

# 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, 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.

## ST. GEORGE'S CATHOLIC CHURCH, SUDBURY

Sunday 18th February 2024

# THE FIRST SUNDAY OF LENT

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 Lent week 1

## Divine Office Week 1 (Lent)

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

## THIS WEEK

<b>Sun 18 Feb</b> 6.15pm (vigil) 8.30am 9.45am 11.15am 5.30pm	<b>FIRST SUNDAY OF LENT</b> Helen Brady & Alice Cullen RIP Soares Family Ints. <b>THE PEOPLE OF THE PARISH</b> Eileen Nicklen RIP Frank Rowan RIP
<b>Mon 19 Feb</b> 9.30am	<b>Lent feria</b> Mary O'keefe RIP
<b>Tues 20 Feb</b> 9.30am 11.00am	<b>Lent feria</b> Eric & Grace Perera RIP <b>FUNERAL MASS</b> Humphrey Liew RIP
<b>Weds 21 Feb</b> 9.30am	<b>Lent feria</b> Mike Sweeney RIP
<b>Thurs 22 Feb</b> 9.30am	<b>THE CHAIR OF S. PETER, THE APOSTLE</b> Gerry Donnelly Ints.
<b>Fri 23 Feb</b> 9.30am	<b>Lent feria</b> Holy Souls 
<b>Sat 24 Feb</b> 9.30am	<b>Lent feria</b> Carmel O'Dwyer Ints.
<b>Sun 25 Feb</b> 6.15pm (vigil) 8.30am 9.45am 11.15am 5.30pm	<b>SECOND SUNDAY OF LENT</b> Private Ints. Barbara Gill Ints. Keith Kugaswaran RIP Matthew Rammelt RIP <b>THE PEOPLE OF THE PARISH</b>

## 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 not needed.*

(Pope Benedict XVI)

## MAKING CONTACT AT ST. GEORGE'S

**Parish Priest:** Mgr. Jeremy Fairhead [jeremyfairhead@rcdow.org.uk](mailto:jeremyfairhead@rcdow.org.uk)  
**Assistant Priest:** Fr Mike Guthrie [michaelguthrie@rcdow.org.uk](mailto:michaelguthrie@rcdow.org.uk)  
**Catechetical Coordinator:** Mr. Peter Kingsley [peterkingsley@rcdow.org.uk](mailto:peterkingsley@rcdow.org.uk)  
**Secretary:** Mrs. Toni Miles [sudbury@rcdow.org.uk](mailto:sudbury@rcdow.org.uk)  
**Director of Music:** Mr. Scott Price [scottprice@rcdow.org.uk](mailto:scottprice@rcdow.org.uk)  
**Hall Bookings:** via the office or [sudbury@rcdow.org.uk](mailto:sudbury@rcdow.org.uk)  
**Safeguarding Rep:** Hanna Gorgis [sudburysg2@safeguardrcdow.org.uk](mailto:sudburysg2@safeguardrcdow.org.uk)  
Tel 07751804978  
**Address:** The Presbytery, 970 Harrow Road, Sudbury, Wembley, Middlesex, HA0 2QE  
**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](mailto:sudbury@rcdow.org.uk) **Website:** [parish.rcdow.org.uk/sudbury](http://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, 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, Dan O'Connor, Ciara I.*

**RECENTLY BAPTISED:** *Aaron Daniel Blair*

**RECENTLY DEPARTED:** *Humphrey Liew, Sheila Ann Campbell, Bridget Margaret Canning, Gloria Kirkland, Anthony George, Pauline Brennan.*

**ANNIVERSARIES OF THE DEPARTED:** *Helen Brady, Alice Cullen, Francis Rowan, Grace Perera (4th)*

### BLESSED SACRAMENT LAMP

*Fausto Russo Birthday Ints.*

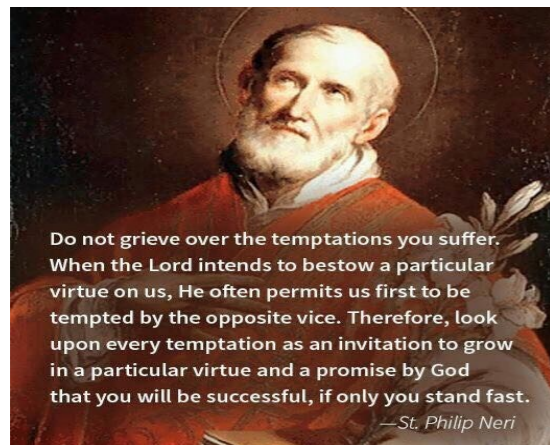
### LAMP AT THE ALTAR OF OUR LADY OF WALSINGHAM

*Private Ints.*

### 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.



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

How do we enter the kingdom of God? Having spent those 40 days in the wilderness Jesus first task was in announcing the good news of the Gospel. Jesus gave two explicit things each of us must do in order to receive the kingdom of God: repent and believe. Repent means to turn away from sin and wrong-doing in order to follow God's way of love, truth, and moral goodness. When we submit to God's rule in our lives and believe in the Gospel message the Lord Jesus gives us the grace and power to live a new way of life as citizens of his kingdom. He gives us grace to renounce the kingdom of darkness ruled by pride, sin, and Satan, the father of lies (John 8:44) and the ruler of this present world (John 12:31). Repentance is the first step to surrendering my will and my life to God.

Repentance means to change - to change my way of thinking, my attitude, my disposition, and the way I choose to live my life so that the Lord Jesus can be the Master and Ruler of my heart, mind, and will. Whatever stands in the way of God's will and plan for my life must be surrendered to him - my sinful pride, my rebellious attitude, and stubborn will to do as I please rather than as God pleases. If I am only sorry for the consequences of my own sinful ways, I will very likely keep repeating the same sins that control my thoughts and actions. True repentance requires a contrite heart and true sorrow for sin (Psalm 51:17) and a firm resolution to avoid the near occasion of sin. The Lord Jesus gives us the grace to see sin for what it really is a rejection of his love, truth, and wisdom for our lives and a refusal to do what he says is right and good for us. His grace brings pardon and freedom from guilt, and breaks the power of bondage to sin in our lives through the strength and help of the Holy Spirit who dwells within us. If we yield to the Holy Spirit and not to our sinful inclinations, we will find the strength and help we need to turn away from all wrong-doing and whatever else might keep us from living in his truth and love.

To believe is to take Jesus at his word and to recognize that God loved us so much that he sent his only begotten Son to free us from bondage to sin and harmful desires. God made the supreme sacrifice of his Son on the cross to bring us back to a relationship of peace, friendship, and unity with our Father in heaven. He is our Father and he wants us to live in joy and freedom as his beloved sons and daughters. God loved us first and he invites us in love to surrender our lives to him. Do you believe in the Gospel - the good news of Jesus Christ - and in the power of the Holy Spirit who transforms each one of us into the likeness of Christ?



## 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).

**LENT LEAFLET** please take one today if you have not done so already. They are in a basket at the back of the church TWO CHANGES to the First Edition:

**THE LENT GROUP** studying the Lord's Prayer is EVERY TUESDAY in the Café bar (Not on Mondays)  
**THE MENS BREAKFAST** is now on 23rd March so as to not coincide with the day of recollection.

**STATIONS OF THE CROSS** this week on Friday after the 9.30am (around 10.00am).

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

**FUNERAL MASS** of Bridget Margaret Canning on Friday 8th March at 11.00am followed burial in Alperton Cemetery. May she rest in peace.

**FUNERAL MASS** of Pauline Brennan on Friday 15th March at 12 noon followed by burial in Carpenders Park. May she rest in peace.

**FUNERAL MASS** of Anthony George at 12 noon on Friday 5th March followed by burial in Carpenders Park. May he rest in peace.

**THANK YOU** to all who attended the Mass here on Ash Wednesday, last week. The congregation numbers at all three Masses was tremendous to see. It was particularly encouraging to have Altar Servers in the Sanctuary during their half term break - thank you all - you are great! The big thing now is to keep it up during Lent!

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

**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).

**FIRST HOLY COMMUNION** - At Session 3 of Part 2 of the FHC Programme, on Tuesday 20th February, the children will be reflecting on how Jesus gives us what we Need. Please note that this session is for the children accompanied by a Parent/Carer. Thank you for making child-care arrangements well in advance, for any other children, so one Parent/Carer is able to attend with their son/daughter. Thank you, also, for arriving promptly for the start of the session at your Catechist Group entry/exit point at 7pm.

**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.

**READING AT 11.15AM SOLEMN MASS** - Might you consider reading at the Solemn Mass? This ministry offers an opportunity both to reflect a little more attentively on the Word of God whilst also serving the community at Mass. The commitment would be no more than once a month. If you might consider helping, please contact Roger Nicklen, the 11.15am Readers Rota Coordinator, at [r.nicklen@btinternet.com](mailto:r.nicklen@btinternet.com).

**THE CAFOD LENT FAMILY FAST DAY** will be on Friday 23rd February. Envelopes and prayer cards are available in the porch this. Thank you.

**CALLING NEW CONFIRMATION CATECHISTS** - Might you consider helping with our Confirmation Preparation Programme in 2025? This ministry offers an opportunity to serve the young people of the Parish, in Year 10 and above, as they prepare for this important moment in their life of faith. For those wishing to receive it, this also offers invaluable teaching experience. You would be helping to facilitate a Small Group with experienced Catechists. If you might consider helping next year please contact Peter, our Catechetical Coordinator, at [peterkingsley@rcdow.org.uk](mailto:peterkingsley@rcdow.org.uk). Thank you.

**AID TO THE CHURCH IN NEED MASS APPEAL** - Next weekend, John Ravi from Aid to the Church in Need (ACN), our Lenten Charity, will be at all the Masses helping to raise awareness of how ACN supports Christians who are persecuted for their faith. ACN supports more than 5,000 projects helping the Church's mission internationally. At the moment ACN provides emergency aid for Christians who lost their livelihoods because of the war in Gaza. The newly announced aid package includes life-saving medicine, food coupons, help with tuition fees and housing costs. Your help will make a huge difference. There will be a retiring collection after all Masses. If you wish would like further information about ACN volunteer, please contact John Ravi at 07932973650, [John.Ravi@acnuk.org](mailto:John.Ravi@acnuk.org) or visit [www.acnuk.org](http://www.acnuk.org)

**ANNUAL MASS OF THANKSGIVING** for the Sacrament of Matrimony, Westminster Cathedral, Saturday 25th May 2024 at 2:30pm. The Cardinal is inviting to this Mass all couples in the Diocese, who are celebrating their 5th, 10th, 25th, 30th, 40th, 50th and 60th (and every year over 60) wedding anniversary of Catholic marriage in 2024. If you are celebrating an anniversary, please let the parish office know with the following details: husband and wife's names, wedding date, full postal address and email (or telephone number, if no email).

**PLANNED GIVING:** Planned Giving envelopes for 2024/2025 will soon be available. Thank you to parishioners who have now switched over to a standing order and those who are using our card machine. This saves us printing costs. PLEASE let us know the following:

- If you are new to the parish and wish to use planned giving envelopes for the first time
- If you wish to change from Planned Giving envelopes to a Standing Order (ie direct through your bank).
- You wish to contribute by Standing Order.
- You are a standard tax payer and wish to Gift Aid your contribution - this can increase your donations by 25p in the £ at no extra cost to yourself.
- You need a supply of "paid by Bankers' order" cards..

If you have a Gift Aid in place and your circumstances have changed and you no longer pay tax, it is your responsibility to inform the parish office. Please address all queries to [sudbury@rcdow.org.uk](mailto:sudbury@rcdow.org.uk) or telephone 020 8904 2552 (option 2).

**OUR CHURCH** is cleaned and looked after by volunteer parishioners, so please help them to keep our church clean and welcoming. When Mass has concluded, please

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 for your assistance.

**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.

**CHILDRENS LITURGY** not during half term. Starts again next week.

**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!

**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/>

**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.

**ADVICE ON ENERGY BILLS** National Energy Action's Warm and Safe Homes (WASH) Advice Service is a free support service providing advice and help to householders on their energy bills and keeping warm and safe at home. They can also help with benefits advice and income. Information and advice are available via their website, <https://www.nea.org.uk/get-help/> and their dedicated helpline 0800 304 7159 (BSL interpreters available).

**THE IRISH CHAPLAINCY** is seeking a new CEO. As the oldest Irish Catholic welfare charity in Britain, our aim remains to galvanise the whole Irish community to work together to improve the lives of those most vulnerable of Irish emigrants and ensure that no member of our community is forgotten. If working with a dedicated team on projects that make a real difference to the lives of Irish in Britain is of interest, please contact [sue.crozierhr@gmail.com](mailto:sue.crozierhr@gmail.com) for the application pack or to learn more. The deadline for applications is Sunday 18th February 2024.

**BACH'S ST JOHN'S PASSION** As part of its Lenten devotions, Westminster Cathedral Choir will perform J.S. Bach's St John Passion on Thursday 14th March at 7.30pm. Tickets (£45/35/20) are available via Ticketmaster. The Cathedral Choir will be conducted by Simon Johnson, the Cathedral's Master of Music, accompanied by a Baroque orchestra and soloists James Gilchrist (as the Evangelist) and William Thomas (Christus).