

ENTRANCE ANTIPHON

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

Ps 94:6-7

THE 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.

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.

The word of the Lord.
Thanks be to God.

PSALM

Ps 146:1-6.R.v3

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. **(R)**

The Lord builds up Jerusalem
and bring 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)**

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

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

The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!
He took our sicknesses away,
and carried our diseases for us.
Alleluia!

Mt 8:17

GOSPEL

Mark 1:29-39

The Lord be with you.
And with your spirit.
A reading from the holy Gospel according to Mark.
Glory to you, O Lord.

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.

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.

COMMUNION ANTIPHON

Mt 5:5-6

Blessed are those who mourn, for they shall be consoled.
Blessed are those who hunger and thirst for righteousness,
for they shall have their fill.

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.

Our Faith on Sunday

GOSPEL REFLECTION



Today's Gospel sees Jesus carrying out healing on a grand scale, starting with Simon's mother-in-law. We are told that the fever left her and she 'began to wait on them'. This may seem like a

strange observation and even an unfair one. The poor woman has just recovered from a fever and she immediately sets to work serving the men! But perhaps it is also saying that she had recovered so fully that she was able to do some physical work straightaway without the need to convalesce.

Another interesting thing about this Gospel is that Jesus cast out many devils 'but he would not allow them to speak, because they knew who he was'. So, it was the devils who knew who Jesus was, not the good people! But why did

Jesus not want them to let others know who he was? Jesus was healing people because he has genuine compassion for them, not so that they would follow him. As we see in other parts of the Gospels, Jesus wants people to follow him by taking up their cross and not by becoming 'camp-followers' of a faith healer.



Children's Liturgy during these Covid-19 restrictions Bernard Holland (Parishioner)

Following the streaming of mass during lockdown, we realised that the children were missing out with their liturgy and so the idea of streaming a Children's Liturgy appeared so easy to achieve. Then it came to my turn to present one. Not having a smart phone, I used a small camera with a video instead.

It became very interesting and challenging deciding where to set up. With the modern tech it is within the means of anyone to set up a 'studio'. I had a practice, moving that distracting picture and those ornaments. Sound was OK. Let's go.



Watching a re-run I realised every little sound was picked up; a ticking clock, rain on the Perspex roof, birds singing. Then you stumble over your words. You soon appreciate how professional the television presenters are.

I like creating the Children's Liturgy on video. As confidence grows, I can introduce pictures and display items for the children to focus on and keep them interested. I do miss the verbal interaction and noticing when you are losing the children's interest and sense it is time to alter tack. I also miss the out of the blue question which leads us to explain some other aspect of the Gospel that we perhaps hadn't considered.

Also, I want to tell them about the all-encompassing and forgiving love of God, so that the children think about, and are aware, that looking after their nearest and dearest will also include the neighbour next door and the neighbouring countries including those on the other side of the world.

I look at my role as helping the children to work out for themselves and believe that the Gospels read at church on Sundays are true.

POPE FRANCIS' ENCYCLICAL FRATELLI TUTTI BROTHERS AND SISTERS ALL



I. DARK CLOUDS OVER A CLOSED WORLD LACKING A PLAN FOR EVERYONE

15. The best way to dominate and gain control over people is to spread despair and discouragement, even under the guise of defending certain values. Today, in many countries, hyperbole, extremism and polarization have become political tools. Employing a strategy of ridicule, suspicion and relentless criticism, in a variety of ways one denies the right of others to exist or to have an opinion. Their share of the truth and their values are rejected and, as a result, the life of society is impoverished and subjected to the hubris of the powerful. Political life no longer has to do with healthy debates about long-term plans to improve people's lives and to advance the common good, but only with slick marketing techniques primarily aimed at discrediting others. In this craven exchange of charges and counter-charges, debate degenerates into a permanent state of disagreement and confrontation.





HOLY FAMILY
PARISH

PARISH OF THE HOLY FAMILY, BOURNEMOUTH

Incorporating the churches of
Christ the King, Kinson and St Bernadette's, Ensbury Park
Plymouth Diocesan Trust Registered Charity No: 213227

NEWSLETTER ARTICLES to michellecarroll5@aol.com please submit by 5pm Thursday

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St Bernadette Church
46 Draycott Road,
Ensbury Park BH10 5AR

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01202 920057
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Bournemouth 01202 704221
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Holy Family Parish
keep up to date with the
Parish Facebook Page

Dear Parishioners,

Today, is the Fifth Sunday of the ordinary time.

After two weeks of lock down of our churches at both Christ the King and St. Bernadette, we are opening the churches from next Thursday onwards for public worship.

Next Thursday is 11th of February, being the Feast of Our Lady of Lourdes, a World Day to Pray for the Sick and those who care for them, it is fitting that we open our churches once again for public worship. Holy Mass will resume as usual at 9.30 am on Thursday and Friday, and 6 pm Vigil mass at St. Bernadette.

As we pass through this exceptional period of time which excuses nobody and nobody should be excused from its remedies as well.

We appreciate the Vaccination programme taken up in full swing in our country, and we include everyone in NHS and our army personals in our prayers who are involved and committed to this task, We shall make an evening adoration for an hour at 6 pm in Christ the King Church on 11th February which will be live streamed in our Facebook page.

Let me sincerely thank all my parishioners for supporting our parish in and out of season through donations and mass offerings. We are passing through a tight time, a time of loneliness, despair, and pain. What is our response to those in pain?

The readings of this weekend answers through the model of Job and Jesus in the Gospel. Job trusted in God. The sick came to Jesus and He heals them, He does not debate about the sufferings with them. Sure, we cannot make the sickness go away with a single action as Jesus did. But we can respond positively and do our best to ease the suffering and pain of the people, we can reduce the spreading of the pandemic by being responsible citizens.

Stay safe and God bless you all .

Fr. Chacko

MENTAL HEALTH and COVID 19

The ongoing pandemic will cause many people to feel stress and anxiety. Caritas Plymouth has put together a range of resources to guide Catholics in looking after their mental health including access to prayer resources and links to organisations offering support.

<https://www.plymouth-diocese.org.uk/wp-content/uploads/2020/12/Mental-Health-Note.pdf>

PRAYER FOR SPIRITUAL COMMUNION

At Thy feet, O my Jesus, I prostrate myself and I offer Thee repentance of my contrite heart, which is humbled in its nothingness and in Thy holy presence. I adore Thee in the sacrament of Thy love, I desire to receive Thee into the poor dwelling that my heart offers Thee. While waiting for the happiness of sacramental communion, I wish to possess Thee in spirit.

Come to me, O my Jesus, since I for my part, am coming to Thee. May Thy love embrace my whole being in life and in death. I believe in Thee, I hope in Thee, I love Thee. Amen

DAY	TIME AND CHURCH		Steward cleaner	Reader	EM	Server
Sun 7 th	9.30am Mass at CTK– Live streaming	5 th SUNDAY OF ORDINARY TIME Mass Int: Gladys & Tom Cross RIP				
Mon 8 th	See below for invite from Bishop Mark 'welcome the stranger'	St Josephine Bakhita DAY FOR VICTIMS OF HUMAN TRAFFICKING AND THOSE WHO WORK TO COMBAT IT				
Tues 9 th	NO MASS					
Wed 10 th	NO MASS	St Scholastica- Patron of Convulsive Children				
Thurs 11 th	9.30am Mass at CTK 6pm Adoration at CTK live streaming	Our Lady of Lourdes – WORLD DAY FOR THE SICK AND THOSE WHO CARE FOR THEM				
Fri 12 th	9.30am at CTK					
Sat 13 th	6pm Mass at St B	BLESSED VIRGIN MARY	Michelle	Michael	Ivor	Faith
Sun 14 th	9.30am Mass at CTK– Live streaming	6 th SUNDAY OF ORDINARY TIME RACIAL JUSTICE DAY & DAY OF PRAYER FOR THE UNEMPLOYED				

Please remember in your prayers...

Margaret Simpson
Gareth Hughes
Elwyn & Awena Hughes
Marcia Russell
Anna Browne
Lucy Rose
Maria Heyes
Mary Carmody
Miriam Park
Mary Neito
Anne Flood
Sheila Shelley
Judd Barker
Fr Jude
Grace Leung
Imogen Garcia
Thomas Torok
Mary Hogan
Theresa Smith
Katrina Brookes
Lee Langdown
Neville Rogers
Barbara Rogers
Frances Herbert
Elina O'connor
Sheila Browning
Chelsea Waring
Miriam Miller
Patrick Doyle
Mary Trott
The Martin Family
Sharon Whitaker
Norman Warmington
Jocelyne & Peter Cotrel
Pauline Warburton
Veronica Williamson
The Bailey Family
Kathleen & Mike Carter
Mandy Russell & family
Margaret Place & Family



And those who have died recently or whose anniversaries are at this time

Marc Hughes RIP
Merv Hyde RIP
Gill Dickinson RIP

Welcome the Stranger

8th February 2021 5 – 6.30pm
welcome • protect • promote • integrate

All are invited to join Bishop Mark O'Toole and Bishop Declan Lang for an evening of prayer and reflection on the issues facing refugees, migrants & those affected by modern slavery.

The event will take place via zoom, register to attend by emailing caritas@prcdtr.org.uk

FIRST COMMUNION Next session – Sat 13th February



OFFERINGS

BANK DETAILS
PRCDTR
KINSON RC
PARISH
SORT CODE
51-81-20
ACCOUNT NO
72768401
If you are a taxpayer, please giftaid, contact
Christine Elie
Christine.elie21@gmail.com

It's great that the churches are open again for Mass.

PLEASE REMEMBER

HANDS

FACE

SPACE

Thoughts?



As you will have seen, some of our parishioners have been sharing reflections or interesting facts/ history of our faith for the front page of the newsletters. If you would like to contribute or maybe you have a question about our faith, the mass or the church as a whole then please contact me as it would be great to see more parishioner contribution and be able to help with deepening our understanding.
Michelle

RETRouvaille
A LIFELINE FOR MARRIED COUPLES

Covid 19–

a very challenging time for many marriages.

So much uncertainty around, health, income, employment, vulnerable family members, children, housing. Different ways of seeing things, coping with change, managing fears can be a source of conflict and stress. It can be difficult to talk, to listen to support and comfort when there is so much uncertainty. Being together all the time, brings even more challenges. You just cannot cope; would be better apart you wonder. Retrouvaille is a programme to support couples, it brings a positive focus, new hope and helps nourish and grow your marriage and you don't need to leave home, it comes to you!

For confidential information about Retrouvaille or to register for the next programme, a Virtual weekend on 25th- 28th February 2021 Call or text 0788 7296983 or 0797 3380443. Email: retrouvailleukinfo@gmail.com – or visit www.retrouvaille.org.uk

Kathleen Carter, a parishioner is writing prayers and poems and would like to share them with others. Please read her blog

'Writing in unusual times'

<http://writinginunusualtimes.wordpress.com>