

First reading Deuteronomy 18:15-20

Moses said to the people: 'The Lord 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

Responsorial Psalm Psalm 94(95):1-2,6-9

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 bow 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 1 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! Blessed are you, Father, Lord of heaven and earth, for revealing the mysteries of the kingdom to mere children. Alleluia!

Gospel Mark 1:21-28

Jesus and his disciples went as far as Capernaum, and as soon as the sabbath came he 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

THE ANGELUS to be said at the end of 11am Mass

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit. Hail Mary...

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word. Hail Mary...

V. And the Word was made Flesh.

R. And dwelt among us. Hail Mary, ...

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

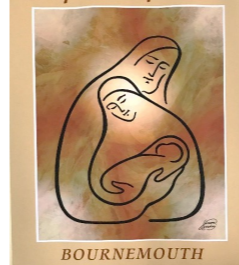
LET US PRAY: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ Our Lord. Amen.

THE PARISH OF THE HOLY FAMILY, BOURNEMOUTH

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



Holy Family Parish



The Gospel shows us that Jesus had power— those in the synagogue saw and experienced the power.... But what kind of power is it?

It is the power of authority. The word authority comes from a Latin verb *augere*, which means to make something increase.

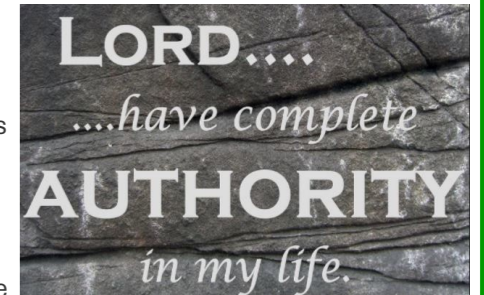
So real authority is not just, as we often interpret it, having power over people so that we can make them do what we want them to do. Genuine authority is the ability to enable people, to empower them. To enable them to exceed themselves, to grow as persons, to be more effective of their innate gifts.

Authority is service—This is the kind of authority which Jesus wields. Jesus did not come to rule and control people. He came, he said, 'not to be served but to serve'. He came, above all, to make people free. So that in their freedom, they could be alive with the life of God within them. He freed them from all the 'evil spirits' of fear, compulsions, narrow self-centredness, anger, resentment, hostility and violence which prevent people from truly enjoying the experience of being alive. "I have come that they may have life, life in abundance."

How sad it is then that so many people see being faithful to the Christian faith as a burden to be discarded so that they can be "free" of oppression and limitation. That they do not see the relevance of faith and the authority of good over evil. Faith encourages us to seek spiritual healing and guidance in our lives, understanding that through faith, we can overcome challenges—this is the real freedom!

So, let us all pray today that Jesus, with his authority will be a real source of liberation for us. May he free us from all those spirits which make us deaf, dumb, blind and lame in life – and paralysed by fear.

cc@s



Together we are Church, together we are community, together we are Christ

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Together we are Church, together we are community, together we are Christ

Dear Parishioners

Today is Fourth Sunday in Ordinary Time ! It is **Racial Justice Day** – Justice and Peace in the world. A day for an optional collection for CARJ (Catholic Association for Racial Justice) Racial Justice Sunday is intended to pray :

- ◇ For tolerance and respect, For an openness to neighbours and strangers.
- ◇ For the broadening of our horizons and an awareness of what is happening in our world.
- ◇ For individuals, groups or movements that promote war and conflicts.
- ◇ That Christ Prince of Peace might turn hearts to a culture of life.

Movable dates of the Feasts this Year :

- 14th FebruaryAsh Wednesday, beginning of Lent Season
- 31st of March.....Easter Sunday
- 9th May.....Feast of the Ascension of Our Lord
- 19th of May.....Feast of Pentecost...Our International Mass Day.
- 2nd of June.....Feast of the Body and Blood of Christ.....
- 1st December.....First Sunday of Advent., beginning of Advent Season.

Jubilee Year: Pope Francis, has called the Church across the world to be preparing for the 2025 as an year of Jubilee with the theme “Pilgrims of Hope”. It will be year of great celebrations with an intense study of the Documents of Second Vatican Council and focus on Prayer for the proclamation of Good News . It will also remind and enable us to re-discover the wealth of riches that the Council gave to us , and in a spirit of prayerful generosity to reflect on the pilgrim journey which we are all on as the People of God. In order to proclaim the Good News, let us make an effort to read the whole Bible from Genesis to Revelation in an Year. Watch here for the schedule of Chapters to be read every day during the week:

28 th January Sunday	Exodus : 4 - 5 (Chapters)
29 th January Monday	Exodus : 6 -8
30 th January Tuesday	Exodus : 9 - 10
31 st January Wednesday	Exodus : 11 - 13
1 st February Thursday	Exodus : 14 - 15
2 nd February Friday	Exodus : 16 - 17
3 rd February Saturday	Exodus : 18 - 20



Reflection: A man with an evil spirit screamed....”What do you want with us Jesus? Jesus ordered the spirit “Be quiet and come out of the man”. The evil spiritcame out of him. (Mk. 1:23-26)

The movie “The Exorcist “is based on a true story of a boy from Mount Rainier, Maryland.. Newsweek magazine wrote of the boy ”After he was admitted in Georgetown University Hospital, the boy began to mouth fierce curses in ancient languages and at one point, while strapped helplessly in his bed, long scratches appeared on his body”. The boy survived and now lives near Washington DC. This true story recalls how Jesus expelled evil spirits – a sign that God’s Kingdom was replacing Satan’s kingdom. It also reminds us that we must finish what Jesus began. What is one way I am working to finish the war against evil, that Jesus began?

Be firm in your faith and resist the Devil (1Peter 5:9)

Fr. Chacko

GIFT AID A Gift Aid Declaration is the person’s declaration that they wish for the church to reclaim tax on their gift. It can be made for a single donation or for multiple donations. It’s easy !! The Parish needs funds and by gift aiding your contributions, it makes a huge difference. Please complete a form at the back of church and return it to the office. If you would like to pay by standing order/ direct debit, there are forms to set this up at the back of the church. Please consider your offering for our church, our parish...



Next Liturgy Group meeting
Monday 5th February
7.15pm in StB
Parish Room

PLEASE PRAY FOR OUR PARISHIONERS Noel Harris, Kevin Moore, Margaret Simpson, Sheila Shelley, Tony Bateman, Les Netherton, Frances Smith, Anna Browne, Jockeyne & Peter Cotrel, Frances & Tony Herbert, The Carter family , Margaret Place



DAY	CHURCH	TIME	CELEBRATION or FEAST DAY/ MEMORIAL
Sat 27	StB	6pm	Vigil Mass of the Fourth Sunday in Ordinary Time
Sun 28	CtK StB	9.30am 11am	Masses of the Fourth Sunday in Ordinary Time RACIAL JUSTICE DAY 2nd collection
Mon29	StB	6pm	Adoration followed by Mass at 6.30pm
Tues30	CtK	9am	Adoration followed by Mass at 9.30am
Wed31			NO MASS
Thur1st	CtK	9.30am	Mass
Fri 2	CtK StB	9.30am 7pm	Mass followed by the Divine Chaplet HOLY HOUR—adoration & prayer <i>Feast of the Presentation of the Lord</i>
Sat 3	StB	6pm	Vigil Mass of the Fifth Sunday in Ordinary Time
Sun 4	CtK StB	9.30am 11am	Masses of the Fifth Sunday in Ordinary Time



RACIAL JUSTICE DAY 28th January for more details on campaign...www.ctbi.org.uk

Racial prejudice plays a dominant role in the hostile approach to refugees. Racism is at the root of the ‘hostile environment’ that is promoted as an official policy in our country. Therefore, on Racial Justice Sunday this year, it is appropriate that we focus on the justice dimension of our hospitality to those who are fleeing persecution. The affirmation that every human being carries the image of God regardless of their race, colour or geographical location is foundational to our Christian understanding of humanity. 2nd collection today for racial justice.

Chacko's Café

The café would like to thank everyone who supported it during 2023. The total donations amounted to £357.38 which will help Fr Chacko’s water project in Tanzania. Next coffee morning will be 4th February after 9.30am Mass. There are homemade cakes so why not come and join us if you have not been before.

PARISH QUIZ - Saturday 3rd February 7.30pm StB

Contact Mike 07519932238 or malaika13@yahoo.co.uk

Bring a bottle and some nibbles to make a great evening of friendship and laughter
You can join a team or form a new one £2pp - and a raffle £1 a strip of tickets

INSPIRE! Music Festival for young people aged 13-25 Saturday 2 March @ Buckfast Abbey
Contact Michelle 07902541195 £25 pp—transport included.

LENT

Ash Wednesday
14th February



LENT DAY of RECOLLECTION

Sat 2nd March 9.30am-4pm St Ritas Centre led by Fr Jacek Kostuch
Cost £25 pp to include 3 course lunch
More details: St Rita’s 01404 42635 admin@stritascentre.org
www.stritascentre.org/events-retreats

HELP!

Do you have any old unwanted dinner plates or cutlery that you are thinking of disposing of? Please can we have them for parish events? As a ‘Live simply’ parish, we have committed to not use plastic and unrecyclable materials and this could prove costly in buying such items. So please, if you have anything—it doesn’t have to match—leave at the back of the churches for collection.



St Bernadette’s Celebration Year

The feast of Our Lady of Lourdes— February 11th— is an opportunity to devote special attention to the sick and those in need of healing in any way.

During the 11am mass, Fr Chacko will dedicate prayers to healing and will administer the sacrament of the anointing of the sick to those who would like to receive this.

There will be a ploughman's lunch in the hall afterwards.

