

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**

Responsorial Psalm

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 brings 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 1 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! I am the light of the world, says the Lord; anyone who follows me will have the light of life. **Alleluia!**

Gospel Mark 1:29-39

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**

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.**

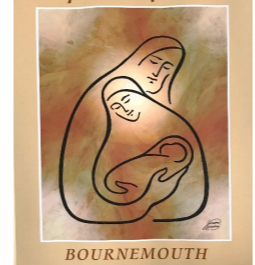
LET US PRAY: **Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ Our Lord. Amen.**

THE PARISH OF THE HOLY FAMILY, BOURNEMOUTH

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



Holy Family Parish

**GOSPEL REFLECTION**

The snippets gathered in the gospel reading give us a sample of Jesus' activity at Capernaum, the little fishing village on the edge of the Lake of Galilee: healing and prayer.

The first incident, the healing of the relative of his friend and follower Simon Peter, reminds us that Jesus does respond if we pray for the needs of our nearest and dearest.

Then the summary of his evening activity shows his concern to bring healing and wholeness. Just so any Christian will desire to follow his example: we can harm or heal those around us in so many ways. It does not need to be a miracle! A greeting, a look, a smile, a touch can bring the peace of Christ to someone in desperate need of reassurance – and no less can they harm and wound.

But the third little story, of Jesus going off to pray in the early morning, shows that the well-spring of all his activity was his union with the God whom he called his Father.

We cannot say what Jesus' prayer was, any more than I can say what your prayer is, but the confident communication between Father and Son must have been the source of his strength and compassion

HW
Universalis



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

PARISH OFFICE 01202 577638 holyfamilykinson@gmail.com

Priest in Charge: Fr Chacko Panathara CM 07832026055

Parish Secretary: Madeleine Hughes Parish Office Hours: Mon, Tues & Fri 8am–1pm

Plymouth Diocesan Trust Registered Charity No: 213227

Christ the King Church (& Office) 46 Durdells Avenue, Kinson BH11 9EH

Our Lady of Victories & St Bernadette Church 46 Draycott Rd, Ensbury Park BH105AR

Safeguarding: Paddy Williamson 01202 920057 (CtK) Sr Rosie 07504816370 (StB)

Giftaid: Madeleine Hughes

Hospital Chaplain Bournemouth: 01202 303626

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

Poole: 03000192167

Sr Rosie PHJC 97 Namu Road BH9 2RA 07504816370

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

Dear Parishioners

Today is Fifth Sunday in Ordinary Time... This Month of February is a month dedicated to the Consecrated Life. That all may pray for vocations to the consecrated life and may the life, activities and prayers of the consecrated may give vitality in the Church.

February 8th Thursday ...is a Day to pray for the Victims of *Human* trafficking and those who work to combat it. We remember and pray for those who have suffered due to human trafficking and remember those who give pastoral care to those who have suffered physically or psychologically being sold, bought, or transported to slavery for sexual exploitation, domestic servitude or forced labour and agencies who work in collaboration to combat human trafficking.

My Retreat Days : I will be on retreat from **5th to 9th (Monday to Friday)** February. Hence there will be **NO MASS** during these days in the parish.

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 Let us make an effort to read the whole Bible from Genesis to Revelation in an Year.. Here is the schedule of Chapters to be read every day during the week:

4 th February Sunday	Exodus : 21 - 22
5 th February Monday	Exodus : 23 - 24
6 th February Tuesday	Exodus : 25 - 26
7 th February Wednesday	Exodus : 27 - 28
8 th February Thursday	Exodus: 29 - 30
9 th February Friday	Exodus : 31 - 32
10 th February Saturday	Exodus : 33 - 34



Reflection:

"Rising early the next morning he went of to a lonely place in the desert; there He was absorbed in prayer" (Mk.1: 35)

One day a friend visited Henry Matisse, a French artist. Noticing how filled with stress his friend seemed to be , Matisse said, "Andre, you must find the artichokes in your life". Then he led his friend to a patch of artichokes in his garden and said , "each morning after I have worked a while, I come here to be still and meditate. This simple ritual inspires me and gives me a new perspective towards my work".

To what extent does quite meditation relax me and give me a new perspective towards my work?".

*At cool of Day, with God I walk, My garden's grateful shade.
I hear His voice among the trees, And I am not afraid.
(Anonymous)*

Fr. Chacko

GIFT AID 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.



Next Liturgy Group meeting
Monday 5th February
7.15pm - StB

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 3	StB	6pm	Vigil Mass of the Fifth Sunday in Ordinary Time <i>St Blaise—patron of sore throats</i>
Sun 4	CtK StB	9.30am 11am	Masses of the Fifth Sunday in Ordinary Time <i>Mass Int: Judd Barker RIP</i>
Mon 5			NO MASS <i>St Agatha</i>
Tues 6			NO MASS <i>St Paul Miki and Companions</i>
Wed 7			NO MASS
Thur 8			NO MASS <i>St Josephine Bakita—Day of Prayer for victims of Human trafficking</i>
Fri 9	StB	7pm	HOLY HOUR—adoration & prayer
Sat 10	StB	6pm	Vigil Mass of the Sixth Sunday in Ordinary Time <i>St Scholastica</i>
Sun 11	CtK StB	9.30am 11am	Masses of the Sixth Sunday in Ordinary Time <i>Healing prayers and anointing of the sick sacrament during 11am Mass</i>

STAY AWAKE 2024 Adore + Abide + Arise
Community + Praise & Worship + Kids Activities + Workshops + Mass
Tea + Coffee + Homemade cakes + Pizza
Annual Local Family Day (10am -7pm) All Saints Academy, Sunnyside Road, Weymouth DT4 9BJ -
07531266224 email: stayawakejc@gmail.com www.stayawakejc.com
FREE— Y9 and under £12.50 for Y10 and adults

Chacko's Café
Next coffee morning will be this Sunday after 9.30am Mass.
There are homemade cakes so come and join us if you have not been before.

PARISH QUIZ - THIS SATURDAY!! 7.30pm StB
Contact Mike 07519932238 or malaika13@yahoo.co.uk
Bring a bottle & some nibbles to make a great evening of fun & laughter.
You can join a team or form a new one £2pp - raffle £1 for a strip of tickets

******* IMPORTANT ANNOUNCEMENT FROM THE DIOCESAN ADMINISTRATOR: *******
"The Episcopal Ordination of Canon Christopher Whitehead will **not** take place on 22nd February 2024 as expected. Canon Paul Cummins continues as the Diocesan Administrator. A canonical process is currently underway, and no further comments will be made until this process has been concluded.
Canon Christopher Whitehead has stepped back from active ministry whilst this process is ongoing".

HELP! Do you have any old unwanted dinner plates or cutlery that you are thinking of disposing of? 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 – small donations for lunch welcomed



St Josephine Bakita— February 8th—Patron Saint of victims of human trafficking
At approx. the age of 8, Josephine was kidnapped from her home in Sudan and taken as a slave despite being a child. She was beaten and treated so badly that one time, she was incapacitated for a whole month after such a beating. She was sold many times to different families and in 1883, at the age of approx. 22, her mistress moved to Italy and Josephine begged her to take her as she was kind. When the family went travelling, they entrusted Josephine to the Canossian Sisters in Venice. Whilst there, she came to know and love God. When her mistress came back to collect her, Josephine refused to leave and after a few days and a court case, Josephine was free. She decided to stay with the sisters and was baptised , she took her final vows at 36 and for the next 45 years at the convent and telling her story. When speaking of enslavement, she often said that she thanked her kidnappers as without her journey, she would never have found God. She always remained cheerful and grateful and in later years, fell ill but when asked how she was—her reply was ' as the master desires'.
St Josephine, help us to always be cheerful and be grateful for all that God gives us, no matter how hard it may be. May God free anyone who has been enslaved by man. Provide relief to those who survive slavery and allow them to see Him as a model of faith and hope. Help all survivors to find healing for their wounds we beg you to pray and intercede for those who are enslaved among us. Amen

