

The Little Flower Messenger

Year B – FOURTH SUNDAY IN ORDINARY TIME 31st January 2021

Welcome to our Parish Community of St. Theresa of Lisieux

The Presbytery, High Lane, Stansted Mountfitchet, CM24 8LQ

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Gospel: Mark 1:21-28

'He taught them with authority.'

1st Reading: Deuteronomy 18:15-20

Psalm 94: 1-2, 6-9: *O that today you would listen to his voice! Harden not your hearts.*

2nd Reading: 1 Corinthians 7:32 - 35

Gospel Acclamation: *Alleluia, alleluia! Blessed are you, Father, Lord of heaven and earth, for revealing the mysteries of the kingdom to mere children. Alleluia!*

Communion Antiphon: *Let your face shine on your servant. Save me in your merciful love. O Lord, let me never be put to shame, for I call on you.*

This Week's Good News

Dear Friends,

Today's Gospel passage begins and ends with comments about Jesus' authority as a teacher (1:21-22 and 1:27-28). He spoke like Moses, telling people directly what God had to say. In between is an exorcism (1:23-26), pointing out a connection between Jesus' teachings and his supernatural authority. The dramatic healing of the demoniac by an authoritative word is a demonstration of God's reign and Power in their midst. And the people recognise it as such. Moreover, this is the first miracle in Jesus' ministry as Mark recounts it. The episode appears immediately following the call of the disciples. Jesus' authority is also the main theme in the collection of stories (2:1–3:6), which support the authority of Jesus when he teaches people about God's compassion in forgiving their sins. In his Gospel, Mark repeatedly returns to the theme that Jesus' teaching with authority brought followers, and Jesus' healing with Divine power liberated people from illness and demonic possession. The Catholic and Apostolic Church derives her teaching authority from her founder Jesus, the Christ.

There was a local synagogue in every Jewish settlement of more than ten families. The synagogue was a place of instruction and Sabbath prayers. The synagogue service consisted of three parts – prayer, the reading of God's word, and the exposition of it made by anyone who wished to do so. In this chapter Mark tells us that in the local synagogue Jesus taught with authority. This means that Jesus explained the Scriptures with complete confidence, and when questioned by people he answered with authority. Jesus spoke relying on no one beyond himself; he cited no supporting human authorities or experts. Mark also records the impact Jesus had on those who heard him. We are told how amazed people were at the authority with which he preached. Jesus also showed his power and authority by curing the sick and granting forgiveness to people for their sins.

In the synagogue, there was a man who was troubled by an unclean spirit. Everyone in the ancient Biblical world feared evil spirits and believed in demonic possession. People believed that demons or "unclean spirits" living inside the people caused leprosy, lameness, paralysis, etc. We, as human beings, are keenly



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aware of these unclean spirits. We often wonder where the “unclean thoughts” come from and why we can’t rid ourselves of them. Victory over the unclean spirit, as the devil is usually described, is a clear sign that God’s salvation has come by overcoming the Evil One, Jesus shows that He is the Messiah, the Saviour, more powerful than the demons. The demoniac cried out, “What have you to do with us, Jesus of Nazareth? “What does Jesus have to do with these unclean spirits that live in each one of us? The answer we find in the Gospel is equally true today: Jesus came to dispossess the unclean spirits living inside of us and send them away. That is one of the reasons why Jesus came to earth in the first place and one of the reasons why he continues his presence in our lives. Jesus came to drive out those unclean spirits within us, to wash them away, to cleanse our lives of them. Let us put ourselves under his authority and he will liberate us. The evil spirit in today’s Gospel recognised Jesus as the Messiah and acknowledged him as such. Jesus commanded the evil spirit harshly, using strong words and tones: “Be quiet! Come out of him!” Instantly, the spirit obeyed. This was one of the reasons why Jesus developed a reputation for speaking with authority. Today, we are challenged to believe that Jesus continues to exercise the power to rout evil in all of its ugly disguises and manifestations, viz., in poverty, sickness, greed, hatred, indifference, over-indulgence, etc., using us and our ministry as His instruments.

Jesus did not use his authority and Divine power to rule and control people. He came to set people free. Hence, let us approach Jesus with trusting Faith so that he may free us from the evil spirits that keep us from praying and prevent us from loving and sharing our blessings with others, as well as from all the “evil spirits” of fear, compulsions, selfishness, anger, resentment and hostility.

Jesus should be a source of liberation for us. May Jesus free us from all those spirits which make us deaf, dumb, blind, lame, and paralysed, physically and spiritually. Through Word and Sacrament, Jesus brings that power to us and says the same words to the demons in our life, “Be gone!” — not just once but as often as we need to hear them, until finally, we are free from these demons entirely. Christ has power over any demon, so whether those demons be addictions, heartaches, secret sins — whatever our chains may be — Christ can set us free and longs to do so.

Deacon Des

Making an Act of Spiritual Communion

My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

COVID Restrictions Reminder

Face Coverings: Face coverings are mandatory in Places of Worship. All those who are attending St. Theresa's Church at any time must wear a face covering unless they are exempt from doing so or under the age of 11.

Holy Communion: Please note that following the guidelines issued by the Bishops of England and Wales, **communion on the tongue is presently not permitted and can only be received in the hand.** Parishioners are asked to wait in their pews until instructed to move forward for Holy Communion by the Stewards, always being aware of the regulations on social distancing in the orderly queue. When you approach Fr. Lee/Deacon Des, please do so with arms at “full stretch” to maintain good distance, one on top of the other forming a ‘throne’. **Once received, cover the host with the free hand to ensure it is not dropped, and then move to the right, away from the Fr. Lee/Deacon Des. Pause and unloop your face mask, consume the blessed sacrament and then re-apply your mask and leave the church. Under no circumstances should the host be consumed after leaving the church.**

Maintaining Social Distancing before, during and after Mass: Please make note of the guidance issued by the Bishops of England and Wales. Worshippers should limit their interactions with anyone they are not



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attending church with, i.e., if they are attending corporate worship with one other household, wherever possible they should maintain social distancing with anyone outside of this group.

Please do not congregate outside the church, this also includes the grounds and the car park.

Benches have been placed to allow a 2 meters distance when parishioners sit within the arrows marked on them. Please take care to check your surroundings when seated to ensure you are in the correct place.

Funerals: Current Government restrictions allow no more than 30 people at Funerals, including burials. Attendees should socially distance from anyone with whom they do not live (unless within the same support bubble).

Weddings: Current Government restrictions allows Weddings to take place in exceptional circumstance with the number limited to 6 people.

Parish News

Presentation of the Lord (Candlemas): An additional Mass will be held on Tuesday 2nd February 2021 at 9:30 a.m. in celebration of the Presentation of the Lord. All are welcome.

Livestreaming Fundraising Request: From the start of the very first lockdown, we have livestreamed Masses and continue to do so. Frustratingly, the equipment in the church has proved to be not fit for purpose letting us down on many occasions. We are keen to ensure that parishioners have good access to our Masses and Liturgies and so we are pleased to confirm we will be installing a permanent camera with supporting equipment to allow us to continue the livestream of our Masses/Services. This should enable a better-quality broadcast and hopefully eliminate the technical issues we have experienced. However, we need your help to fund this purchase, and have set a fundraising target of £2,500. Should you wish to donate you can do so via the following methods:

- Online Transfer - Via our website <https://www.dioceseofbrentwood.net/donations/?parish=stansted> under the section Parish Fund please select 'Other' and type 'Livestream Fundraiser'.
- Cheque - Should you wish to pay by cheque please place it into an envelope marked 'Livestream Fundraiser' and drop it into the Offertory basket when leaving Mass, or post through the Presbytery door.

Thank you for your support in enabling us to keep the Parish community together during these difficult times.

"Visions" Zoom Group: Starting this Tuesdays (2nd February) at 3:00 p.m. and every week after that, Isobel will be holding Zooms with the purpose of sharing scripture, promoting positive mental health, prayer - joy and laughter, as well as pictures and art.

No commitment is asked, you can speak or just join and listen. Each meeting will last around an hour and you can join the meeting at any time during that hour. Why not join and have time with God and friends? Please contact the Parish Office should you need any further information. The Zoom details are as follows:

- Time: Every Tuesday at 3:00pm
- <https://us02web.zoom.us/j/82226878791>
- Meeting ID: 822 2687 8791
- Passcode: visionst

Sunday Coffee morning: If you would like to socialise virtually then why not join us for a chat and a short fun quiz from the comfort of your own home? Held every Sunday at 11.10 a.m. via the following Zoom details: <https://us02web.zoom.us/j/83024819984> Meeting ID: 830 2481 9984 Password: CM24Thrsx - All are welcome.



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Mass Times and Intentions

FOURTH SUNDAY IN ORDINARY TIME - Year B		
Saturday 30 th January	Confessions: 5:15 p.m. – 5:45 p.m. Mass: 6:00 p.m. <i>Livestreamed</i>	Johnpaul Loughlin RIP (The Loughlin Family)
Sunday 31 st January	Mass: 8:30 a.m. <i>Livestreamed</i> Confessions: 9:15 a.m. – 9:45 a.m. Mass: 10:00 a.m. <i>Livestreamed</i>	People of the Parish
Monday 1 st February	Confessions: 9:00 a.m. Mass: 9:30 a.m. <i>Livestreamed</i>	
Tuesday 2 nd February <i>Presentation of the Lord</i> <i>Purification of the BVM</i>	Mass: 9:30 a.m. <i>Livestreamed</i> Confessions: 7:15 p.m. Latin Mass (EF): 8:00 p.m.	
Wednesday 3 rd February <i>St. Anne Line</i>	Confessions: 12:00 p.m. Mass: 12:30 p.m. <i>Livestreamed</i> Rosary, Exposition of the Sacrament & Benediction: 7:00 p.m. <i>Livestreamed</i>	Leslie Patrick Moore RIP (B. Horton)
Thursday 4 th February	Confessions: 9:00 a.m. Mass: 9:30 a.m. <i>Livestreamed</i>	
Friday 5 th February <i>St. Agatha</i>	Confessions: 9:00 a.m. Mass: 9:30 a.m. <i>Livestreamed</i> Rosary, Exposition of the Sacrament & Benediction: 7:00 p.m. <i>Livestreamed</i>	Paul Allen RIP (B. Horton)
FIFTH SUNDAY IN ORDINARY TIME - Year B		
Saturday 6 th February	Confessions: 5:15 p.m. – 5:45 p.m. Mass: 6:00 p.m. <i>Livestreamed</i>	
Sunday 7 th February <i>World Day of Prayer for Consecrated Life</i> <i>SEXAGESIMA SUNDAY</i>	Mass: 8:30 a.m. <i>Livestreamed</i> Confessions: 9:15 a.m. – 9:45 a.m. Mass: 10:00 a.m. <i>Livestreamed</i> Latin Mass (EF): 12:00 p.m. <i>Livestreamed</i>	People of the Parish

PLEASE TAKE THIS NEWSLETTER HOME WITH YOU AND DISPOSE OF IT RESPONSIBLY. THANK YOU.



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