

5TH FEBRUARY 2023

5TH SUNDAY OF ORDINARY TIME (A)

**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, God, for ever and ever.

**FIRST READING**

A reading from the prophet Isaiah

58:7-10

Thus says the Lord:

Share your bread with the hungry,  
and shelter the homeless poor,

clothe the man you see to be naked  
and turn not from your own kin.  
Then will your light shine like the dawn  
and your wound be quickly healed over.

Your integrity will go before you  
and the glory of the Lord behind you.  
Cry, and the Lord will answer;  
call, and he will say, 'I am here.'

If you do away with the yoke,  
the clenched fist, the wicked word,  
if you give your bread to the hungry,  
and relief to the oppressed,  
your light will rise in the darkness,  
and your shadows become like noon.

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

**PSALM**

Ps. 111:4-9. R.v4

**R) The good man is a light in the darkness for the upright.**

He is a light in the darkness for the upright:  
he is generous, merciful and just.  
The good man takes pity and lends,  
he conducts his affairs with honour. **(R)**

The just man will never waver:  
he will be remembered for ever.  
He has no fear of evil news;  
with a firm heart he trusts in the Lord. **(R)**

With a steadfast heart he will not fear;  
open-handed, he gives to the poor;  
his justice stands firm for ever.  
His head will be raised in glory. **(R)**

**SECOND READING**

A reading from the first letter of St Paul to the Corinthians

2:1-5

When I came to you, brothers, it was not with any show of oratory or philosophy, but simply to tell you what God had

guaranteed. During my stay with you, the only knowledge I claimed to have was about Jesus, and only about him as the crucified Christ. Far from relying on any power of my own, I came among you in great 'fear and trembling' and in my speeches and the sermons that I gave, there were none of the arguments that belong to philosophy; only a demonstration of the power of the Spirit. And I did this so that your faith should not depend on human philosophy but on the power of God.

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

**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!**

Jn 8:12

**GOSPEL**

Matthew 5:13-16

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

Jesus said to his disciples: 'You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men.

'You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven.'

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**

Cf. Ps 106:8-9

**Let them thank the Lord for his mercy,  
his wonders for the children of men  
for he satisfies the thirsty soul,  
and the hungry he fills with good things.**

**PRAYER AFTER COMMUNION**

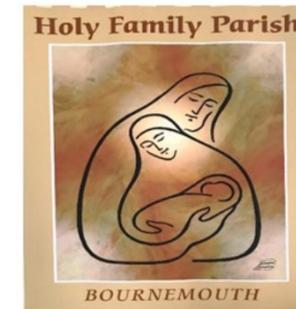
O God, who have willed that we be partakers  
in the one Bread and the one Chalice,  
grant us, we pray, so to live  
that, made one in Christ,  
we may joyfully bear fruit  
for the salvation of the world.  
Through Christ our Lord.

5th Sunday of Ordinary Time

5th February 2023

**THE PARISH OF THE HOLY FAMILY, BOURNEMOUTH**

incorporating the churches of Christ the King, Kinson & St Bernadette's, Ensbury Park



**GOSPEL REFLECTION**



How are Christians "the salt of the earth", "the light of the world"? Clearly, not by their own power or individual merits. Jesus is speaking here of what His own saving work, His passion and death, have achieved for the human race, for those who believe and follow Him. He has 'lit them up' with the light of His Holy Spirit, the Spirit of Truth. In a world lost in the darkness of sin, among people searching in the confusion of opinions for the meaning of life and its purpose: is there life after death? does God exist? In such a world those who live by the Spirit of Truth "shine like lamps" in the sight of their

fellows. Is this because they are all saints? Certainly not! Insofar as they live by their 'good works', those works given and praised by Christ in the eight beatitudes, they "shine". An example to others, they point to a way of life that really is LIFE! A way that not only points, but empowers and leads, to eternal life; a way that even in these present times brings joy and fulfillment to those who follow.



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**Parish Facebook** [Holy Family Parish Bournemouth](https://www.facebook.com/HolyFamilyParishBournemouth)



Dear Parishioners,

Today is the Fifth Sunday in Ordinary Time.

This day, 5<sup>th</sup> of February, is dedicated for Racial Justice in the world. We pray for tolerance and respect, for an openness to neighbours and strangers; For broadening of our horizons and an awareness of what is happening in the world; For individuals or movements that promote war and conflicts, that Christ, the Prince of Peace may turn the hearts to a culture of life.

On 8<sup>th</sup> February on the Feast of St. Josephine Bakhita is a day to remember and pray for the victims of human trafficking through being bought, sold, transported into slavery for sexual exploitation, domestic servitude and forced labour; For those who offer pastoral support to victims who have suffered psychological damage from their traumatic experience; All agencies working in collaboration to combat human trafficking. February 11<sup>th</sup> next Saturday is the World Day for the sick. We pray for all the sick, may they be restored to fulness of health or come to know dignity in their suffering; For doctors, nurses and all who care for the sick and dying; may they bring Christ's love and compassion to all whom they care for.

Pope Francis on his recent apostolic journey to Congo and South Sudan, has called the attention of the world to the plight of the refugees and to the plunder of the earth's natural resources. Pope's visit to these countries at this point of time was indeed meaningful as we deliberately think and pray for the most exploited and the refugees during this month.

**Reflection: Jesus said "You are the light the light of the world".**

Who are we? We must be concerned about priorities. First things first. Prayer in the family and worship even in an expensive and luxurious church building is wonderful but not enough. A congregation as such must be socially concerned; otherwise it is not like salt in the

community, not a city seen by all, not a light to those in town who walk in darkness. Today's gospel suggests the same idea of discipleship and ministry but through metaphor; salt, city built on a hill, and light. The first bible reading suggests what our approach should be. Remove a few things out of our midst (oppression, malicious speech, racial abuse), and share whatever you have. Then "your light shall break forth like the dawn"

*Fr. Chacko*

Together, we are church, Together, we are community, Together, we are Christ

**COST OF LIVING – HOW CAN WE HELP?**

*Caritas Diocese of Plymouth* is running an online event on Thursday 9<sup>th</sup> February from 12.00-12.40 to share resources that parishes and groups can use to support people who may be struggling with the cost of living crisis. The event will last around 40 minutes and will share useful links and ideas to signpost those who may be looking for help. There will also be an opportunity to share insights and raise any areas where people might welcome further guidance. Parish clergy, staff and volunteers are all welcome to attend. to join, use <https://forms.office.com/e/ScddxBXVMu>,

**POPE'S INTENTIONS**

*for February 2023*

For Parishes

We pray that parishes, placing communion at the centre, may increasingly become communities of faith, fraternity and welcome towards those most in need.

[www.thepopevideo.org](http://www.thepopevideo.org)

**MASS INTENTIONS**

Anyone can ask a priest to offer a Mass for several reasons: for example, in thanksgiving, for the intentions of another person (such as on a birthday), or, as is most common, for the repose of the soul of someone who has died.

*We can never forget the infinite graces that flow from the Sacrifice of the Mass which benefit one's soul.*

If you would like a Mass offered for your intention, please speak to Fr Chacko

Mass request envelopes are at the back of church.

**PLEASE PRAY FOR OUR PARISHIONERS**

|                          |                  |               |
|--------------------------|------------------|---------------|
| Judd and Di Barker       | Joceleyne Cotrel | Kevin Moor    |
| Frances Smith            | Sheila Shelley   | Les Netherton |
| Frances and Tony Herbert | Anna Browne      | Tony Bateman  |

*Please contact the Parish Office for your prayer intentions*



| DAY    | CHURCH            | TIME                     | CELEBRATION or FEAST DAY/ MEMORIAL   |
|--------|-------------------|--------------------------|--|
| Sat 4  | StB               | 6pm                      | Vigil Mass of the Fifth Sunday in Ordinary Time<br><i>Mass Int: Thomas Higgins &amp; Sheila Andrews RIP</i>  |
| Sun 5  | CtK<br>StB        | 9.30am<br>11am           | Masses the Fifth Sunday in Ordinary Time<br><i>11am Mass Int: Mike Cross RIP</i> RACIAL JUSTICE DAY—<br>JUSTICE & PEACE IN THE WORLD               |
| Mon 6  | StB               | 6pm<br>6.30pm            | Adoration followed by<br>Weekday Mass  |
| Tues 7 | CtK               | 9.am                     | Adoration followed by Weekday Mass <b>St John Bosco—patron of youth</b>  |
| Wed 8  | NO                | MASS                     | <b>St Jerome —patron of Orphans, St Josephine Bakhita— Victims of Trafficking</b>  |
| Thur 9 | CtK               | 9.30 am                  | Weekday Mass   |
| Fri 10 | CtK<br>CtK<br>StB | 9.30am<br>12.15pm<br>6pm | Weekday Mass followed by Divine Chaplet<br>FUNERAL for MERVIN & JUNE CHEESEMAN<br>Holy Hour  |
| Sat 11 | StB               | 6pm                      | Vigil Mass of the Fifth Sunday in Ordinary Time<br><i>Mass will be led by the Youth of the Parish</i> OUR LADY of LOURDES<br>WORLD DAY of the SICK |
| Sun12  | CtK<br>StB        | 9.30am<br>11am           | Masses the Fifth Sunday in Ordinary Time<br><i>11am Mass Int: Peter Montgomery RIP</i>   |

## OUR LADY of LOURDES—11 February

### WORLD DAY OF THE SICK



*"Illness is part of our human condition. Yet, if illness is experienced in isolation and abandonment, unaccompanied by care and compassion, it can become inhumane", says Pope Francis in his message for the World Day of the Sick .*

With this in mind, there will be a service of healing & anointing at St Bernadette's on 11th February at 4.30pm followed by tea & scones.



### Petition to stop the introduction of abortion up to birth

In 2021, abortion campaigners brought forward an amendment to a Government Bill that would have introduced abortion on demand, for any reason, up to birth (including sex-selective abortion).

This amendment did not go to a vote and pass, but the abortion lobby is expected to make another attempt to introduce this extreme abortion law change shortly. This would be the single biggest change to abortion legislation since 1967 and would introduce one of the most extreme abortion laws in the world. Right To Life UK is running a petition to ask the Prime Minister to do everything in his power to stop the introduction of abortion up to birth. Please add your name to the petition: <https://righttolife.org.uk/signthepetitionorishi>

### Bank details below

**ACCOUNT NAME:**  
PRCDTR KINSON RC PARISH  
**SORT CODE:** 51-81-20  
**ACCOUNT :** 72768401



God of our past,  
present and future,  
you created each one of  
us in your image and likeness, help us to recognise you  
in each person.

As we pray for an end to suffering caused by  
racism lead us this day to walk with one another, pray  
with one another and work together, so that we create a  
future based on justice and healing, where all can fulfil  
the hope you have for all peoples.

We ask this through  
Christ our Lord, Amen



## QUIZ NIGHT - Sat 18th Feb

StB hall ... 7.15 start ... £2pp

Come in a team of 6 or come & join a team to make 6

Contact mike -

mmmuscateer673 @gmail.com

## Children's Liturgy at Christ the King Needs Your Help!

At the moment we're a small team with just 3 catechists who are taking the children every other week and often 3 Sundays in a row. This means that we, the catechists, are regularly missing the part of the Mass. Catechists not only lead the session but they prepare the session and the lounge before Mass and clear up afterwards.

This is too much for 3 catechists so we need 4 more people to join us as helpers. This will involve helping the children with their activity and clearing away. The catechists will show you what needs to be done and with enough volunteers, your turn would only be once a month. We are grateful to those who have already expressed an interest but we still need more support.

If interested, email Jo Martin,  
CtK co-ordinator - [jojomartin@live.co.uk](mailto:jojomartin@live.co.uk)



**CHILDREN'S**  
Liturgy of the Word