7 FEBRUARY 2021

Sunday Message

5TH SUNDAY IN ORDINARY TIME

THE WORD

Year B • Psalter Week 1

BEING HEALED AND SERVING

(MARK 1:29-39)

Mark has established Jesus as the teacher with authority and gives us an example of a typical day's activity, which reflects the Jewish hope that the Messianic age would eliminate both Satan and disease.

Jesus touches Peter's sick mother-in-law and helps her up: physical touching is often a feature in healing stories. This incident takes place immediately after Jesus' encounter with the evil spirit in the possessed man and is the first of eight healing works of Jesus, four of which concern women. Mark then tells us that in the evening, Jesus healed a great number of sick people who had been brought to him. Illness was often associated with demonic possession, and we find that after such healings Jesus often commands silence about what he has done: Mark is careful that his readers should not regard miracles (or "works of power") as proof of Jesus' divine status.

The next day, Jesus goes off early by himself to "a lonely place", literally "a desert place", suggesting a spot where the person could be in close contact with God. Peter and the others track him down and tell him that "everybody is looking for you". Mark often uses what we would probably consider exaggeration to express the universal element of the Gospel. A strong theme in Mark's account is that people of all sorts misunderstand Jesus: this negative note is sounded here and will develop throughout Jesus' ministry. Capernaum serves as the base from which his preaching mission will spread out to embrace the whole of Galilee . ■

REFLECT

One of the unfortunate characteristics of biblical narrative is that so many of the women who feature in the stories remain anonymous. In our Gospel reading today, for example, the four male disciple companions of Jesus are identified by name, but we have no such complementary detail about Peter's mother-in-law. Mark tells us that when she rose from her sickbed, she began "to wait on them": this is the verb usually translated as "to serve", and the only human beings who are mentioned as "serving" in the Gospel tradition are women. Jesus uses the term in his teaching on leadership, that among the disciples the leader is one who "serves", not one who rules or dominates. Another point we might notice is that the verb in question comes from the same root as the noun which gives us the English word "deacon".

We later find that the women are the link witness element in the crucial events of Jesus' death, burial and the events at the tomb of Jesus on Easter morning, after the male disciples had abandoned him in Gethsemane.

In any discussion about the ministry of women in the Church, we might take the New Testament evidence into account, especially Paul's remark that through baptism, there is now "no longer male nor female" in Christ (Gal 3:28). We also should distinguish those customs which belong to historical and cultural systems or prejudice and which have little to do with the revealed word of God. ■

Christ healing Peter´s mother-in-law, mosaic in Cora Church, Istanbul

LEARN

The only other subjects who "serve" in the Gospel story (apart from women) are angels.

Peter, James and John are shown as being Jesus' companions at certain privileged and private occasions, such as the transfiguration and Gethsemane.

Illness in the Bible is seen as belonging to the realm opposed to God: total well-being is expressed by the word *shalom*, usually translated as "peace".

DO

Observe the waiters in a restaurant or café as you sit there or pass by; notice who prepares meals for the others in your home. How does their example reflect the idea of leadership in the Church and your parish?

SAY

Your leader must be as one who serves.
(see Luke 22:26)

ENTRANCE ANTIPHON

O come, let us worship God
and bow low before the God who made us,
for he is the Lord our God.

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

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,
one God, for ever and ever.
Amen.

FIRST READING — Job 7:1-4. 6-7

A reading from the book of Job.

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.
Thanks be to God.

PSALM — Psalm 146

Response:
Praise the Lord who heals the broken-hearted.
or
Alleluia!

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

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

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 gospel 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 blessing.

The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION

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

A reading from the holy Gospel according to Mark.

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.

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 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.
Amen.

COMMUNION ANTIPHON

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.
Amen.

Holiness is not for wimps and the cross is not negotiable, sweetheart, it's a requirement.

Mother Angelica

redemptorist publications

Concordat cum originali: + Eamon Martin Archbishop of Armagh. Commentary by Fr Anthony Cassidy CSsR. The English translation of the entrance and communion antiphons, the opening prayers, prayers over the gifts, gloria, creed, and prayers after communion from The Roman Missal, © 2010 International Commission of English in the Liturgy Corporation. Jerusalem Bible version of the scriptures copyright: Darton, Longman & Todd Ltd., and Doubleday & Co. Inc. Responsorial psalms are copyright The Grail and/or Geoffrey Chapman Ltd. Published in Ireland by Redemptorist Communications (www.redcoms.org); Published in the UK by Redemptorist Publications (www.rpbooks.co.uk)

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MASS INTENTIONS FEBRUARY 2021			
SAT 6th February	Private Mass	St Paul Miki and Comp. Martyrs	
SAT 6th	6.00pm	5th SUNDAY ORDINARY TIME(VIGIL)	Sr Catherine Jackson R.I.P.
SUN 7th	8.00am	5th SUNDAY ORDINARY TIME	The Parish
SUN 7th	10.00am	5th SUNDAY ORDINARY TIME	Agata Jones (Birthday)
MON 8th	Private Mass	Feria	
TUES 9th	Private Mass	Feria	
WED 10th	10.15am	St. Scholastica, Virgin	
Wed 10th	12 Noon	Funeral of Barbara O'Sullivan	
THURS 11th	Private Mass	Our Lady of Lourdes	
FRI 12th	Private Mass	Feria	
SAT 13th	Private Mass	Votive Memorial of Our Lady	
SAT 13th	6.00pm	6th SUNDAY of ORDINARY TIME (VIGIL)	
SUN 14th	8.00am	6th SUNDAY of ORDINARY TIME	
SUN 14th	10.00am	6th SUNDAY of ORDINARY TIME	

Lately Dead	Andrew David Bailey	Barbara O'Sullivan
Joan Sheeran	Frank Dullehan	Carmel Gwinnett

There will be no Sacrament of Reconciliation (Confessions) this Saturday

Fr Michael continues to convalesce and thanks everyone for their kind wishes and prayers. He is praying for the parish but will be unable to say any Mass intentions requested during this week.

Monday 8th February is a special day of prayer for victims of human trafficking and those who work to combat it. St. Josephine Bakhita pray for us.

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

Please pray for the Sick	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
Remembrance	Maisie Anderson	Ann Meaker
Patrick Hogan	Edward Cavanagh	Denise Homfray

	Extraordinary Ministers of the Eucharist	**Ministers of the Word**
6.00pm	Jane Gennard	Helen Booth
	Wendy Winterburn	
8.00am	Angela Holmes	Carola Morton
	Frances Hetterley	
10.00am	Laura West	Deirdre Schofield
	Danny West	

31st January 1st Collection	£416.22
2nd/Restoration	£256.40

The Feast of Our Lady of Lourdes on February 11th is World Day for the Sick.

We pray for all the sick and especially for all those suffering from Covid 19. Our Lady of Lourdes and St. Bernadette intercede for us for an end to the Covid pandemic.

Joan Sheeran's Funeral will be on Monday 15th February at 11am at Belmont Abbey. Joan's family ask that if anyone wishes to attend they kindly contact SFX office as they have to have a list of names to comply with Covid regulations.

"I would like so much for all Christians to be able to comprehend 'the surpassing worth of knowing Jesus Christ' through the diligent reading of the Word of God, for the sacred text is the nourishment of the soul and the pure and perennial source of the spiritual life of all of us." (Pope Francis)

Our Lady of Lourdes 3-day Novena leading up to The World Day of the Sick on 11th February begins this Monday. **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
Reflection by guest clergy, Rosary Novena Prayers.

Respond to Pope Francis's call to
Reclaim our Common Home: Sign the petition at:
cafod.org.uk/Campaign/Reclaim-our-common-home

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

Parish 200 Club 2021. We are ready to draw numbers but a number of parishioners have not yet renewed for this year. Please be aware that if you do not renew this week you will not be included. Some who have already renewed have reserved extra numbers. Thank you. More numbers give you a better chance of winning and is also the only fundraising for the Parish, as we were unable to have a Fete or Christmas Fair last year. Send cheques £12 per number to Williams, Willow Bank Mordiford. HR1 4EJ. Or call 01432 850414 for details. Thank you. Paul and Brenda.

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

Lent Online from Belmont - The Art of Listening
Subscribe to the Belmont Abbey Email and Newsletter – Listening in Lent Wednesday mornings in Lent, 10am to 1pm, 24th February 3rd, 10th, 17th & 24th March
"Christianity is above all a discipline of listening, an art of listening." So writes Enzo Bianchi, echoing the experience of St Benedict and the monastic tradition to describe the path of spiritual growth. How do we begin to keep that two-fold commandment of love? We begin by listening - to God and to each other. We grow in love as we begin to listen. In a world where people are increasingly shouting at each other it is quite a challenge. But as a task for Lent it is worthy of our attention. Do join us! Watch the Introductory Video https://vimeo.com/504841483

Timetable: From 9.45 connect via Zoom to begin at:10.00am LIVE Opening prayers and introduction. AM VIDEO REFLECTIONS – Watch at your own time 11.30am LIVE Mass (via Zoom)12.15pm LIVE Connecting together (via Zoom) for final thoughts, conversation and closing prayer to finish by 1.00pm. Please feel free to join in as little or as much as you are able. The Zoom link will be sent out just before each event.

Please take special care with Covid 19 safety instructions when in church for Mass or prayer. The Covid variants are highly transmissible and we must comply strictly with applying hand gel, wearing a mask and 2 metre spacing. NO moving around church, once seated, and wait for your turn to exit safely. PLEASE PLAY YOUR PART TO MAKE SFX COVID SECURE. Thank you.

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.