



Parish of The Sacred Heart and St Joseph

with the churches of
The Sacred Heart, Hemsworth and Saint Joseph, Moorthorpe

Diocese of Leeds: Registered Charity No 249404



Year B, Ordinary Time, Sunday 5, 6/7 February 2021

Getting in touch Father Anthony G Fenton
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		<i>FB - Parish Facebook live-stream</i>	<i>Mass Intentions</i>
Saturday 6 February	Sacred Heart	5.00pm Mass	<i>Parish Family</i>
Sunday 7 February	St Joseph's Sacred Heart	9.00am Mass 10.45am Mass FB	<i>Vic France Barbara O'Donnell</i>
Monday 8 February	St Joseph's	9.30am Mass	<i>Janice Coyle</i>
Tuesday 9 February			<i>Parish Family</i>
Wednesday 10 February	Sacred Heart	9.30am Mass	<i>Andrew Tyrrell</i>
Thursday 11 February	St Joseph's	9.30am Mass	<i>Vera Pownall</i>
Friday 12 February			<i>Ackroyd Family</i>
Saturday 13 February	Sacred Heart	5.00pm Mass	<i>Faithful Departed (November List)</i>
Sunday 14 February	St Joseph's Sacred Heart	9.00am Mass 10.45am Mass FB	<i>Audrey Daley Victims Covid-19</i>

As numbers have to be limited at all Masses, to enable physical distancing, all are requested to pre-book.
To book for Mass: see our Parish Website, Parish Facebook Page, or telephone the Presbytery.

Ash Wednesday will be with us soon, on 17 February
Mass at St Joseph's 9.30am, and at The Sacred Heart 7.00pm
with a *no touch distribution of Ashes*, at both Masses

In ancient times, much dry ash might have been poured onto the head and shoulders of penitents, but we will receive just a pinch! Please book, if you can, and note times and venues.

Let us all continue to pray for a speedy end to Covid-19 and the well-being of each and all.

Almighty and eternal God, our refuge in every danger, to whom we turn in our distress; in faith, we pray, look with compassion on the afflicted, grant eternal rest to the dead, comfort to mourners, healing to the sick, peace to the dying, strength to healthcare workers, wisdom to our leaders and the courage to reach out to all in love, so that together, we may give glory to your holy name.

Sacrament of Reconciliation: presently can be celebrated by appointment with Fr Anthony.

 Follow us at "Parish of The Sacred Heart Hemsworth and St Joseph's Moorthorpe"

From Fr Anthony

From a sermon of Pope Saint Leo the Great:
Recognise the dignity of our nature

From ancient times, in theory if not always so obviously in practice, our Church has recognised the importance of respecting and using carefully God's creation. But we ought never to lose sight of the fact that all that is good in today's world is part of God's plan, to enable us to find the way the perfect world of his heavenly homeland.



Our Lord Jesus Christ, born true man without ever ceasing to be true God, began in his person a new creation and by the manner of his birth gave man a spiritual

origin. What mind can grasp this mystery, what tongue can fittingly recount this gift of love? Guilt becomes innocence, the old becomes new, strangers are adopted and outsiders are made heirs. Rouse yourself, man, and recognise the dignity of your nature. Remember that you were made in God's image; though corrupted in Adam, that image has been restored in Christ.

Use creatures as they should be used: the earth, the sea, the sky, the air, the springs and rivers. Give praise and glory to their Creator for all that you find beautiful and wonderful in them. See with your bodily eyes the light that shines on earth, but embrace with your whole soul and all your affections *the true light which enlightens every man who comes into this world*. Speaking of this light the prophet said: *Draw close to him and let his light shine upon you and your face will not blush with shame*. If we are indeed the temple of God and if the Spirit of God lives in us, then what every believer has within himself is greater than what he admires in the skies.

Our words and exhortations are not intended to make you disdain God's works or think there is anything contrary to your faith in creation, for the good God has himself made all things good. What we do ask is that you use reasonably and with moderation all the marvellous creatures which adorn this world; as the Apostle says: *The things that are seen are transient but the things that are unseen are eternal*.

For we are born in the present only to be reborn in the future. Our attachment, therefore, should not be to the transitory; instead, we must be intent upon the eternal. Let us think of how divine grace has transformed our earthly natures so that we may contemplate more closely our heavenly hope. We hear the Apostle say: *You are dead and your life is hidden with Christ in God. But when Christ your life appears, then you will also appear in glory with him*, who lives and reigns with the Father and the Holy Spirit for ever and ever. Amen.

Things happening in our Parish

Ash Wednesday will be with us soon, on **17 Feb**. Please see details of Masses on pg 1 and, if possible, pre-book.

& In our Diocese

God with us Exploring the Old Testament together, in a course for Lent, with Fr Tim Swinglehurst, on-line via zoom, each Monday of Lent, 7-8.00 pm. To receive an invitation, email gregory.stacey@dioceseofleeds.org.uk

Online Weeks Of Guided Prayer: 8-19 Mar 2021. Week one, online meetings from 7.30-8.30pm - introductions and different ways of praying. Week two - commitment to daily prayer and individual online meeting with prayer guide (about 30mins each.) Suggested offering £50. Further information - please contact: www.briery.org.uk or tel 01943-607287.

& Nationally

Stress in Your Marriage? This has been a very difficult year. Retrouvaille is a program for married couples that feel bored, disillusioned, frustrated, or angry in marriage. Some experience coldness, others conflict. Many don't know how to change the situation or communicate with their spouse about it. This programme has helped 6,000 couples, experiencing difficulties in their marriage, in the past year alone. There is no group therapy or group work. For confidential information about 'Retrouvaille' or to register for the next programme, commencing with a virtual weekend on 25-28 Feb, call or text 07887-296983 or 07973-380443, or email retrouvailleukinfo@gmail.com or visit www.retrouvaille.org.uk.

A New Parliamentary Motion (EDM 1340) calls on the Government to introduce new guidance on foetal pain. The evidence that babies can feel pain in the womb, and during many abortions, highlights the humanity of the unborn, and provides another important reason to bring legislation, to protect unborn children from abortion. Right To Life UK have set up an easy-to-use tool which makes it simple to contact your MP - it only takes 30 seconds - so please visit www.righttolife.org.uk/FetalPainMotion.

Make it a date - don't be too late!

Eight weeks is definitely too late,
six weeks is very late, four weeks is getting late;
so will you be ready, in but two weeks, to be keeping
your date with the Season of Lent?

Now is the time to be thinking about what you might
do extra - give up - be more like - be less like.

Think of your behaviour towards yourself and others;
are there ways in which you might improve?

Think of your generosity or lack of towards others;
might you give more time, more care, more money,
and think whether you're ready to give to any you
don't know, or don't much like, as well as your mates.

Especially, too, think of your relationship with God;
Do you really give enough time and energy to talking
with him and listening to him, in prayer?

And be realistic! Don't try to take on the whole world,
but do take on something that you might manage.

Notices for our Parish Newsletter need to be received by
Wednesday 12.00noon, at the latest.

Sacraments

Baptism Our Preparation Programme, for Parents of Children to be baptised, will next take place 7.00-8.30pm, in our Sacred Heart Hall, **Weds 3 & 10 Mar**. To join a Programme, Parents need to talk with Fr Anthony, after one of our Parish Masses, to arrange an initial meeting with him.

The Programme is for any expecting, as well as Parents with baby born.

Confirmations Our next Preparation Meeting will be on **Sat 27 Feb**, in our Sacred Heart Hall (if possible by then), 9.30-11.00am. Families will be notified, by email, as to whether we will be in the Hall or are to meet online, about a week before.

First Communion Next Preparation Meeting **Sat 6 Mar**, 10.00-12.00am, in our Sacred Heart Hall (if possible by then). Families will be notified, by email, as to whether we will be in the Hall or are to meet online, about a week before.

Marriage Usual minimum notice, six months. Contact Fr Anthony.

But seriously

DO YOU KNOW?

Among the details he gives about the prophetess who met the infant Jesus, when he was presented in the Temple, Luke notes that she was called Anna, was the Daughter of Phanuel, of the tribe of Asher, and was aged 84 years.



While many will refer to the Tuesday after next as Pancake Day, fewer will know it

as Shrove Tuesday, and less still will know what the word shrove means - so what does it mean?

AND SERIOUSLY!

The new father, beside himself with excitement over the birth of his son, was determined to follow all the rules to the letter.

'So tell me nurse,' he said, 'What time should we wake him up in the morning?'



Parish Monies

Offertory Monies **Many Thanks**
18-24 Jan

Loose £ 71.79
Envelopes £194.34

Donations to our Parish

Can also be made by texting -
CHURCH SHSJ to 70500
to contribute £5 - weekly
- fortnightly - other;
- or by using the **Donate Button**
on our Parish Website Home Page.

GOD OF SURPRISES

Tools for digging – Some Methods of Prayer

Be still and know that I am God (Psalm 40:10)

Fortunately, our minds are so constructed that normally we can only concentrate on one thing at a time. If I can concentrate all my attention on what I am feeling in my big toe, I cannot worry about my finances at the same time, so here is one suggestion for practicing stillness of mind and body.



Sit in a straight-backed chair, or if you are agile enough in the lotus position or crossed-legged on the floor, your back straight without being rigid, the body relaxed, your feet, if you are on a chair, planted firmly on the ground and your hands at rest on your thighs or joined in your lap. Close

your eyes, or fix them on some point in front of you. Now let your whole attention focus on what you can feel in your body. You may start at your feet and work upwards, letting your attention dwell, perhaps only for a few seconds, on whatever part of your body you can feel, shifting attention from one part to the other, although the longer you can hold attention on one part the better. Your attention is on what you are feeling not on thoughts about feeling. If you are uncomfortable or itchy and want to move position, just acknowledge the discomfort, assure yourself that it is all right and, without moving, continue to focus attention on what you can feel in the

body. The mind rarely leaves us long in peace to do this, but begins to demand attention with comment and questions. 'This is a waste of valuable time. What has this to do with prayer? Is this some kind of Hindu thing? What is the point of it?' Deal with the questions and comment as you dealt with the itch; acknowledge



the comments and questions then return to feeling the body. It may be enough to attempt this exercise for five minutes at a time at first, then try to lengthen the period. You will begin to know how difficult it is to keep the mind still and quiet but, with gentle persistence, concentration improves and you will feel the relaxing effect of it. Many people find that this experience makes them very drowsy and it can be a useful exercise for insomniacs!

Having done this exercise and experienced some degree of stillness, you can, if you like, move into more explicit prayer by repeating to yourself St. Paul's phrase, which he borrowed from Stoics. 'In him I live, and move, and have my being.'

To be continued . . .

Abridged from: The God of Surprises – Gerard W. Hughes

**Please Keep
in Prayer**

All whose **Anniversaries** occur about this time
All who have **died recently**
especially Veronica Harratt, and her family.



Also: All those **sick** or **infirm**, especially:

Br Hilarion Durkin, Margaret Hinchliffe, Isabelle Blake, Elizabeth Olbison, Catherine Brown, Karen Dearing
George Potts, Cynthia Potts, Peggy Heneghan, Kazia Andruszko, Liz Allen, Dennis Fricker, John O'Brien
Monica Lowe, Nicola Glew, Elizabeth Taylor, and all our housebound

The Word: Year B, Ordinary Time, Sunday 5: Commentary

Gospel: Mark 1:29-39

The snippets gathered in the gospel reading give us a sample of Jesus' activity at Capernaum – healing and prayer. The first incident, the healing of the relative of his friend and follower Simon Peter, reminds us that Jesus does respond if we pray for the needs of our nearest and dearest. Then the summary of his evening activity shows his concern to bring healing and wholeness. Any Christian will desire to follow his example: we can harm or heal those around us in so many ways. It does not need to be a miracle! A greeting, a look, a smile, a touch can bring the peace of Christ to someone in desperate need of reassurance - and no less can these actions harm and wound. But the third little story, of Jesus going off to pray in the early morning, shows that the well-spring of all his activity was his union with God whom he called his Father. We cannot say what Jesus' prayer was, any more than I can say what your prayer is, but the confident communication between Father and Son must have been the source of his strength and compassion.

First Reading: Job 7:1-4,6-7

In the whole three-year cycle there are only two Sunday readings from the moving and tragic Book of Job. The Book describes the problem of sickness and suffering at its most acute: why should I suffer? Job has lost everything - wealth, family, health. He sits on a rubbish-heap, scratching his sores with a broken pot. In this passage from chapter 7 he gives a painful picture of the sick person's frustration - the slow and pointless passage of time, the crazy, distorted imaginings. He feels that God is oppressing him, but yet clings to God as his one hope of release. Undeserved sickness and death is worrying for



anyone who believes in a loving God. On the natural plane, sickness is a reminder that things are out of order and could get worse. To the believer it is a reminder that this brilliant, complicated, sophisticated creation cannot continue developing for ever, but must return to God in God's own good time. As Jeremiah explains, the pot cannot complain to the potter, "Why did you make me like this?" But couldn't a loving God have made something so that it never went wrong?

Second Reading: 1 Corinthians 9:16-19,22-23

As we work through this letter to the Christians of Corinth we find Paul reflecting on his own task. His teaching is firm enough. Under the compulsion of his divine call he has no choice but to teach the truth. Yet in his desire to win the Corinthians for Christ, he is sensitive to the needs of all people. Here he has just been giving a ruling on whether it is allowed to eat food which has been dedicated to pagan gods. His first point is that, as these gods don't exist, dedication to them does not affect the food. But his most important point is that you must not upset other people's consciences. In other words, the overriding principle is to be sensitive and caring towards the needs of each person. If we are anxious to do the right thing, we can often be quite hard about acting 'on principle', trampling on the feelings of others without regard for their own sincerely-held beliefs. For Paul the highest principle is always love.

Courtesy of 'The Wednesday Word Trust'

The Word: Year B, Ordinary Time, Sunday 6

1st Reading: Leviticus 13:1-2,44-46
2nd Reading: 1 Corinthians 10:31-11:1
Gospel: Mrk 1:40-45

Prayer of the Church

Psalter Of Week 1

Sun Proper of Season
Mon Of the week (or + Proper Saints)
Tue Of the week
Wed Of the week + Proper Saints
Thu Of the week (or + Proper Saints)
Fri Of the week
Sat Of the week

This Week's Feasts & Saints

Mon St Jerome Emiliani, Holy Man /
St Josephine Bakhita, Virgin
Tue Of Weekday
Wed St Scholastica, Virgin
Thu Our Lady of Lourdes
Fri Of Weekday
Sat Of Weekday



Gathering Verse: Psalm

Blessed be God who did not reject my prayer
nor withhold his love from me.

Cry out with joy to God all the earth,
O sing to the glory of his name.
O render him glorious praise.
Say to God: 'How tremendous your deeds!

Because of the greatness of your strength
your enemies cringe before you.
Before you all the earth shall bow;
shall sing to you, sing to your name!

Come and see the works of God,
tremendous his deeds among men.
He turned the sea into dry land,
they passed through the river dry-shod.

Let our joy then be in him;
he rules for ever by his might.
His eyes keep watch over the nations:
let rebels not rise against him.

O peoples, bless our God,
let the voice of his praise resound,
of the God who gave life to our souls
and kept our feet from stumbling.

For you, O God, have tested us,
you have tried us as silver is tried:
you led us, God, into the snare;
you laid a heavy burden on our backs.

You let men ride over our heads;
we went through fire and through water
but then you brought us relief.

Come and hear, all who fear God.
I will tell what he did for my soul:
to him I cried aloud,
with high praise ready on my tongue.

If there had been evil in my heart,
the Lord would not have listened.
But truly God has listened;
he has heeded the voice of my prayer.

Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end. Amen.

Blessed be God who did not reject my prayer
nor withhold his love from me.

Glory to God

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.

First Reading: Job 7:1-4,6-7

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.

Responsorial Psalm: 146(147)

R Praise the Lord who heals the broken-hearted

Praise the Lord for he is good;
sing to our God for he is loving:
to him our praise is due.

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.

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 Praise the Lord who heals the broken hearted.



Second Reading: 1 Corinthians 9:16-19,22-23

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. 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 blessings.

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

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.

Creed

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,
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.



Communion Verse

Sweet Saviour, bless us ere we go;
thy word into our minds instil,
and make our lukewarm hearts to glow
with lowly love and fervent will.
*Through life's long day and death's dark night,
O gentle Jesus, be our Light.*

Grant us, dear Lord, from evil ways
true absolution and release:
and bless us more than in past days,
with purity and inward peace.
*Through life's long day and death's dark night,
O gentle Jesus, be our Light.*

Do more than pardon; give us joy,
sweet fear, and sober liberty,
and simple hearts without alloy
that only long to be like thee.
*Through life's long day and death's dark night,
O gentle Jesus, be our Light.*

Labour is sweet, for thou hast toiled.
and care is light, for thou hast cared;
let not our works with self be soiled,
nor in unsimple ways ensnared.
*Through life's long day and death's dark night,
O gentle Jesus, be our Light.*

For all we love, the poor, the sad,
the sinful, unto thee we call;
O let thy mercy make us glad:
thou art our Jesus, and our all.
*Through life's long day and death's dark night,
O gentle Jesus, be our Light.*

F.W Faber (1814-63)

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