

FIFTH SUNDAY IN ORDINARY TIME
SUNDAY 5TH FEBRUARY 2023

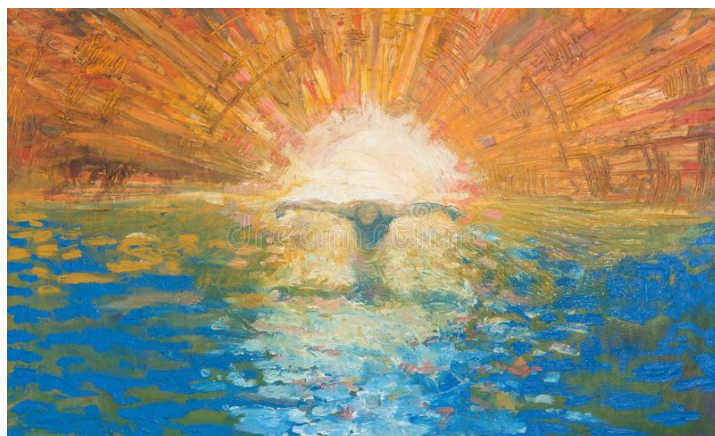
Your light shall rise in the darkness

In the verses preceding today's gospel, Jesus begins the Sermon on the Mount with the Beatitudes. As Moses formed God's people by giving them the old law on Mount Sinai, so Jesus, the new Moses, forms a new people by giving them his new law.

"You are the salt of the earth," says Jesus (Mt 5:13). As salt permeates food and brings out its flavour, we as Christians are called to permeate the word and transform its values. "You are the light of the world", continues Jesus (5:14). In the Gospel of John, Jesus proclaims: "I am the light of the world" (8:12). As Jesus' followers, we are called to let his light shine through our lives, drawing others to this light.

In the letter to the followers in Corinth, Paul shows how his life witnessed to the light of Christ. He tells the Corinthians that when he came to them, he did not preach using great rhetorical gifts. Instead, he allowed the Spirit to speak through him. Physically, Paul came "in weakness and fear and much trembling" (1 Cor 2:3). The power of the spirit, however, transformed his human inadequacies to communicate the message of the crucified and risen Christ.

Paul argues that God's power, God's grace, works through the lives of believers by attracting many to follow and accept the Good News. The prophet Isaiah offered the same idea. The witness of an authentic life attracts people to the message. The prophet affirms his vision: "If you bestow your bread on the hungry/and satisfy the afflicted; then your light shall rise for you in the darkness" (Is 58:10).



Fifth Sunday in Ordinary Time Sunday 5th February (Cycle A)

Parish Diary

Sunday Masses	10.00 am & 6.30 pm
Weekday Masses	9.00 am
Wednesdays	9.00 am – Eucharistic Service
Friday	Adoration following 9.00 am Mass
Holy Days of Obligation	9.30am & 7.30pm
Confessions	Saturdays 9.30 am - 10.00 am
Legion of Mary	After Sunday morning mass (11.30 am onwards)
Baptisms	By Appointment (Saturdays 12.00 pm - 12.30 pm)

Liturgical Calendar

Sunday 5 th February	Fifth Sunday in Ordinary Time (A) (Racial Justice Day)
Monday 6 th February	St Paul Miki and Companions, Martyrs
Wednesday 8 th February	(Day of Prayer for Victims of Trafficking and Those who Work to Combat it)
Friday 10 th February	St Scholastica, Virgin
Saturday 11 th February	Our Lady of Lourdes, Principal Patroness of the Diocese (World Day for the Sick) - Diocesan Feast
Sunday 12 th February	Sixth Sunday in Ordinary Time (A)

Masses & Intentions This Week

Sunday 5 th February	10.00 am	Eamonn Shanahan – RIP/22 nd Anni (donor – May Shanahan)
	6.30 pm	For Parishioners
Monday 6 th February	9.00 am	Sharon Martin – RIP (donor – Maria Poddington)
Tuesday 7 th February	9.00 am	Patrick Hickly – Recently Deceased (donor – May Shanahan)
Wednesday 8 th February	9.00 am	Eucharistic Service
Thursday 9 th February	9.00 am	
Friday 10 th February	9.00 am	
Saturday 11 th February	9.00 am	Sidney Meadway – RIP/Bday (donor – Mandy Meadway)
Sunday 12 th February	10.00 am	Anne Pitt – RIP (donor – Maria Harris)
	6.30 pm	For Parishioners

Parish Notice Board

RIP

Please remember in your prayers the families of Mary Thurgood and Jéan Narayna who passed away recently. Pray for the repose of their souls. Please also continue to pray for the family of Rosaleen Grimwood.

FHC – Children’s Reconciliation

The children will be making their first Reconciliation on Saturday 11th February, please continue to pray for them.

2nd Collection

Today's second collection is for Racial Justice Day. Our youth of the parish will do a short talk at both masses. Your generosity as always is much appreciated.

Children's Liturgy

The Children's Liturgy is now up and running during 10am mass every Sunday. Please encourage your children to join this group which is open to children aged 4 and above. It is a very relaxed and fun group to help your child along their path of faith.

The Catholic Post

We have at the back of the church some copies of the Catholic Post. Please feel free to take a copy which is £1, please put in the usual place. In order for this subscription to be kept active depends solely on your uptake. If in the future we feel it is not financially viable to continue, we may have to cancel our order. Thank you.90

Parish Finance:

Weekly Collection

29.1.23 - TBC

Communication Desk

Help Needed

There is a family who are in urgent need of rented accommodation, namely a 2 bedroom house in the Hornchurch area. Could you kindly contact the office for further information if you know of anyone who might be able to help. Many thanks.

CYMFed Flame, Saturday 4th March at OVO Arena, Wembley

With incredible speakers Cardinal Tagle, Salesian Archbishop of Melbourne, Tim Costelloe, SDB, Robert Billot, an American lawyer who is the main character in the film Dark Waters; Jenny Garzón Saavedra a young advocate from the Amazon rainforest and David Wells, musicians including MOBO and Urban Music Award winner Guvna B, rising star Faith Child, Catholic band One Hope Project and soloist Adenike – a Finalist on The Voice, as well as Brenden Thompson and Georgia Clarke from Catholic Voices introducing Adoration, led by Cardinal Vincent Nichols this promises to be an incredible and inspiring day for young people! Passes cost just £24/person if you book before 31st January, and the BCYS has a limited number left so please email gabriellafusi@dioceseofbrentwood.org to reserve yours! All information at www.bcys.net/events

Diocesan Pilgrimage to Lourdes 2023

Join Bishop Alan in Lourdes from Monday 24th to Saturday 29th July. We can support those with medical needs. For further information, please 'phone Tangey Tours on 01732 886 666 or book online: [Brentwood Lourdes - Lourdes - Tangney Tours \(tangney-tours.com\)](http://tangney-tours.com)

Pilgrimage to the Holy Land

Embark on a Luxury, All-Inclusive Pilgrimage to the Holy Land, 5th – 12th September 2023, with All Saints Travel Ltd and Fr John Moloney . Be face to face with the world of Jesus and His Gospel, lived out before your eyes. The beautiful, tried and tested 8-day itinerary promises to bring the faithful pilgrim an unforgettable and life-changing experience. This pilgrimage will include a non-stop return flight from the UK to Tel Aviv with Israel's national airline, EL AL (in-flight meals included), all meals (breakfast, lunch and dinner every day), an executive touring coach, a professional local Christian guide, all entrance fees, all tips

and gratuities (paid directly to the guide, driver and hotel staff), as well as luxurious 5* en-suite accommodation. You will stay at a 5-star hotel in Jerusalem for 4 nights and in a 5-star hotel set on the Sea of Galilee with stunning views and private beach access for 3 nights. Full details are online <https://www.allsaintstravel.co.uk/HL0756/>.

Retrouvaille: A Programme for Couples Struggling in their Marriages

Help Your Marriage – Do you feel alone? Are you frustrated or angry with each other? Do you argue ... or have you just stopped talking to each other? Does talking about it only make it worse? Retrouvaille is a programme to support couples who have difficulties in their marriage. It brings a positive focus, new hope and helps nourish and grow your marriage. Tens of thousands of couples headed for divorce have successfully saved their marriages by attending and using the tools provided. The programme helps spouses uncover or re-awaken the love, trust and commitment that originally brought them together. It helps them through difficult times whether they are disillusioned or in deep misery. There is no group therapy or group work. For confidential information about 'Retrouvaille' or to register for the next programme commencing with a Face to Face weekend in Welwyn Garden City on 24 - 26 February 2023, or a Virtual weekend on 6 - 9 July 2023, call or text 07887 296983 or 07973 380443 or email retrouvailleukinfo@gmail.com - or visit www.retrouvaille.org.uk

Please Pray for the Sick and Housebound in our Parish:

John Buckley, Maureen Chaliss, Anna Heneghan, Brenda Humphreys, Pat Lark, George Malaj, Margaret, Eileen McCaffery, Sheila McCurdy, Sheila Murphy, Sheila Nugent, Mary O'Hagan, Rachel, Pradeepan Ragunathan, Mary Scully, Greta Street, Voni Tesi, Mary Thurgood, Rose Yates, Claire Ryan in Emerson Court.

Anniversaries Occurring at this time – February/March

Michael Butler, Oliver Carey, Pauline Carroll, May Coleman, Nancy Cronin, Oliver Fant, Kathy Forsythe, Donal Hayes, Sue Jones, Kathleen Keane, Pat Kivneen, Agatha Linton, Maura Meadway, James Medlin, Peter Murray, Margaret O'Connell, Ann O'Leary, Bridget O'Leary, John Passet, Ann Russell, Eamonn Shanahan, James Smith, Anthony Soares, Grace Walsh, David Ward, Vincent Wright

Parish Priest: Fr Britto Belevendran, (01708 507020)
Parish Administrator: Daphne Thomas, Mon, Tues, Thurs & Fri (10am-1pm) (01708 507020)
Pastoral Team Leader: Graham Daniels (07542 588763)
Steward of the Gospel: Mandy Meadway (07801 470516)
Parish Finance: Mrs Stephanie Mallen (07983 962465)
Diocesan Safeguarding Representative: Katie Nash (07825 293308)
Hall & Lounge Bookings: English Martyrs Parish Office (01708 507020)
Church & Hall Caretaker: Mike Dineen (07415 727926)
Legion of Mary: Michael Okafor (07956 586370)

The English Martyrs Catholic Church (Diocese of Brentwood)
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Parish Tel.no: 01708 507020

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