

Services During the Week

(Morning Prayer - 20 mins prior to each weekday Mass)

Sat 02 Feb 6.00 pm	Vigil Mass for the 4th Sunday in Ordinary Time <i>Mass Our Parish Community.</i>
Sun 03 Feb 08.00 am 10.30 am	The 4th Sunday in Ordinary Time <i>Mass Sosaipillai, Raja & Marie. RIP Anniv</i> <i>Mass Davey Mahoney. Intentions</i>
Mon 04 Feb 09.30 am	Weekday in Ordinary Time <i>Mass David Coyne. RIP</i>
Tues 05 Feb 09.30 am	St Agatha, Virgin & Martyr <i>Mass Greg Gallagher. RIP</i>
Wed 06 Feb 09.30 am	St Paul Miki & Companions <i>Mass P J Foley. RIP</i>
Thur 07 Feb 09.30 am	Weekday in Ordinary Time <i>Mass Anna Lisi Alfano Sami. RIP Anniversary</i>
Frid 08 Feb 09.30 am	St Josephine Bakhita, Virgin <i>Mass Jai Ramcharan. RIP Anniversary</i>
Sat 09 Feb 5.00 pm	Weekday in Ordinary Time <i>Holy Hour with Exposition and Confessions</i>
Sat 09 Feb 6.00 pm	Vigil Mass for the 5th Sunday in Ordinary Time <i>Mass Our Parish Community.</i>
Sun 10 Feb 08.00 am 10.30 am	The 5th Sunday in Ordinary Time <i>Mass Peter McCullagh. RIP</i> <i>Mass Mick Herbert. RIP</i>

RECONCILIATION (CONFESSION) AND EUCHARISTIC ADORATION:

Unless otherwise stated, there is a Holy Hour every Saturday from 5 pm, during which time the priest will be available in the Reconciliation Room to hear confessions. Confessions are also available on request after weekday Masses or whenever Fr Matthew is in the Presbytery, or by appointment at any time.

PARISH NEWSLETTER



St Teresa's Catholic Church
The Presbytery, Brook Rd, IG2 7JA
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Reg Charity 234092
Email: stteresas.np@gmail.com



Website: stteresasnewpark.com
Parish Priest: Rev Fr Matthew Bemand-Qureshi

The 4th Sunday in Ordinary Time (Year C) - 03 February 2019

Last week, some 600,000 young people from all over the world gathered in Panama, together with Pope Francis, for the triennial celebration of World Youth Day. An international gathering such as this is a powerful sign that the Church to which we belong is truly Catholic. The word "catholic" comes from the Greek word "katholou" which means "according to the whole". This word was applied to the Church very early on, with two senses: the Church is Catholic because it teaches the whole truth, and because it is spread throughout the whole world.

The catholic nature of Jesus's mission is emphasised in today's gospel. The people of his home town want to claim ownership of him; he declares quite firmly that he has not come for them but for everyone. There is an echo of Simeon's great song of praise in the Temple when the infant Jesus, only 40 days old, was presented there by his parents:

*For my eyes have seen your salvation,
which you have prepared for all nations,*

the light to enlighten the Gentiles, and give glory to Israel, your people.

In today's gospel we also have the first clear fulfilment of Simeon's prophecy that the saviour would be a sign of contradiction, destined to be rejected by many of those he came to save.

The gospel we proclaim is indeed good news for men and women of every place and time. But it is also true that those who go out into the world to proclaim the good news will experience rejection, as Jesus did, for not everyone wants to hear or accept this good news. Why? Because it makes demands of us – when we come to know God and glimpse the depth of his love for us, we realise that our lives must be centred on him and not on ourselves. For some – and let's be honest at times for us as well – the demand is too great and it is easier to ignore the good news entirely, or find an easier, less demanding 'gospel' to live by – one that

isn't Catholic in either sense of the word, and one that ultimately cannot lead us to the fullness of life offered to us.

Our Catholic faith is enriched by many traditions including one associated with the feast of St Blaise which is celebrated on 3rd February (when it isn't a Sunday). This physician, bishop and martyr of the 4th century saved a child who was choking on a fish bone – through prayer rather than physical intervention. It is customary on his feast day, the day after Candlemas, to invoke his intercession and bless the throats of the faithful using a pair of candles. This is not superstition or magic, but a reminder that the Church on earth is part of an even greater whole, linked with the church in heaven, the communion of saints, each of us drawing life from the one God who sustains all things by his loving care.

At the 10.30 am Mass, the five children of our parish currently being prepared for first Holy Communion will be presented with a candle – a reminder of the light of Christ, and the Catholic faith into which they were baptised, which pray God will guide them throughout their lives and shine out in the world through them. Please continue to pray for them, and for their parents and catechists. Following the 10.30 am Mass we have a parish lunch to mark the end of the Christmas period. All are welcome – please come along and perhaps meet some of the parish community you haven't met before.

God Bless

Fr Matthew

Church Rotas

This Week: Cleaning - Team A.

Next Weekend:

Readers - 6.00 pm: Sini . **08.00 am:** Stephen. **10.30 am:** Anita. Stefan.

Eucharistic Ministers - 6.00 pm: Wilma, Catherine. **08.00 am:** Michael N. & Francis. **10.30 am:** Nadine, Edna, Ann Walsh, Carmel, Fay.

Small Linen Laundry - Lilette. **Flowers** - Mavis, Virgin.

PLEASE ENSURE YOU ARE AWARE OF THE POSITION OF THE EMERGENCY FIRE EXIT DOORS IN THE CHURCH

Parish - Regular Notices

SICK AT HOME OR IN HOSPITAL: If anyone is seriously ill at home or is in hospital, it is most important to let Fr Matthew know so that the sick person may receive the spiritual help of the sacraments. Relatives or friends should also inform the Catholic Chaplain of the hospital concerned (*at King George Hospital, 8590 9026; at Queen's Hospital, 01708 447761; at Whipps Cross Hospital, 8520 5877*).

PRAYERS FOR THE SICK: Please pray for those in our community who are sick and housebound as well as the patients in Goodmayes, King George's and Queen's Hospitals. Also, the sick Priests of the Diocese - Frs Tom Jordan & Martin Nott.

ANNIVERSARIES IN FEBRUARY: Alice Baker, Louisa Burrell, John Coveney, William Curtis, Daniel Dalziel, Stephen Delaney, Patrick Denihan, Catherine Griffin, John Griffin, Arthur Hance, Yvonne Inije, Hugh Jordan, Ruby London, William Murphy, Dermot O'Leary, Jai Ramcharan, Mary Steel, Rose Valentine, Margaret Wendon and Tom Wilkins.

BAPTISM PREPARATION: If you are expecting a baby or have a baby for baptism in the next couple of months, please contact Helen Mac Mahon on 020 8590 9981 who will help you make the appropriate arrangements.

MASS REQUESTS: Special envelopes for this purpose are available at the back of Church. Please use one for each request and place your donation within it.

CHURCH HALL: The Church Hall is available for bookings by Parishioners. Please contact Sid on 07887983310 for bookings and conditions.

CHURCH CAR PARK: Please remember it is essential that emergency vehicles have clear access to the Church at all times. During the week, please do not park in front of the Hall gate and remember to leave your details at the Parish Office if you are leaving your car here outside Mass times.

CHURCH GROUNDS: Please remember to do what you can to keep the church grounds tidy - if you see some litter and it is safe to do so, please pick it up and put it in one of the two bins provided.

REFRESHMENTS AFTER 10.30 AM MASS ON SUNDAY: Tea & coffee will once again be available NEXT WEEK in the Hall after Mass.

NEW PARISHIONERS: You are very welcome here. Please make yourselves known to Fr Matthew and complete one of the Parish Registration Forms as soon as possible.

Meetings this Week

Monday: Confirmation Group in the Pastoral Centre at 7.30 pm
Tuesday: Coffee Morning Group in the Pastoral Centre after Mass.
Legion of Mary in the Pastoral Centre at 7.30 pm.
Prayer Group in the Church at 7.30 pm.

Parish - In & Around

BRING AND SHARE LUNCH: The lunch, which has become a customary way of ending the Christmas season. **will take place from midday this Sunday, (03 February)** to celebrate the Presentation of Our Lord (Candlemas). You are asked, if possible, to bring some food or drink to share with others. All contributions will be placed on a table, buffet-style, for all to share. You are most welcome to come even if you are not in a position to bring anything, as there is bound to be plenty for all. And, please feel free to invite friends and family. It will be wonderful to have a range of dishes reflecting our diverse international community! The Hall will be open before Mass so that contributions can be left there.

OFFERTORY COLLECTION: The Offertory collection (inc. Standing Orders) for last **weekend amounted to £775.53 of which 75% was "Gift Aided"**. Thank you all for your continued generosity and support.

RETIRING COLLECTION NEXT WEEKEND: There will be a retiring collection after all Masses **next weekend** for the **"Diocesan Lourdes Sick & Helpers Pilgrimage Fund"**. All the money raised will be used to enable those who perhaps would not be able to afford to join the pilgrimage to go along. Also, the money allows us to subsidise our nurses and helpers, who give so generously of their time. Donations may be *"Gift Aided"*, so those in the *"Gift Aid"* scheme, please remember to use one of your *"Special Collection"* envelopes for your donation and the fund will benefit by a further 25%. If you have run out of these or don't belong to the envelope scheme but are nevertheless a taxpayer, then please use one of the special light blue *"Gift Aid"* envelopes which you will find at the back of the Church.

CONFIRMATION GROUP: The next meeting of the Group will be **on this coming Monday, (04 February) at 7.30 pm** on the Pastoral Centre.

INTERNATIONAL DAY OF PRAYER AND AWARENESS AGAINST HUMAN TRAFFICKING: This coming Friday, (08 February) is the Feast Day of St Josephine Bakhita - the patron saint of victims of modern slavery and human trafficking. On this day Catholics are encouraged to pray for all those affected by the crimes of modern slavery and human trafficking, and the people that volunteer and work to eradicate this crime. This year the particular focus is on those who are caught up in forced labour and labour exploitation both in the UK and beyond.

GROTTO OF OUR LADY: Thanks to a generous offer from one of our parishioners, we are considering having built a more substantial grotto for Our Lady. There is a display in the porch and in the hall showing the sort of thing we have in mind. Any comments on this proposal should be passed on to Fr Matthew as soon as possible. It is hoped this would be finished by May.

BRENTWOOD NEWS: Copies of the December edition are now available at the back of the Church. They are **FREE** so please take one home with you and keep up to date with what is happening in the Diocese.

DIOCESAN DIRECTORY 2019: The Directory for next year is now available from the Repository at the back of the Church priced at £2.75.

TWIN PARISH: Please continue to pray for our brothers and sisters in the parish of Sacred Heart, Pomeroy, in the Diocese of Dundee, South Africa, with whom we are twinned and their parish priest, Fr Mandla Makhanya.

BECOMING A CATHOLIC: If you are feeling drawn to the Catholic faith and would like to begin exploring the possibility of baptism or being received into the full communion of the church if you were baptised in another Christian community or completing the journey of initiation if you have not yet been confirmed, please speak to Fr Matthew as soon as possible. You will not be committed to anything at this stage, only encouraged to seek the gift of faith with an open heart.

TALKING BEFORE MASS: Pope Francis said this at a recent General Audience in Rome: *'When we go to Mass, maybe we arrive five minutes before, and we start to chit-chat with those around us. However, it is not a moment for chit-chat. It is a moment of silence for preparing ourselves, a time for the heart to collect itself in order to prepare for the encounter with Jesus. Silence is so important.'* Please bear the Holy Father's teaching in mind, in order to show respect for the Blessed Sacrament, and for our fellow parishioners who are praying. Please show a good example to those around you.

VOTIVE CANDLES: Please be extremely careful when lighting votive candles and only use those provided on the stand.

VISITORS: If you are a visitor to St Teresa's then you are most welcome, and we very much hope you enjoy the service you are attending. If you are a tax payer and would like to "Gift Aid" your Offertory donation, then please use one of the special "Gift Aid" envelopes which you will find at the back of the Church.

SANCTUARY CANDLES: You can still offer a candle to be placed in the Sanctuary Lamp for your own private and personal intentions. All you need do is put £2, which is effectively the candle's cost price, in an envelope marked "Sanctuary Lamp" and place it in the Repository Box marked "Candles inc Sanctuary Lamps" at the back of the Church. Do take advantage of this truly wonderful and prayerful way to place your intentions before Jesus, our Eucharistic Lord, truly present in the Tabernacle.



AGED 16 TO 25 – Thinking of Volunteering for a Project to Help Others? The Catenian Association, a Catholic Men's Group, has a fund which may be able to help you with the cost. Visit www.catenianbursary.com to find full requirements and an application form.

ILFORD SUNDAY DROP-IN CENTRE: Established by the Diocese more than 27 years ago for the homeless, the Centre runs each Sunday in the Small Hall at Ss Peter & Pauls. It has 21 volunteers, 9 men and 12 women. If you can help out once a month, please get in touch. We offer a hot meal and sandwiches for people to take away for later every week thanks to the support of local community groups. Please remember us in your thoughts and prayers over Christmas and we welcome donations however small so we can keep helping those in need. Contact Wendy Taylor wendytaylor99@gmail.com

REDBRIDGE COLD WEATHER CENTRE: This year the Night Shelter at The Salvation Army, is opening earlier and for longer. To make this possible it needs more volunteers for every evening from 7.00 – 10.00 pm or overnight 10.00 pm - 8.00 am. Overnight volunteers are able to nap when guests are settled! Volunteers can sign up at www.ilfordshelter.com, call 020 8478 2961 or email ilford@salvationarmy.org.uk! Please pray for the shelter guests and team in the months to come.

PRAYERFUL MOMENTS: You are invited to come and spend some time with the Lord in the Adoration Chapel at Ss Peter & Pauls Church, Ilford. The

Chapel, which is located in the Porch, **is open from 10.00 am till 10.00 pm Monday to Friday.** Our Lady's Grotto and Prayer Garden is also available by the side of the church as well. There is a pay car park by the side of the Church. Regular visitors to the Church may request a free parking permit from the parish office. Further details can be found at ssppilford.org.uk

GOOD COUNSEL NETWORK: Next Saturday, 09 February, is a National Day of Prayer & Fasting for Life. Your prayer and fasting for the end of abortion and euthanasia in this country is urgently needed, and it really does save lives. For details of our live saving work see www.GoodCounselNetwork.com

THE ANNUAL LOURDES MASS will be celebrated by Bishop Alan **at 3 pm on Sunday, 10 February** at Our Lady of Lourdes, Leigh-on-Sea. During this Mass there will be an opportunity to receive the Sacrament of the Anointing of the Sick. It will be lovely to see there all those of you who have a particular devotion to Our Lady of Lourdes

REDBRIDGE FAITH FORUM: The next is a Women's Interfaith Workshop at Ilford Islamic Centre, 52-56 Albert Road, Ilford IG1 1HW, **on Wednesday, 13 February from 1.15 pm -3.15 pm.** In this latest series of Women's Workshops, we will be exploring the fascinating and diverse customs, traditions and ceremonies relating to the birth of a new child. Please come along to our second Workshop to hear from our Muslim and Jewish women speakers about birth customs in their faith communities. In future workshops we will hear from women of other faiths.

SPRING SPIRITUALITY TALK - NEW DATE: Mgr David Manson will be giving a talk on "The Sacrament of Reconciliation: Healing and Conversion" on **Saturday, 16 February from 10.30 am-12.00 noon** at Cathedral House Conference Centre, Brentwood. For further information contact jude@dioceseofbrentwood.org or call 01277 265285.

VOCATIONS WEEKEND FOR YOUNG WOMEN: There is nothing quite like religious life – it's an extraordinary adventure into a deep relationship with God. If you are wondering if God is calling you to religious life and would like to find out more, why not come along to this weekend **(15-17 February)** in Liverpool organised by the sisters, Faithful Companions of Jesus (FCJ). You are welcome to stay for the weekend or just come along on Saturday for the day. There will be opportunity for prayer, reflection and input, chance to ask questions and to meet others who are also wondering where God is calling them. **For more information contact Sr Lynne fcJ at lynnefcj@hotmail.com or visit our website www.fcjsisters.org**

CALAIS LIGHT: Would you like to help vulnerable migrants in Calais but don't know where to start? We run weekend car convoys from Brentwood Cathedral with the **next trip being over the weekend of 01-03 March**. This we'll be supporting a different charity, Care4Calais, who go out with their volunteers to distribute aid, clothes & food to refugees. Please think about this & volunteer with us. Sign up to volunteer on our "Calais Light" Facebook page, or email calaislight@yahoo.com or visit www.calaislight.com. If you can't, please donate with compassion at www.justgiving.com/crowdfunding/calaislight.

COLCHESTER LENT TALKS (with guest speakers) will be held at St James the Less and St Helens church **every Friday starting on 08 March - 12 April at 7.30 pm** in Cardinal Bourne Hall, Priory Street. Admission Free. All are welcome.

THE BRENTWOOD CATHOLIC CHILDREN'S SOCIETY is holding an Anniversary Charity Ball to celebrate the 35th Anniversary of its founding. The Charity Ball is their largest and most glamorous event of the year and takes place at The Rayleigh Club, Hullbridge **on Saturday, 09 March**. Tickets are on sale now, costing £55 per person, which will include a drinks reception and three course dinner along with a full evening of entertainment. Guests will be seated on tables of 12, making it the perfect opportunity to get together with friends, family or colleagues, have a fantastic night out whilst at the same time raising vital funds for BCCS. As tickets for this event sell out quickly, please contact Julie asap to avoid disappointment on 01268 784544 /07912277413 or email jabbott@bccs.org.uk

THE GOSPEL ACCORDING TO POPE FRANCIS: A study day on this theme will be held at the Church of Christ the Eternal High Priest, Gidea Park, **on Saturday, 16 March**. Six years after his election, we look at Pope Francis' efforts to bring renewal to the Catholic Church. The speaker will be Fr Alban McCoy OFM Conv, who is Dean of St Edmund's College, Cambridge. The day begins at 11 am and ends at 3 pm. Admission is free, and refreshments will be provided. Please bring your own lunch. Please make your booking by email to GPstudydays@gmail.com

CATHOLIC TEACHING: Two fantastic opportunities from the Agnus Dei Teaching School Alliance. The first **on Thursday, 21 March** - "Get Into Teaching - Catholic Education" is a drop-in event in Billericay for anyone considering a career in teaching (primary or secondary) who wants to find out more about training and employment opportunities. The second **on Saturday, 06 April** - "Moving Into Catholic Education" is a Saturday networking event with a free lunch provided in Brentwood for teachers working in any non-Catholic school. For more details please contact <http://>

tiny.cc/catholicteaching or email agnusdei@stbons.org

SPONSORED SLEEPOUT: Help get the homeless out of the cold! This winter Catholics are leading projects providing 45,000 nights of care, warmth and shelter for the homeless in Essex and East London. Support them! Join 1000 people from across the Diocese sleeping outside for the night at Walsingham House at Abbotswick **on 12 -13 April**. No tents! Just you and a sleeping bag. Open to all ages, from 15+. Sponsorship target of £100/participant. Why not ask your company to match fund your sponsorship? Money will help local homeless charities and the work of the BCYS with young people. Mass at 11.15 pm, sleep out Midnight – 7am. Full details and sponsor forms <https://bcys.net/events/sponsored-sleepout-walsingham-house-abbotswick/>

PILGRIMAGE TO LOURDES: Bank Holiday Monday, 27 May – Friday, 31 May. Flying from Southend Airport and staying at the 4* Hotel Grande Moderne on full board basis. Price is £545 per adult based on two sharing a twin room. Children under 12, £420. Full spiritual direction under Fr Alex Poblador. Further details please ring Sue on 07979746707.

VOCATIONS DISCERNMENT WEEKEND: Are you a man over thirty, content, but wondering about the direction of your life? Do you sense that you may be approaching a major threshold or turning point? Have you sometimes found yourself wondering whether the priesthood or religious life may be an option? The discernment weekend at St Beuno's in north Wales **next year from Friday, 30 August to Sunday, 01 September**, will take place in a prayerful spirit and aims to provide some tools for discernment about future choices. It will be mainly in silence but there will also be input and the opportunity for one-to-one guidance. Please contact Fr. Graham Smith on 01702465720 or on fr.gjdsmith@gmail.com More details and a booking form for the weekend can be found at <https://www.pathwaystogod.org/courses-events-retreats/discernment-weekend-older-men>.

CHAIR-BASED EXERCISE FOR THE OVER 50'S: The sessions are held at Ss Peter & Paul's Parish Centre Small Hall **on Wednesday afternoons, from 12.30 pm to 1.30 pm**. The exercises aim to improve *Postural Stability* and *Falls Prevention*. Our Instructor is excellent, very experienced and caring. The cost is £30 for 10 sessions. (Compare that to the cost of one session with a private physiotherapist). You may like to tell friends about this opportunity. Just come along.

SOCIAL DANCING CLASSES take place **on Monday evenings** in the lower hall at St Cedd's from 8 pm. Dance Instructors Josepha Nevin and Jim Campbell, learn to Jive, Waltz, Quickstep, Line dance & much more.

Adults £7, OAP's £5. For further information contact Josie on 07815989345.

ST CEDD'S CATHOLIC CLUB: *Music every Sunday night from 9 pm*, admission £5. Social Dancing in the Lower Hall every Monday from 8 pm to 9.30 pm – Learn to Jive, Foxtrot, Quickstep, Waltz and Line Dance. Classes £7 (OAP £5).

ST CEDD'S YOUTH CLUB is a Youth Club based in the middle hall of St Cedd's Church in Blythswood Road, Goodmayes. For Years 5, 6 and 7, it opens from 6 pm to 8 pm and the Senior Youth Club (for all in Year 8 & upwards), runs from 8 pm to 10 pm. All are most welcome, come along for a game of Table Tennis, Badminton or Pool, play on the PS4s, air hockey or table football, or just come along to listen to music and have a chat. Bring a friend on your first night and you can both join for free. Our youth club has been running since 1974 but without new members we will have to close, please come along and try us during September. Any questions please ring John on 07803116729.

NEWSLETTER ITEMS: If you have any items for inclusion in the weekly Newsletter then please email them to Gerry Gillan at gerry.gillan5@gmail.com and copy to admin@stteresasnewbpark.com The copy deadline for including items in the Newsletter **is Thursday 12 noon**. Unfortunately, we cannot guarantee to include all requests we receive in the paper edition but we will make every effort to accommodate articles and insertion requests in the on-line edition including job vacancies.

Job Opportunities.

ST JOHN'S RC SPECIAL SCHOOL, WOODFORD BRIDGE is recruiting for a full time Teacher MPS + SEN 1 from April to work with students aged 5 - 25 with a wide range of special needs. SEN teaching experience essential. For an application pack please contact the school office on 020 8504 1818 or email office@stjohnsrcschool.co.uk. **Applications close at 4 pm on this coming Friday, (08 February).**

ASSISTANT MANAGER: This exciting role **starting mid-August** - leading faith-filled and engaging retreats for thousands of young people every year at Walsingham House, Abbotswick - would be ideal for someone with Youth Ministry or Lay Chaplaincy experience. Living at Walsingham House, you would be part of a vibrant staff and volunteer community, with the chance to develop the retreat programmes and facilities in our new home. Full

details <https://bcys.net/assistant-manager/>

RESEARCH ASSISTANT: An opportunity has arisen for a Research Assistant to work with the Catholic Bishops' Conference of England and Wales supporting the work of the Social Justice team. For a job description and for further information please contact HR@cbcew.org.uk or visit www.cbcew.org.uk Applicants must confirm their right to work in the UK and forward a full CV and covering letter illustrating their skills and motivation for this role to HR@cbcew.org.uk

HEAD OF SCHOOL SERVICES: Brentwood Catholic Children's Society is seeking to appoint an experienced and dynamic team manager who has the drive, enthusiasm and commitment to lead our School Service provision. The Head of School Services will provide professional support, supervision, training and leadership to social workers and counsellors who work in the school setting. Please visit our website at www.bccs.org.uk to download post details, or email bfisher@bccs.org.uk for further information or to arrange an informal chat.