

GOSPEL REFLECTION FOR THE FIFTH SUNDAY IN ORDINARY TIME

Salt of the Earth



Today Jesus gives his disciples a compliment. If we live by our faith we his disciples will become the salt of the earth and the light of the world. But the compliment comes with a warning! If the salt loses its taste it is worthless, and if we hide the light underneath a bowl it fails to serve its purpose. Sounds silly doesn't it? Why on earth would we go round hiding lights underneath bowls, yet we do it all the time!

We deny the salt and hide the light every time we keep our faith to ourselves. You often hear people claim that their faith is strictly a personal thing, something just between themselves and God. But what use is a belief that doesn't impact on those around us? What good is a faith that does nothing to make the world a better place? We deny the salt and hide the light every time we keep quiet instead of speaking out. It isn't fashionable to be a Christian nowadays. It's all too easy to keep quiet in the face of uncomfortable issues such as racism or poverty. It's far easier to side with the gossip and turn a blind eye to petty pilfering in the workplace. It's too easy for us to laugh at an unkind joke or let our children watch programmes that promote values contrary to our Christian belief.

Remember today somebody in your life who Jesus might have described as the 'salt of the earth'. Remember how that person inspired, motivated or impressed you. Remember how you admired that person for being true to themselves instead of bending to the fashionable point of view. Somebody once said that Christianity is infectious, when we see a shining example we want to emulate it. Could we too become shining examples of Christianity? Could Jesus give us the same compliment as those original disciples? Light of the world. Salt of the earth.

Bitesize -

A barking dog is often more useful than a sleeping lion.

Washington Irving, adapted from a verse in the Bible



PARISH PRAYER – Father, pour out your Spirit upon our parish. Grant us a new vision of your glory, a new faithfulness to your Word and a new consecration to your service, that your love might grow among us and your kingdom come, through Christ our Lord, Amen.

Useful links: Diocesan Safeguarding – <https://www.rcdea.org.uk/safeguarding/>
 Diocesan Website – <http://www.rcdea.org.uk>
 Notre Dame High School, Norwich – <http://www.ndhs.org.uk>
 Daily Liturgy Website – www.universalis.com

PARISH OF THE SACRED HEART AND ST. MARGARET MARY [Registered Charity 278742]

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Parish Music Leader: Michael King: Email: michaeljwking@gmail.com

Parish Safeguarding Representative: Kathleen Edmunds:

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9TH FEBRUARY 2020 – 5TH SUNDAY IN ORDINARY TIME – Year A

[5th Week of the Year, Weekday Year II, Psalter Week 1]

Mass Times for the Week			Intentions
Sat. 8 th Feb.	6.00 pm	5 th Sunday in Ord. Time	Albert Foley (Fdn.)
Sun. 9 th Feb.	9.00 am 11.00 am	Racial Justice Sunday [Parish Mass Book p133]	Helen Coyne (Fdn.) The People of the Parish
Mon. 10 th Feb.	10.00 am	S Scholastica	Sidney Carter (Fdn.)
Tues. 11 th Feb.	-	Feria (World Day of Prayer for the Sick)	No Mass today
Weds. 12 th Feb.	10.00 am	Feria	Kath Davis & family (Fdn.)
Thurs. 13 th Feb.	10.00 am	Feria	Lilian Carter (Fdn.)
Fri. 14 th Feb.	10.00 am	SS Cyril & Methodius, Patrons of Europe	Neil Bradley (Fdn.)
Sat. 15 th Feb.	-	Feria	No morning Mass.
Sun. 16 th Feb.	6.00 pm 9.00 am 11.00 am	6 th Sunday in Ord. Time	Fr. Harry Wace (Fdn.) The People of the Parish Myrna & Philip Kemp

Music for 5th Sunday in Ord. Time – Setting: New People's Mass

Entry: 6pm – Angelus (said); Hymn 821 - The Kingdom of God is justice and joy...

Psalm: (11am sung) R: *The good man is a light in the darkness for the upright.*

Offertory: Hymn 779 - O God, you search me and you know me...

Memorial Acclamation: B.

Recessional: 11am – Angelus (said); Hymn 880 - Tell out my soul, the greatness of the Lord...

Confession/Reconciliation: Saturday at 5.30pm, or by request/appointment

The parish newsletter (incl. back copies) is available to view on the parish website from Friday onward each week.

Anniversaries this week: Ralph Keatley, Molly Sayer, Colin Halstead, Madeline Stanley, Maria Rupp, William Green, Henry Raw, Patrick Flynn, Stella Daisy Hercock, Millie Boyer, Muriel Hope Drury, Joseph McHendrie, Nell Bradley, Antero Ribeiro, Mary Frances Martin, and Alice Wyand. *May their souls and the souls of all the faithful departed rest in peace.*

Hospital Visits: If you or family members are admitted to the Norfolk & Norwich Hospital (NNUH) or Queen Elizabeth II Hospital, King's Lynn (QEII), and would like a visit from the Roman Catholic Chaplain, please call either St. John's Cathedral, Norwich (01603 624615) for visits to NNUH, or call the NNUH Hospital Chaplaincy direct on 01603 287470 for people needing urgent spiritual attention, or for visits to QEII Hospital, call Fr. Peter Rollings on 01553 772220. If you would like to receive the Sacrament or Anointing of the sick before going to hospital, please contact Fr. Brendan on 01362 694066.

Sick & Housebound [with GDPR Permissions] – Please pray for: Janet Yardley, Jenny Rudd, Carol Whitesides, Robert Nicol, Eileen Brocklesby, Shirley Liebenhals, Catherine Carter, Alf Charlton, Frances Saville King, Una McWeeny, Derek Williams.

Money matters: Thank you for your offering of £447.70 for the maintenance of our parish last weekend. This weekend there is a retiring collection for The Catholic Association for Racial Justice. Please take one of the cards from the table at the back of the church.

130 Club Draw for January 2020 - 1st Prize £20 - Ticket 186; 2nd Prize £15 - Ticket 62; 3rd Prize £10 - Ticket 4; 4th Prize £10 - Ticket 118; 5th Prize £10 – Ticket 149.

Diary Dates for this week -		
Tues. 11 th Feb.	7.30pm	Queen of Peace Prayer Group – Emmaus Room
Thurs 13 th Feb	6.30pm	Music selection & practice – Presbytery & Church. All volunteers welcome to make a joyful noise to the Lord!
Fri. 14 th Feb.	7.15-8.45pm	Confirmation Group – Emmaus Room
Sat. 15 th Feb.	Saturday Club is on half-term. Classes resume on 29 th February.	

UCM Members please note the AGM/meeting has been postponed to 12th March.

Racial Justice Sunday, February 9th - This Sunday, the Catholic Church in England and Wales celebrates Racial Justice Day. The theme is: *'You are at the heart of the Church'*. It celebrates the contribution travelling communities make to the Church in England and Wales. It is an opportunity for all Catholics to pray for, reflect on and respond to Racial Justice matters within the Church and wider society. Racial Justice Sunday should encourage proactive discussions on overt and covert forms of racism experienced by fellow Catholics from the travelling communities. To support the Church and its work with Travellers, a second/retiring collection will be taken after all Masses this weekend. Your contributions, however great or small, will help make a difference. Please see the cards on the table at the back of the church.

Forthcoming events. On Sunday February 23rd Bishop Alan will celebrate Mass here at 9.00am & 11.00am. At the 9.00am Mass the Psalm will be sung as well as at the 11.00am and there will be a small ceremony of enrolment for the Confirmation candidates during the 11.00am Mass.

February 26th is Ash Wednesday, a day of fast and abstinence from meat and the beginning of Lent. Friday

March 6th is CAFOD Family Fast Day.

Diocesan Retreat Day: Positive Penance for Lent - A deeply personal approach Inspired by The Spiritual Exercises of St. Ignatius at: **Our Lady of The Annunciation Church, Poringland beginning in The Thirkettle Room on Saturday 15th February 2020, 10am – 4pm.** Coffee available from 9.30 am. Sacrament of Reconciliation will be available on the retreat day. Please bring a packed lunch and a notebook and pen. For further information contact: mmmcfadyen@gmail.com, Diocesan Representative for the Bishop's Conference spirituality committee. www.sunflowerseedspirituality.com

130 Club - Would members please collect their renewal envelopes from the back of church. Marcia Slee will be on hand at all Masses over the next few weekends. There are still a few unallocated numbers and if anyone would like to take up one or more of these numbers, please see Marcia who can explain about the Club, which is a worthwhile fundraiser for the Parish. Members are kindly asked to ensure that their renewals are returned as quickly as possible and before the end of March at the latest. Thank you.

Oberammergau Passion Play 2020 & Castles and Lakes of Bavaria: 16th - 20th September 2020, 5 days, 4 nights £1,199.00 (£99.00 single room supplement) - St George's parish in Norwich are organising a trip to this year's Passion Play and would like to invite parishioners from across the diocese to join us. Details, full brochure and booking form: https://www.tailored-travel.co.uk/stgeorge_oberammergaubavaria_160920 The initial deposit is £400.00 which should be sent with the completed booking form to Fr Sean Connolly, St George's RC Church, 223 Sprowston Road, Norwich NR3 4HZ by 28 Feb.

Papal Prayer Intention for February 2020: Listen to the Migrants' Cries - People across the globe are on the move, especially the poorest and most vulnerable. It is a situation ripe for exploitation by traffickers and people-smugglers whose callousness was illustrated last year in the case of the 39 Vietnamese people who died of suffocation in a refrigerated lorry heading for the UK. Pope Francis has made the plight of refugees and migrants a central concern of his papacy. He challenges the Church and people of good will to listen to the cries of migrants and to find space for them in our hearts and our homelands. This month we are asked to join in Pope Francis' prayer intention *"that the cries of our migrant brothers and sisters, victims of criminal trafficking, may be heard and considered."*



The Angelus

☩. The Angel of the Lord declared unto Mary. **R.** And she conceived of the Holy Spirit. *Hail Mary*

☩. Behold the handmaid of the Lord. **R.** Be it done unto me according to thy word. *Hail Mary ...*

☩. And the Word was made flesh. **R.** And dwelt among us. *Hail Mary ...*

☩. Pray for us, O holy Mother of God. **R.** That we may be made worth of the promises of Christ.

Let us pray: Pour forth, we beseech thee, O Lord, thy grace into our hearts, that we to whom the Incarnation of Christ thy Son was made known by the message of an angel may, by his Passion and Cross, be brought to the glory of his Resurrection, through the same Christ, our Lord. Amen.