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: ***Isaiah 58:6-10***

Thus says the Lord:
Is not this the fast that I choose:
to loose the bonds of wickedness,
to undo the straps of the yoke,
to let the oppressed go free,
and to break every yoke?
Is it not to share your bread with the hungry
and bring the homeless poor into your house;
when you see the naked, to cover him,
and not to hide yourself from your own flesh?

Then shall your light break forth like the dawn,
and your healing shall spring up speedily;
your righteousness shall go before you;
the glory of the LORD shall be your rearguard.

Then you shall call, and the LORD will answer;
you shall cry, and he will say, 'Here I am.'
If you take away the yoke from your midst,
the pointing of the finger, and speaking wickedness,
if you pour yourself out for the hungry
and satisfy the desire of the afflicted,
then shall your light rise in the darkness
and your gloom be as the noonday.

Responsorial Psalm: Ps 112: 4-9.

A light rises in the darkness for the upright.

A light rises in the darkness for the upright;
he is generous, merciful, and righteous.
It goes well for the man who deals generously and lends,
who conducts his affairs with justice.

A light rises in the darkness for the upright.

He will never be moved;
for ever shall the upright be remembered.
He has no fear of evil news;
with a firm heart, he trusts in the LORD.

A light rises in the darkness for the upright.

With a steadfast heart he will not fear.
Open-handed, he gives to the poor;
his justice stands firm for ever.
His might shall be exalted in glory.

A light rises in the darkness for the upright.

Second reading: ***1 Corinthians 2:1-5***

I, when I came to you, brothers and sisters, did not come proclaiming to you the testimony of God with lofty speech or wisdom. For I decided to know nothing among you except Jesus Christ and him crucified. And I was with you in weakness and in fear and much trembling, and my speech and my message were not in plausible words of wisdom, but in demonstration of the Spirit and of power, so that your faith might not rest in the wisdom of men but in the power of God.

Gospel Acclamation: ***John 8:12***

Allelula, allelula.
I am the light of the world, says the Lord;
whoever follows me will have the light of life.
Allelula.

Gospel: ***Matthew 5:13-16***

At that time: Jesus said to his disciples, 'You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet.

'You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.'

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.

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 8th February 2026

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 A
Weekday Mass Readings
Ordinary time week 5, Year 2
Divine Office
Psalter Week 1

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

Masses and Intentions THIS WEEK

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
Mon 9 Feb	Feria
9:30am	Adam Coomarewel Intentions
Tues 10 Feb	**S. Scholastica**
9.30am	Nimal Perera RIP
Weds 11 Feb	**Our Lady of Lourdes**
9.30am	Brother Gerard Intentions
Thurs 12 Feb	**Feria**
9.30am	Joe Fox Birthday Intentions
Fri 13 Feb	**Feria**
9.30am	Bridget Dunne RIP
Sat 14 Feb	**Ss. Cyril & Methodius**
9:30am	Melinda Peter RIP
Sun 15 Feb	**6TH SUNDAY IN ORDINARY TIME**
6.15pm *Sat Vigil*	Antonio Guilherme Rodrigues RIP
8.30am	Bosco Fernandes Intentions
9.45am	John Stack RIP
11.15am	Eileen Nicklen RIP
5.30pm	PEOPLE OF THE PARISH

TODAY'S MASS



Jesus' call to be salt for the earth and light for the world powerfully states our mission as a Church and as Christians. Our commitment to social justice flows from the exhortation that Jesus gives us in today's Gospel. Some of the activities that this commitment leads us to are given more concrete expression as the Corporal and Spiritual Works of Mercy. When we feed the hungry, clothe the naked, console those who mourn, and so on, we show ourselves to be the salt of the earth and the light of the world. When we do these things with the community of faith, the Church, we are indeed acting as "a city set on a mountain" that cannot be hidden!

First Reading: ***Isaiah 58:6-10***
In the work of justice, light shall break through darkness.

Responsorial Psalm: ***Psalm 112:4-9***
The just person will be a light in the darkness.

Second Reading: ***1 Corinthians 2:1-5***
Paul shows that he came to Corinth preaching Christ crucified.

Gospel Reading: ***Matthew 5:13-16***
Jesus teaches that his disciples are to be the salt of the earth and the light of the world.

SPIRITUAL QUOTE OF THE WEEK

"Do you want to have God always in your mind? Be just as he made you to be. Do not go seeking another "you". Do not make yourself otherwise than he made you. Then you will always have God in mind".
St Anthony of Padua

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: - *Melinda Peter (9th), Peter Jones (28th), Fr James O'Reilly SMA (45th)*

BLESSED SACRAMENT LAMP
In Memory Of Leona Tavernier

LAMP AT THE ALTAR OF OUR LADY OF WALSINGHAM
In Memory of Marjory Hoareau

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 can salt and light have to teach us about God and his reign on earth? Jesus used ordinary images, such as salt and light, to convey extraordinary truths about the kingdom of God. Salt was a valuable commodity in the ancient world. People traded with it, like we trade with gold and stock. Salt also served a very useful purpose in hot climates before the invention of electricity and refrigeration. Salt not only gave food flavour, it also preserved meat from spoiling. Jesus used the image of salt to describe how his disciples are to live in the world. As salt purifies, preserves, and penetrates, so the disciple must be as salt in the world of human society to purify, preserve, and penetrate that society for the kingdom of God and of his righteousness and peace.

Jesus also used the image of light and a lamp to further his illustration. Lamps in the ancient world served a vital function, much like they do today. They enable people to see and work in the dark and to avoid stumbling. The Jews also understood "light" as an expression of the inner beauty, truth, and goodness of God. In his light we see light (Psalm 36:9). His word is a lamp that guides our steps (Psalm 119:105). God's grace not only illumines the darkness in our lives, but it also fills us with spiritual light, joy, and peace. Jesus used the image of a lamp to describe how his disciples are to live in the light of his truth and love. Just as natural light illumines the darkness and enables one to see visually, so the light of Christ shines in the hearts of believers and enables us to see the heavenly reality of God's kingdom. In fact, our mission is to be light-bearers of Christ so that others may see the truth of the gospel and be freed from the blindness of sin and deception.

Jesus remarks that nothing can remain hidden or secret. We can try to hide things from others, from ourselves, and from God. How tempting to shut our eyes from the consequences of our sinful ways and bad habits, even when we know what those consequences are. And how tempting to hide them from others and even from God. But, nonetheless, everything is known to God who sees all. There is great freedom and joy for those who live in God's light and who seek this truth.

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. Please note the Parish Office will be closed Monday 16th to Friday 20th February 2026.

THANK YOU to those parishioners who completed our Week 3 Planned Giving Campaign leaflet last weekend. As this is a parish wide renewal, we would encourage all parishioners to complete and return the form. We want to ensure your contact details and Gift Aid details are up to date. **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.**

BISHOP RICHARD MOTH - The Installation Mass for our new Archbishop will be on Saturday 14th February at 12.00 noon. Due to the large numbers of people attending, the Mass has been by ticket invitation only. The Mass will however be live streamed on the Cathedral website. Please do keep Bishop Richard in your prayers at this time. **On Tuesday 10th March at 6:30pm –** at St Joseph's, Wembley the new Archbishop will say Mass for the Brent and Harrow deaneries to which everyone is invited. No tickets required.

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.

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 Welcome's Coordinator, **Lucille Thomas**, at **lucille.thomas@gmail.com**. The commitment would involve welcoming approximately once a month.

HOURS AND HOURS We have returned our Annual Financial Return to the Diocese. Thank you to Mary and the Finance Committee, and to many others, for their work in putting it all together. One of the documents enclosed with the Annual Return is a listing of the voluntary roles which help any Church community to flourish, grow and function more efficiently. In the past year alone 350+ voluntary roles were carried out by parishioners at St George's, helping within the parish or with social outreach. A good number of parishioners volunteered for more than one or two tasks or roles on a weekly basis. Thank you to each and every volunteer for your generosity of time and spirit— it all contributes to putting love into action and building up the Kingdom of God.

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!

NATIONAL MARRIAGE WEEK is 7th-14th February. Please remember in your prayers all married couples, those who are preparing for the sacrament of marriage and those who have been widowed. If you would like to do something special for National Marriage Week, take a look at this website: https://marriage-week.org.uk/

FIRST HOLY COMMUNION - At **Session 3** of Part 2 of the FHC Communion Programme, on **Tuesday 10th February**, the children will be reflecting on how **Jesus gives us what we Need.** Please note that this session is for children **accompanied by a Parent/Carer.** Thank you for making **child-care arrangements** well in advance, for any other children, so a Parent/Carer is able to attend with their son/daughter. Thank you for arriving **promptly** for the start of the session at **7pm** at your **Catechist Group Entry/Exit point.**

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.**

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 26th February** at **7.30pm** when we will be reflecting on **The Social Teaching of the Church.**

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**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.

SOME LITURGICAL DATES FOR YOUR DIARY:
Ash Wednesday - 18th February
1st Sunday of Lent - 22nd February
St Joseph -19th March
The Annunciation of the Lord 25th March

JOB VACANCIES: There are a good number of paid employment opportunities this month, in parishes around the Diocese. You can view them via this link: https://jobs.rcdow.org.uk/

RETROUVAILLE helps couples find hope and healing for their marriage. Marriage support - Does your relationship need some TLC? Need help with deeper issues? LAST CALL for next online marriage programme: 12th February 2026. For more information go to https://retrouvaille.org.uk or call 07887 296983

ST VINCENT'S NURSING HOME was officially opened by his Eminence Cardinal Cormac Murphy O'Connor on 7th July 2006. It has 62 rooms, split over four wings and two floors. Each room has an excellent view, and all residents have access to beautiful gardens. There are communal lounges and dining rooms in each wing which are also available for visitors and family to share a cup of tea or coffee at any time. They currently have vacancies. Please call 020 8872 4900 to make an enquiry or alternatively drop by at a time that suits you. Their address is Wiltshire Lane, Eastcote, HA5 2NB. There is plenty of parking on site.