



# PARISH OF THE HOLY FAMILY

Millbrook

**Fr Benjamin writes ...**

Today's Sunday Gospel is beautiful in the sense that it shows us a day in the life of Our Blessed Lord, or to be more precise, a Sabbath in the life of the Lord. We see Jesus go "at once" to the synagogue, to offer worship to His heavenly Father and to teach those present. He releases a man from the clutches of an unclean spirit (which was the focus of last Sunday's Gospel passage). Going, again "at once", to the house of Simon Peter, Our Lord heals Simon's mother-in-law from fever and "raises" her and she immediately waits upon Him and His disciples. By the evening and the end of the Sabbath day we find Jesus healing all who were ill and demon-possessed and extending the Hand of God to all around Him.

Yes, this was a full day, but more importantly, it was full of God. This fullness was also an openness. Our Lord worships the Father and lives in His Presence in such a way that the Presence of God is effective; it heals, it makes whole, and it saves. This is the ideal of the Sabbath day. It is not so much to rest and do nothing, but to allow for the fullness of God to penetrate into our lives and so into the world. For, if we make no time for God, if there is no space for Him – not even on a single day, like a Sunday – then we block Him and His saving Presence, which He always brings, as he brought it to the house of Simon Peter when he and his brother opened their door and home to Christ.

Everyday, but especially the holy day of Sunday, there should be space and time for God. In letting Him in, we welcome and embrace His saving Grace, which is the power of God and the Presence of God. As we see in a day in the life of Our Blessed Lord, so take time for prayer, make time for others and fill your day and the world around you with the power and the presence of God.

**God bless you all this Sunday, and always**

## **Rosary and Benediction for Vocations**

We have been truly blessed to host Seminarian, John Aburn, and will continue to pray for him when he returns to Valladolid. Please join us on Sunday evenings at 4pm for Rosary, Vespers and Benediction in thanksgiving for our priests and seminarians and for many more young men to listen to God's call.

### ***Prayer for Vocations***

*Lord Jesus, raise up from our homes those called by Your Father; courageous and humble men to the Priesthood, generous servants to the Permanent Diaconate, faithful people to Consecrated Life, and holy men and women to the Sacrament of Marriage.*

*Holy Mary, Model of Vocations, teach us to hear and follow Your Son. Holy Mary, Queen of Priests, sanctify our priests and obtain for us many more. Holy Mary, Mother of the Church, pray for our families and intercede for our children. Amen*

**First reading****Job 7:1-4,6-7****My life is but a breath**

Job began to speak: Is not man's life on earth nothing more than pressed service, his time no better than hired drudgery? Like the slave, sighing for the shade, or the workman with no thought but his wages, months of delusion I have assigned to me, nothing for my own but nights of grief. Lying in bed I wonder, 'When will it be day?' Risen I think, 'How slowly evening comes!' Restlessly I fret till twilight falls. Swifter than a weaver's shuttle my days have passed, and vanished, leaving no hope behind. Remember that my life is but a breath, and that my eyes will never again see joy.

**Responsorial Psalm****Psalm 146(147):1-6****Praise the Lord who heals the broken-hearted.****Second reading****1 Corinthians 9:16-19,22-23****I should be punished if I did not preach the Gospel**

I do not boast of preaching the gospel, since it is a duty which has been laid on me; I should be punished if I did not preach it! If I had chosen this work myself, I might have been paid for it, but as I have not, it is a responsibility which has been put into my hands. Do you know what my reward is? It is this: in my preaching, to be able to offer the Good News free, and not insist on the rights which the gospel gives me.

So though I am not a slave of any man I have made myself the slave of everyone so as to win as many as I could. For the weak I made myself weak: I made myself all things to all men in order to save some at any cost; and I still do this, for the sake of the gospel, to have a share in its blessings.

**Gospel****Mark 1:29-39****He cast out devils and cured many who were suffering from disease**

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon's mother-in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them.

That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was.

In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, 'Everybody is looking for you.' He answered, 'Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came.' And he went all through Galilee, preaching in their synagogues and casting out devils.



## **Parish Notices**

### **Baptism**

We warmly congratulate Zion Zimnachidi Oparaocha and welcome him and his parents Eunice and James to the Parish Family. We pray that Our Blessed Lord guide and protect them.

### **Refreshments after 9am Sunday Mass**

From this Sunday tea and coffee (maybe even the odd biscuit) will be available after 9am Mass in the Parish office. We hope that using the office will overcome concerns about using the Louis Suite and disturbing people attending the 1030 Mass. Please park considerately.

Refreshments after 1030am Mass. Please check the rota for the organisation of refreshments and please be considerate of others using the Louis Suite. There were safety concerns again last Sunday about children playing inside on scooters. Please supervise your children and encourage them to play outdoors if they need to use up some energy. Thank you.

### **Ash Wednesday**

Please return your palms from last year so that they can be burned for ashes on Ash Wednesday (14th February).

### **Holy Family Statue**

As the Holy Family statue journeys around the Parish please continue to pray for the spiritual growth of our Parish and for Vocations to the Priesthood. If you would like to host the statue please leave your details on the list at the back of the Church or contact the office. Also, if anyone would be willing to translate the prayer card particularly into Vietnamese, we would love to hear from you.

### **Lift to Mass**

If anybody would be able to give a lift to a lady from Teme Crescent (off Wimpson Lane) to either Saturday 6.30pm Mass or Sunday 9.00am Mass on a regular basis, would you please contact the office.

### **Requiem**

There will be a Requiem Mass for Catherine Mercer at The Holy Family on 9th February at 9.15 am followed by refreshments. Please feel free to bring some food to share.

### **Good Counsel Network**

On Saturday 10<sup>th</sup> February, the Vigil of the Feast Our Lady of Lourdes, please pray and fast for the end of abortion in this Country. Through God's grace we have seen thousands of Mothers in our counselling centre continue their pregnancies in very difficult circumstances. Please help us to help save lives with your prayers, fasting and support. [www.GoodCounselNetwork.com](http://www.GoodCounselNetwork.com)

### **Rosary Beads for Seafarers**

WANTED - Rosary Beads. If you have spare and (Heaven forbid!) unused rosary beads please consider donating them to the Stella Maris charity in Southampton. Your spare beads will be passed on to the many hundreds of seafarers and their families, where there is great demand for them. You can put them in the box in the Louis Suite, hand them in at the office or post them to: Stella Maris, c/o St Edmund's Catholic Church, 14 Rockstone Pl, Southampton SO15 2EQ. Contact: [gregory.hogan@stellamarismail.org](mailto:gregory.hogan@stellamarismail.org)

# THIS WEEK AT HOLY FAMILY



## Holy Mass OF = Ordinary Form, EF = Extraordinary Form

Sun 4 Feb	<b>FIFTH SUNDAY IN ORDINARY TIME</b>	9.00 am (EF) 10.30 am (OF)	John Comerford (Int) Agatha Blishen (Birthday)
Mon 5 Feb	of the Fifth Week	7.30 pm (OF)	Fr McDonald (RIP)
Tues 6 Feb	of the Fifth Week	9.15 am (OF)	Sara (Int)
Thurs 8 Feb	Feria	7.30 pm (EF)	Mary Edge (RIP)
Fri 9 Feb	Feria—Requiem	9.15 am (OF)	Catherine Mercer (RIP)
Sat 10 Feb	Our Lady on Saturday	9.15 am (OF) 6.30 pm (OF)	Angela Wood and Family (Int) People of the Parish
Sun 11 Feb	<b>SIXTH SUNDAY IN ORDINARY TIME</b>	9.00 am (EF) 10.30 am (OF)	Gerald Liptrot (RIP) Thanksgiving

Please hand Mass intentions to Fr Benjamin, to Catherine, or place in the collection basket.  
week

<p><b>Confessions (when there is Mass)</b>                  Saturday: 5.30—6.20 pm                  Monday &amp; Thursday: 6.45—7.20 pm                  Tuesday &amp; Friday: 8.30—9.10 am</p> <p><b>Eucharistic Adoration</b>                  Thursday 8.00 pm to Saturday 6.00 pm</p> <p><b>Rosary, Vespers &amp; Benediction for Vocations</b>                  Sunday: 4.00 pm</p>	<p><b>Groups/Activities</b> in the Louis Suite</p> <p><b>Sewing Group</b> - Tuesdays at 10.00am  <b>Gardening Club</b> -Winter Break  <b>Mother's Prayers</b> Wednesdays at 2.00 pm</p> <p><b>Lunch Group</b> Fridays, fortnightly at 12.00 noon:  <b>NEXT LUNCH: 16 February</b></p> <p><b>Youth Group</b> 1st Saturdays 3-6pm  <b>Catholic Men's Group</b> 1st Saturdays at 7:30 pm</p>
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## DATES FOR YOUR DIARY

February	
2nd Candlemas—blessing of candles and procession	9th Social & Fundraising Committee Meeting
3rd St Blaise—Blessing of Throats (after Mass)	13th Pancakes!
9th Catherine Mercer (RIP) Requiem and Wake	14th Ash Wednesday

**THE CHURCH WILL REMAIN OPEN FROM 9AM UNTIL 6PM EACH DAY**

**The Holy Family Catholic Church**  
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<b>Parish Deacon</b>	Dcn Tom Jose	<a href="mailto:tjose@portsmouthdiocese.org.uk">tjose@portsmouthdiocese.org.uk</a>
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