

The Catholic Parish of Our Lady, Star of the Sea



5th Week of Ordinary Time, Year A
Sunday Cycle A, Weekday Cycle I, Psalter Week I

“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.”

Matthew 5:15

Parish Priest: **Fr Pádraig Hawkins**
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Parish Address: **The Catholic Presbytery**
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Parish Web Site: www.ourladystarofthesealowestoft.wordpress.com

R.C. Diocese of East Anglia:
A Registered Charity (Charity Commission No. 278742)

Parish Church: Catholic Church of Our Lady, Star of the Sea, Gordon Road, Lowestoft, NR32 1NL.

Chapel of Ease: St Nicholas' Catholic Church, Morton Road, Lowestoft, NR33 0JQ.

Other Clergy: Rev. Fr. Stephen Bould; Rev. Fr. Neville McClement, Rev. Mr. Stephen Pomeroy.

Parish Newsletter: Items for consideration need to be sent to Fr Pádraig - frpmfoh@gmail.com – by Wednesday Evening please. The Completed Newsletter will be posted on the Website each Saturday.

Gospel Reflection


“Following upon the teaching of the Beatitudes, Jesus uses the now familiar metaphors of salt and light to describe the life of discipleship. We take salt and light for granted in our society, but these commodities were more precious in ancient cultures. Just as now, salt was used in Jesus’ time for flavouring, as a preservative, and as a healing agent. Similarly, the widespread use of electricity in the modern world makes us less aware of the value and importance of light in our lives. Still, our familiarity with this passage from Matthew’s Gospel speaks well to the abiding power of the imagery that Jesus presented. Jesus’ call to be salt for the earth and light for the world powerfully states our mission as Church and as Christians. Our commitment to social justice flows from the exhortation that Jesus gives us in today’s Gospel. Some of the activities that this commitment leads us to are given more concrete expression as the Corporal and Spiritual Works of Mercy. When we feed the hungry, clothe the naked, console those who mourn, and so on, we show ourselves to be the salt of the earth and the light of the world. When we do these things with the community of faith, the Church, we are indeed acting as “a city set on a mountain” that cannot be hidden!”

Please do visit the “Wednesday Word” Website each week for short Reflections on the Sunday Readings: <http://www.wednesdayword.org/sunday-gospel.htm>

The Lay Faithful: How can we be salt of the earth and light to the world? How can our example make a difference at home, in school, at work? We answer the challenge these questions present when we share in Christ's ministry as priest, prophet, and king. As priest, Christ offered a sacrifice of love to the Father. What sacrifices of love do we offer to the Father? We can offer our married, single, or family life, work, outreach to others, and even relaxation along with our prayers and suffering to God. We can offer them anytime, but the best time is at Mass, when we offer ourselves with Christ to the Father. As prophet, Christ proclaimed the Good News of salvation. Like his Son, God calls us to evangelize others (both fellow Catholics and non-Catholics) by word and example. We witness most effectively when others see the difference Christ has made in our lives. The credibility of our witness lies in our ability to "get out of God's way" and to allow him to work in our lives. Finally, as king, Christ became servant to all through his self-giving. Like Christ, God calls us to give of ourselves so the workplace and the home might become more humane. He calls us to serve in our parishes so they can grow and become more alive. He calls us integrate our Christian faith into our daily lives so our service might be His service to others. So we make a difference as Christians when we offer ourselves to God, when we proclaim the Good News in word and example, and when we serve others. God calls us to worship, to witness, and to give.

Ave Regina Cælorum / Hail Queen of Heaven
the Marian Antiphon from Candlemas until Easter

VI



A - ve Re-gí-na cæ-ló-rum, * A-ve Dómi-na Ange-
ló-rum: Salve ra-dix, salve porta, Ex qua mundo lux est
orta: Gaude Virgo glo-ri- ó-sa, Super omnes spe-ci- ó-sa:
Va-le, o valde decó- ra, Et pro no-bis Christum ex-ó- ra.

Catholic Primary School

A reminder to all our parents that the local Catholic Primary School is St Mary's, located on Kirkley Cliff Road (NR33 0DG). For anyone who is considering a school placement for their child, from reception through to Year 6, I would recommend contacting the school and arranging either a tour or a meeting with the Head of School, Mrs Ewa Parker, Tel: 01502 565384. For more information please visit: <https://www.stmarysrcps.com>

Dates for you Diary...

14/02/23 - CWL meeting at 1:30pm on Tuesday 14th February. All are welcome.

22/02/23 – Ash Wednesday / The Beginning of the Penitential Season of Lent...

02/03/23 – Parish In-Council Meeting at 7:30pm in the Stella Maris Hall (postponed from the 2nd Feb) – Topics to be discussed and Items for the Agenda to be sent to Fr Pádraig, please, by Sunday 26th February. All are welcome to attend this meeting.

Weekly Collection

Thank you for last week's collection which amounted to £321.63 (Plus the regular standing orders of c.£403). Your continued financial support for your parish, the diocese and the wider Universal Church is much needed and very much appreciated.

We Pray for...

We pray for all in our Parish who are currently unwell and who are suffering from illness of one kind or another, praying especially for the housebound who are not able to join us for regular worship. We pray also for those who have recently passed away and for those whose anniversaries occur around this time; may they rest in peace. Names of the Sick and the Deceased may be written in the Parish Prayer Books and will be prayed for.

Mass & Service Times for the Coming Week: February 5th – February 11th

- Saturday 4th - 17:00 - Our Lady's** (5th Sunday of Ordinary Time, Year A)
Offered for: Mary Segasby (RIP)
- Sunday 5th - 09:00 - St Nicholas'** (5th Sunday of Ordinary Time, Year A)
Offered for: People of the Parish
- Sunday 5th - 11:00 - Our Lady's** (5th Sunday of Ordinary Time, Year A)
Offered for: Louisa Cattermole (RIP)
- Monday 6th - 09:00 - Our Lady's** (Mem, St Paul Miki and Companions)
Offered for:
- Tuesday 7th - 12:00 - Our Lady's** (Feria)
Offered for:
- Wednesday 8th - 09:00 - Our Lady's** (Feria)
Offered for:
- Thursday 9th - 09:30 - St Nicholas'** (Feria)
Offered for:
- Friday 10th - 09:00 - Our Lady's** (Mem, St Scholastica)
Offered for:
- Saturday 11th - 09:00 - Our Lady's** (Feria)
Offered for:
- Saturday 11th - 17:00 - Our Lady's** (6th Sunday of Ordinary Time, Year A)
Offered for: Harold Morris (RIP)
- Sunday 12th - 09:00 - St Nicholas'** (6th Sunday of Ordinary Time, Year A)
Offered for: People of the Parish
- Sunday 12th - 11:00 - Our Lady's** (6th Sunday of Ordinary Time, Year A)
Offered for:

Confessions: The Sacrament of Reconciliation will take place every week during Adoration and Exposition of the Blessed Sacrament (from 9:30 to c.10am) following the 9am Mass on Saturday Morning. One may also make an appointment with Fr Pádraig for confession at another suitable time.

Mass Intentions: If you would like to have a Mass offered for someone, living or deceased, or for a particular intention (exams, interview, etc.), please collect a pre-printed envelope from the back of the church. Details of your request, including the preferred date, can then be entered on the front of the envelope (legibly please) and then your offering may be placed inside before being given to Fr Pádraig.
