

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



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

“Let us go elsewhere, to the neighbouring country towns,
so that I can preach there too,
because that is why I came.”

Mark 1:38

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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.

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 we continue to read from Mark’s Gospel, learning more about the ministry of Jesus. Jesus cured Simon’s mother-in-law, and she immediately began to serve Jesus and his disciples. Jesus also cured many others who were brought to him, healing their illnesses and driving out demons. As we will see throughout Mark’s Gospel, Jesus did not permit the demons to speak because they knew his identity and would have revealed it to those who were present. On the morning after this busy day, Jesus retreated in prayer, but was pursued by Simon and others who brought news that many people were looking for him. At this point in Mark’s Gospel, we begin to see a distinct role for the inner circle of Jesus’ disciples—they act as intermediaries between Jesus and the people. Jesus reports to his disciples that they need to leave Capernaum to preach in other places. Today’s Gospel completes a picture of Jesus’ ministry: preaching, curing the sick, driving out demons, and then moving on to continue this work in another place. Mark’s Gospel tells us that Jesus did this throughout Galilee. Jesus’ compassion and healing of the sick is a sign of the Kingdom of God. The Church continues to extend Christ’s healing presence to others in its ministry to the sick. In the Sacrament of the Anointing of the Sick, the Church prays for spiritual and physical healing, forgiveness of sins, and comfort for those who are suffering from illness. In today’s Gospel we also notice the importance of prayer in Jesus’ daily life. Jesus rose early in the morning, removed himself from the crowds, and went to a deserted place to pray. When the disciples found him, he told them that it was time to move on. We believe that in his prayers Jesus found guidance and direction from God. We also bring our decision-making to God in prayer, asking for his guidance and direction in our lives.”

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

13/02/2024 – The next CWL meeting will take place on Tues 13th Feb - all are welcome.

09/03/2024 – Beetle Drive in the Stella Maris Hall at 6:30pm – entry £5 Adult £2 Child, light refreshments included + Tea & Coffee, but please B.Y.O.B. (or alternative drinks!).

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

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.

Action against Modern Slavery

A new group is forming in the Diocese to help to reduce modern slavery here. During 2022, in our Diocese alone, 746 souls were found enslaved and rescued. Police describe this number of enslaved people, as the tip of the iceberg. Pope Francis wants us to "find" enslaved people. All that means is learning (simply) to spot the signs and safely report them to the Modern Slavery Helpline 08000 121 700. The new group is looking for young & older volunteers to join the group. No previous knowledge or experience required, just a wish to end slavery in our Diocese. Please contact john_simong@hotmail.com to discuss possibly volunteering and read the leaflet about St Bakhita (regarded as the patron saint of Modern Slavery) at: <https://www.rcdea.org.uk/caritas-east-anglia/modern-slavery>

Medjugorje Irish Centre Pilgrimages April - October 2024:

7 Nights Apartment B&B from €273 per person sharing. Airport transfer available on request. Contact us for details and book the dates that suit you. Tel. 020 3239 8662 or website www.med-irishcentre.com Email: reservations@med-irishcentre.com

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 £366.44 (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: February 4th – February 10th

- Saturday 3rd - 17:00 - Our Lady's** (5th Sunday of Ordinary Time, Year B)
Offered for: Harry & Iris Pascoe (RIP)
- 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:
- Monday 5th - 09:00 - Our Lady's** (Mem, St Agatha)
Offered for:
- Tuesday 6th - 12:00 - Our Lady's** (Mem. St Paul Miki & Companions)
Offered for:
- Wednesday 7th - 09:00 - Our Lady's** (Feria)
Offered for:
- Thursday 8th - 18:00 - Our Lady's** (Feria)
Offered for:
- Friday 9th - 09:00 - Our Lady's** (Feria)
Offered for:
- Saturday 10th - 09:00 - Our Lady's** (Mem, St Scholastica)
Offered for: For an End to Abortion
- Saturday 10th - 17:00 - Our Lady's** (6th Sunday of Ordinary Time, Year B)
Offered for: Harold Morris (RIP)
- Sunday 11th - 09:00 - St Nicholas'** (6th Sunday of Ordinary Time, Year B)
Offered for: People of the Parish
- Sunday 11th - 11:00 - Our Lady's** (6th 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.
