

The Little Flower Messenger

Year B – FIFTH SUNDAY IN ORDINARY TIME 7th February 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 1:29-39

'He cured many who were suffering from diseases of one kind or another.'

1st Reading: Job 7:1-4, 6-7

Psalm 146:1-6: Praise the Lord who heals the broken-hearted.

2nd Reading: 1 Corinthians 9:16-19, 22-23

Gospel Acclamation: Alleluia, alleluia! He took our sicknesses away, and carried our diseases for us. Alleluia!

Communion Antiphon: 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.

This Week's Good News

Dear Friends,

This week's scripture readings are a call to challenge us to go courageously beyond people's expectations by doing good as Jesus did, instead of brooding over all the pain and suffering in the world that we cannot end. They invite us to explore the importance of work in our lives and to learn a lesson about work and its motives from Job, Paul, and Jesus.

While the Gospel presents Jesus enthusiastically living out his Sabbath day of missionary work, the first reading details Job's attitude in striking contrast: in the midst of his long suffering, Job speaks of the tedium and futility of life, and he describes the miseries of human existence. Eventually, Job arrived at a place in his life where, in trust and in Faith, he finally surrendered himself, his undeserved but essential suffering, his work, and everything he had had and lost to the greater wisdom of God (Job 42:1-6).

The second reading, on the other hand, reveals Paul as a true and dynamic follower of Jesus, ready to do something extra for his Lord. Paul's conviction about the Good News and his commitment to Christ were so intense that preaching the Gospel had become a compulsion for him. Knowing that he had been called to do more than just "preach" the Gospel, he resolved to preach it without recompense.

Pointing out the spontaneous response of Peter's mother-in-law after she had been healed by Jesus – "...the fever left her and she waited on them" (Mark 1:31)" – today's Gospel teaches us that true discipleship means getting involved in giving selfless service to others. Jesus' first day of public ministry at Capernaum was a Sabbath day. During the day, he had taken part in the synagogue worship, taught with authority, exorcised a demon and healed Simon's mother-in-law. After all that, when the sun had set, he "cured many who were sick with various diseases and drove out many demons." Thus, Jesus spent himself and most of



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his time ministering to the needs of others, bringing healing, forgiveness, and a new beginning to many. Yet, he was well aware that even the most important work had to be continually refuelled and evaluated before God his Father. Hence, Jesus rose very early the next morning and went off “to a deserted place” to pray in order to assess his work for his Father’s glory and to recharge his spiritual batteries.

Jesus knew that if he were going to spend himself for others by his preaching and healing ministry, he would repeatedly have to summon spiritual reinforcements. He knew that he could not live without prayer, because his teaching and healing ministry drained him of power. For example, after describing how the woman who had touched Jesus’ garment was instantly healed, Mark remarks: “Jesus knew that power had gone out of him” (5:30). The “deserted place” to which Jesus went to pray was not actually a desert. Rather, it was a place where he could be free from distractions — a place where he could give himself unreservedly to prayer. He went there, not so much to escape the pressures of life, as to refresh himself for further service. Jesus’ prayer is a prayer of perfect praise and thanksgiving to the Father; it is a prayer of petition for himself and for us; and it also a model for the prayer of His disciples. Our daily activities also drain us of our spiritual power and vitality. Our mission of bearing witness to God requires spiritual energy which comes to us through daily anointing by the Holy Spirit. Hence, we, too, need to be recharged spiritually and rejuvenated every day by prayer – listening to God and talking to Him.

As we approach the season of Lent, now would be a good time to reassess our own prayer life. The Church has a beautiful resource available to all, the Daily office, which is a wonderful way of joining in with the universal prayer of the Church throughout the day and of recharging our own spiritual batteries.

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 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.



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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

Thank You: Fr. Lee would like to thank everyone for the prayers of condolence and good wishes expressed to him and his family following the death of his Father.

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 Tuesday (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.



Mass Times and Intentions

FIFTH SUNDAY IN ORDINARY TIME - Year B		
Saturday 6th February	Confessions: 5:15 p.m. – 5:45 p.m. Mass: 6:00 p.m. <i>Livestreamed</i>	Leslie Patrick Moore RIP (B. Horton)
Sunday 7th February <i>World Day of Prayer for Consecrated Life</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>	People of the Parish Paul Allen RIP (B. Horton)
<i>SEXAGESIMA SUNDAY</i>	Latin Mass (EF): 12:00 p.m. <i>Livestreamed</i>	
Monday 8th February	Confessions: 9:00 a.m. Mass: 9:30 a.m. <i>Livestreamed</i>	
Tuesday 9th February <i>St. Cyril of Alexandria</i>	Confessions: 7:15 p.m. Latin Mass (EF): 8:00 p.m.	
Wednesday 10th February <i>St. Scholastica</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>	
Thursday 11th February <i>Our Lady of Lourdes</i> <i>World Day for the Sick</i>	Confessions: 9:00 a.m. Mass: 9:30 a.m. <i>Livestreamed</i>	
Friday 12th February	Confessions: 9:00 a.m. Mass: 9:30 a.m. <i>Livestreamed</i> Rosary, Exposition of the Blessed Sacrament & Benediction: 7:00 p.m. <i>Livestreamed</i>	Bill Blythe RIP (H. Bennett)
SIXTH SUNDAY IN ORDINARY TIME - Year B		
Saturday 13th February	Confessions: 5:15 p.m. – 5:45 p.m. Mass: 6:00 p.m. <i>Livestreamed</i>	Fr. John Garrett RIP 1st Anniversary (Rev D. Connors)
Sunday 14th February <i>World Day for the Unemployed</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>	People of the Parish

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



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