

5th FEBRUARY 2023: FIFTH SUNDAY (A)

Mass Book Page 133	1 st Reading: Isaiah 58: 7-10 2 nd Reading: 1 Corinthians 2: 1-5	Gospel: Matthew 5: 13-16	
Hymns for 11 am Mass	Entrance: 873 Communion: See Overleaf	Gospel Acclamation: 820 Post-Communion: 888	Offertory: 608 & 603 Recessional: 770



Salt of the earth and light of the world

Jesus call us to be the salt of the earth, and gives us the example to follow in his own life and death. We are also called to be, through out good works, a light shining in the darkness so that others may be guided on their journey to God.

You are the light of the world.

The Holy Father's Prayer Intention - For parishes

We pray that parishes, placing communion at the centre, may increasingly become communities of faith, fraternity and welcome towards those most in need.

Mass Times, Intentions & Feast Days	Prayer Requests
Sat 04 <i>First Mass of Sunday</i> 18:30 Annie O'Brien RIP	If you request for yourself or an immediate family member to be listed in the Parish Newsletter, it will run for a month per request. Send an email to Fr Regis or send a message on the parish mobile: 07857801938.
Sun 05 ✘ FIFTH SUNDAY (A) 09.30 Johanna Watts RIP 11.00 Beugre family Thanksgiving	
Mon 06 <i>Saints Paul Miki and Companions</i> 09.30 Amelia Stafford RIP Rosary	<p>Sharing the Word</p> <p>First Reading: The prophet Isaiah is talking about fasting. He tells the people that true fasting (and therefore true religion) is necessarily linked with the practice of justice and with concern for the poor and the needy. The lives of those who follow this way will become luminous and their "integrity will go before you and the glory of the Lord behind you".</p> <p>Second Reading: Paul is at pains to convince the Corinthians that their fascination with worldly wisdom and rhetorical skills can only weaken their faith. He points to himself as an example. When he brought the Gospel to them, he did not rely on human cleverness. He came in weakness, preaching a crucified (and risen) Christ, to show that their faith does not depend on human cleverness but on the power of God.</p> <p>Gospel: Jesus shares with his disciples the work of enlightening and guiding a morally confused humanity. Salt and light are powerful images. In all human cultures salt has been used to preserve and to season food. And so Christians are called to bear witness to Christ before unbelievers through their good deeds. And when disciples stop witnessing through their deeds, they</p>
Tue 07 09.30 Motha & family thanksgiving Rosary	
Wed 08 09.30 Wellbeing for Michael Motha Rosary	
Thu 09 09.30 Rose Duah and Pauline Salmon RIP Rosary	
Fri 10 <i>Saint Scholastica</i> 09.30 Brian O'Connell RIP Exposition	
Sat 11 09.30 People of the Parish 18:30 <i>First Mass of Sunday</i> John Egan RIP	
Sun 12 ✘ SIXTH SUNDAY (A) 09.30 Mrs Kozakiewicz RIP 11.00 Thanksgiving for Jade's job	

become as useless as salt that he lost its taste or a lamp that does not give light.

The Universe Catholic Weekly Newspaper

Is true to its mission of being "a light to guide the world, and a mirror to reflect it" Keeping Catholics informed about their faith and bringing them ever closer to God. To keep our high standard and maintain a strong weekly Catholic voice at a time when it is needed in the world, please consider a subscription. Our website contains articles and an online shop with all subscribers receiving a 10% discount. Call Michelle on 0743 661 7650 on to order your Digital 2 weeks FREE introductory offer or email: michelle.jones@universecatholicweekly.co.uk

We invite you to submit articles/news and celebrations about your local parish activities. Below is the link to the latest edition of the Universe Catholic Weekly:- <https://universecatholicweekly.co.uk/universe-weekly-newsletters/january-2023/UNIVERSE-27-JAN-2023.pdf>

Communion Hymn

1. Lord, we pray for golden peace,
peace all over the land, may people dwell in liberty,
all walking hand in hand.

*Banish fear and ignorance, hunger, thirst and pain.
Banish hate and poverty, let no-one live in vain,
let no-one live in vain.*
2. Keep us all for ever one, one in love and in grace.
And wipe away all war and strife,
give freedom to each race.
3. Let your justice reign supreme.
Righteousness always done.
Let goodness rule the hearts of all and evil overcome.

First Holy Communion Programme 2022-23

We meet in the hall on Sun 5th Feb at 10am for, Chapter 7: Bread to offer.

Confirmation Programme 2022-23

We meet in the parish house on Sat 11th Feb at 5pm for, Session Seven: The Sacraments.

Helping Catholics to Return

The Landings team offers a non-judgemental forum to help you to reconnect with the Catholic faith. The next Landings programme starts on Tuesday, 7th February, 2023 in Beckenham. Contact Andrew via LandingsBeckenham@gmail.com for more information.

Building a Better Marriage

On Sat Feb 18th there is a morning online session aimed at couples with average-to-good marriages who would

like to improve their relationship further and gain insights into their communication and the call of the Church to the married. No personal sharing! Email Carole: mflkent@rcaos.org.uk or phone 07983 524 727.

Growing in Faith Together

Sycamore is an online course exploring our Catholic faith and suitable for individuals and couples alike. It runs throughout Lent, with weekly one-hour sessions on Tuesday evenings from 8-9pm starting on February 28th. For more details or to register, visit <https://rcaos.org.uk/news-events/events/growing-in-faith-supporting-engaged-and-married-couples/>

Celebrate Parenting for Faith

A new online course for those with babies and toddlers, 5 weeks from February 23 – March 23. 8pm, 45 mins. <https://www.celebratetrust.org/>

The Maypole Project

We are committed to providing the best support to families who have a child or young person with complex medical needs. We have several exciting new roles! This is your chance to make a difference to the lives of children and families at The Maypole Project. Visit: <https://www.themaypoleproject.co.uk/work-with-us/current-vacancies/>

Racial Justice Sunday

This week our second collection is for the Catholic Association for Racial Justice. This collection is made to support the work of the Catholic Church to promote racial justice in our schools, parishes and in wider society.

Last Week

Offertory: Gift Aided: £142, Not Gift Aided: £395

Mass Count: Sat (48), Sun 09.30 (98), 11.00 (84)

Second Collection

Last week: NONE

This week: RACIAL JUSTICE SUNDAY (NON GIFT AID)

Next Week: NONE

Donate

Gift Aid: Tax payers, please sign up, so we can claim 25p for every £1 donated. Email Treasurer for details.

Card: Card Machine in Church Foyer or www.olspn.church

Standing Order: Email Treasurer for details.

Cheque: Payable to 'RCAS Sydenham'

Contact

David Simpson, Treasurer: sydenhamtreasurer@rcaos.org.uk

Steven Pearce, Secretary: weekdays 9^{am}-12^{noon}

sydenham@rcaos.org.uk

Margaret Doherty, Catholic Club: 07930 889632