



Parish of Our Lady Help of Christians & St Lawrence
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Diocese of Northampton
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29th January 2023 Psalter Week 4	Fourth Sunday of the Year	
First Reading	Zephaniah 2:3; 3:12-13 <i>In your midst I will leave a humble and a lowly people.</i>	
Responsorial Psalm	How happy are the poor in spirit; theirs is the kingdom of heaven.	
Second Reading	1 Paul to the Corinthians 1:26-31 <i>God chose what is foolish by human reckoning.</i>	
Gospel Acclimatation	Alleluia, Alleluia! Blessed are you Father, Lord of heaven and earth, for revealing the mysteries of the kingdom to mere children. Alleluia!	
Gospel	Matthew 5:1-12 <i>How happy are the poor in spirit.</i>	
Saturday 28th January +	6.30pm	Vigil Mass – (For the Parish)
Sunday 29th January +	10.30am	Mass (McCarthy Family Ints.)
Monday 30th January <i>Feria</i>		No Parish Mass today
Tuesday 31st January St John Bosco, Priest - memoria	10.00am	Mass - (Frank & Peggy Cockings RIP)
Wednesday 1st February <i>Feria</i>		No Parish Mass today
Thursday 2nd February THE PRESENTATION OF THE LORD - Feast	7.00pm	Mass – (Brian Barrett RIP)
Friday 3rd February St Blaise, Martyr – op memoria	9.15am 10.00am	Exposition of the Blessed Sacrament Mass – (Kathleen & Stephen – Healing)
Saturday 4th February Our Lady on Saturday		No Parish Morning Mass today
FIFTH SUNDAY OF THE YEAR Racial Justice Day		
Saturday 4th February +	6.30pm	Vigil Mass (Tony & Richard Roche RIP)
Sunday 5th February +	10.30am	Mass (For the Parish)



NEXT WEEKEND we have the annual diocesan missionary appeal. This year it is Missio and Mill Hill Missions. We extend a warm welcome to **Fr Brian Oswald MHM** who will be celebrating the 6.30pm and 10.30am Masses on 4th/5th February.



THE PRESENTATION OF THE LORD (CANDLEMAS)

On Thursday of this week, the Church celebrates the feast of the Presentation of the Lord which occurs forty days after the birth of Jesus and is also known as Candlemas Day, since the blessing and procession of candles is included in today's liturgy.

According to the 1962 Missal of St. John XXIII the Extraordinary Form of the Roman Rite, today is referred to as the "Purification of Mary." This is known as a "Christmas feast" since it points back to the Solemnity of Christmas. Many Catholics practice the tradition of keeping out the Nativity Crib or other Christmas decorations until this feast. **Mass will be celebrated here at 7.00pm: if you have any candles you would like to have blessed, please do bring them along.**



MK FOODBANK – we continue to be very grateful for your generous donations to the MK Foodbank – particularly during these very difficult times for families & individuals.

The organisers of the Food bank are specifically requesting the following please:

- Tinned Meat
- Tinned Fish
- Long Life Milk
- Juice or Squash
- Cooking Oil
- Spreads – Jams, Peanut Butter, or Chocolate Spread
- Tinned Pasta
- Pasta Sauce
- Biscuits
- Tinned Fruit
- Dried Rice – 500g or 1kg packets please
- Rice Pudding/Custard
- Tinned Veg



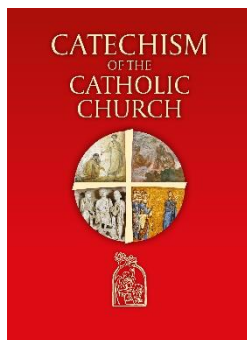
Light up Lent! - Online Week of Accompanied Prayer – 23rd February – 2nd March. Give yourself the gift of time with God this Lent by taking part in our Online Week of Accompanied Prayer led by Canon John Udris. Encounter Jesus in a new way through the Scriptures and see your prayer life come to life.

Introductory webinar 7.30pm – 8.30pm Monday 23rd January – further information:
https://week_of_accompanied_prayer.eventbrite.co.uk

My Unexpected Journey to Catholic Christianity - The story of a simple man who loved God, later doubted Christianity, considered atheism, was helped by a friend to believe in a richer Christianity, and slowly, reluctantly realised Christianity has always been Catholic – you can view a very inspiring story of a young man’s journey to the Catholic Faith – <https://youtu.be/nJiSvQSZDck>

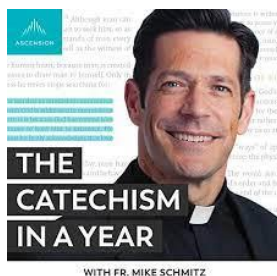
BabyBasics Milton Keynes

Baby Basics MK is a pregnancy resource centre in Milton Keynes, it is run by volunteers and helps women and families in Milton Keynes and the immediate surrounding area. The team at Baby Basics work tirelessly with the community and local businesses to re-use excellent condition second hand and new items to create gift packages that give families everything they need to start life with a new-born baby or support families with children from 0-6 years. The team work with professionals and numerous organisations to ensure the most vulnerable in our community have support in their time of need (eg: Midwives, Health Visitors, Children Centres, Social Workers). You can find out more about this Group together with ways that you might be able to help them on their website: <https://www.babybasicsmk.org.uk/>

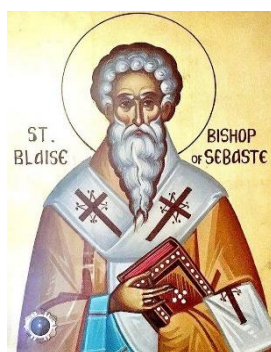


Message from Connie Davies - I thought you might be interested in a fantastic podcast covering the Catechism of the Catholic church. In 2022, I listened to the Bible in a Year, and I've just started the Catechism in a Year and it is such a gift that I want to share it with everyone! Continued prayers for you and all our friends in the UK!

From Connie, John & the boys

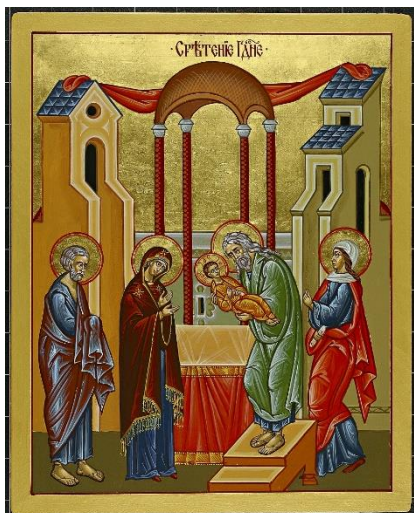


Catechism in a Year is a free daily podcast and reading plan that will guide us through the entire Catechism. It is led by a very gifted American priest, Fr. Mike Schmitz. With one short episode each day, you’ll grow in your knowledge of Church teaching and deepen your loving faith. You’ll see how the Church is rooted in Scripture and the wisdom of the Saints. You can look it up by simply typing **The Catechism in a Year** on Google or Bing.



St Blaise - was Bishop of Sivas in Armenia in the fourth century. In the Middle Ages veneration of him spread throughout the Church. Bishop Blaise was martyred in Sebastea, Armenia, in 316. The legendary Acts of St. Blaise were written 400 years later. According to them Blaise was a good bishop, working hard to encourage the spiritual and physical health of his people. Armenia. Legend has it that as the hunters hauled Blaise off to prison, a mother came with her young son who had a fish bone lodged in his throat. At Blaise’s command the child was able to cough up the bone.

From Fr David's desk....



For the Feast of the Presentation of the Lord (Candlemas) on 2nd February this week, we have the following beautiful sermon by St Sophronius of Jerusalem (560-638): Born in Damascus, Sophronius was an ascetic and monk until 634 when he became Patriarch of Jerusalem. His homily here captures some of the main themes of this lovely Feast. Even if we cannot be at church today, perhaps we can light candles at home to celebrate this Feast and ask that the Light which is Christ shines more brightly in our hearts, our homes, our parish, the whole Church, and the world. In honour of the divine mystery that we celebrate today, let us all hasten to meet Christ. Everyone should be eager to join the procession and to carry a light.

Our lighted candles are a sign of the divine splendour of the one who comes to expel the dark shadows of evil and to make the whole universe radiant with the brilliance of his eternal light. Our candles also show how bright our souls should be when we go to meet Christ. The Mother of God, the most pure Virgin, carried the true light in her arms and brought him to those who lay in darkness. We too should carry a light for all to see and reflect the radiance of the true light as we hasten to meet him.

The light has come and has shone upon a world enveloped in shadows; the Dayspring from on high has visited us and given light to those who lived in darkness. This, then, is our feast, and we join in procession with lighted candles to reveal the light that has shone upon us and the glory that is yet to come to us through him. So let us hasten all together to meet our God. The true light has come, the light that enlightens every man who is born into this world. Let all of us, my brethren, be enlightened and made radiant by this light. Let all of us share in its splendour, and be so filled with it that no one remains in the darkness. Let us be shining ourselves as we go together to meet and to receive with the aged Simeon the light whose brilliance is eternal. Rejoicing with Simeon, let us sing a hymn of thanksgiving to God, the Father of the light, who sent the true light to dispel the darkness and to give us all a share in his splendour.

Through Simeon's eyes we too have seen the salvation of God which he prepared for all the nations and revealed as the glory of the new Israel, which is ourselves. As Simeon was released from the bonds of this life when he had seen Christ, so we too were at once freed from our old state of sinfulness. By faith we too embraced Christ, the salvation of God the Father, as he came to us from Bethlehem. Gentiles before, we have now become the people of God. Our eyes have seen God incarnate, and because we have seen him present among us and have mentally received him into our arms, we are called the new Israel. Never shall we forget this presence; every year we keep a feast in his honour.

May Our Lady Help of Christians, Mary, Mother of God, St Lawrence, St Joseph, St Rita, St John Henry Newman, St John Bosco, St Blaise, St Ansgar, St Werburgh, pray for us all.

With our love and prayers to you all - Fr David, Fr Patrick & Deacon Peter