

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,
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.

ST. GEORGE'S CATHOLIC CHURCH, SUDBURY

Sunday 28th January 2024

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 B

Weekday Mass Readings
Year 2 Week 4

Divine Office
Week 4

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

THIS WEEK

Sun 28 Jan 6.15pm (vigil) 8.30am 9.45am 11.15am 5.30pm	THE 4th SUNDAY OF THE YEAR THE PEOPLE OF THE PARISH Bill & Beety Cusack RIP Jean Hussey RIP Kathleen Halpin RIP Toner & Patterson Family
Mon 29 Jan 9.30am	feria Special Ints.
Tues 30 Jan 9.30am 11.00am	feria Alphonso Ledo RIP (2nd) FUNERAL MASS John Regan RIP
Weds 31 Jan 9.30am	S. John Bosco Peggy Doogue Ints
Thurs 1 Feb 9.30am	feria Philip Lawless RIP
Fri 2 Feb 9.30am	THE PRESENTATION OF THE LORD (Candlemas) Mary Ferrao RIP
Sat 3 Feb 9.30am	Ss. Laurence, Dunstan, Theodore Soares de Almeida Family Ints
Sun 4 Feb 6.15pm (vigil) 8.30am 9.45am 11.15am 5.30pm	THE 5th SUNDAY OF THE YEAR Michael White RIP Michael Mulvee RIP Rohan Dubey Ints Peter Jones RIP THE PEOPLE OF THE PARISH

TODAY'S MASS



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

Parish Priest: Mgr. Jeremy Fairhead jeremyfairhead@rcdow.org.uk
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Telephone: 020 8904 2552. Phone Options: 1. Mass Times; 2. Parish Office/ SVP Information 3. Mgr Jeremy; 4. Fr. Mike; 5. Catechetical Coordinator.
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, SMR, Christopher Browne, Noel Gill, Dee Auriol, Allan Noronha, Fiona Power, Aaran Thayaparan, John, Shaun Scoon and Helen Jordan, Sean Marren, George Beel, Anne McShine-Jones, Marian Lynch, Shane & Paul, Martha Conway, Jean Lurshay, Patrick, Gerry & Corrine Gilbert, Edward Granger, Chris Sweeney, Marjorie Hoareau, Catherine Corcoran, Barbara Gill,*

RECENTLY BAPTISED: *Aaron Daniel Blair*

RECENTLY DEPARTED: *John Regan, Humprey Liew, Sheila Ann Campbell.*

ANNIVERSARIES OF THE DEPARTED: *Mary Ferrao, Kathleen Halpin, Celia Lynch, Alphonso Ledo, Dorothy Smale*

BLESSED SACRAMENT LAMP

Mary Ann Bonner RIP

LAMP AT THE ALTAR OF OUR LADY OF WALSINGHAM

Dorothy Smale RIP

POPE FRANCIS' INTENTIONS for February 2024

For the terminally ill

We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.

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

— St Augustine

When Jesus taught he spoke with authority. He spoke the word of God as no one had spoken it before. When the Rabbis taught they supported their statements with quotes from other authorities. The prophets spoke with delegated authority - "Thus says the Lord." When Jesus spoke he needed no authorities to back his statements. He was authority incarnate - the Word of God made flesh. When he spoke, God spoke. When he commanded even the demons obeyed.

St. Augustine of Hippo (354-430 AD) remarked that "faith is mighty, but without love it profits nothing. The devils confessed Christ, but lacking charity it availed nothing. They said, 'What have we to do with you' (Mark 1:24)? They confessed a sort of faith, but without love. Hence they were devils."

Faith is powerful, but without love it profits nothing (1 Corinthians 13). Scripture tells us that true faith works through love (Galatians 5:6) and abounds in hope (Romans 15:13). Our faith is made perfect in love because love orients us to the supreme good which is God himself as well as the good of our neighbour who is created in the image and likeness of God (Genesis 1:26,27).

Hope anchors our faith in the promises of God and purifies our desires for the things which will last for eternity. That is why the word of Christ has power to set us free from all that would keep us bound up in sin, deception, and despair. St. Bede the venerable abbot of an English monastery (672-735) contrasted the power and authority of Jesus' word with the word of the devil: "The devil, because he had deceived Eve with his tongue, is punished by the tongue, that he might not speak" [Homilies on the Gospels 1.8].

Faith is both a free gift of God and the free assent of our will to the whole truth that God has revealed. To live, grow, and persevere in the faith to the end, we must nourish it with the word of God. The Lord gives us his Holy Spirit to enlighten our minds that we may grow in his truth and in the knowledge of his great love for each of us. If we approach God's word with trust and submission, and with an eagerness to do what the Lord desires for us, then we are in a much better position to learn what God wants to teach us through his word. The big question is, are we eager to be taught by the Lord and to conform your mind, heart, attitude, and intentions according to his word of truth, goodness, and love?



NEWS UPDATE

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

ARE YOU NEW TO THE PARISH? It always helps us to get to know you and also your family if you register with us. We can then send you information about the parish and opportunities. Registration forms can be found at the back of Church (underneath the picture of Pope Francis).

TODAY THE CHURCH DESIGNATES THIS SUNDAY AS "RACIAL JUSTICE SUNDAY". Let us pray for respect and cohesion in our community knowing that we are all children of God regardless of background, gender or creed.

THE LITTLE SISTERS OF THE POOR thank everyone for their incredibly generous contributions to their work. We raised just under £2000.

FUNERAL MASS of John Regan on Tuesday 30th January followed by cremation at Breakspear Crematorium. May he rest in peace..

FUNERAL MASS of Humphrey Llew on Tuesday 20th February at 12 noon followed by cremation at west London Crematorium. May he rest in peace.

FR.MIKE is away this weekend on his Christmas break.

THE FEAST OF THE PRESENTATION OF THE LORD falls this coming Friday. The Feast is also known as 'Candlemas' and commemorates the ritual purification of Mary, forty days after the birth of Jesus and the ritual presentation of Jesus to God in the Temple at Jerusalem. 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 Friday at 9.30am. Usually the blessing of candles takes place at the back of the church at the beginning of Mass—so try to arrive on time!!

LENT AND EASTER fall very early this year. Ash Wednesday falls on 14th February. We are now collecting your old Palm Crosses -for burning, ready to make the ash for Ash Wednesday. Do you have any palm crosses at home? Look out for the collection basket at the back of the church. Thank you. PS. Every year people also take them away thinking Palm Sunday has come early!!

PARISH OFFICE OPENING TIMES Thursday & Friday from 11-3pm. You can be assured of booking Masses and receiving Mass cards at these times.

FRIENDS OF JESUS - This Parish Programme offers a little Religious Education to children of primary-school age who are not attending a Catholic school and have not yet received their First Holy Communion. For further details please contact our Catechetical Coordinator, Mr. Peter Kingsley, at peterkingsley@rcdow.org.uk

OVER 60'S GROUP: this Tuesday at 1pm in the parish centre. All are welcome. (PS you don't need to be a Catholic to attend).

CONFIRMATION 2024 - We keep our 46 Confirmation Candidates in prayer as they begin to prepare to be confirmed later this year. The first session of the Confirmation Preparation Programme, 'Meet the Team' on Monday 19th February at 7.30pm, is 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 and meet their son/daughter's Small Group Catechists. Please note, registration on this year's Programme is now closed.

FIRST HOLY COMMUNION - At Session 1 of Part 2 of the FHC Programme, on Tuesday 30th January, the children will be reflecting on being Catholic Christians. Please note the entry point for all the children at Session 1 will be the front door of the Parish Centre. Thank you for ensuring the children arrive promptly for the start of the session at 7pm. Children are to be picked up from their usual Catechist Group pick-up points at the end of the session.

MASS CARDS - Mass Cards are available from the Repository after all Sunday Masses.

MINIBUS TO MASS since the advent of Covid we have not been able to continue this wonderful service to our elderly at the 11.15am Mass. This is largely because the 2 minibuses were stolen from the day centre and which has sadly now closed. We now have the possibility of the use of a new bus but quite naturally we need a team of drivers and helpers. Could you help? It may be a simple commitment just once a month. At this stage just speak to one of the parish team or even better, email us and let see if we can get this up and running again.

PLEASE, IT'S A KINDNESS when Mass has ended to ensure that your seat area is left clean and tidy, ready for other parishioners coming to the next Mass. It's particularly helpful to lift the kneelers so they are not walked on and so others can get in and out of the benches easily. A waste bin is available for any rubbish in the entrance, near to the card reader. Thank you.

BUILDING WORKS: These are all but completed and all the area where the plaster has cracked (and begun to fall) have been rectified, replastered and repainted making the church look very tidy. This is only possible through what you give each week, a proportion of which is earmarked for maintenance of this type. Thank you to all of you who make this possible.

CHILDRENS LITURGY on Sunday at the 9.45am Mass. This is only during term time so this weekend is the last until it resumes in January.

MUSIC at the 9.45am Mass and the 11.15am. Could you help with the singing or even playing a musical instrument at 9.45am We need your

help...don't sit or stand on the side-lines in 2024!

THE WESTMINSTER YEAR BOOK for 2024 is now available in the Repository, last few, priced £5.00

ROSARY AT HOME If you'd like to be part of our prayer network, or know more please simply contact Cheryl on 07941002161.

EMPLOYMENT OPPORTUNITIES in various parishes and jobs working centrally for the Diocese are advertised weekly. You can view the current vacancies via this link: For further details: <https://jobs.rcdow.org.uk/>

CAFOD ISRAELI-PALESTINIAN CRISIS APPEAL: Donate to CAFOD's Israeli-Palestinian Crisis Appeal at cafod.org.uk/ipc or call 0303 303 3030 to support those affected and get funds to local trusted experts in Gaza and southern Israel who have been working alongside communities helping those most in need. Your donation will help support aid workers providing urgent humanitarian aid including food, water and emergency shelter to those in need. Thank you for your prayers."

WE ARE STILL ON THE LOOKOUT for anyone who might be a good counter of money. Each week our collection needs counting and bagging up. It takes time and a good deal of attention to make sure there are no discrepancies. Could you help? Let us know. The best way to do this is to drop us an email with all your details and which days you might be free. THANK YOU TO THOSE WHO HAVE ALREADY OFFERED THEIR TIME ETC.

ANNUAL MASS OF OUR LADY OF LOURDES, Saturday 10th February - 2.30pm, Cardinal Vincent will celebrate the Mass at Westminster Cathedral, during which anointing of the sick will be offered. To help plan for the Mass and the anointing, please request free tickets via Mandy in the office who will book them for you. Email: sudbury@rcdow.org.uk Tickets are in three categories: Wheelchair users who require anointing; Walking sick who require anointing; Those assisting the sick, who do not require anointing. The deadline for ticket requests is Thursday 1st February.

SOME LITURGICAL DATES FOR YOUR DIARY:

Ash Wednesday - 14th Feb
1st Sunday of Lent - 18th Feb
St Joseph - 19th March
Palm Sunday - beginning of Holy Week - 24th March
Maundy Thursday - 28th March
Good Friday - 29th March
Holy Saturday - 30th March
Easter Sunday of the Resurrection - 31st Mar

ONE BEDROOM FLAT desired by devout parishioner. Can you help. See Fr Jeremy.

TO LET Twin bedroom. Easy access to amenities, St George's Church, shops, buses. And underground. If interested: Contact 07717124517