

The Little Flower Messenger

Fourth Sunday in Ordinary Time Year B

28th January 2024

The Presbytery, High Lane, Stansted Mountfitchet, CM24 8LQ ☎ 01279 814 349

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Mass book (P.132)

1st Reading:

2nd Reading:

Gospel Acclamation:

Gospel: Mark 1:21-28

Deuteronomy 18:15-20, 10 Psalm 94:1: O that today you would listen to his voice! Harden not your hearts.

1 Corinthians 7:32-35

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

The Gospel of this Sunday reveals the incomparable power and authority Jesus has over the evil spirits or demons. Jesus commands these evil spirits: **“Be quiet. Come out of him”** (Mark 1:41). By praying to/with angels, we express our faith in God who helps us to overcome the influence that evil spirits can have in our lives. These spirits are real and can enslave and subjugate people.

A Prayer to St Michael: Holy Michael, the Archangel, defend us in the day of battle. Be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God thrust down to hell Satan and all the evil spirits who wander through the world seeking the ruin of souls. Amen

A prayer to my Guardian Angel: Angel of God, my Guardian dear, God’s Love for me has sent you here. Ever this day be at my side, to light and rule, to guard and guide. Amen.

“Come, follow me and I will send you out to fish for people” - Mark 1:17

Please come to a General Meeting with all volunteers/parishioners after 6.00 pm Saturday Vigil Mass on 17th February 2024. The meeting will start at 7.15 pm in the Hall. Inspired by the Gospel of Last Sunday (Mark 1:14-20), I would like to chair a parish meeting with all volunteers so that we may get to know what each one is doing currently and who is willing to help with anything else in the parish. We have a fantastic volunteering spirit in the parish and we are deeply grateful and indebted to very kind and generous parishioners who are already doing a number of things. In response to the Gospel of last Sunday, I asked if there is anyone of us in the parish who is talented in organising events. I am happy to report that a parishioner who is willing to help as an organising secretary has volunteered. **The question or challenge is this: how do we build up a united and friendly parish that is outward looking?** We take inspiration from the Gospel we heard last Sunday. The Gospel is like a net, lifting people from dark waters into the light of day and transforming their lives. How can God use me and you to fish for people’s souls? How can we, as Christians and parishioners, encourage each other to find new seas and cast new nets where waters have never been fished before? Where are you casting your net?



Volunteering: The Church relies on people volunteering and getting involved. Our parish needs you and relies on your services and donations. Could your New Year's resolution be getting more involved in the life of our Parish Church, if possible? Which aspects of our Parish Church brings you life or joy? Could you give a bit of time to help those parts flourish? Please have a look at the following list in need of helpers and let me know where you would like to volunteer.

1) Counting and Banking the Sunday Collection and donations. **2)** Hoovering and Cleaning the Church. **3)** The Cleaning and Caretaking of the Hall. **4)** Cleaning the windows and doors of the Church and Hall. **5)** Looking after the Church grounds by mowing the grass. **6)** Assisting in different Liturgical Actions during the Mass. **7)** Taking Holy Communion to the sick or housebound. **8)** Looking after the Sacristy. **9)** Serving the parish by giving the time and skills required for a parish group or committee. **10)** Doing the Teas or Coffees after Mass. **11)** Helping with Children's Liturgy, **12)** Supporting/Starting a prayer group. **13)** Helping with the Catechesis and Sharing your faith with those preparing to receive the Sacraments. **14)** Doing the Church flowers and decorations. **15)** Doing the ministry of greeting and welcoming. **16)** Cutting the hedge, collecting the leaves and rubbish etc. **17)** Checking the status of our heating, lights and water. **18)** Health and Safety jobs. **19)** Visiting fellow parishioners. **20)** Offering to drive someone who needs a lift. **21)** Parish Archivist (pictures and memories) Etc. **I am immensely grateful to everyone for all your help and support.**

Helping candidates preparing to receive the Sacrament of Confirmation: On behalf of the parish, I am very grateful to Tom & Catherine H. and David M. who have volunteered to help with the required lessons/catechesis. Three young parishioners have asked if we could help prepare them to receive the Sacrament of Confirmation. Are there any more young people who would like to Receive the Sacrament of Confirmation? Please let me know as soon as possible. The final date of application is 31st January and the Lessons will begin.

Children's Picnic Mass, Lunch & Social on Saturday 3rd February at 11.30 am. All are welcome.

St Patrick's Day, Sunday 17th March: Everyone is warmly invited to celebrate St Patrick's Day, Sunday 17th March 6-8pm in the Parish Centre. The wearing of the green! Bring and share food and drink. We have some singers, musicians and dancers already, but more acts will be welcome. Please contact David 01279 850209

The Wedding of Thomas Anthony Doran and Elizabeth Lily McCann is hereby announced to take place on 29th January 2024 here at St Theresa's Catholic Church. I have been meeting Lily and Thomas in the last couple months for the Marriage Lessons. Please let me know if you have any information that might be an impediment why they should not get married in the Church. Please pray for their welfare and for their happy, fruitful and life-long marriage. Thank you.

Diocesan News

BCYS YOUTH MASS - Thursday 1st February, 6pm at Brentwood Cathedral Beginning with pizza & refreshments in the Parish Hall from 6pm, with a speaker from the SVP joining us to help prepare for the start of Lent. Youth Mass will then be celebrated in the Cathedral at 7:30pm. Absolutely everyone is welcome, please bring instruments, and sing, serve or read if you wish! No need to book, but do let us know if you have a group coming - just email info@bcys.net

YEAR 12 RETREAT - Friday 16th to Sunday 18th February "Life to the Full" - You are at a stage where you are about to start making decisions and dreaming about future plans. You might be at a stage where you are looking to explore your faith further and learn more about the role God



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plays within your life. This retreat will give you time to think, pray and chat with those in your year from across Essex and East London. There will be a mix of fun and games, along with times of reflection and personal prayer. For just £35, the cost will include meals, accommodation and youth-led formation. Apply now at www.bcys.net/events/yr12retreat/

BCYS SUMMER LOURDES YOUTH PILGRIMAGE - Last week of July 2024 (exact dates TBC)
Bookings are now open online for the Brentwood Catholic Youth Service pilgrimage to Lourdes in July. Serve the main Diocesan pilgrimage, assist the elderly and infirm, with times of retreat, reconciliation, visit the baths, take part in the beautiful Processions, as well as an afternoon in the mountains, party and social nights - all with other young Catholics from around our Diocese. The pilgrimage is open to all those in school year 10 - 13, with all those of school leaver age (18+) invited to join us as young leaders (subject to attending a training weekend). All details and applications can be found on the website [BCYS Summer Lourdes 2024 - Brentwood Catholic Youth Service](#)

The Memorare Prayer: Remember, O most loving Virgin Mary, that it is a thing unheard of, that anyone ever had recourse to your protection, implored your help, or sought your intercession, and was left forsaken. Filled therefore with confidence in your goodness I fly to you, O Mother, Virgin of virgins, to you I come, before you I stand, a sorrowful sinner. Despise not my poor words, O Mother of the Word of God, but graciously hear and grant my prayer. Amen. (Please note there are other traditional versions/translations available).

A Prayer to St Joseph: O Blessed Joseph, husband of Mary, be with us this day. You protected and cherished the Virgin; loving the child Jesus as your Son, you rescued Him from the danger of death. Defend the Church, the household of God, purchased by the blood of Christ. Guardian of the Holy Family, be with us in our trials. May your prayers obtain for us the strength to flee from error and wrestle with the powers of corruption so that in life we may grow in holiness and in death rejoice in the crown of Victory. St Joseph, pray for us who have recourse to thee. Amen

Tea and Coffee: Please join us this Sunday (28th January) in the Parish Centre after the 10:00am Mass. If you would like to help and be added to the rota please contact Suzanne at 07732 627 382 or via email Suzanne.shutes@btinternet.com. Many thanks for your help.

We pray for the Sick and all who may need our prayers at this time especially Rachel Taylor and those who would like to remain private. Please let me know if you would like your name to be included here.

Mass Intentions: As a personal touch with you and getting to know you individually, it may be helpful if you personally give me your Mass intentions. You can speak with me about this before or after Mass. Thank you so much for your Mass intentions and your offerings.

Fr Clement's Prayer Basket: Please help yourself with whatever you find in Fr. Clement's basket. For example, you will find St Theresa's prayer card, which is meant to fit in your phone case or purse/wallet. Let us all try to rediscover this great Doctor of the Church who has been given to our Parish as our patron, protector and prayer-partner. You will also find Our Lady's miraculous medals and other prayer cards and a few other cards. Please help yourself. These are all for free.

Cashless Donation Point: If you do not have cash, please give your donation via a cashless gadget which is kept in the Church entrance porch. The Cashless gadget accepts your contactless debit or credit cards. Thank you for your gracious and generous help.



Please familiarise yourselves with the location of the fire exits, extinguishers, and assembly points at this church.

Offertory:

Date	Gift Aid	Loose Cash	Standing Orders	Total
21/01/2024	£72.30	£171.84	£418.88	£663.02

Thank you very much for your generous financial support for our parish and the special collections. Cheques for the Parish are made payable to: **Catholic Church Stansted St Therasas**

**Everyone is invited to the Celebration of the holy Mass
this week as per the schedule here below:**

FOURTH SUNDAY IN ORDINARY TIME - YEAR B (The Year of the Gospel of Mark)

Date	Mass Time	Mass Intention
Saturday 27 th January	Confessions: 5:15 pm - 5:45 pm Vigil Mass: 6:00 pm <i>Livestreamed</i>	John Paul Loughlin 10th Anniversary R.I.P (By John & Janice)
Sunday 28 th January <i>Racial Justice Day</i>	Mass: 8:30 am <i>Livestreamed</i> Mass: 10:00 am <i>Livestreamed</i>	Stuart Gibby R.I.P (by M & S Jacobs) Helen Baker's intentions & Thanksgiving Prayers
Wednesday 31 st January <i>St John Bosco</i>	Mass: 12:30 pm <i>Livestreamed</i>	For Catherine Farndell's intentions and prayers
Thursday 1 st February <i>Feria</i>	Mass: 10:00 am <i>Livestreamed</i>	Intentions of the Donor
Friday 2 nd February <i>The Presentation of the Lord- Feast</i>	Mass: 10:00 am <i>Livestreamed</i>	For Agnes Kelly R.I.P (by M. Cartin)
Saturday 3 rd February <i>St Anne Line</i>	Mass: 9.00 am <i>Livestreamed</i>	Intentions & prayers of Monica, Stephen & family

FIFTH SUNDAY IN ORDINARY TIME - YEAR B (The Year of the Gospel of Mark)

Date	Mass Time	Mass Intention
Saturday 3 rd February	Confessions: 5:15 pm - 5:45 pm Vigil Mass: 6:00 pm <i>Livestreamed</i>	Intentions/prayers for Deacon Des Connors & Family
Sunday 4 th February	Mass: 8:30 am <i>Livestreamed</i> Mass: 10:00 am <i>Livestreamed</i>	Prayers and Intentions of the Joy Family For Stephen Craston R.I.P (by J. McArthur)



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