

ENTRANCE ANTIPHON

**O come, let us worship God
and bow low before the God who made us,
for he is the Lord our God.**

THE COLLECT

Keep your family safe, O Lord, with unfailing care, that, relying solely on the hope of heavenly grace, they may be defended always by your protection. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

FIRST READING

A reading from the prophet Isaiah

58:7-10

Thus says the Lord:

Share your bread with the hungry,
and shelter the homeless poor,

clothe the man you see to be naked
and turn not from your own kin.
Then will your light shine like the dawn
and your wound be quickly healed over.

Your integrity will go before you
and the glory of the Lord behind you.
Cry, and the Lord will answer;
call, and he will say, 'I am here.'

If you do away with the yoke,
the clenched fist, the wicked word,
if you give your bread to the hungry,
and relief to the oppressed,
your light will rise in the darkness,
and your shadows become like noon.

The word of the Lord.
Thanks be to God.

PSALM

Ps. 111:4-9. R.v4

R) The good man is a light in the darkness for the upright.

He is a light in the darkness for the upright:
he is generous, merciful and just.
The good man takes pity and lends,
he conducts his affairs with honour. **(R)**

The just man will never waver:
he will be remembered for ever.
He has no fear of evil news;
with a firm heart he trusts in the Lord. **(R)**

With a steadfast heart he will not fear;
open-handed, he gives to the poor;
his justice stands firm for ever.
His head will be raised in glory. **(R)**

SECOND READING

A reading from the first letter of St Paul to the Corinthians

2:1-5

When I came to you, brothers, it was not with any show of oratory or philosophy, but simply to tell you what God had

Ps 94:6-7

guaranteed. During my stay with you, the only knowledge I claimed to have was about Jesus, and only about him as the crucified Christ. Far from relying on any power of my own, I came among you in great 'fear and trembling' and in my speeches and the sermons that I gave, there were none of the arguments that belong to philosophy; only a demonstration of the power of the Spirit. And I did this so that your faith should not depend on human philosophy but on the power of God.

The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!

Jn 8:12

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

GOSPEL

Matthew 5:13-16

The Lord be with you.
And with your spirit.

A reading from the holy Gospel according to Matthew.
Glory to you, O Lord.

Jesus said to his disciples: 'You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men.

'You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven.'

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

O Lord our God,
who once established these created things
to sustain us in our frailty,
grant, we pray,
that they may become for us now
the Sacrament of eternal life.
Through Christ our Lord.

COMMUNION ANTIPHON

Cf. Ps 106:8-9

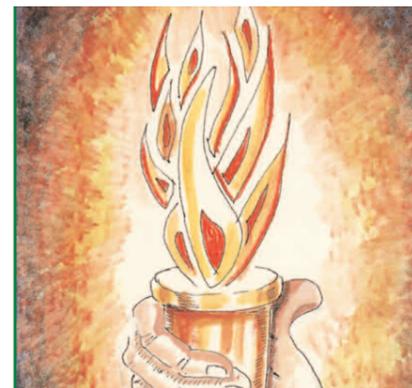
**Let them thank the Lord for his mercy,
his wonders for the children of men
for he satisfies the thirsty soul,
and the hungry he fills with good things.**

PRAYER AFTER COMMUNION

O God, who have willed that we be partakers
in the one Bread and the one Chalice,
grant us, we pray, so to live
that, made one in Christ,
we may joyfully bear fruit
for the salvation of the world.
Through Christ our Lord.

OUR FAITH ON SUNDAY

GOSPEL REFLECTION



Jesus says we are 'salt' and 'light'. Salt and light are good images for the teaching he is giving: both

give a spice to life: one gives flavour, the other lightens up. Salt and light are everyday realities in our lives, commonplace realities, and they can remain that way; for many people they do exactly that; they never become images of something greater. It is the same with many other familiar realities of daily life: they remain familiar everyday facts of life with no further message. And yet Our Lord through his Gospels works to open our eyes to the truth that, just as an artist in painting a

picture puts something of himself into that picture, so that he or she can be recognised as the artist (whether El Greco or Tracey Emin); so every created thing, no matter how small and apparently insignificant, because it is the work of the Creator, reveals something about Him. Even a stone, just by existing reveals its Maker, God who exists. So the world, the universe, offers to those 'with eyes to see', a detective story about God!

**HERE AND NOW****Purity of Heart**

It's no use looking elsewhere for inspiration if we don't have the wisdom that finds God in our own life. Reading God's word is not enough. We have to be formed in the image of Jesus by the Spirit, and become a living word. Attaining that goal takes great purity of heart. Purity of heart means being content with our own lot in life. We can waste a lot of time trying to think things out, tying ourselves in knots as if the way to God was complicated and difficult to decipher. God wants to welcome us home like the prodigal and feed us with solid food, not the airy-fairy ideas we tend to delight in. The present moment tells us all we need to know. In the present moment God is present and active NOW. The prayer Jesus gave us, the Our Father, sums up everything. We make God's kingdom a reality when we do the Divine will. In doing God's will we receive our daily bread, the measure of suffering and joy. Real wisdom doesn't concentrate on the paucity of what is felt. Rather it discerns how the heart is filled as the senses are emptied. A pure heart, a wise heart, looks for fulfilment where alone it can be found – in God.

**Life in God's Now* by Elizabeth Ruth Obbard. Publisher: New City. ISBN-13: 9781905039111

**EVANGELII GAUDIUM
(JOY OF THE GOSPEL)****Challenges to inculturating the faith**

68 (*Cont'd*) This means more than acknowledging occasional "seeds of the word", since it has to do with an authentic Christian faith which has its own expressions and means of showing its relationship to the Church. The immense importance of a culture marked by faith cannot be overlooked; before the onslaught of contemporary secularism an evangelized culture, for all its limits, has many more resources than the mere sum total of believers. An evangelized popular culture contains values of faith and solidarity capable of encouraging the development of a more just and believing society, and possesses a particular wisdom which ought to be gratefully acknowledged.



PARISH COMMUNITIES OF

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ST WILFRID

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The Arundel & Brighton Diocesan Trust is a Registered Charity No. 252878

WEEKLY SERVICES

FIFTH SUNDAY IN ORDINARY TIME

(Special Collection Today for the Lourdes Pilgrimage Fund)

(Special Collection next Sunday for Catholic Association for Racial Justice)

Sat	4th	6.00pm	St Wilfrid's - In Honour of Our Lady
Sun	5th	9.00am	St George's - Peter & Loretta Wood & Family
		10.30am	St Wilfrid's - Parish Communities' Intention
Mon	6th	2.30pm	St George's - 2.30pm Rosary Group, every Monday except Bank Holidays
Tue	7th	10.00am	St George's - Requiem Mass for Jack Gearing RIP
Wed	8th	10.00am	St Wilfrid's - Norma & Angela Wright RIP
Thur	9th	10.00am	St George's - Paddy & Rose Falkner RIP
Fri	10th	10.00am	St Wilfrid's - Kenneth & Jean Compton RIP
Sat	11th	6.00pm	St Wilfrid's - Parish Communities' Intention

SIXTH SUNDAY IN ORDINARY TIME

(Special Collection Today for Catholic Association for Racial Justice)

Sun	12th	9.00am	St George's - Sebastian Martin & Family Intention
		10.30am	St Wilfrid's - John Dobson 1st Anniversary RIP

1st Thursday of the month: 9.30am St George's - Exposition of the Blessed Sacrament and Reconciliation

IMPORTANT: Going into hospital? Would like a visit from the Catholic Chaplaincy? Ring 417400, ext 4145 and leave a message for the Catholic Chaplain. Please also let Fr Rory know. Catholic Mass in the hospital Chapel every Friday at 3pm.

St. Thomas a Becket Infant School: Tel 01323 726004 **St. Thomas a Becket Junior School:** Tel 01323 737221
St Richard's Catholic College, Bexhill: Tel 01424 731070

New to the Parish or would like to get back in touch but not sure how? Please complete the welcome form available in the porch and/or make yourself known to Fr. Rory. *It would be great to get to know you and offer any help.*

USEFUL PARISH INFORMATION

St Wilfrid's Planned Giving Contact (01323) 847014
St George's Planned Giving Contact (01323) 870990
St George's & St. Wilfrid's Finance Committee Treasurers Charles Piegrome & Brian Winter
Chairperson of the Finance Committee Peter Dromgoole

ALL CORRESPONDENCE FOR THE ABOVE VIA THE PRIEST'S HOUSE PLEASE

Polegate Hall Hire.....Tel: (01323) 504753
Prayer LineJean Barham Tel: (01323) 842824

CROSSLINK CHURCHES TOGETHER, HAILSHAM

Contact: Ann Fielder 01323 843361

POLEGATE CHURCHES TOGETHER

Contact: Margaret Piegrome 01323 870990

PLEASE REMEMBER IN YOUR PRAYERS those who are unwell: Lily May, Maureen Barnard, Jennifer Duder-Rumsey, Edna Andrews, Juliette Lusted, Jennifer Piskac, Margaret Gearing, Joshua Hardy, Peter & Teresa Zurenkas, Anne & Harry Holt, Elizabeth Osbourne, Irene Boulstridge, Margaret, Tom and Elizabeth Woodrow-Spencer, Enza Riddiford, Dorothy Hanlon and Brian Winter.

PLEASE ALSO REMEMBER THOSE NAMED IN THE BOOKS IN OUR CHURCHES

Newsletter items: Please send to Jackie at ssgeorge.wilfrid@btinternet.com, tel.841504 or by hand marked **NEWSLETTER**, to Fr. Rory's House by **9am Wednesday.**

Deacon John Writes:**The Knots prayer:**

Dear God: Please untie the knots that are in my mind, my heart and my life. Remove the have nots, the cannots, and the do nots that have in my mind. Erase the will nots, may nots, might nots that may find a home in my heart. Release me from the could nots, would nots and should nots that obstruct my life. Most of all, dear God, I ask that you remove from my mind, my heart and my life all of the 'am nots' that I have allowed to hold me back, especially the thought that I am not good enough. Amen. by Iyanla Vanzant from her book "Everyday I Pray" (2001).



Diocese of Arundel & Brighton Lourdes Pilgrimage

Parish Second Collection Appeal - 4th/5th February 2017. The Pilgrimage Trust was created to help contribute towards the cost of any sick or disabled pilgrim, and those helpers who care for them, who lack the necessary funds to go to Lourdes. A small amount of funds donated in future will also be used to nurture our young leaders, so that they develop and are able to take on more responsibility. Thank you again for your generosity and support, and please be assured of our prayers at the Grotto for you and your family this July.

Funeral: The funeral and celebration of Jack's life takes place at St George's on Tuesday the 7th of February at 10am.

I do hope you can all come to say goodbye to a wonderful Husband, Father, Granddad, Great Granddad and a Friend to all. I thank everyone for all the prayers etc. offered up for Jack and myself at this very sad time. Special thanks to Father Rory, Deacon John for the time he spent helping me plan the service, for Tessa and all the wonderful people who have offered their help. A large buffet follows the service and I hope you **ALL** will come and join us in the hall to say farewell to Jack.

Margaret Gearing.

"LIFE Quiz." Looking for an evening of fun and interest - and all in a good cause?

Support our LIFE Quiz on Saturday, 4th March, 7.00 for 7.15pm at Christ the King, parish hall. Tickets are £5 each - includes sandwiches. Soft drinks available - please bring own alcohol. Teams of six would be best - or join others on the night. All proceeds to the Worthing Life House. Tickets are available from John: Telephone 644509.

Bottle Tops and Stamps: Last week I took a shopping trolley full of bottle tops and stamps to EDGH for the Friends of the Hospital towards equipment for the hospital. Please keep them coming. Thank you. Deacon John

Evenings of Reflection with Bishop Richard: He is once again inviting young people (11-18) to join him for Evenings of Reflection at different places around the Diocese. They will run from 6.30pm to 9.30pm. Dates and locations are as follows:

Saturday February 11th - St Paul's Catholic College, Burgess Hill
Saturday March 18th - St Mary Magdalene's Church, Bexhill-on-Sea

Some important points to note: Capacity is limited, so it is absolutely essential to book. To do so, please email the Youth Adviser Jack.Regan@dabnet.org. Jack will confirm whether there is space. He assumes each group will have adult leaders present. Young people who want to come alone must contact directly with Jack.

DATES FOR YOUR DIARY:

Thurs 9th Feb Mother Teresa Group Mtg, St George's Hall, 2.30pm
Fri 10th Feb St George's Leaven Group Mtg, St George's Hall, 6.15pm
Mon 13th Feb Knights of St Columba, Christ the King Parish Rms, 3pm
Fri 17th Feb St Wilfrid's Annual Quiz Night, St Wilfrid's Hall, 7.30pm
Sat 18th Feb Indian Mass, St Wilfrid's Church, 10am
Thurs 9th March Mother Teresa Group Mtg, St George's Hall, 2.30pm

St Wilfrid's - Indian Mass – 18th February. 10.00am. All welcome.

The **Knights of St Columba** invite all Catholic men to their next meeting on Monday 13th February at Christ the King Parish Rooms at 3pm.

As well as other things, we will be discussing the arrangements being made in Westminster Cathedral, to celebrate the 100th Anniversary of the appearance of 'Our Lady in Fatima'. The celebrations at the Cathedral will be on Saturday 18th and Sunday 19th February 2017.

The statue of Our Lady of Fatima (plus some relics) will be travelling to every Diocese in England & Wales. They will be at Arundel Cathedral from 1st to 2nd July. Details of this will be published nearer the time.

Further information about the KSC can be obtained from David On 423323 or Bob 847014.

St Wilfrid's Annual Quiz Night is on Friday 17th February at 7:30pm, tickets now on sale £5 per adult, children free.

Medjugorje Pilgrimage April or May 2017:

I am organising two Medjugorje Pilgrimages for 7 nights half board with flight and airport transfers on 22nd - 29th April and 13th - 20th May from London Gatwick to Dubrovnik for €459 per person. All accommodation is within a short walk from St James Church and comes with air conditioning, free Wi-Fi and tea and coffee making facilities. All meals served in the newly renovated Irish Centre restaurant between 8am and 9pm.

If you would be interested in joining one of these pilgrimages, please contact me at jackiemulort@btinternet.com or call on 020 3239 8662.

My family first got involved in Medjugorje back in 1984 and we have been working there for the past 14 years bringing out groups and individuals.

COLLECTIONS: (28th/29th Jan)

St George's	£210.75
Weekly aver./Monthly D/D	£176.50
St Wilfrid's	£210.77
Weekly aver. of DD	£204.60
Attendances: St W's 129 St G's 89	

Thank you for your continued generosity
If you pay tax please use gift aid envelopes.

Bonus Ball:

Sat 28th January
No: 20
David Hoad

Wed 25th January
No: 39
Sally O'Reilly