

Entrance Antiphon

When he calls on me, I will answer him;
I will deliver him and give him glory,
I will grant him length of days.

First reading (Genesis 9:8-15)

God spoke to Noah and his sons, 'See, I establish my Covenant with you, and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you: everything that came out of the ark, everything that lives on the earth. I establish my Covenant with you: no thing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again.'

God said, 'Here is the sign of the Covenant I make between myself and you and every living creature with you for all generations: I set my bow in the clouds and it shall be a sign of the Covenant between me and the earth. When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh.'

Responsorial Psalm Psalm 24

Your ways, Lord, are faithfulness and love for those who keep your covenant.

Lord, make me know your ways.
Lord, teach me your paths.
Make me walk in your truth, and teach me:
for you are God my saviour. R.

Remember your mercy, Lord,
and the love you have shown from of old.
In your love remember me,
because of your goodness, O Lord. R.

The Lord is good and upright.
He shows the path to those who stray,
He guides the humble in the right path,
He teaches his way to the poor. R.

Second reading (1 Peter 3:18-22)

Christ himself, innocent though he was, died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a small group of eight people 'by water', and when God was still waiting patiently, that these spirits refused to believe. That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God's right hand, now that he has made the angels and Dominations and Powers his subjects.

Gospel Acclamation

Praise to you, O Christ, king of eternal glory!
Man does not live on bread alone,
but on every word that comes from the mouth of God.
Praise to you, O Christ, king of eternal glory!

Gospel (Mark 1:12-15)

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.
After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

Homily

(This is the time for listening instead of reading the Newsletter)

Profession of Faith

The Nicene ("Niceno-Constantinopolitan") Creed

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.

God from God,
Light from Light,
true God from true God,
begotten, not made,
consubstantial with the Father;
through him all things were made.

For us men and for our salvation he came down from heaven,

At the words that follow, up to and including 'and became man', all bow.

and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

Communion Antiphon

One does not live by bread alone, but by every word that comes forth from the mouth of God.

Prayers after Mass

Prayer to St Joseph

Hail Joseph the just, wisdom is with you;
Blessed are you among men and blessed is Jesus,
The fruit of Mary, your faithful spouse.
Holy Joseph, worthy foster-father of Jesus Christ,
Pray for us sinners and
Obtain divine wisdom for us from God,
Now and at the hour of our death. AMEN.

Hail Mary.

Parish litany of Saints.

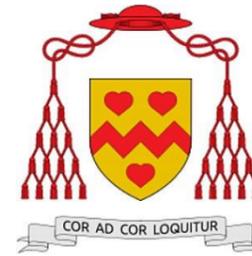
NEWSLETTER

Catholic Parish of St John Henry Newman

- HIGH WYCOMBE – Roman Catholic Diocese of Northampton

OLG: Our Lady of Grace, 29 Squirrel Lane, HP12 4RY SW: St Wulstan's, Hollis Road, HP13 7UN

TAKE THIS NEWSLETTER HOME. DON'T LEAVE IT IN CHURCH!



HOLY MASSES FOR THE WEEK

21st February 2021
1st Sunday of LENT

Psalter: Week 1

9:00am (SW) Holy Mass
11:30am (OLG) Holy Mass

During the Week

Tuesday (SW) Memoria – St Polycarp 10:00am Holy Mass
Friday (OLG) Feria 10:00am Holy Mass

N.B.: No Rosary or Adoration before Mass. The church will be opened 15 mins before the start of the Mass. Stewards will be at church just 20 mins before Mass starts.

Monday & Thursday Mass will be via live streaming at 10am.

Prayer

And there it continues the dialogue with God: one who prays is like someone in love who always carries the beloved person in his or her heart wherever they go.

Essentially, everything becomes a part of this dialogue with God: every joy becomes a reason for praise, every trial is an opportunity to ask for help. Prayer is always alive in our lives, like embers, even when the mouth does not speak, but the heart speaks. Every thought, even apparently "profane" ones, can be permeated by prayer. There is even a prayerful aspect in human intelligence; it is, in fact, a window peering into the mystery: it illuminates the few steps in front of us and then opens up to the entire reality, this reality that precedes it and surpasses it. This mystery does not have a disquieting or anxious face, no. Knowledge of Christ makes us confident that whatever our eyes and our minds' eyes cannot see, rather than nothing being there, there is someone who is waiting for us; there is infinite grace. And thus, Christian prayer instils an invincible hope in the human heart: whatever experience may touch us on our journey, God's love can turn it into good.

In this regard, the Catechism reads: "We learn to pray at certain moments by hearing the Word of the Lord and sharing in his Paschal Mystery, but his Spirit is offered us at all times, in the events of each day, to make prayer spring up from us... time is in the Father's hands; it is in the present that we encounter him, not yesterday nor tomorrow, but today" (n. 2659). Today I meet God, today is always the day of the encounter.

There is no day more wonderful day than the one we are living. Those who live always thinking about the future: "But the future will be better..." , but do not take each day as it comes are people who live in their

fantasy, they do not know how to deal with concrete reality. And today is real, today is concrete. And prayer takes place today. Jesus comes to meet us today, the day we are living. And it is prayer that transforms this day into grace, or better, that transforms us: it quiets anger, sustains love, multiplies joy, instils the strength to forgive. Sometimes it will seem that it is no longer we who are living, but that grace lives and works in us through prayer. And when an angry, an unhappy thought comes to us, that moves us toward bitterness, let us stop ourselves and say to the Lord: "Where are you? And where am I going?" And the Lord is there, the Lord will give us the right word, the advice to go ahead without that bitter taste of negativity. For prayer is always — to use a profane word — positive. Always. It will carry you forward. Each day that begins, if welcomed in prayer, is accompanied by courage, so that the problems we have to face no longer seem to be obstacles to our happiness, but rather appeals from God, opportunities for our encounter with him. And when one is accompanied by the Lord, he or she feels more courageous, freer, and even happier.

Thus, let us always pray for everything and for everyone, even for our enemies. Jesus counselled us to do this: "Pray for your enemies". Let us pray for our dear ones, but also for those we do not know. Let us pray even for our enemies, as I said, as the Scriptures often invite us to do. Prayer inclines us toward a superabundant love. Let us pray above all for unhappy people, for those who weep in solitude and give up hope that there might still be someone who loves them. Prayer works miracles; and so the poor understand, by God's grace that, even in their precarious situation, the prayer of a Christian makes Christ's compassion present. Indeed, he looked with great tenderness on the weary and lost crowd who were like sheep without a shepherd (cf Mk 6:34). The Lord is — let us not forget — the Lord of compassion, of nearness, of tenderness: three words never to be forgotten. Because this is the Lord's style: compassion, nearness, tenderness.

Prayer helps us love others, despite their mistakes and their sins. The person is always more important than his or her actions, and Jesus did not judge the world, but saved it. The life of people who always judge others, who are always condemning, judging, is a horrible one... It is a horrible, unhappy life. Jesus came to save us. Open your heart, forgive, give others the benefit of the doubt, understand, you, too, be close to others, be compassionate, be tender, like Jesus. We have to love each and every one, remembering in prayer that we are all sinners and at the same time loved individually by God. Loving the world in this way, loving it with

tenderness, we will discover that each day and everything bears within it a fragment of God's mystery.

Again, the Catechism reads: "Prayer in the events of each day and each moment is one of the secrets of the Kingdom revealed to 'little children,' to the servants of Christ, to the poor of the beatitudes. It is right and good to pray so that the coming of the kingdom of justice and peace may influence the march of history, but it is just as important to bring the help of prayer into humble, everyday situations; all forms of prayer can be the leaven to which the Lord compares the kingdom" (n. 2660).

Mankind — the human person, men and women, all of us — is like a breath, like a blade of grass (cf Ps 144:4; 103:15). The philosopher Pascal once wrote: "There is no need for the whole universe to take up arms to crush him: a vapour, a drop of water is enough to kill him".[1] We are fragile beings, but we know how to pray: this is our greatest dignity and it is also our strength. Have courage. Pray in every moment, in every situation because the Lord is near us. And when a prayer is said according to Jesus' heart, it obtains miracles.

Pope Francis, General Audience, Apostolic Palace, 10 February 2021



Parish Office: St Wulstan's, Hollis Road, High Wycombe, HP137UN

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Parish Website: www.stjhnparish.org

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Newsletter email: newmanparishnewsletter@hotmail.com

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(for emergencies) Tel: 01494 531523

Deacon: Rev. Mr Paul Priestley Tel: 07591 462894

deaconpaulpriestley@northamptondiocese.org

Safeguarding Reps: John Wiggins & Judith Forster

Sick & Housebound Visit Coordinator: Catri Plummer

Tel: 01494 639686

Reminder - Please, use the two telephone numbers in **bold** to reach Fr Benedetto: the Office number and the Presbytery number. Please leave a message on the answerphone and you will be called back ASAP.

The **weekly newsletter** is generally available at all Masses. However, if copies run out or you aren't able to come to Mass you can still keep informed by going to the front page of the parish website <http://www.stjhnparish.org/> where a link will take you straight to the latest newsletter.

PLEASE, IF YOU CAN, ATTEND MASS DURING THE WEEK INSTEAD OF SUNDAY

Masses via live streaming

Sunday 9.00am, **Tuesday** 10.00am, **Thursday** 7.00pm

YouTube Channel: Parish of SJHN High Wycombe

Link: <https://m.youtube.com/channel/UCRQXTp-PWlr4Czyw-rGbiqw/videos>

If you SUBSCRIBE to the YouTube Channel it will be easier for you to find the channel in the future. You can also find a direct link on our Parish Website.

Spiritual Communion Prayer for those at home

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. As You are already there, I embrace You and unite myself wholly to You. Never permit me to be separated from You. Amen.



Do not forget! WE ARE STILL SOCIAL DISTANCING 2metres

Before entering the church, face covering MUST be worn over both mouth and nose. Households who are not 'linked' must maintain social distancing (2 metres) during Mass.

Capacity per church

•St Wulstan's:

44 Faithful = 36 single seats & x2 households (up to 4 members each)
2 Stewards & 2 Clergy = **48 Total**

• Our Lady's:

56 Faithful = 15 single seats & x4 households (up to 4 members)
x3 households (up to 3 members)
x8 household (up to 2 members)
2 Stewards & 2 Clergy = **60 Total**

Anniversaries of death: Eric Dembski, Cornelius O'Connell, John Quigley, Delamere Roscoe, Ifeanyi Chukwu, Margeret Ager, Charles Stanley, John Johnson, Lydia Faerber, Jo Dooley, Bill Fisher, Jack O'Sullivan, Valerie Boyce, Ada Sheedy, Basil Flanagan.

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen

Requiescant in Pacem

Teresa Pylnikow – Requiem Mass on 1st March at Our Lady's
Patrick O'Shaughnessy – Funeral Service on 8th March at Our Lady's

CONFESSIONS

By appointment presently. Please call or speak to Fr Benedetto.

Guidance for Parishioners attending Mass

Available on our website or church noticeboard.

Churches are open for Public Worship 3rd NATIONAL LOCKDOWN

The UK Government has permitted Communal Worship to continue during this new Lockdown as long as social distancing is strictly maintained and that there is no socialising in Church before or afterwards (It includes the car park). We hope to keep our Churches open for the celebration of Mass but this will depend on the availability of stewards and on advice from our Diocesan Curia.

We will update our website with the latest information as it is received. **Please DO NOT visit the Parish Office unless it has been prearranged.**

TRACK & TRACE – NHS

Please note that it is highly encouraged to adhere to the 'Track and Trace' strategy, where details need to be provided each time you come to church either by including your **name and contact number** in the book provided or by clicking on the **NHS app QR code**. This is so we know who is at each Mass and you can be contacted if someone attending that Mass is later found to be infected with Covid-19.

Additionally, and to keep everyone as safe as possible, please wait for the stewards to show you to a seat before Mass and for them to guide you to the exit after Mass. This is to maintain social distancing, so if you could remain seated at the end of Mass until asked to leave, that would be very helpful. Thank you for your co-operation.

Lockdown 3 – Supporting Parishioners

Many people are feeling that this lockdown is more of a challenge than the others.
Is that YOU?

Would you welcome a chat with another parishioner?

If so then please either email **judith.forster1@icloud.com** with your name and telephone number

Or

phone Judith **07720976575** with your details and we will put you in touch with another parishioner so you can have a chat.

Do you need help during these difficult times?

The High Wycombe SVP (Society of St Vincent de Paul)

- **24hr phone line (07891 693 735)**, we will arrange for an experienced member of the parish SVP to call you back.

- An **email address coronasvphighwycombe@gmail.com** which will be monitored from 09:00 to 21:00. You will receive a response as soon as possible (and within the hour if you submit a request for support).

DONATIONS

You can **Gift Aid** all your donations by phone and online. Otherwise, for a Gift Aid form just ask Fr Benedetto to hand you one. **ONLINE DONATION** on the Diocesan Website:

<https://northamptondiocese.org/donate/>

Scroll down to find the 'Donate' button and follow the instructions on the Catholic Diocese of Northampton Virgin money giving page. Please ensure the parish name and area, e.g. *SJHN, High Wycombe*, that the donation is intended for is indicated in the notes section of the donate page. Please include your full name too.

STANDING ORDER via donor's own bank:

You can also set up a standing order for donations to the parish using either your online bank account or in branch. The information required to make the donation is as follows.

Bank: NatWest *Sort Code:* 60-06-11 *Account Number:* 46898093

Account Name: Northampton Roman Catholic Diocesan Trust

Payment Ref: SJHN, High Wycombe

TELEPHONE – 'Giving Tuesday'

To donate simply call **01604 712065** with your debit or credit card details. *Thank you for your generosity!*

Money Matters

In these challenging times, when our normal sources of income are depleted, the diocese and bishop David both thank all parishioners for their ongoing financial support through various online facilities and remind us about **"Giving Tuesday"**. This facility is available each Tuesday between **10:00am** and **4:00pm**, and people will be able to call this number, 01604 712065, and donate to their parish. All that will be required is to have a debit or credit card to hand when you call.

Last Two Weeks' COLLECTIONS

Collection including standing orders **£1480.68**

SECOND COLLECTION NEXT WEEK

CAFOD – Please collect an envelop as you leave the church.

VITAEOPUS – EMPLOYMENT SUPPORT

For Parishioners who may be job hunting or going self-employed due to the pandemic, Sacred Heart Parish Luton has set up a free online career coaching programme www.vitaeopus.co.uk providing a wealth of information, tools, practical advice and activities to help anyone wanting to find new employment opportunities, especially if they are not receiving any outplacement or other back to work support. Please pass on the web link to anyone who might find it useful.

PARISH

Virtual Parish Coffee Mornings

These will take place on alternate Wednesdays from 11-12 noon.

The dates until Easter are:

March 3rd March 17th

March 31st

The Zoom link is the same as the one we used this week.

If you want to attend but do not have the Zoom link then email:

jhnzoom2021@gmail.com and the link will be sent to you.

It would be great to see you there for a cuppa and a chat.

St Wulstan's Choir

Following its virtual Carol Service (still available via the link <https://tinyurl.com/StWCarols2020>), St Wulstan's Choir has put together two further Carols: the "Coventry Carol" (which includes a verse to celebrate the Holy Innocents <https://youtu.be/Uuiw-1BKwNM>) and "In Dulci Jubilo" (<https://youtu.be/pNNSHSz6cWs>) which unites us all in the wish to be included in the divine celebration of Christmas. We hope you will want to view and listen to them.

My Day by Day - Lent

We have some copies of *My Day by Day* at the office.

200 CLUB

1st Prize: £50 – 54 Luciana M. - 2nd Prize: £15 – 01 Judith F.

Companions in Christ

Meeting on **Zoom** on Tuesdays evenings. **7.30pm** doors open, **7.45pm** start, **9pm** finish. Keep in touch, read Scripture, share our faith, listen to God and pray together now that we cannot mingle after Mass. This is a new opportunity for the Catholics of the area to come together every week if they want to. Please email Sarah Priestley mrs_s_priestley@hotmail.com or Catri Plummer c.plummer@ntlworld.com for the Zoom details.

DIOCESE

Pathways of Prayer

Consider joining online the diocesan course on prayer? Enrol on the website: <https://formationpathways.co.uk/>

You can also watch a introductory video that features our Bishop on: <https://www.youtube.com/watch?v=dTwABdGzYRI&feature=youtu.be>

Divine Renovation

Parishes have been hard hit by the pandemic, but is now the time to lead change in our parishes? And is it possible in our current context? Bishop David Oakley invites you to this online gathering together with parishes from around the Diocese of Northampton and Divine Renovation where we explore the case for hope. Hear from St Joseph's parish, Lancaster as they share their experiences of leading parish renewal. Come and be

inspired, encouraged and filled with hope! **Thursday 25th February 3.00pm - 4.00pm** Sign up here: <https://www.tfaforms.com/4877664>

Would you like to learn more about your faith?

Consider joining online to follow the **Catholic Certificate in Religious Studies** or **Diocesan Certificate in Religious Studies**? Both courses offer the same eight modules in Scripture and Catholic Theology with the CCRS leading to a nationally recognised qualification. Those who follow the CCRS/DCRS say they gain a great deal from the course, deepening their knowledge and understanding of their faith. To find out more about the course, contact Steve O'Brien E-mail: obrien@nores.org.uk or for an application form contact Ann Collon E-mail: admin@nores.org.uk or visit our website: www.nores.org.uk/ / Adult Education

OTHER

CAFOD Appeal for Lent

Abdella lives in an extremely remote and mountainous part of Ethiopia. It takes him ten hours a day to collect water. He says life is being wasted as he has no time for anything else. Please give today to reach vulnerable communities around the world with water and to provide other vital support. You can donate on-line at cafod.org.uk/give or by using the CAFOD envelope. You can also easily donate by text. Text LENT to 70460 to donate £10. Texts cost £10 plus standard message rate. If you'd like to give but don't want to receive marketing information, text LENTNOINFO to 70460. Deacon Paul is also walking alongside Abdella this Lent by walking 10,000 steps every day for 40 days. You can sponsor him at <https://walk.cafod.org.uk/fundraising/cafod-walk-for-water-20212021>

CAFOD Walk for water

This Lent, CAFOD has invited us to join in the Big Walk for Water. Deacon Paul will be walking 10,000 steps every day of Lent to raise money so that CAFOD can reach more vulnerable families around the world with clean water and other vital support. Deacon Paul's target is £1000 and you can sponsor him by going to <https://walk.cafod.org.uk/fundraising/cafod-walk-for-water-20212021> So far £265 has been raised, with much thanks.

10,000 steps for 40 days is quite a challenge, however CAFOD is also encouraging as many members of the Catholic community to walk 10,000 steps (5 miles, or less) on **Saturday 20th February** starting at 2pm. Details of how you can set up a sponsorship 'Just Giving' page for this event can be found by going to the cafod.org.uk website and towards the bottom of the first page click on the link in the 'join the big walk for water' section. Please e-mail the parish office if you are setting up a 'Just Giving' page so that we can publicise your page in the newsletter.

URGENT APPEAL – SVP

Laptops for St Michael's Catholic School required as soon as possible. Whilst the Government has supplied some, families continue to face challenges with supporting youngsters from home. They could really do with a greater number than the government were able to provide. Fast Android tablets also welcome. Please contact Viviane Gifford, (SVP) on tel: **07748657729** or email: viviane.gifford@ntlworld.com Donations to help support the refurbish, clean and reset- also very welcome.

ALPHA Course

There will be an Alpha course taking place online via Zoom meetings, on **Monday evenings at 7:45** sign-in for an 8pm start, beginning on **Monday 1st March**.

The Alpha course is a series of informal evenings, designed as an introduction to the basics of the Christian faith in a way which allows for questions, discussions and a free exchange of views, in a welcoming and easy-going atmosphere. While Alpha courses are traditionally offered as physical evening meetings featuring a meal, in the current unusual circumstances the online version has been found successful and effective, and can be experienced from the comfort of your own home! It is something that any churchgoer can feel confident about inviting their relatives and friends to attend. Existing Christians may find it useful to renew and deepen their faith. Anyone interested, please contact **Deacon Brin** by phone or text to 07931 607249 or on brin.dunsire@gmail.com, for the Zoom codes or any other queries.

Online Faith Resources

CHRISTIAN LIFE

<https://opusdei.org/en/section/christian-life-other-resources/>

FOR MARRIED COUPLES <https://smartloving.org/breakthrough/>

THE YOUTH OPTION <https://lifeteen.com/>

CHILDREN'S <https://cafod.org.uk/Education/Children-s-liturg>