



Image of Christ from the cupola of Pammakaristos Church, Istanbul, Turkey

Capernaum is the base for Jesus' ministry in Galilee and the incident in the synagogue there is the first public act of Jesus' ministry after his rather private gathering of companions for his mission.

The story of the exorcism on the sabbath is the first of four such encounters between Jesus and demonic powers. The mention of the "unclean spirit" simply tells us that there was something wrong with the person concerned: it is the opposite of what is (ritually, not morally) holy, that is, reflecting God with whom the fullness of life and being a complete human being is associated. Jesus' acts of power, commonly known as "miracles", are examples of the kingdom of God breaking into situations in human existence where a person is somehow impeded from enjoying full health.

In a way, this incident confirms publicly Jesus' identity as "the Holy One of God", recalling the private announcement to Jesus himself at his baptism. It is a feature of Mark's writing that supernatural forces perceive who Jesus truly is, unlike the human characters in the story. This initial encounter with the forces of evil shows Jesus as the stronger one, who has authority over such hostile beings and can subdue by the power of his word. The people react with astonishment to the successful exorcism and declare that the word of Jesus' teaching is different from that with which they are familiar, namely that of their scribes, as mentioned at the beginning of the passage. The exorcism enhances Jesus' authority as a teacher and Mark also presents Jesus as a mysterious figure who provokes questions about himself, as throughout the Gospel narrative people will ask, "Who is this...?" ■

## REFLECT

In Mark's version of the Good News, Jesus is presented as a teacher, but there is little record of what he actually said. Generally, Jesus teaches through his deeds, which is often a more effective way of communicating a message. His acts of power ("miracles") illustrate God's saving action in the human realm.

In Matthew's Gospel account, Jesus describes the gates of hell not being able to prevail against the Church. This description suggests the Church as being on the attack, entering the stronghold of evil and sin. Too often, we think of sin in personal, individual terms, what we ourselves do wrong. In

the Bible, sin is usually something social, something seriously wrong in the way in which human affairs are organised: the existence of poor people is seen by the prophets as an indictment of society, not an unfortunate, inevitable by-product of the economic system.

If we are to continue Jesus' mission today, then the Church has to confront those forces which deprive people of what they need to flourish as human beings. But the Church is not the bishops: the Church is the people of God. As such, the word of God has a message for us today: we are asked to interpret it in terms of our present world – and to act. ■

## SAY

**Father, may your kingdom come!**

(see Matthew 6:10/Luke 11:2)

## DO

Consider how you could help the Church's involvement in the social concerns of your local area. Then get involved.

## LEARN

Capernaum, a city on the shore of the Sea of Galilee, becomes the base for Jesus' ministry in Galilee.

Jesus' acts of healing and the like are called "acts of power" in the Gospel tradition, rather than "miracles".

The synagogue was a place of prayer and instruction: the Temple was the place of sacrifice.



Roman ruins at Capernaum. Capernaum was a fishing village on the northern shore of the Sea of Galilee.

**ENTRANCE ANTIPHON**

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.

**GLORIA**

Glory to God in the highest,  
and on earth peace to people of good will.

We praise you,  
we bless you,  
we adore you,  
we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world,  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father,  
have mercy on us.

For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father.  
Amen.

**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,  
one God, for ever and ever.  
Amen.

**FIRST READING** Deuteronomy 18:15-20

A reading from the book of Deuteronomy.

Moses said to the people:

"Your God will raise up for you a prophet like myself, from among yourselves, from your own brothers; to him you must listen. This is what you yourselves asked of the Lord your God at Horeb on the day of the Assembly. 'Do not let me hear again' you said 'the voice of the Lord my God, nor look any longer on this great fire, or I shall die'; and the Lord said to me, 'All they have spoken is well said. I will raise up a prophet like yourself for them from their own brothers; I will put my words into his mouth and he shall tell them all I command him. The man who does not listen to my words that he speaks in my name, shall be held answerable to me for it. But the prophet who presumes to say in my name a thing I have not commanded him to say, or who speaks in the name of other gods, that prophet shall die.'"

The word of the Lord.

Thanks be to God.

**PSALM**

Psalm 94

Response:

O that today you would listen to his voice!  
Harden not your hearts.

1. Come, ring out our joy to the Lord;  
hail the rock who saves us.  
Let us come before him, giving thanks,  
with songs let us hail the Lord. (R.)

2. Come in; let us bow and bend low;  
let us kneel before the God who made us  
for he is our God and we  
the people who belong to his pasture,  
the flock that is led by his hand. (R.)

3. O that today you would listen to his voice!  
"Harden not your hearts as at Meribah,  
as on that day at Massah in the desert  
when your fathers put me to the test;  
when they tried me, though they saw my  
work." (R.)

**SECOND READING** 1 Corinthians 7:32-35

A reading from the first letter of St Paul to the Corinthians.

I would like to see you free from all worry. An unmarried man can devote himself to the Lord's affairs, all he need worry about is pleasing the Lord; but a married man has to bother about the world's affairs and devote himself to pleasing his wife: he is torn two ways. In the same way an unmarried woman, like a young girl, can devote herself to the Lord's affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world's affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord.

The word of the Lord.

Thanks be to God.

**GOSPEL ACCLAMATION**

Alleluia, alleluia!

Blessed are you, Father,  
Lord of heaven and earth,  
for revealing the mysteries of the kingdom  
to mere children. Alleluia!

**GOSPEL**

Mark 1:21-28

A reading from the holy Gospel according to Mark.

Jesus and his followers went as far as Capernaum, and as soon as the sabbath came Jesus went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority.

In their synagogue just then there was a man possessed by an unclean spirit, and it shouted, "What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God." But Jesus said sharply, "Be quiet! Come out of him!" And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. "Here is a teaching that is new" they said "and with authority behind it: he gives orders even to unclean spirits and they obey him." And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

**PROFESSION OF FAITH**

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with  
the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,

(all bow during the next three lines)

and by the Holy Spirit was incarnate of the  
Virgin Mary,  
and became man.

For our sake he was crucified under  
Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord,  
the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored  
and glorified,  
who has spoken through the prophets.

I believe in one, holy, catholic and  
apostolic Church.  
I confess one Baptism for the forgiveness  
of sins  
and I look forward to the resurrection of the  
dead  
and the life of the world to come. Amen.

**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.  
Amen.

**COMMUNION ANTIPHON**

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.  
Amen.

Do not waste time bothering whether you  
"love" your neighbour; act as if you did and  
you will presently come to love them.

C.S. Lewis



19 Broad St Hereford HR4 9AP		Tel: 01432 273485 www.sfxhereford.org.uk	
Parish Priest		Dom Michael Evans	
Office enquiries		hereford2@rcadc.org	
Newsletter		editor@sfxhereford.org.uk	
SFX School		01432 273941	
Safeguarding		Safeguardingsfx01@gmail.com	
Hospital Chaplain		Fr. Patrick Tel: 07922323603	
MASS INTENTIONS JANUARY/FEBRUARY 2021			
SAT JAN 30th	Private Mass	Votive Mass of Our Lady	
SAT 30th	6.00pm	4th SUNDAY ORDINARY TIME(VIGIL)	Artur Leszko R.I.P.
SUN 31st	8.00am	4 <sup>th</sup> SUNDAY ORDINARY TIME	The Parish
SUN 31st	10.00am	4 <sup>th</sup> SUNDAY ORDINARY TIME	Holy Souls
MON 1 <sup>ST</sup> FEB	Private Mass	St Brigid of Kildare	
TUES 2ND	Private Mass	PRESENTATION OF THE LORD, FEAST	
WED 3RD	10.15am	St Blaise, Bishop and Martyr	Thanks- Giving for a safe birth
THURS 4TH	Private Mass	Feria	
FRI 5TH	Private Mass	St Agatha, Virgin and Martyr	
SAT 6TH	Private Mass	St Paul Miki and Comp. Martyrs	
SAT 6TH	6.00pm	5 <sup>TH</sup> SUNDAY of ORDINARY TIME (VIGIL)	Sr Catherine Jackson R.I.P.
SUN 7 <sup>TH</sup>	8.00am	5 <sup>TH</sup> SUNDAY of ORDINARY TIME	The Parish
SUN 7TH	10.00am	5 <sup>TH</sup> SUNDAY of ORDINARY TIME	Agata Jones (Birthday)

<b>Lately Dead</b>	Zygfryd Antoni Cypionka	Barbara O'Sullivan
James Cotterell	Frank Dullehan	Carmel Gwinnett
Thomas Turtle	Kay Evans	Joan Sheeran
<b>There will be no Sacrament of Reconciliation (Confessions) this Saturday</b>		

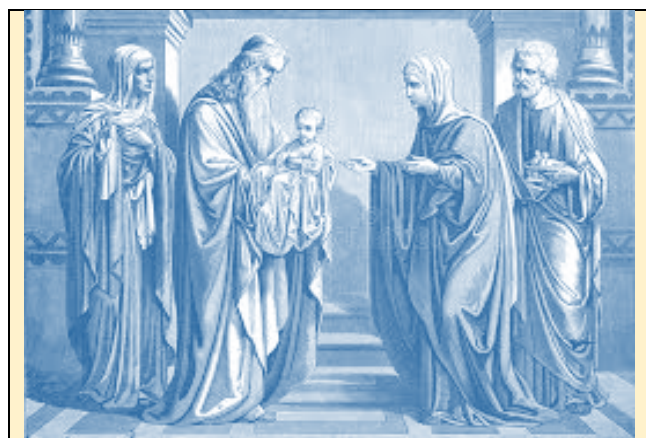
**Fr Michael** is unwell and will unfortunately be unable to say Masses this week so the weekday intentions will be said at a later date.

In the Winter Season of Ordinary Time we are Invited to Pray for: Peace on Earth; Openness to the Word of God; Christian Unity; the Sick and Those who Care for Them; Victims of Human Trafficking and Those who Work to Combat it; the Unemployed

<b>Please pray for the Sick</b>	Maureen McCaughey	Noah Wright
Pat England	Mary Elizabeth	Pat Morris
Velina Milson	Martin O'Sullivan	Ann Currie
Lynne Howells	Katie Balnaves	Flo Brown
Margaret Skelding	Christine Robinson	Nicola Merrick
Kerry Harnett	Beverley Loader	Stephen Fisher
Kevin Roberts	Kathleen Hanna	Martin Burns
Marc de Jersey	Jean Ellis	Fr. Michael
<b>Remembrance</b>	Antoinette Perrot	Jacqueline Ann Roe
Patricia Chamberlain	Margarita Doverman	Billy McAleese
Eileen Pugh	Canon Thomas Keane	Maria Mecina
Neva Jais	Donald Wilson	Tom Supple

	<b>Extraordinary Ministers of the Eucharist</b>	<b>Ministers of the Word</b>
6.00pm	Jane Gennard	Philip Dixon
	Wendy Winterburn	
8.00am	Angela Holmes	Stephanie West
	Frances Hetterley	
10.00am	Mia Brennan	Andrew Milne
	Mary Cook	

24TH January 1 <sup>st</sup> Collection	£360.36
2 <sup>nd</sup> /Restoration	£220.00
Collection for Spuc. Thank you	£270.80



**The Presentation of the Lord  
Candlemas**

All Scripture is inspired by God and useful for refuting error, for guiding people's lives and teaching them to be upright. This is how someone dedicated to God becomes fully equipped and ready for any good work.' (2Timothy 3:16)



### BRINGING LOURDES HOME

A 3-day Novena leading up to The World Day of the Sick on 11<sup>th</sup> February - the Feast of Our Lady of Lourdes

The last year has taken its toll on many people in different ways, whether emotionally, spiritually, or physically. Let us unite ourselves in prayer during this 3-days Novena with all those who seek the healing intercession of Our Blessed Lady.

**Join us each night:** 8th –10th Feb. 7pm – 8pm  
Zoom Link: 868-571-1627 / Password: cathedral

**On feast day 11th February**

Time: 6pm (Rosary followed by Mass)

Live-Stream: [www.cardiffcathedral.org.uk](http://www.cardiffcathedral.org.uk)

Reflection by guest clergy, Rosary Novena Prayers

### First Holy Communion Lessons

While the National lockdown is in place we are unable to offer lessons, we can however put in place arrangements so that when it is lifted we are ready to start lessons. This year the children of the Parish and from St Francis Xavier's School will have combined lessons, which will be provided by Parish Catechists.

If you would like your child to be included in the lessons for preparation for the Sacrament of First Holy Communion, please write a letter to Brenda Williams, St Francis Xavier's Church, 19 Broad Street, Hereford HR4 2AP. All children must be registered for lessons; please do this **by 19th February**. Children should be in Year 3 or above. Please include the following information in your letter. Child's name, date of birth, school, parents name, email address and phone contact details. Please do not email your request for registration, letters only please. If you have any questions please include them in your letter and I will reply to you. Brenda Williams

**200 Club 2021 renewals.** Time to renew for 2021. Thank you if you have a standing order for the 200 Club as this will renew automatically. We are only able to take cheques from everyone else this year. Please do all you can to renew. There has been no summer Fete or Christmas Fair this year so like many charities, Church income is suffering under the current situation. So, take this opportunity to make a donation by buying a number or an additional number, all profits to the church. Cheques should be made payable to St Francis Xaviers 200 Club for £12 per number. Send to church or Williams, Willow Bank, Mordiford HR1 4EJ. Closing date 31st January 2021. New members welcome call 01432 850414 ask for Paul or Brenda.

**St Paul Miki** The earnest faith that arose among the people of Japan following St Francis Xavier's missionary work was tested greatly. A campaign of persecution began with the martyrdom by crucifixion in 1597 of Paul Miki, a Japanese Jesuit, and his 25 companions, clergy and lay people, who were canonised as The Martyrs of Japan in 1862. Their feast is on 6<sup>th</sup> February. Continuing persecution could not eradicate the faith of stalwart Japanese Catholics and the country was definitively closed to foreigners from 1638 until 1865. When missionaries were again allowed to enter, after so many years, thousands of covert Catholics came forward clinging to the faith of their forefathers. St Paul Miki and his companions were martyred at Nagasaki which today has the largest Catholic population in Japan. In our own day many have suffered greatly during the Covid pandemic. Let us not forget to keep them in our daily prayers. We pray for the same steadfast faith and hope under trial which St Paul Miki and companions and the Catholics of Japan witnessed to so many years ago. St Paul Miki. Pray for us.

### Walsingham 2021 Pilgrimage

14th to 17th May £295 per person  
To include en-suite accommodation, half-board and all travel. Early booking advisable. **Full refunds given** in the event of Covid-related cancellation.

Write/phone:

Menna MacBain, 21, Woodfield Gardens, Belmont, HR2 9RZ Tel. 01432 359867



Fill your bottle with tap water rather than buy bottled water

**Prayer to St. Michael** Holy Michael, archangel, defend us in the day of battle; be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray: and do thou prince of the heavenly host, by the power of God thrust down to hell Satan and all wicked spirits who wander through the world for the ruin of souls. Amen.