

The Little Flower Messenger

Year A FIFTH SUNDAY IN ORDINARY TIME 9th February 2020

Welcome to our Parish Community of St. Theresa of Lisieux

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Parish Administrator: Clair Rava stansted@dioceseofbrentwood.org ☎ 816889
(Office Hours: Tuesday–Thursday 10:00 a.m. – 2:00 p.m.)

Gospel: Matthew 5:13 – 16

“You are the light of the world”

Mass book (P. 133)

1st Reading:

Isaiah 58:7-10

Psalm 111:

The good man is a light in the darkness for the upright

2nd Reading:

1 Corinthians 2:1 -5

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!

Communion Antiphon:
(P. 135)

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.

This Week's Good News

Dear Friends,

In today's Gospel, Jesus tells his disciples “You are the salt of the earth... You are the light of the world.” In the ancient world salt was highly valued. The Greeks called salt divine, and the Romans said, “There is nothing more useful than sun and salt.” The English word “salary” literally means “salt money.” In the time of Jesus, salt was connected in people's minds with three special qualities.

(i) Salt was connected with purity because it was white and it came from the purest of all things, the sun and the sea. Salt was the most primitive of all offerings to the gods. Jewish sacrifices were offered with salt. The Orientals made their oaths with salt to ratify them. They believed that it was the salt that kept the seas pure. As the “salt of the earth,” the Christian must be an example of purity, exercising absolute purity in word, thought and deed.

(ii) Salt was the commonest of all preservatives in the ancient world when people did not have fridges and freezers. It was used to prevent the putrefaction of meat, fish, fruits and pickles. Christians are to be a preserving influence to retard moral and spiritual spoilage in the world. “As the salt of the earth, you are called to preserve the Faith which you have received and to pass it on intact to others. Your generation is being challenged in a special way to keep safe the deposit of Faith.” (Youth Day- 2002 Message by Pope St. John Paul II).

(iii) Salt lends flavour to food items. One of the main functions of salt is to season food, to give it taste and flavour. This image reminds us that, through Baptism, our whole being has been profoundly changed, because it has been “seasoned” with the new Life which comes from Christ (cf. Rom 6:4). “The salt which keeps our Christian identity intact even in a very secularised world is the grace of Baptism” (Youth Day- 2002 Message by Pope St. John Paul II).

Jesus also calls us to be the light of the world and must be visible like a “city” on a hilltop and a lamp on a “lamp stand.” Jesus therefore expects His followers to be seen by the world. In addition, they must radiate and give light. By this metaphor Jesus means that our Christianity should be visible in the ordinary activities of the world, for example, in the way we treat others, friend and stranger, the way we respond to good as well as bad, and the way we help those who need our help the most.

Deacon Des

Prayer & Liturgy

The Latin Mass: Takes place each Tuesday at **8:00 p.m.** Everyone is welcome to attend this Mass, there are booklets provided.

Holy Hour: Each Thursday evening at **7:30 p.m.** The Blessed Sacrament will be exposed on the altar for an hour of Adoration. The Holy Hour will conclude with Benediction.

Rosary Group: Meets each Wednesday at **1:30 p.m.** in St. Theresa’s room. All welcome.

Sacramental Preparation

Sacrament of Baptism: The next Baptism Preparation Course will take place in Church this **Wednesday 12th February at 7:30 p.m.** The preparation meeting for March will be held on **Wednesday 18th March.** Do please let Deacon Des or Fr. Lee know if you would like to attend this course.

Sacrament of Marriage: Catholics must approach the Parish Priest / Deacon, at least 6 months prior to their intended wedding, and before setting a wedding date.

Parish News

Visitors to the Parish: If you are visiting our parish, welcome! You will find located at the end of each pew and at the back of the church Gift Aid envelopes. If you wish to make a donation, and you are a UK taxpayer, then please complete your details on the back of the envelope and place your donation into our collection basket. By providing us with these details we are then able to claim back funds from HMRC. Thank you.

Home Visits for the Sick and Housebound: Please let us know if anyone is housebound (even if it is TEMPORARY) so they can be visited and have the opportunity to receive Holy Communion at home.

Admission to Hospital: Catholics in hospital are unlikely to receive an automatic visit from the Catholic Chaplain. If someone is sick in hospital, please let Fr. Lee and/or Deacon Des know so that your loved one can be visited and receive Holy Communion, and any other Sacraments from the Chaplain.

Other House Visits: If anyone would like a visit or a house blessing please contact Fr. Lee / Deacon Des.

Facebook Page: We are in the process of creating our new Facebook page. Please remember to “like” this new page so that you’re able to see any updated information and news.

Newsletter: Should you wish to submit an item for the weekly newsletter could you please forward the details to Clair via email on stansted@dioceseofbrentwood.org no later than 10:00 a.m. on the Wednesday. Should you require assistance please contact Clair via the office number.

Social News and Events

Encounter: The next meeting takes place this Friday 14th February in the Parish Centre with a short talk about Our Lady of Guadalupe followed by a talk & discussion on "How to defend one's faith without raising one's voice", led by Anel Zuniga-Daly. We start at 10:00 a.m. with coffee. The meeting opens at 10:30 a.m., followed by a sharing lunch (please bring food to share) at 12:30 p.m. and finishing at 2:00 p.m. All are welcome for all or part of the day, any enquiries please contact B/S 652 060.

Social Committee: Anna Watkins and the Social Committee will be in the Parish Centre after Mass on Sunday 16th February to discuss social events for 2020. This is open to anyone who has ideas or would like to help with the organisation of future events.

Coffee with Cops: Please note another change of date, the next meeting takes place on Tuesday 3rd March in the Parish Hall from 10:00 a.m. until 12:00 p.m.

Lent

The season of Lent is nearly upon us. Have you thought about how you might keep a good Lent this year? Traditionally, Lent begins on Ash Wednesday and ends at sundown on Holy Thursday. Since this is more than forty days, some contend that Sundays are not counted in Lent. Instead, Holy Thursday, Good Friday, and Holy Saturday are counted instead. Others say that Lent begins on the first Sunday after Ash Wednesday. Scholars cannot agree on how Ash Wednesday became the first day of Lent.

Ash Wednesday dates from at least the fourth century, although it is not possible to give an exact date. During that century, penitents looking for forgiveness and re-entry into the community would dress in sackcloth and sprinkle ashes to show their repentance. This custom certainly predates Christianity as can be seen by references in the Hebrew Scriptures (cf. Esther 4:2-3; Daniel 19:3; Jonah 3:6).

There is no doubt that the custom of distributing ashes to everyone on Ash Wednesday came from imitation of the practice of wearing ashes by public penitents. Public penitents were those doing penance for sins such as murder, apostasy, and adultery. When they completed their public penance, they were able to be readmitted to communion with the Church. As Lent increasingly focused on the themes of repentance and renewal, Christians sensed their own need for repentance. The practice of distribution of ashes to all members of the community is mentioned in official documents of 1091 (Cf. Synod of Benventum, 1091 Manse, XX, 739) although nearly a hundred years earlier it is already assumed in a homily of the period.

The Catholic Church, in an attempt to help Catholics do at least a minimum during Lent, asks all Catholics to fast and abstain from meat on certain days. Fasting means to limit food to one full meal a day with the possibility of two smaller meals (not adding up to a full meal) as needed. Abstinence means not eating meat, although fish is allowed. Catholics are required to observe all days of fasting and abstinence, which is one of the precepts of the Church.

Those 14 years of age or older are to abstain from meat on Ash Wednesday and all the Fridays of Lent. Catholics between the ages of 16 and 59 are also to fast on Ash Wednesday and Good Friday. They may eat one full meal on these days, and two small meals to maintain strength. The two small meals together must not equal the size of one full meal. If one's work or health make it inadvisable to fast or abstain from meat, they are not obligated to do so. Pregnant and nursing women are exempt from the fast.

Now would be a good time to think about what you are going to do to make this Lent a good Lent. Next week we will be listing the extra events that we will run this Lent, so watch this space.

Mass Times and Intentions

FIFTH SUNDAY IN ORDINARY TIME Year A		
Saturday 8 th February	Confessions: 5:15 p.m. – 5:45 p.m. Mass: 6:00 p.m.	Marie Keane (RIP) (S Gallagher)
Sunday 9 th February	Confessions: 9:15 – 9:45 a.m. Mass: 10:00 a.m.	People of the Parish
Monday 10 rd February <i>St Scholastica</i>	Confessions: 9:00 a.m. Mass & Blessing of Throats: 9:30 a.m.	
Tuesday 11 th February <i>Apparition of the BVM Immaculate</i>	Confessions: 7:15 p.m. Mass (Latin): 8:00 p.m.	
Wednesday 12 th February	Confessions: 12:00 p.m. Mass: 12:30 p.m. Rosary Group: 1:30 p.m. Wednesday Club: 2:00 p.m.	Bambridge & Fry Families (J Bambridge)
Thursday 13 th February	Confessions: 9:00 a.m. Mass: 9:30 a.m. Holy Hour: Exposition of the Blessed Sacrament & Benediction: 7:30 p.m..	Frank Whalley (RIP)
Friday 14 th February <i>SS Cyril & Methodius</i>	Confessions: 9:00 a.m. Mass: 9:30 a.m.	
SIXTH SUNDAY IN ORDINARY TIME Year A		
Saturday 15 th February	Confessions: 5:15 p.m. – 5:45 p.m. Mass: 6:00 p.m.	People of the Parish
Sunday 16 th February <i>1st Reading: Ecclesiasticus 15:15 – 20</i> <i>Psalm: 118</i> <i>2nd Reading: 1 Corinthians 2:6 – 10</i> <i>Gospel: Matthew 5:17 – 37</i>	Confessions: 9:15 – 9:45 a.m. Mass: 10:00 a.m.	Elizabeth Cassidy (RIP) (Eilish)

