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: ***Zephaniah 2:3; 3:12-13***

Seek the LORD,

all you, humble of the land,

who do his just commands;

seek righteousness;

seek humility;

perhaps you may be hidden on the day of the anger of the LORD.

I will leave in your midst a people humble and lowly. They shall seek refuge in the name of the LORD, those who are left in Israel; they shall do no injustice and speak no lies, nor shall there be found in their mouth a deceitful tongue. For they shall graze and lie down, and none shall make them afraid.

Responsorial Psalm: Ps 146: 6-10

Blessed are the poor in spirit; for theirs is the kingdom of heaven.

It is the LORD who preserves fidelity for ever,
who does justice to those who are oppressed.
It is he who gives bread to the hungry,
the LORD who sets prisoners free.

Blessed are the poor in spirit; for theirs is the kingdom of heaven.

The LORD who opens the eyes of the blind,
the LORD who raises up those who are bowed down.
It is the LORD who loves the just,
the LORD who protects the stranger.

Blessed are the poor in spirit; for theirs is the kingdom of heaven.

The LORD upholds the orphan and the widow,
but thwarts the path of the wicked.
The LORD will reign for ever,
your God, O Sion, from age to age.

Blessed are the poor in spirit; for theirs is the kingdom of heaven.

Second reading: 1 Corinthians 1:26-31

Consider your calling, brothers and sisters: not many of you were wise according to worldly standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, even things that are not, to bring to nothing things that are, so that no human being might boast in the presence of God. And because of him you are in Christ Jesus, who became to us wisdom from God, righteousness, and sanctification, and redemption; so that, as it is written, 'Let the one who boasts, boast in the Lord.'

Gospel Acclamation
Alleluia, alleluia.
Rejoice and be glad,
for your reward is great in heaven.
Alleluia.

Gospel: ***Matthew 5:1-12a***

At that time: Seeing the crowds, Jesus went up on the mountain, and when he sat down, his disciples came to him. And he opened his mouth and taught them, saying:

'Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Blessed are the merciful, for they shall receive mercy.

Blessed are the pure in heart, for they shall see God.

Blessed are the peacemakers, for they shall be called sons of God.

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is 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.

Copyright © 1996-2024 Universalis Publishing Limited: see www.universalis.com. The English translation of the Psalm Responses from "Lectionary for Mass" © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation (ICEL). Excerpts from the English translation of "The Roman Missal" © 2010, ICEL. All rights reserved.

ST. GEORGE'S CATHOLIC CHURCH, SUDBURY

Sunday 1st February 2026

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 Mass Readings
Ordinary time week 4, Year 2
Divine Office
Psalter Week 4

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

Masses and Intentions THIS WEEK

Sun 1 Feb	**4th SUNDAY IN ORDINARY TIME**
6.15pm *Sat Vigil*	Una McHale RIP
8.30am	Margaret Thompson RIP
9.45am	Michael Morgan
11.15am	Joe Davenport Snr. RIP
5.30pm	PEOPLE OF THE PARISH
Mon 2 Feb	**THE PRESENTATION OF THE LORD (Candlemas)**
9:30am	Holy Souls
Tues 3 Feb	**Ss. Laurence, Dunstan & Theodore (S. Blaise)**
9.30am	Mary Ferrao RIP
Weds 4 Feb	**Feria**
9.30am	Ellen Lenihan RIP
Thurs 5 Feb	**S. Agatha**
9.30am	John English RIP
Fri 6 Feb	**S. Paul Miki & Companions**
9.30am	Coomarewel Family
11:00	**FUNERAL MASS** Mike Barrett
Sat 7 Feb	**Of Our Lady**
9:30am	Tim Doody RIP
Sun 8 Feb	**5TH SUNDAY IN ORDINARY TIME**
6.15pm *Sat Vigil*	Peggy Maloney Get Well Intentions
8.30am	Paschal Duffy RIP
9.45am	Baptist Fernandes Intentions
11.15am	Peter Jones RIP
5.30pm	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.

Responsorial Psalm: ***Psalm 146:6-10***
The Lord is faithful forever.

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 happy.

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
Assistant Priest: *(awaiting appointment)*
Catechetical Coordinator: Mr. Peter Kingsley peterkingsley@rcdow.org.uk
Secretary: Mrs. Mary Walsh sudbury@rcdow.org.uk
Director of Music: Mr. Scott Price scottprice@rcdow.org.uk
Safeguarding Rep: Hanna Gorgis 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; 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.
EUCHARISTIC 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, Noel Gill, Christopher Browne, Dee Auriol, Fiona Power, John, Aaran Thayaparan, John, Shaun Scoon and Helen Jordan, Sean Marren, George Beel, Anne McShine-Jones, Marian Lynch, Shane & Paul, Martha Conway, Patrick, Gerry & Corrine Gilbert, Edward Granger, Ciara I, Mary O'Connell, Leslie De Lima, Paul Pereira, Nora Hunt, Mario, Maureen Chick, Larry Sicat, Ramzan*

RECENTLY BAPTISED: *Joel Moro-Afful, Jovan Afful, Jeriah Afful Adu-Yeboah, Andre Richardson*

RECENTLY DEPARTED: *Mike Barrett, Hannah O'Leary*

RECENTLY MARRIED:- *Karlene & Alexis*

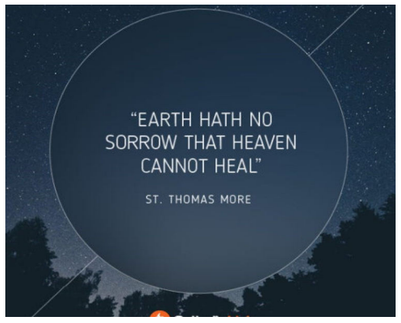
RECENTLY CONFIRMED:

ANNIVERSARIES OF THE DEPARTED: - *Una McHale (1st), Mary Ferrao (21st)*

BLESSED SACRAMENT LAMP
Jason Christian 21st Birthday Intentions

LAMP AT THE ALTAR OF OUR LADY OF WALSINGHAM
Private Intention

THE POPE'S INTENTIONS for February
For children with incurable diseases
Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.



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 on 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



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 photo of Pope Leo.

THE PARISH OFFICE HOURS will now be Monday—Friday 10.00am-2.00pm. Outside these hours, **urgent** matters can be directed to the Presbytery.

THIS WEEKEND is Week Three (the final weekend) of our Planned Giving Campaign. Each household should have been handed a green Week Three leaflet upon arrival. Please do complete the form even if you are already a planned giver and gift aider in the parish. This is because this is a parish-wide renewal and we want to ensure your contact details and Gift Aid details are up to date, which is very important for parish records. **Thank you for your continued support of our parish and we pray for God's blessing on us all as we move forward with our parish vision.**

FUNERAL MASS of Michael (Mike) Barrett on Friday 6th February at 11.00am followed by burial at Carpenders Park Cemetery. May he rest in peace.

FUNERAL MASS of Hannah O'Leary on Thursday 12th February at 1pm at Our Lady of the Visitation, Greenford, followed by burial at Greenford Park Cemetery. May she rest in peace.

CANDLEMAS—more officially "***The Presentation of the Lord***" falls this week on MONDAY. 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 ST 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.

A NEW ARCHBISHOP OF WESTMINSTER was announced just before Christmas. Pope Leo has appointed Bishop Richard Moth, at present bishop of Arundel and Brighton (in the south—Surrey & Sussex). He will formally take up his appointment on 14th February 2026. Please pray for him as he prepares to come to Westminster.

WELCOMERS - We are seeking **new volunteers** to join our team of helpers **welcoming people to Mass**. For further details or to express an interest please contact our Welcomers Coordinator, **Lucille Thomas**, at **lucille.thomas@gmail.com**. The commitment would involve welcoming approximately once a month.

ST. GEORGE'S OVER 60'S CLUB Lots of people and great fun too! Why not join them? All over 60's welcome—just turn up on Tuesday in the Café Bar in the Parish Centre at 1pm. Come along and bring a friend. You don't need to be Catholic!

FIRST HOLY COMMUNION - At **Session 2** of the FHC Communion Programme on **Tuesday 3rd February** the children will be reflecting on how **Jesus is with us at Mass.** Thank you for ensuring the children arrive **promptly for the start of the session at 7pm.** Children should be **dropped off and picked up** from their usual **Catechist Group Entry/Exit point.**

SYCAMORE is an informal course about the Catholic faith and its relevance to life today. All are welcome to join us in the **Café Bar** on **Thursday 5th February** at **7.30pm** when we will be reflecting on **The Christian Vocations.**

CONFIRMATION 2026 - 'Meet the Team', on **Monday 23rd February at 7.30pm,** provides the opportunity for **Parents/Carers** to hear about how **best to support their son/daughter** as they prepare for their Confirmation, **meet their Small Group Catechists** and receive **further information** about the **specific dates & times** for their Small Group. Thank you for **letting us know in advance** if, for any reason, a Parent/Carer is unable to attend this important meeting. Please note, **registration on this year's Programme is now closed.**

MASS FOR THE SICK On Saturday 7th February 2026 we will be holding our Mass for the Sick at the Cathedral at 2pm, celebrated by H.E. Cardinal Vincent Nichols, during which Anointing of the Sick will be offered. To help us with planning for the Mass and the anointing, **tickets must be booked in advance via the Parish Office.** Please email Mary in the Parish Office on sudbury@rcdow.org.uk to book tickets. Tickets are in three categories:

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

Please confirm in your email the category for which you would like a ticket.

Booking closes on Wednesday 4th February 2026.

SPONSORING THE BLESSED SACRAMENT LAMP & THE LAMP AT OUR LADY OF WALSINGHAM is a lovely thing to do for a departed loved one or a particular intention. There are some possibilities in the month of March. Please contact the Parish Office.

WESTMINSTER DIOCESAN PILGRIMAGE TO LOURDES 17th – 24th July 2026. Registration is now open at **https://pilgrimages.rcdow.org.uk/registration-form/** or via the Pilgrimage Office on 0207 798 9173. If you would like to sponsor or fundraise for an Assisted Pilgrim, member of the medical team or volunteer, then please also contact the Pilgrimage Office for further details.

HELPING WITH HOSPITALITY - Might you consider helping with **teas & coffees** after the **9.45am** Family Mass. For further details, or to express an interest, please contact Peter, at **peterkingsley@rcdow.org.uk.** The commitment would be no more than once a month.

BAPTISM PREPARATION - **Baptism Preparation** sessions at the Parish provide **essential** formation for Parents/Carers as they prepare for this important Sacrament. If you are expecting a baby, or would like your baby baptised, please **pick up a Baptism Pack** from the **Parish Office**. To attend **February's Baptism Preparation** you will need to **complete** the **Baptism Application Form** (in the Pack) & **return it to the Parish Office by Monday 23rd February 2026.**

ANNUAL MASS OF THANKSGIVING FOR THE SACRAMENT OF MATRIMONY, Westminster Cathedral, Saturday 23rd May 2026 at 2:30pm. The Archbishop 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 2026. If you are celebrating an anniversary, please email the Parish Office on sudbury@rcdow.org.uk giving the following details: husband and wife's names, wedding date, full postal address and contact email (or telephone number, if no email). Thank you.

SIGNING FORMS ETC. Please always make an appointment via the Parish Office if you want school forms, passport forms or pension forms countersigned/witnessed by the clergy. Please also know if you want an English passport witnessed or naturalisation form signed, we must have known you for a minimum of 3 years.

