

**The Catholic Parish
of
Our Lady, Star of the Sea**



4th Week of Ordinary Time, Year B
Sunday Cycle B, Weekday Cycle II, Psalter Week IV

“ ‘here is a teaching that is new’
they said
‘and with authority behind it.’ ”

Mark 1:26

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.

Catholic Primary School: St Mary's, Kirkley Cliff Road, NR33 0DG. Tel: 01502 565384. For more information please visit the school website: <https://www.stmarysrcps.com>

Gospel Reflection

“Today’s Gospel continues our reading from Mark and describes what some believe was likely to have been a typical day in Jesus’ ministry. Jesus and the disciples that chose to follow him in last week’s Gospel arrive at Capernaum, a small village on the Sea of Galilee. Jesus teaches in the synagogue on the Sabbath. Mark reports that the people respond to Jesus’ teaching with astonishment, noting Jesus’ authority and contrasting it with the scribes’. Early in Mark’s Gospel we already find evidence of the tension that will manifest itself fully in Jerusalem. After Jesus’ preaching, an even more astonishing thing happens. A man possessed with an unclean spirit calls out to Jesus. As we see in this example and throughout Mark’s Gospel, the spirits and demons seem to know Jesus and are often fearful of him. In fact, they seem to understand Jesus’ identity better than his disciples. As we will read again and again in Mark’s Gospel, Jesus orders the spirit to be quiet and drives the unclean spirit out of the man. Jesus’ ability to heal those possessed by demons is an indication of his power over evil. In the prescientific age of Jesus’ time, all illnesses were understood to be manifestations of evil and sinfulness. Our modern understanding of illness is very different. Possession by unclean spirits may have been a way to describe what we might call mental illness today. It may have even been a way of describing certain kinds of physical conditions. There is evidence that there were many kinds of exorcists and healers in first-century Palestine. Jesus appears to be like these healers, but he heals with unique authority and connects his healing activities with the words of his preaching. We are missing the point that Mark is trying to make in this Gospel, however, if we try to explain away the healing work of Jesus. The crowds see in Jesus’ cure of the possessed man further affirmation of his authority. Jesus’ power to heal gives greater credence to his teaching. Jesus impresses the crowds through his words, which are manifested with power in his deeds. Mark’s Gospel tells us that because of the authority with which he healed, Jesus’ fame spread throughout all of Galilee.”

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

Dates for your Diary

27/01/2023 – The Parish Scottish Themed Night is on Saturday 27th January at 6:30pm. Entrance is £5 per person payable on the evening and will include a Beautiful Scottish Meal of Tatties, Neeps and Haggis.

Candlemas

The Feast of the Presentation of the Lord (Candlemas) is the last of the Christmas Celebrations and will be celebrated with Mass at 6pm on Friday 2nd February.

Knights of St Columba Lottery

Chris Brooks KSC is collecting £10 per ticket entries for the KSC Council 518 2024 lottery. Parishioners are invited to join in support of Knights work & charity before the first draw of three £20 prizes takes place on Easter Sunday. The winners of the final 2023 draw at Christmas were Michael Fathers, Michael Sims & Michael Heil. The £20 Prizes were delivered to a family member of each of our two 2023 dear departed brothers.

Inviting young people (age 16 – 30) to Transform For Lent

It might seem that Christmas was only yesterday but already it's not long until Lent! The Ignite Team are hosting a weekend retreat for young people at Clare Priory the weekend before Lent begins (10th – 11th February). Contemporary music, inspiring talks and passionate prayer times. For more information and to book a place see www.rcdea.org.uk/youth

Volunteers Please!

We are looking for volunteers with a view to setting up church cleaning teams and counting teams for after Mass on a Sunday, so that we can set up weekly/monthly rotas. If anyone can offer their time to help, could they please contact either Father Padraig or Caroline. Thank you.

Rachel's Vineyard

Rachel's Vineyard offers Catholic retreat weekends for those who are suffering after an abortion/s. The next retreat to be held in this Diocese will be from 8-10 March, 2024 in Suffolk. Contact Sona on sona@rachelvineyard.org.uk
For further information, you can also visit: <http://www.rachelvineyard.org.uk>

Upcoming Second Collections for 2024

17th/18th February – Holy Land Shrines – Holy Places of Palestine.

20th/21st April – Vocations Sunday – for the Formation of Priests.

11th/12th May – World Communications Sunday – Catholic Communications Network.

15th/16th June – Day for Life – Bishops' Conference Life Charities.

29th/30th June – Peter's Pence – The Holy Father's Charitable Works.

13th/14th July – Sea Sunday – the Work of Stella Maris.

Weekly Collection

Thank you for last week's collection which amounted to £380.41 (Plus the regular standing orders of c.£477). 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: January 28th – February 3rd

- Saturday 27th - 17:00 - Our Lady's** (4th Sunday of Ordinary Time, Year B)
Offered for: Joe Summerville (RIP)
- Sunday 28th - 09:00 - St Nicholas'** (4th Sunday of Ordinary Time, Year B)
Offered for: People of the Parish
- Sunday 28th - 11:00 - Our Lady's** (4th Sunday of Ordinary Time, Year B)
Offered for:
- Monday 29th - 09:00 - Our Lady's** (Feria)
Offered for:
- Tuesday 30th - 09:00 - St Mary's RCPSchool** (Feria)
Offered for: Children & Staff of St Mary's RCPSchool
- Wednesday 31st - 09:00 - Our Lady's** (Mem. St John Bosco)
Offered for:
- Thursday 1st - NO MASS TODAY** (Feria)
Offered for:
- Friday 2nd - 18:00 - Our Lady's** (Feast, The Presentation of the Lord)
Offered for:
- Saturday 3rd - 09:00 - Our Lady's** (Feria)
Offered for:
- Saturday 3rd - 17:00 - Our Lady's** (5th Sunday of Ordinary Time, Year B)
Offered for:
- Sunday 4th - 09:00 - St Nicholas'** (5th Sunday of Ordinary Time, Year B)
Offered for: People of the Parish
- Sunday 4th - 11:00 - Our Lady's** (5th Sunday of Ordinary Time, Year B)
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.
