up Jerusalem
and brings back Israel's exiles,
he heals the broken-hearted,
he binds up all their wounds.
He fixes the number of the stars;
he calls each one by its name. **R/.**

3. Our Lord is great and almighty;
his wisdom can never be measured.
The Lord raises the lowly;
he humbles the wicked to the dust. **R/.**

Second reading: 1 Corinthians 9:16-19, 22-23

I do not boast of preaching the gospel, since it is a duty which has been laid on me; I should be punished if I did not preach it! If I had chosen this work myself, I might have been paid for it, but as I have not, it is a responsibility which has been put into my hands. Do you know what my reward is? It is this in my preaching, to be able to offer the Good News free, and not insist on the rights which the gospel gives me.

So though I am not a slave of any man I have made myself the slave of everyone so as to win as many as I could. For the weak I made myself weak. I made myself all things to all men in order to save some at any cost; and I still do this, for the sake of the gospel, to have a share in its blessings.

The word of the Lord.

Gospel Acclamation: Jn8:12

Alleluia, alleluia!

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

Alleluia!

Gospel: Mark 1:29-39

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon's mother-in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them.

That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was.

In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, 'Everybody is looking for you.' He answered, 'Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came.' And he went all through Galilee, preaching in their synagogues and casting out devils.

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 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.