

SACRED HEART PARISH

Catholic Diocese of Portsmouth
Reg. Charity No. 1199568



FIFTH SUNDAY OF ORDINARY TIME

Year A

5 February 2023

Priest in Charge: Fr. Phillip Harris

Parish Administrator: Mrs Jan Hughes

Phone: 01256 577007/07719 012955

Website: www.sacredhearthood.org

Safeguarding Minister: Mrs Maggie Wood

PPC Chairman: David Brown

email: office@sacredhearthood.org

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via the parish office

Sacred Heart Church, The Priests House, London Road, Hook, Hampshire RG27 9LA

St Vincent De Paul Society (SVP) now have a confidential mobile phone line to assist & help. 07434 773219.

Please note we now have CCTV Cameras around the premises for security purposes.

MASS TIMES

Daily Mass at Maryfield Convent at 10:00am (Mon, Tues, Wed, Thurs & Fri)

Fifth Sunday of Ordinary Time

Saturday 04 February	6:00 pm	Mass	People of the Parish
Sunday 05 February	10.00 am	Mass	Charlie Stubbs RIP

Sixth Sunday of Ordinary Time

Saturday 11 February	6:00 pm	Mass	People of the Parish
Sunday 12 February	10.00 am	Mass	Maria Martha Rattos RIP



CONFESSIONS IN THE CHURCH

Saturday evening 5:15 pm - 5:45 pm

LITURGY OF THE WORD

5th Sunday in Ordinary Time

First Reading Isaiah 58: 7 - 10

Responsorial Psalm: Psalm 111

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

Second 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!

Gospel Matthew 5: 13 - 16

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THE SACRISTY

Is a place of prayer and contemplation and should be an oasis of calm, before and after Mass. The Priest and Servers need time and space in order to prepare themselves for The Holy Sacrifice of the Mass.

Please respect this and refrain from visiting the Sacristy in the last 15 mins before Mass.

WELCOME

A very warm welcome to all parishioners and visitors who join us, whether in our Church or via the live-stream. If you are new to the area, please register as a member of our Parish using the form on our website

DAY BY DAY

Please find the Lent 2023 Day by Day book in the porch. The books cost £1, please put the money in the paper box in the wall of the church.

PLEASE PRAY FOR ALL THE SICK IN OUR PARISH

Lord, have all those who are unable to be with us at Mass in Your safekeeping as we remember:

Joan Coleman, Debbie Cavedon, John Bone, Terry Wright, Mike Murch, Fr Don Clement & Jacob Weston



MARYFIELD CONVENT

FAITH SHARING PRAYER MEETING

First Tuesday of the month

Next meeting—Tuesday 7th February 2023

10:30am in the tea room

MASS INTENTIONS

If you would like a Mass Intention, please contact Jan in the Parish Office on 01256 577007 or email: office@sacredhearthook.org for more information.

EXPOSITION OF THE BLESSED SACRAMENT

Divine Mercy chaplet followed by the Holy Rosary will take place in the Convent Chapel at 3pm on Fridays. Everyone is welcome

DONATIONS TO THE PARISH

The easiest way to make a donation to the Parish is Online at: www.sacredhearthook.org/donations or via our new contactless terminal located by the back of the Church.

When writing cheques to Sacred Heart Parish please use the new payee name CDP Hook Sacred Heart. Many Thanks

BRITA'S TOILET ROLL APPEAL

Perhaps, through the year, when we buy our own toilet rolls, we could buy an extra pack for a low income struggling family? So this is my new and ongoing collection, with any excess going to the food banks. Recently, I saw food boxes for families going out with a single roll in each box, as people do not think of donating them. I am hoping this is something we can all easily support!

Thank you as always, Brita “

FOODBANK CONTRIBUTION BOX

- Top priority—completely out of the following:
Tinned Veg, Tinned Potatoes, Mashed Potatoes, Toilet Rolls.
- Tins: Tinned Fruit, Tinned Fish, Tinned Rice Pudding, Tinned Custard, Spaghetti Hoops, Tinned Meat, Tinned Chopped Tomatoes
- Packages: Coffee, Juice, Cereals
- Jars: Jam
- Household: Deodorant, Shampoo, Toilet Rolls

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LONDON MARATHON

Andrea and her daughter are running the London Marathon again in April and are raising money for Children with Cancer UK again.

They are holding another curry night at the Hook Tandoori on Monday 20th February. Lots of food (starters/popadoms, curry dishes, rice and naan breads) and a great raffle.

Tickets £22 per person. If you would like to join Andrea please contact Andrea 07823449333

Info about this cause can be found by scanning the QR code.



THE SIX HOLY HABITS

Just a reminder that Bishop Philip is inviting each one of us to develop and put into practice six holy habits for this time of change and deep personal renewal:

- to keep Sunday special, a family day, by attending Mass;
- to spend 5 minutes a day in prayer using the Scriptures;
- to do penance on Fridays, and to serve the poor and needy;
- every fortnight to make a Holy Half Hour before the Blessed Sacrament;
- to go to Confession once a month; and
- to join a small group for formation, prayer and fellowship. In the coming weeks in e-News, Bishop Philip will explore each habit in more detail

MEDJUGORJE - APRIL 2023

A pilgrimage to Medjugorje is planned for April 2023. Dates are: 22nd to 29th April. The pilgrimage will be made up of two groups. One from Ireland and the other from the UK. Cost: £689. Non-returnable deposit of £300 will be required to secure a place. Cost covers air fare; transfers; accommodation at a local hotel with breakfast and evening meal; the services of a local guide. We will be travelling with Joe Walshe Tours. To book a place on this pilgrimage please contact John at Joe Walsh Tours on 08081 890468. For further information contact Bernie Foran on 07483 874453. Information may also be found on the website: Joe Walsh Tours - Classic pilgrimages and pilgrim tours

A GAP YEAR OPPORTUNITY:

Are you 18-30, or do you know someone who is? Do you want to develop a wide range of skills including leadership while learning about global justice and inspiring others to use their faith in action? CAFOD, the Catholic Agency for Overseas Development, believes in equipping and inspiring young adults to contribute to a more just and peaceful world. Step into the Gap is a fully funded year of volunteering, with food, accommodation, stipend and training within a UK placement plus a Rome and Assisi pilgrimage. Visit the CAFOD website for more information: cafod.org.uk/gapyear

ANANIAS AND INTERCESSION TEAM

Liza Nahajski, Leader of our Ananias and Intercession (Pre-Discipleship) Team tells us about a new Zoom series on Monday evenings starting on Monday 13th March...

Whatever your involvement in the life of the Church or with family or friends who are drifting towards or away from the church, you will almost certainly be having spiritual conversations from time to time.

Ananias training helps develop an understanding of the spiritual journey and how generous listening, with greater awareness of another person's unique journey, can open people to growth.

We will be offering sessions on Zoom on Monday evenings, 7-9pm, starting on Monday 13th March. If you would like to know more, reserve a place or if you would like to organise sessions for a group in your parish contact lnahajski@portsmouthdiocese.org.uk.

Please visit our webpage <https://www.sacredhearthook.org/journey-together>.

THE WILD GOOSE COURSE - JOIN US!

The Wild Goose series is truly a work of the Holy Spirit. "Wild Goose" was a term that the ancient Celts had for the Holy Spirit. Join Fr. Dave Pivonka, TOR in this incredible 14-part video series which is awakening God's love and transforming power in the hearts of all who participate. Discover the Holy Spirit who has been revealed to us by Jesus Christ and who leads us to our heavenly Father. This adventure consists of Fr. Dave speaking on an attribute of the Holy Spirit, a practical application on how to respond to the Holy Spirit, and testimonies of people from across the country whose lives have been impacted by the Spirit of God. Shot in various locations from Niagara Falls to the California desert, The Wild Goose invites you to an encounter, or a renewed encounter, with the Holy Spirit! The course will be run online via Zoom from 7:30pm to 8:30pm - starting on Monday 6th February with breaks in-between for half-terms and bank holidays. Each session will include small group discussions and thought-provoking insights to strengthen our relationship with the Holy Spirit. Join us on this unforgettable journey! For a trailer, course details, dates, and information on how to register follow this link: <https://bit.ly/TheWildGooseCourse> alternatively you can contact Joan Kent at jkent@portsmouthdiocese.org.uk to register.

FOR ALL OUR CATECHISTS, CORE GROUP AND FINANCE COMMITTEE MEMBERS

The CaFE (faithcafe.org) are offering the BELONG & BELIEVE course to our parishes. The course is free and downloadable and is a way of helping to refresh our communities and renew our mission. Fr Mark Hogan will be hosting an introductory online session on Zoom, for parish catechists and others in parishes wishing to lead this course on Monday 13th February from 7.30 – 9.00 pm. (The Zoom will open at 7.15 pm for introductions etc). The training will:

- give an overview of elements of the course
- provide an opportunity to listen to feedback from those who have seen the material
- confirm what the CaFE offer is
- help us see how the course can fit alongside the synodal process.

To register, please email Anna Pardoe at evangelisationadmin@portsmouthdiocese.org.uk. Anna will confirm your registration and send over the Zoom link before the session.

DIOCESAN FORMATION FOR MISSION

1. **Communication Course:** 'Sending word, sharing the Word': 3 online sessions to help you communicate with confidence today and every day.

From parish newsletters to the pulpit, this course will give you the ability to communicate with confidence. Our communications expert will show you tools and techniques that are easy to learn and practical to use.

Here are the details:

<https://www.lightoftruth.uk/event-details/sending-word-sharing-the-word-2023-03-08-19-30>

2. if you're looking for a **focus for Lent**, the Dominican Sisters are running 6 online sessions explaining the sacrament of Reconciliation to adults through scripture and art, which will also serve as a Lenten retreat, every Tuesday evening during Lent. The details are here:

<https://www.lightoftruth.uk/event-details/reconciliation-anchoring-you-in-happiness-2023-02-28-19-30>

3. Finally, to mark the **60th anniversary of Vatican II Council**, the Dominican Sisters are launching a new monthly course to introduce the Council documents in a simple way, for everyone:

<https://www.lightoftruth.uk/event-details/follow-the-compass-vatican-ii-for-everyone-2023-02-24-19-30>

All our courses are free. Donations are welcome!

To find out more about everything we're currently offering click here: <https://www.lightoftruth.uk/join>

Wishing you every blessing, Sr Hyacinthe

WORLD DAY OF PRAYER

"I HAVE HEARD ABOUT YOUR FAITH"

Our sisters in Taiwan are sending us blessings with the service they have prepared for World Day of Prayer 2023. Taiwan is an island rich in natural resources and culturally diverse. The women of Taiwan share the issues faced geographically, politically and socially and also their hopes for the future. Let us join with them as we give thanks for the beautiful island and people of Taiwan and encourage one another in our faith just as Apostle Paul did in his letters.

World Day of Prayer is an international, inter-church organisation which enables us to hear the thoughts of women from all parts of the world: their hopes, concerns and prayers. The preparation for the day is vast. On Friday March 3 2023 people will gather to celebrate the service prepared by the women of Taiwan. The Day of Prayer is celebrated in over 120 countries. It begins in Samoa and prayer in native languages travels throughout the world --- through Asia, Africa, the Middle East, Europe and the Americas before finishing in American Samoa some 38 hours later.

Our local service will be held in Rotherwick village church on Friday 3rd March at 2 pm with refreshments afterwards

All are welcome

DIOCESAN SAFEGUARDING TRAINING

As we continue to roll out more face-to-face training, the next safeguarding training sessions led by the central safeguarding team will be held on Saturday 11th February, at Christ the King church, 408 Northumberland Avenue, Reading.

Following the timetable of previous sessions, the morning will be 10 am until 12 noon and will cover child protection and the afternoon session 1-3 pm will cover working with adults at risk.

Please note, anyone working in a role with children and/or adults at risk within the Diocese should have completed training within the last 2 years. If you are able to attend either of these sessions, you will be made very welcome. If this church is not within your parish, but you are able to make your own way, anyone working or volunteering in a relevant role is most welcome.

To book your place please email: safeguarding@portsmouthdiocese.org.uk

Please say which session you are attending and which church and parish you usually attend.