

Services During the Week

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

Sat 19 Jan 6.00 pm	Vigil Mass for the 2nd Sunday in Ordinary Time <i>Mass Kathleen Delaney. RIP</i>
Sun 20 Jan 08.00 am 10.30 am	The 2nd Sunday in Ordinary Time <i>Mass Our Parish Community.</i> <i>Mass Anton Jesudasan. RIP</i>
Mon 21 Jan 09.30 am	St Agnes, Virgin & Martyr <i>Mass Bridie Cowley. RIP</i>
Tues 22 Jan 09.30 am	Weekday in Ordinary Time <i>Mass Ronilo Tamares. RIP</i>
Wed 23 Jan 09.30 am	Weekday in Ordinary Time <i>Mass Rosa Rodrigues. RIP Anniversary</i>
Thur 24 Jan 09.30 am	St Francis de Sales, Bishop & Doctor of the Church <i>Mass Iven Sequeria. RIP</i>
Frid 25 Jan 09.30 am	The Conversion of St Paul, Apostle <i>Mass Mick Herbert. RIP</i>
Sat 26 Jan 5.00 pm	Ss Timothy & Titus, Bishops <i>Holy Hour with Exposition and Confessions</i>
Sat 26 Jan 6.00 pm	Vigil Mass for the 3rd Sunday in Ordinary Time <i>Mass Maureen Jones. Intention</i>
Sun 27 Jan 08.00 am 10.30 am	The 3rd Sunday in Ordinary Time <i>Mass Our Parish Community.</i> <i>Mass Patrick Walsh. RIP Anniversary</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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Email: stteresas.np@gmail.com

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Parish Priest: Rev Fr Matthew Bemand-Qureshi



The 2nd Sunday in Ordinary Time (Year C) - 20 January

We have now, liturgically, moved on from Christmas, but we haven't left behind the profound mystery of the incarnation and the revelation of Christ's identity and mission. Another moment of revelation – another 'epiphany' – is set before us in today's gospel. It is once again an event which presents us with the tension between light and dark, joy and sorrow, life and death; a tension which is only resolved in the supreme manifestation of divine love on the cross, the hour of our salvation which is hinted at in today's gospel.

Christ is a guest at a wedding in Cana; but on the cross he is the Bridegroom who gives himself totally to his Bride, the Church.

At Cana he turns water into wine; at the last supper, wine becomes his blood, poured out for our salvation.

Christ chooses a wedding as the occasion to manifest his divine power for the first time; we look forward to the eternal wedding feast of the Lamb.

Human love and human weakness – the lack of wine – are both evident at the wedding of Cana; we see also the richness and abundance of divine grace which remedies our weakness and increases our capacity for love, so that we can share in that perfect communion of love which is the life God desires to share with us for eternity.

God knows our need even before we ask, but in his compassion has made it even easier for us to approach him and seek the help we need; for we are blinded by sin, but the one who is full of grace is able to see what we cannot and intercede on our behalf.

Mary is serenely confident in her son's power, and she is direct in her instruction, which applies to us too: 'do whatever he tells you!' Let us entrust ourselves to the one who is full of grace and love, a most powerful

intercessor and mediator of divine grace, who gave her son to the world and longs to lead the world to him.

God Bless
Fr Matthew

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.

Church Rotas

This Week: Cleaning - Team C.

Next Weekend:

Readers - 6.00 pm: Lucy. **08.00 am:** Angela. **10.30 am:** Edna. Atilla.

Eucharistic Ministers - 6.00 pm: Michael N, Petrona. **08.00 am:** Kevin, Gilbert. **10.30 am:** Margaret Flavin, Wilma, Helen, Sue, Florida.

Small Linen Laundry - Pam. **Flowers** - Dennyse.

**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 JANUARY: Don Baker, Leonard Beeby, Bernard Beine, Mary Blue, Bill Bush, Winifred Chainey, Samuel Chingyonga, David Clarke, Peter Clarke, Nora Cunningham, Harry Everett, Eileen Ferrier, Diane Foster, Tushar Ghosh, Ellen Hiscock, Dennis Jackson, Sylvia Keeley, Ellen Kelleher, Harold Kemp, Tommy McCabe, Jim McDonnell, John Page, John Pearson, Ellen Ronan, Dunkstan Sebastampillai, David Smith, Paddy Walsh and Kathleen Ward.

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 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.

Parish - In & Around

PEACE SUNDAY: This Sunday is Peace Sunday when we are invited to pray for and support the work of Pax Christi, the International Catholic movement for Peace. Pax Christi strives to help the Church and the wider community to proclaim justice and make peace through its work for reconciliation and the promotion of a culture of peace and non-violence. If you want to help resource this important work, donations may be sent to Pax Christi, St Joseph's, Watford Way, Hendon. London NW4 4TY.

OFFERTORY COLLECTION: The Offertory collection (inc. Standing Orders) for last **weekend amounted to £871.10 of which 69% was "Gift Aided"**. Thank you all for your continued generosity and support.

RETIRING COLLECTION LAST WEEKEND: The collection last weekend for the annual "White Flower Appeal" on behalf of the Society for the Protection of Unborn Children (SPUC) **raised £433.21**. On behalf of all the unborn children, thank you to everyone who helped with the collection and all those who supported it with their contributions.

CRIB DONATIONS: A reminder that all the money placed in the basket at the Crib will be sent to the Brentwood Catholic Children's Society. Please be as generous as you can and, if possible, "Gift Aid" your donation by using one of the special "Gift Aid" envelopes which you can find at the back of the Church. You are also invited to take a moment to pray for those children and families for whom Christmas may be a difficult time.

OBERRAMMERSGAU 2020: Those who have booked places on the parish pilgrimage to Oberammergau and visit to the Austrian Tyrol in August 2020 are reminded that payment of the second deposit **is due by the end of this month**. If you haven't yet received the request letter from the tour operator, please let Fr Matthew know as soon as possible.

CONFIRMATION: The first meeting for those young people wishing to be confirmed this year will be **on this coming Monday, (21 January) at 7.30 pm** in the Pastoral Centre. Any young person (year 10 or above) who wishes to join this group should contact Fr Matthew as soon as possible, if you haven't already done so. Parents and young people who didn't attend the information meeting in December are asked to come earlier at 7 pm.

RAMFEL: The Parish Knights of St Columba will be taking items to the RAMFEL Foodbank in Ilford this week. Donations of non-perishable food may be left in the Sacristy **this weekend or in the early part of the week**. Unfortunately, RAMFEL is currently unable to accept donations of clothing.

BRING AND SHARE LUNCH: The lunch, which has become a customary way of ending the Christmas season. **will take place on Sunday, 03 February**, to celebrate the Presentation of Our Lord (Candlemas). As the event has already been advertised in the parish Christmas Card with the original date, please make a note of the new date and spread the word to anyone who might have seen it in the card.

BCYS SUMMER LOURDES 2019: If you are in school Year 10 or above, why not come and join the Brentwood Catholic Youth Service on its hugely popular Summer Lourdes Pilgrimage **which will take place from 20 - 27 July**. If you are interested in going but the cost is of concern don't let that put you off as the parish will help with fundraising and financial support. So, do apply as soon as possible – there is no financial commitment at this stage. **Applications can be made until Thursday, 31 January at www.bcys.net/events** where you will also find more information about the trip.

QUIZ NIGHT: HSA has organised a quiz night at The Palmer Catholic Academy on this coming Friday, 25 January from 7-8.30pm. Entry price is £1 - tickets can be bought in advance from the Academy or on the door. Bring your own nibbles!

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 this 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.

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.



UK POWER NETWORKS: How would you cope if you had no electricity for a short while? In the rare event of a power cut, you can get help from UK Power Networks. This company looks after the electricity network in our parish (no matter who you pay your energy bill to) and also runs a free Priority Services Register for people with medical needs, families with babies and the elderly. Being on the Register gives you free access during a power cut to services including a welcome pack with useful advice about preparing for a power cut, a home visit by our staff or the British Red Cross and a 24-hour priority phone number. To join the Priority Services Register for extra help during a power cut call 0800 169 9970, email psr@ukpowernetworks.co.uk, or visit ukpowernetworks.co.uk/priority

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. 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 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.

REUNION: Did you, or a female relative go to Ilford Ursuline High School in the summer of 1969 aged 11? If so, a 50year reunion is being planned for later this year. If you are interested in attending, even if you left before 1976, please get in touch with Maria Phillips by emailing reunion6976@gmail.com

CATHOLIC HISTORY WALKS: Two are planned in the coming weeks. The first is, "The City and Tower of London" **on this Sunday, (20 January) at 3 pm**. On this walk through the city with its turbulent history, we hear the story of brave heroes such as St Thomas More and St John Fisher, walking towards the Tower of London. Meet at Monument Tube Station. The second, "A Royal Walk" will take place **on Sunday, 27 January at 3 pm**. This walk will explore the history of the Royal Family and Catholicism, through St James' Park and on to Buckingham Palace. Meet on the steps of Westminster Cathedral. Nearest Tube: Victoria.

THE GOSPEL OF LUKE: This coming Wednesday (23 January) and on Wednesday, 30 January at 7 pm, Fr Adrian Graffy will lead an exploration of the Gospel of Luke, the gospel being read on Sundays in 2019. These 'Gidea Park Faith Evenings' will take place in the Hall at Gidea Park Catholic Church (410 Brentwood Road, Gidea Park, RM2 6DH). Please book by email to GPstudydays@gmail.com Refreshments provided. Admission free.

HEALING SERVICE: If you are feeling stressed, anxious, emotionally/psychologically broken or generally struggling with life, you are warmly invited to attend a Healing Service at English Martyrs Church, Hornchurch from 6-8 pm **next Saturday, (26 January)** for emotional, psychological and spiritual healing. To register your attendance, please email HealingService@English-Martyrs.com or contact Mandy on 0780 1470 516.

TRADITIONAL PANTO: Come to St George's Hall Woodford Ave, Gants Hill and be thoroughly entertained by the Dragon Theatre Company with their production of "Puss in Boots". **Performances are scheduled for this coming Friday, (25 January) at 7.30 pm and Saturday, (26 January) at 2.30 pm and 7.30 pm**. Tickets cost £7 (£5 Concessions) and are available from the Box Office on 07960676180 or from www.dragontheatrecompany.com

ST AUGUSTINE'S PLAYERS present "Sleeping Beauty" on **Thursday, 31 January, Friday, 01 and Saturday, 02 February** in the Holy Trinity Parish Hall, Mossford Green, Barkingside. Doors will open each evening at 7 pm for 7.30 pm start and at 1.30 pm for a 2 pm start for the Matinee on Saturday. Tickets (£8 with concessions at £6 on Thursday and Saturday matinee only) are available from the Box Office on 0208 554 7747 or via website www.staplayers.webs.com

REDBRIDGE FAITH FORUM: There are two upcoming events, The first is a Network Meeting on **Tuesday, 29 January from 11.45 am-1.30 pm** at Redbridge Central Library which will provide an update on the support and services for Rough Sleepers and the Homeless in Redbridge' Please come

do along. The second 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.

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

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**

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

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.

THE CATENIAN ASSOCIATION is an association of catholic business and professional men. The nearest Circle meets in Gants Hill each month. If you would like more information, please contact Howard Banks by telephone on 020 8505 2012 or email howardbanks@btinternet.com

THE PENSIONERS ADVICE SERVICE: The Service continues to provide an East London Pensioners Advice Service **every Thursday from 10.00 am until 1 pm** at Durning Hall Community Centre, Earlam Grove, Forest Gate, E7 9AB. Durning Hall is 2 minutes from Forest Gate Rail station and is disabled accessible. For more information please contact Sally Mulready on 0207 428 0471.

CATHOLIC SINGLES is an organisation which helps single adult Catholics of all ages meet, either one to one or through social events. Please tel. 0161 941 3498, visit the website www.catholicsingles.org.uk or email info@catholicsingles.org.uk

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.

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/>

HEAD OF DIGITAL AND IT: St Vincent de Paul Society (England & Wales) is seeking an exceptional candidate for the post of 'Head of Digital and IT' who will lead on the development and delivery of the Society's IT service and can fully improve, evolve and implement the Society's Digital and IT strategy. For an application pack please email matthews@svp.org.uk. **Closing date for completed applications is Monday, 28 January.**