**St Helen’s ChuRCH**

Watford WD24 6NJ

01923 223175

watfordnorth@rcdow.org.uk

Priest of the Diocese

**Father Voy**

& DeaconLiam Lynch

**Secretary**: Shirlie Halladey

(office hours: Tues & Thurs (10am-3pm), Fri (10am – 4pm)

[www.rcdow.org.uk/watfordnorth](http://www.rcdow.org.uk/watfordnorth)

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If our Christianity is merely a set of

exterior practices camouflaging a life of compromise with the weakness and hypocrisy of the world, we fail in our mission to manifest the hidden Nature of God to men in our own lives. We fail to let people know, by the spirituality and purity and strength of our own lives, that God is love, and that he loves them all as he loves his own son, and that he wants them all to recover their true identity as his sons and daughters.

by

Thomas Merton

**BAPTISMAL PREPARATION**

The next monthly session will take place on Saturday 17th February 2024, in the parish hall at 10.00 with Deacon Liam. If you would like to attend a session (on 3rd Saturday of each month), please email the Parish Office [watfordnorth@rcdow.org.uk](mailto:watfordnorth@rcdow.org.uk) with your details.

**Sunday 14th JANUARY 2024**

**MASS INTENTIONS FOR THE WEEK**

Sat 13th ***St Hilary, Bishop***

09:15 Emanuel Int.

18:00 Margaret Watson (wellbeing)

Sun 14th  ***Second Sunday in Ordinary Time***

09:00 Maria Niellson R.I.P.

11:00 Mary & Tom Conlon R.I.P.

Mon 15th 09:15 Mr Tory McGroary R.I.P.

Tues 16th 09:15 Betty O’Sullivan (wellbeing)

Wed 17th ***Church and Office closed***

Thurs 18th 10:00 Holy Rood Year 5 Family Mass

Fri 19th ***St Wulstan (National)***

09:15 Patricia O’Sullivan R.I.P. (Anniv.)

Sat 20th ***St Fabian, Pope and Martyr***

09:15 Betty Downey(wellbeing)

18:00 Sabina Abrahamic R.I.P.

Sun 21st ***Third Sunday in Ordinary Time***

09:00 Ann Bourke (Anniv.)

11:00 Sean Stynes R.I.P. (14 yr Anniv)

**IMPORTANT: PILGRIMAGE TO LOURDES**

For those joining the Pilgrimage to Lourdes, please collect a form from the back of the church. It’s important that you return the completed form to the parish office please or post directly to ‘Marian Pilgrimages, 38 Pearse St, Dublin, D02 DD83.’ Please include your £200 cheque/card deposit and send by the end of February. The pilgrimage dates are

30th May – 4th June 2024 (5 nights). Thank you.

**WHITE FLOWER APPEAL**

The White Flower Appeal takes place at all Masses this weekend. This is a great cause to protect the unborn children. **Thank you for your support.**

## **PEACE SUNDAY 2024**

Today is Peace Sunday and the theme chosen by Pope Francis is ‘Artificial Intelligence and Peace’. Pax Christi have produced a series of resources to mark the day; <https://paxchristi.org.uk/peace-sunday/>

**OFFERTORY COLLECTION FOR**

**7th January 2024**

Loose Plate £343.55 Envelopes £135.00

Standing Order for November: £3,184

If you would like to set up a monthly Standing Order, our bank details are:

**HSBC Bank: WRCDT Watford North**

Sort Code: **40-05-20** Account No: **81263439**

Thank you for your continued support and generosity.

**BINGO AT ST HELEN’S**

A reminder that Bingo takes place on Tuesday evenings from 5.30pm to 7pm in the Parish Hall. New faces are very welcome (you don’t have to be parishioners!) Come along and have some fun!

**JOB OPPORTUNITIES**

For further details, please visit <https://jobs.rcdow.org.uk/>

**The Week of Prayer for Christian Unity**

18th – 25th January 2024

#### Go and do likewise

Resources are available for the 2024 Week of Prayer for Christian Unity. Materials were prepared by an ecumenical team from Burkina Faso facilitated by the local Chemin Neuf Community (CCN). The chosen theme is **‘You shall love the Lord your God… and your neighbour as yourself’** (Lk 10:27).

Brothers and sisters from the Catholic Archdiocese of Ouagadougou, Protestant Churches, ecumenical bodies and the CCN in Burkina Faso collaborated generously in drafting the prayers and reflections. They experienced their work together as a real path of ecumenical conversion.

For resources, go to

<https://ctbi.org.uk/week-of-prayer-for-christian-unity-2024/>

**DIARY OF EVENTS**

**LEPRA**

**Friday 26th January 2024 at 2:30pm in Westminster Cathedral** - LEPRA 100th Anniversary Holy Mass.

All are invited.

**Cancel out cancer**

Helps you to learn more about the value of NHS screening tests, spotting potential symptoms and simple steps you can take to help reduce some of the risks. Go to <https://www.eventbrite.co.uk/e/cancel-out-cancer-and-healthy-hubs> to book:

Monday, 15 January at 7-8pm  
Tuesday, 16 January at 11am-12noon  
Thursday 18 January at 2-3pm.  
For any difficulties, email [hweicbenh.communications@nhs.net](mailto:hweicbenh.communications@nhs.net).

**Shape Up**Shape Up is a 12-week FREE weight loss course (run by the Watford FC Community Sports and Education Trust), for men and women aged 18 to 65 who have a BMI of 30+. Find out about simple lifestyle changes to help lose weight in a safe, friendly and sustainable way. To register, see [www.shapeupherts.com/watford](http://www.shapeupherts.com/watford).

**Health Walks**

Hertfordshire Health Walks - There are five new walks ideal for people looking to gradually increase their fitness levels. Just turn up on the day - 15 minutes before the start or register at

<https://www.communities1st.org.uk/civicrm/mailing/url?u=43469&qid=2600786>

**Saturday 10th February 2024 - Synod 2024 –at 10.00** (refreshments) for 10.30 - 16.00, The Aula Magna, London Jesuit Centre, 114 Mount Street, London, W1K 3AH.

Thoughts for the week: (by Mark Twain)

#### Focus more on your desire than on your doubt, and the dream will take care of itself.

#### I always take Scotch whiskey at night as a preventive of toothache. I have never had the toothache; and what is more, I never intend to have it.