

# 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,  
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 gos-

pel 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: *Jn 8:12*

*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.

# ST. GEORGE'S CATHOLIC CHURCH, SUDBURY

Sunday 4th February 2024

## THE FIFTH 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 5

Divine Office  
Week 1

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

## THIS WEEK

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

Mon 5 Feb  
9.30am

S. Agatha  
Henrietta Kalogroulis RIP

Tues 6 Feb  
9.30am

Ss. Paul Miki & Companions  
Ema Fernandes RIP

Weds 7 Feb  
9.30am

feria  
Hector Fabron RIP

Thurs 8 Feb  
9.30am

feria  
Private Intention

Fri 9 Feb  
9.30am

feria  
Therese Intentions

Sat 10 Feb  
9.30am

S, Scholastica  
The Mathias family

Sun 11 Feb  
6.15pm (vigil)  
8.30am  
9.45am  
11.15am  
5.30pm

THE 6th SUNDAY OF THE YEAR  
Leesha Guifoyle RIP  
Patricia Klebetz RIP RIP  
Baptiste Fernandes Ints  
Anne Griffin RIP  
THE PEOPLE OF THE PARISH

## TODAY'S MASS



HE GRASPED HER HAND AND  
HELPED HER UP AND THE  
FEVER LEFT HER. MK 1:31

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

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)  
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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](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, 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

*In memory of Kathleen Joyce RIP*

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

*In thanksgiving Henry Travasso & Family*

### 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.



**"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).



# 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). of background, gender or creed.

**FUNERAL MASS of Sheila Ann Campbell** on Friday 16th February followed by cremation at Breakspear Crematorium at 1.00pm. May she rest in peace.

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

**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!!

**NEXT WEEKEND WILL BE THE LAST OPPORTUNITY** to return any palm crosses that you may not want to keep. These will be burned to make the ash for use on Ash Wednesday, the beginning of Lent. Look out for the basket at the back of church to return your Palms.

**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](mailto: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 2 of Part 2 of the FHC Programme, on Tuesday 6th February, the children will be reflecting on how Jesus is with us at Mass. Children should be dropped off and picked up from their unique Catechist Group Entry/Exit point. Thank you for ensuring the children arrive promptly for the start of the session at 7pm.

**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.

**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](https://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: [sud-bury@rcdow.org.uk](mailto:sud-bury@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 has been 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

**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).