

**ENTRANCE ANTIPHON**

Save us, O Lord our God!  
And gather us from the nations,  
to give thanks to your holy name,  
and make it our glory to praise you.

Ps 105:47

**THE COLLECT**

Grant us, Lord our God,  
that we may honour you with all our mind,  
and love everyone in truth of heart.  
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**

Deuteronomy 18:15-20

Moses said to the people: 'Your God will raise up for you a prophet like myself, from among yourselves, from your own brothers; to him you must listen. This is what you yourselves asked of the Lord your God at Horeb on the day of the Assembly. "Do not let me hear again" you said "the voice of the Lord my God, nor look any longer on this great fire, or I shall die"; and the Lord said to me, "All they have spoken is well said. I will raise up a prophet like yourself for them from their own brothers; I will put my words into his mouth and he shall tell them all I command him. The man who does not listen to my words that he speaks in my name, shall be held answerable to me for it. But the prophet who presumes to say in my name a thing I have not commanded him to say, or who speaks in the name of other gods, that prophet shall die."'

The word of the Lord.  
**Thanks be to God.**

**PSALM**

Ps 94:1-2.6-9.R.v9

**R) O that today you would listen to his voice!  
Harden not your hearts.**

Come, ring out our joy to the Lord;  
hail the rock who saves us.  
Let us come before him, giving thanks,  
with songs let us hail the Lord. **(R)**

Come in; let us kneel and bend low;  
let us kneel before the God who made us  
for he is our God and we  
the people who belong to his pasture,  
the flock that is led by his hand. **(R)**

O that today you would listen to his voice!  
'Harden not your hearts as at Meribah,  
as on that day at Massah in the desert  
when your fathers put me to the test;  
when they tried me, though they saw my work.' **(R)**

**SECOND READING**

A reading from the first letter of St Paul to the Corinthians  
7:32-35

I would like to see you free from all worry. An unmarried man can devote himself to the Lord's affairs, all he need worry about is pleasing the Lord; but a married man has to bother about the world's affairs and devote himself to pleasing his wife: he is torn two ways. In the same way an unmarried woman, like a

young girl, can devote herself to the Lord's affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world's affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord.

The word of the Lord.  
**Thanks be to God.**

**GOSPEL ACCLAMATION**

**Alleluia, alleluia!** Mt 4.16  
**The people that lived in darkness  
has seen a great light;  
on those who dwell in the land and shadow of death  
a light has dawned.**  
**Alleluia!**

**GOSPEL**

Mark 1:21-28

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

Jesus and his followers went as far as Capernaum, and as soon as the sabbath came Jesus went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority.

In their synagogue just then there was a man possessed by an unclean spirit, and it shouted, 'What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.' But Jesus said sharply, 'Be quiet! Come out of him!' And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. 'Here is a teaching that is new' they said 'and with authority behind it: he gives orders even to unclean spirits and they obey him.' And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

The Gospel of the Lord.  
**Praise to you, Lord Jesus Christ.**

**PRAYER OVER THE OFFERINGS**

O Lord, we bring to your altar  
these offerings of our service:  
be pleased to receive them, we pray,  
and transform them  
into the Sacrament of our redemption.  
Through Christ our Lord.

**COMMUNION ANTIPHON**

Mt 5:3-4

**Blessed are the poor in spirit,  
for theirs is the Kingdom of Heaven.  
Blessed are the meek, for they shall possess the land.**

**PRAYER AFTER COMMUNION**

Nourished by these redeeming gifts,  
we pray, O Lord,  
that through this help to eternal salvation  
true faith may ever increase.  
Through Christ our Lord.

# Our Faith on Sunday

## GOSPEL REFLECTION



*"He taught them as one who has authority and not as the scribes..."*  
The scribes taught from the Scriptures what God had taught through the prophets and through the history of their people. Now God teaches his people 'first hand', so to speak.

He Himself had come to teach them! As indeed he had promised that He would through the prophet Ezekiel. It seems that the evil spirits were more alert to what was happening – though clearly they did not fully understand – than were the approved teachers of the people. Long ago, through Ezekiel, God had condemned the leaders of his people for their neglect of his 'sheep', God says, *"Look, I myself shall take care of my flock and look after it ... I shall look for the lost one (Judas?) bring back the stray (Mary Magdalene?) bandage the injured (the lepers, the lame?) and make the sick strong (Jairus' daughter, the widow's*

*son?). I shall watch over the fat and healthy (the disciples, the faithful women?)."* The promise – or threat, in the understanding of the pharisees – was there in their Scriptures and Jesus claimed to fulfil it, *"I am the Good Shepherd, I know my own and my own know me....and I lay down my life for my sheep"*.



### POPE FRANCIS' ENCYCLICAL FRATELLI TUTTI BROTHERS AND SISTERS ALL



## I. DARK CLOUDS OVER A CLOSED WORLD THE END OF HISTORICAL CONSCIOUSNESS (CONT'D)

14. These are the new forms of cultural colonization. Let us not forget that peoples that abandon their tradition and, either from a craze to mimic others or to foment violence, or from unpardonable negligence or apathy, allow others to rob their very soul, end up losing not only their spiritual identity but also their moral consistency and, in the end, their intellectual, economic and political independence". One effective way to weaken historical consciousness, critical thinking, the struggle for justice and the processes of integration is to empty great words of their meaning or to manipulate them. Nowadays, what do certain words like democracy, freedom, justice or unity really mean? They have been bent and shaped to serve as tools for domination, as meaningless tags that can be used to justify any action.

**DO YOU BELIEVE?** A reflection by Michelle Carroll

How blessed are we who do not see and yet still believe? Such beautiful words that mean us. We are blessed. Jesus knew how blessed we are because exactly that – we have not seen but know it in our hearts. The gift of faith is one of the most precious things we possess.

So very precious that it needs looking after, nurturing, developing and using. And there has never been more a time for our faith to be called upon than during this pandemic. Whether we were given our gift as a child at baptism or received it later, the gift of faith is ours and yes, how blessed we are.

Just like the people in the Gospels who followed Jesus all over the place, travelling days and miles just to see Him, to hear Him and to touch Him; their faith was rewarded because they believed. How is our Faith helping us?

Are we searching for God to guide us through these trying times?

Are we making efforts to communicate with Him? To be with Him and to know He is with us.

Just picking up a bible and reading His word or taking 5 just to talk to Him in prayer can bring great joy and comfort. Believing in God, having faith in Him means having faith in His plans so trust in the Lord. During this time when life is so hard and our churches are closed, let us use our gift of faith to draw on the strength that knowing Jesus brings. If we believe in God, really believe in Him then we believe He is in control – He is God. Do you believe?

There was an incredible Frenchman called Blondin who performed incredible feats of bravery and daring. He gained world fame as a tightrope walker when he stretched a wire cross Niagara Falls and walked across it.

The crowd went wild with delight and were chanting his name louder and louder! He silenced the crowds and asked them – *'Do you believe in me?'*

*'YES! YES! we believe in you'* the crowd yelled.

Blondin asked, *'Do you believe that I can walk across carrying a person on my back?'*

*'YES!'* They roared; *'We believe it! We believe it!'*

He silenced them again and asked

*'If you believe this, which one of you is prepared to be the person on my shoulders?'*

The crowd went quiet and no one volunteered. Even though they believed him, no one wanted the job. Finally, a little old man stepped out from amongst the silent crowds, climbed onto Blondin's shoulders and crossed to the far side of the falls with him.

The man was Blondin's father. Are you the crowd or the old man?





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](mailto:michellecarroll5@aol.com) please submit by 5pm Thursday

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[holyfamilykinson@gmail.com](mailto:holyfamilykinson@gmail.com)

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(& Parish Office)  
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BH11 9EH  
Our Lady of Victories &  
St Bernadette Church  
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Ensbury Park BH10 5AR

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Paddy Williamson (CTK)  
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07468480837

Hospital Chaplain  
Bournemouth 01202 704221  
Poole 01202 442167



Holy Family Parish  
keep up to date with the  
Parish Facebook Page

Dear Parishioners,

Today, Fourth Sunday of the ordinary time, is a Day to thank God for the Catholic Schools and educational institutions, pray for those who work there.

Let us keep in our prayers our own Christ the King Primary school.

Tuesday, 2<sup>nd</sup> of February is the Day for the Consecrated Life. We remember all the religious in our parish and all the Consecrated in our Diocese and pray for them. A recent survey and research conducted by CARA (Centre for Applied Research in the Apostolate) under US Conference of Catholic Bishops, reveals that most religious men and women who professed their perpetual vows in 2020, are highly educated and come from a Catholic family background. They were 55 Religious Sisters and 57 Religious brothers and Priests.

I am sure, many of my elderly parishioners have already received the vaccine. It is a blessing to us as Cardinal Vincent says after receiving his vaccine "I strongly encourage everyone to take the vaccine. Let's play our part and support NHS staff as they fight to save so many lives. Please, please continue to pray for and end to this pandemic and for those who have died".

Yes, by closing down our church for two weeks or so, we are playing our role to support the people, NHS and the Nation. In the meantime, I am anxiously waiting for my vaccine. Stay safe and God bless you all .

*Fr. Chacko*

### MENTAL HEALTH and COVID 19

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                       |   |  |  |  |
|-------------------------|---------------------------------------|---|--|--|--|
| Sunday 31 <sup>st</sup> | 9.30am Mass at CTK-<br>Live streaming | 4th SUNDAY OF ORDINARY TIME<br>Mass Int: Mary Adams RIP   |  |  |  |
| Mon 1 <sup>st</sup> Feb |                                       |   |  |  |  |
| Tues 2 <sup>nd</sup>    |                                       | PRESENTATION OF THE LORD<br>WORLD DAY FOR CONSECRATED LIFE<br>Mass int: Thanksgiving by LSU Sisters |  |  |  |
| Wed 3 <sup>rd</sup>     |                                       |   |  |  |  |
| Thurs 4 <sup>th</sup>   |                                       |   |  |  |  |
| Fri 5 <sup>th</sup>     |                                       | FEAST DAY OF ST AGATHA  |  |  |  |
| Sat 6 <sup>th</sup>     |                                       | ST PAUL MIKI AND COMPANIONS   |  |  |  |
| Sun 7 <sup>th</sup>     | 9.30am Mass at CTK-<br>Live streaming | 5 <sup>th</sup> SUNDAY OF ORDINARY TIME   |  |  |  |

Please remember in your prayers...

Gareth Hughes  
 Marc 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



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://writinginunusualltimes.wordpress.com>

## 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 and those affected by modern slavery.

The event will take place via zoom, register to attend by emailing [caritas@prcdtr.org.uk](mailto:caritas@prcdtr.org.uk)

### OFFERINGS

BANK DETAILS -  
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 ACCOUNT NO 72768401

If you are a taxpayer, please giftaid, contact Christine Elie

[Christine.elie21@gmail.com](mailto:Christine.elie21@gmail.com)

### census 2021

Census 2021 will provide a snapshot of modern society

Households across BCP will soon be asked to take part in Census 2021. The census is a once-in-a-decade survey that gives us the most accurate estimate of all the people and households in England and Wales. It has been carried out every decade since 1801, with the exception of 1941.

It will be the first run predominantly online, with households receiving a letter with a unique access code, allowing them to complete the questionnaire online.

Census day will be on March 21, but households across the country will receive letters with online codes allowing them to take part from early March. We know there are some people who will find an online census challenging. That's why we're here to help with a wide range of support services.

We will make it easy for you, whatever your needs. For more information, [visit census.gov.uk](http://visit.census.gov.uk)

Now hiring for Census 2021 Confident communicators make the census!

Apply now for temporary roles People make the census Search 'Census Jobs' [censusjobs.co.uk](http://censusjobs.co.uk)

## Stay Awake

Adore + Abide + Arise

This event, which has previously been held for two years in Dorchester, is taking place this year via zoom on Saturday 27th February 2021

It will run from 11.00 am to 3.00 pm and will be a time of inspiring and encouraging talks, praise and worship and fellowship, in the comfort of your own home.

Stay Awake allows us to go deeper with Jesus and build Christian discipleship.

**This is a free event for everyone and anyone!**

To find out more & to sign up for the Zoom link please see [www.stayawakejc.com](http://www.stayawakejc.com).

**FIRST COMMUNION**  
 Next session -  
 Sat 30<sup>th</sup>  
 January

