

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: Zephaniah 2:3, 3:12-13

Seek the Lord,
all you, the humble of the earth,
who obey his commands.
Seek integrity,
seek humility:
you may perhaps find shelter
on the day of the anger of the Lord.

In your midst I will leave
a humble and lowly people,
and those who are left in Israel will seek refuge
in the name of the Lord.
They will do no wrong,
will tell no lies;
and the perjured tongue will no longer
be found in their mouths.
But they will be able to graze and rest
with no one to disturb them.

Responsorial Psalm: Psalm 145:6-10

R/. How happy are the poor in spirit: theirs is the kingdom of heaven.

1. It is the Lord who keeps faith for ever,
who is just to those who are oppressed.
It is he who gives bread to the hungry,
the Lord, who sets prisoners free. *R/.*

2. It is the Lord who gives sight to the blind,
who raises up those who are bowed down,
the Lord, who protects the stranger
and upholds the widow and orphan. *R/.*

3. It is the Lord who loves the just
but thwarts the path of the wicked.
The Lord will reign for ever,
Zion's God, from age to age. *R/.*

Second reading: 1 Corinthians 1:26-31

Take yourselves for instance, brothers, at the time when you were called:
how many of you were wise in the ordinary sense of the word, how many
were influential people, or came from noble families? No, it was to shame
the wise that God chose what is foolish by human reckoning, and to shame
what is strong that he chose what is weak by human reckoning; those
whom the world thinks common and contemptible are the ones that God

has chosen – those who are nothing at all to show up those who are every-
thing. The human race has nothing to boast about to God, but you, God has
made members of Christ Jesus and by God's doing he has become our
wisdom, and our virtue, and our holiness, and our freedom. As scripture
says: *if anyone wants to boast, let him boast about the Lord.*

Gospel Acclamation: Mt 11:25

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

Gospel: Matthew 5:1-12

Seeing the crowds, Jesus went up the hill. There he sat down and was
joined by his disciples. Then he began to speak. This is what he taught
them:

'How happy are the poor in spirit;
theirs is the kingdom of heaven.
Happy the gentle:
they shall have the earth for their
heritage.
Happy those who mourn:
they shall be comforted.
Happy those who hunger and thirst for what is right:
they shall be satisfied.
Happy the merciful:
they shall have mercy shown them.
Happy the pure in heart:
they shall see God.
Happy the peacemakers:
they shall be called sons of God.
Happy those who are persecuted in the cause of right:
theirs is the kingdom of heaven.

'Happy are you when people abuse you and persecute you and speak all
kinds of calumny against you on my account. Rejoice and be glad, for your
reward will be great in heaven.'

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.

ST. GEORGE'S CATHOLIC CHURCH, SUDBURY

Sunday 29th January 2023

THE FOURTH SUNDAY OF THE YEAR

Welcome to all at mass today and especially anyone who is new. Please take this Newsletter home with you. You may wish to share it with family and friends. This newsletter can also be found via our website. We ask God's blessing on you and your loved ones this week and know that we pray for you all each day.

Sunday Cycle
Readings Year A

Weekday Readings
Week 4 year 1

Divine Office
Week 4

For children,
download a weekly sheet:
<http://www.sdc.me.uk/sundayliturgy/>

THIS WEEK

Sun 29 Jan
6.15pm
8.30am
9.45am
11.15am
5.30pm
4th SUNDAY OF THE YEAR
Thomas Fernandes RIP
Dorothy Smale RIP
THE PEOPLE OF THE PARISH
Kathleen Halpin RIP
Jim Anderson RIP

Mon 30 Jan
9.30am
ferla
Alfonso Ledo RIP

Tues 31 Jan
9.30am
S. John Bosco
Ellen Collins RIP

Weds 1 Feb
9.30am
ferla
Michael Walsh RIP

Thurs 2 Feb
9.30am
THE PRESENTATION OF THE LORD
(Candlemas)
Rohan Dubey RIP

Fri 3 Feb
9.30am
Ss. Laurence, Dunstan & Theodore
(S. Blaise)
Mary Ferrao RIP

Sat 4 Feb
9.30am
Of Our Lady
Patrick Millane RIP

Sun 5 Feb
6.15pm
8.30am
9.45am
11.15am
5.30pm
5th SUNDAY OF THE YEAR
Luciana Fernandes RIP
Eileen & Tom Haugh RIP
John Hernon RIP
Peter Jones RIP
THE PEOPLE OF THE PARISH

TODAY'S MASS



The people whom Jesus calls "blessed" and "happy" are not people we think of as blessed or happy the poor in spirit, the meek, the persecuted. This Gospel today is one of reversals. Jesus' blueprint for happiness reflects little of what the world might call happiness. Jesus is saying that divine favour is upon those who are poor, those who mourn, those who are persecuted. This news might have been welcome—and surprising—to the crowds who heard Jesus that day. The Beatitudes can be understood as a framework for Christian living. Our vocation as Christians is not to be first in this world, but rather to be first in the eyes of God.

First Reading: Zephaniah 2:3, 3:12-13
There will be a people who remain sheltered from God's anger.

Second Reading: 1 Corinthians 1:26-31
God chooses the weak to show his power.

Gospel Reading: Matthew 5:1-12a
Jesus teaches what it means to be blessed.

SPIRITUAL QUOTE OF THE WEEK

"A blessed life may be defined as consisting simply and solely in the possession of goodness and truth"
St. Ambrose

MAKING CONTACT AT ST. GEORGE'S

Parish Priest: Mgr. Jeremy Fairhead jeremyfairhead@rcdow.org.uk
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Charity No: 233699
Email: sudbury@rcdow.org.uk **Website:** parish.rcdow.org.uk/sudbury

GOSPEL REFLECTION

DAILY MASS TIMES

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: Friday 9.00-9.30am, 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.

FOR YOUR PRAYERS

SICK & HOUSEBOUND: *Marie Rego, Eileen Kidd, Christopher Browne, Noel Gill, Dee Auriol, Allan Noronha, Fiona Power, SMR, Aaran Thayaparan, Jocalyn Almeida, John Rowland Watts, Catherine Corcoran, Shaun Scoon and Helen Jordan, Sean Marren, George Beel, Anne McShine-Jones*

RECENTLY BAPTISED: *Valbrun Fernandes*

RECENTLY DEPARTED: *Francis Callery*

ANNIVERSARIES OF THE DEPARTED: *Mary Ferrao, Kathleen Halpin, Alfonso Ledo, Dorothy Smale.*

BLESSED SACRAMENT LAMP
In Thanksgiving

LAMP AT THE ALTAR OF OUR LADY OF WALSINGHAM
In Thanksgiving

POPE FRANCIS' INTENTIONS FOR February 2023
For parishes

We pray that parishes, placing communion at the centre, may increasingly become communities of faith, fraternity and welcome towards those most in need.

"EARTH HATH NO
SORROW THAT HEAVEN
CANNOT HEAL"

ST. THOMAS MORE

What is the good life which God intends for us? And how is it related with the ultimate end or purpose of life? Is it not our desire and longing for true happiness, which is none other than the complete good, the sum of all goods, leaving nothing more to be desired? Jesus addresses this question in his sermon on the mount. The heart of Jesus' message is that we can live a very happy life. The call to holiness, to be saints who joyfully pursue God's will for their lives, can be found in these eight beatitudes. Jesus' beatitudes sum up our calling or vocation – to live a life of the beatitudes. The word beatitude literally means "happiness" or "blessedness".

What is the significance of Jesus' beatitudes, and why are they so central to his teaching? The beatitudes respond to the natural desire for happiness that God has placed in every heart. They teach us the final end to which God calls us, namely the coming of God's kingdom, the vision of God, entering into the joy of the Lord and into his rest. Jesus' beatitudes also confront us with decisive choices concerning the life we pursue here on earth and the use we make of the goods he puts at our disposal. God alone satisfies. Theresa of Avila's prayer book contained a bookmark which she wrote: "Let nothing disturb you, let nothing frighten you; All things pass: God never changes. Patience achieves all it strives for. Whoever has God lacks nothing, God alone suffices." It all begs the question: Is God enough for you? God offers us the greatest good possible – abundant life in Jesus Christ (John 10:10) and the promise of unending joy and happiness with God. The beatitudes which Jesus offers us are a sign of contradiction to the world's understanding of happiness and joy. How can one possibly find happiness in poverty, hunger, mourning, and persecution? Poverty of spirit finds ample room and joy in possessing God as the greatest treasure possible. Hunger of the spirit seeks nourishment and strength in God's word and Spirit. Sorrow and mourning over wasted life and sin leads to joyful freedom from the burden of guilt and spiritual oppression. God reveals to the humble of heart the true source of abundant life and happiness. Jesus promises his disciples that the joys of heaven will more than compensate for the troubles and hardships they can expect in this world.

Today's gospel calls each of us to the happiness of hungering and thirsting for God alone.

NEWS UPDATE



Switch mobile phones
off or to silent

WELCOME to all at Mass today and a big welcome to anyone who is new or a visitor.

FUNERAL MASS of **Francis Callery** on Wednesday 8th February at 9.30am followed by cremation at Breakspear crematorium at 11.15am. May he rest in peace.

LOOK is a new Children's leaflet that replaces our previous ones. It's bright and colourful and we hope our children will love it. This is provided for children 4-9 years only. (so only one sheet) After 9 years old we hope that our children will be able to be more attentive to the Mass and learn its prayers.

CANDLEMAS—more officially "*The Presentation of the Lord*" falls this week on Thursday. For those who are able to attend the 9.30am Mass there will be a simple procession with candles. This is the last day for the Christmas Crib, so don't forget to pay a visit.

THE FEAST OF S. BLAISE is traditionally the day when we have our Throats blessed against all kinds of diseases and illness. In our calendar for the Diocese we unfortunately are bidden to celebrate at Mass three early saints who were Archbishops of Canterbury (Laurence, Theodore & Dunstan). However at the end of the 9.30am Mass we will celebrate St Blaise and there will be an opportunity for throats to be blessed for anyone who wishes.

FIRST HOLY COMMUNION - At Session 2, on **Tuesday 31st January**, the children will be reflecting in their Small Catechist Groups on how '**Jesus is with us at Mass**'. Thank you for arriving promptly for the start of the session at 7pm.

CONFIRMATION 2023 - We keep the Candidates in prayer as they begin to prepare for their Confirmation later this year. This week there is a Catechist Meeting followed by the next session, '**Meet the Team**' on **Monday 6th February at 7.30pm**, for **Parents/Carers only**. Thank you for making any child-care arrangements well in advance to ensure a Parent/Carer is able to attend this important introduction to the Programme and meet their son/daughter's Small Group Catechists. Please note, enrolment on this year's Programme is now closed.

MARRIAGE? Wanting to find out more about what

God has on offer for you through the Sacrament of Marriage? We have two engaging speakers visiting our Parish on **Saturday 4th February from 10 am to 1 pm, with lunch provided.**

Especially, if you are in a civil marriage or are living together, listening to these entertaining and enthusiastic speakers could change your lives. It is also suitable for others thinking of getting married in the future. There will be ample chance to ask questions about the Church's life-giving teaching on marriage. If you would like to attend, speak to Fr Mike or email him (address on the cover).

CAN YOU SING OR PLAY A MUSICAL INSTRUMENT? If so we need you. As we have begun a new year it would be good to see more of our community involved with the Music at both the 9.45am Family Mass and the 11.15am Solemn Mass. Too many of us leave it to a few. The great Saint Augustine reminds us that the one who sings prays twice! Our music and singing is one of the great ways we give glory to God especially when we are celebrating Mass. If you feel you could help, please let us know as you'd be very welcome.

ST VINCENT DE PAUL SOCIETY (SVP) : If you are feeling isolated and would like a home visit or a chat with a friendly person over the phone please get in touch. If you are struggling financially or would like other practical assistance please do not hesitate to contact us. If you are over 18 and are interested in becoming a member of the SVP you would be very welcome, just call the number below or drop in to our next meeting. Tel. 0775 3654154 (Theresa). Email. frain.home@gmail.com

CALLING NEW CONFIRMATION CATECHISTS - Might you consider a new ministry at the Parish helping our young people prepare for their Confirmation in 2023? If you might consider helping, please contact our Catechetical Coordinator, Mr. Peter Kingsley, at peterkingsley@rcdow.org.uk for further information.

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.

MENS BREAKFAST Saturday 25th February from 9.00am. Speaker: Jake Scicinski on the subject "Whatever happened to music and singing in the Catholic Church in England". (Jake is studying the organ at present at the Royal College of Music). All welcome—Father, sons etc.

THINKING OF GETTING MARRIED? - THEN THINK ABOUT PREPARING FOR MARRIAGE! An Engaged Encounter Marriage Preparation course will be taking place in the Parish Centre on the 11 and 12 February 2023. For more information on the weekend and to book on-line go to <https://engaged-encounter.org.uk/> - Stephen and Barbara Dunn

GRANTS TO HELP PAY OFF ENERGY DEBTS

As this is the month when bills might be highest, people who are in debt to their energy supplier may be able to get a grant from a charitable trust to help pay it off. More details are on this link, plus links to several advice providers:

<https://fuelpovertyresource.org.uk/focus-on/fuel-debt-and-trust-funds/>

SHARING THE CHURCH'S STORY Day Conference. Catholic Voices and Word on Fire are hosting a one-day conference called 'Sharing the Church's Story'. Come and join 1300 Catholics who are passionate about the renewal of the Church in the UK and a host of dynamic speakers including the internationally renowned speaker and author, BISHOP ROBERT BARRON. So whether you are a volunteer, parent, or catechist, clergy, or just want a boost for your faith life, then this conference is for you. Sat 11th Feb 10am-5pm at the QEII Centre, Westminster, SW1P 3EE You can find out more here: <https://www.sharingthechurchsstory.com>, will give an address. Tickets are not required.

31ST WORLD DAY OF THE SICK, the Memoria of Our Lady of Lourdes. There will be a Mass for the Sick at Westminster Cathedral at 2.30pm, Saturday 11th February 2023 The Cardinal will celebrate the Mass during which the Anointing of the Sick will be offered. To help with planning for the Mass and the anointing, please let one of the parish team know if you would like to attend and they will then book tickets. Please let them know which category for which you would like a ticket (best way to do this via email):

1. Wheelchair users who require anointing
2. Walking sick who require anointing
3. Those assisting the sick, who do not require anointing.

PARENTING FOR FAITH - a new online course starting for those with Babies and Toddlers over 5 weeks from 23rd March 23 via Zoom starting at 8:00pm. There is a £5 registration fee. <https://www.celebratetrust.org/parentingforfaith>

SCHOOL SITE MANAGER required at St Joseph's Catholic Primary School, Dobbin Close, Harrow HA 3 7LP for immediate start. Full details and an application form are available on the school website www.stjosephs.harrow.sch.uk Closing date for receipt of applications is Midday on Friday 10th February 2023".

CAFOD, the Catholic Agency for Overseas Development, are looking people join us as volunteers here in the Westminster diocese. Could you help us raise awareness about our work across the developing world tackling poverty and injustice. Find out by joining our meeting this Wednesday 1st February from 2.30-4.30pm in Oakwood, North London, N14 4HE. Please contact Tony at CAFOD for further details. westminster@cafod.org.uk or 0208 449 6970

A VERY RESPONSIBLE Catholic adult male is looking for accommodation. Any chance you could help? Contact Fr Jeremy for more information.