

21st JANUARY 2024: THIRD SUNDAY (B)

Mass book: p129 1st Reading: Jonah 3: 1-5, 10 2nd Reading: 1 Corinthians 7: 29-31 Gospel: Mark 1: 14-20

11am Mass
Hymns

Entrance: 934
Gloria: 489

Gospel Accl.ⁿ: 820
Communion: 779

Offertory: 765 & 813
Post-Communion: 967

Euch.^c Prayer: 490
Recessional: 856



Repent and believe the Good News

Christ calls us constantly to review our lives in the light of the Gospel. This is something we are to do throughout our daily lives, and we can ask the Lord to show us his ways so that we can choose the right path. The world as we know it is passing away, and it is important not to allow worldly cares to distract us from the Lord's calling.

Repent, and believe the Good News.

The Holy Father's Prayer Intention - For the Gift of Diversity in the Church

Let us pray that the Spirit help us recognise the gift of different charisms within the Christian community, and to discover the richness of different ritual traditions in the heart of the Catholic Church.

Mass Times, Intentions & Feast Days

Sat 20 18:30	<i>First Mass of Sunday</i> Bernadette Maher RIP
Sun 21 09.30 11.00	✠ THIRD SUNDAY (B) Charlie Holdaway RIP Wellbeing - Clarie Español & Tito Baclagan
Mon 22 09.30	John Lockhart RIP Rosary
Tue 23 09.30	Michael Horgan RIP Rosary
Wed 24 09.30	<i>Saint Francis de Sales</i> Wellbeing - Fr Charles Wilton Rosary
Thu 25 09.30	<i>The Conversation of Saint † Paul the Apostle</i> Thanksgiving & Wellbeing - Cecilia Aidoo Rosary
Fri 26 09.30	<i>Saints Timothy and Titus</i> Wellbeing & Birthday Blessings - Tobias Joseph Oluwasmilare Exposition
Sat 27 09.30 18:30	Thanksgiving Mass - Onyekwelu's family <i>First Mass of Sunday</i> Wellbeing & Birthday Blessings - Delia Baclagan
Sun 28 09.30 11.00	✠ FOURTH SUNDAY (B) Ruth Crichlow RIP Faithful Departed (Christmas Flowers)

Prayer Requests

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. Please send an email to: regisrubaya@rcaos.org.uk.

Please Pray for those who have died recently:

Pamela Hilton, Edith Elikwu, Mary Melody and Bernard Bensted.

Please pray for those who are in poor health:

Winston Holder, Tony Hallet, Sylvia Lakey, Rose Green, Ita Joyce, Ethel Rodrigues and Margie George.

Sharing the Word

First Reading

This text relates how the preaching of Jonah met with an immediate response in the pagan city of Nineveh. The people recognised the voice of God, and undertook to reform their lives. The story shows God's readiness to show mercy, even to Gentiles.

Second Reading

Paul was convinced that the final coming of Christ was imminent. He is not recommending that husbands should stop loving their wives, or that they should put on a hypocritical show of sorrow or rejoicing. He is asking for a detachment from the dear, familiar things that tend to absorb us. Paul's message to us is that the world is not the be-all and the end-all. We are destined for the next world. This should profoundly affect the way we live in this world.

Gospel

Jesus begins his preaching by calling people to repent and embrace the Good News. The call to repentance connects his preaching with that of John the Baptist. If the Ninevites responded so fully to the preaching of Jonah, how much more fully should we respond to the preaching of Jesus. The gospel is the good news of salvation which comes through Jesus Christ. The disciples who are called by Jesus leave everything behind and follow him.

Sick and Housebound

If your neighbour or anyone you know is unable to attend mass because they are in poor health, please let Fr Regis know and he will take them Holy Communion.

Children's Books Appeal

We would like to restart the practice of providing suitable religious books for young children to look at and enjoy during Mass.

This is an appeal to parishioners to donate books which can be left at the back of the church for children to choose from, when they come to Mass.

If each family brought just one book this would provide a large enough selection.

Thank you.

Lucy Lovick's Dance School Show

Lucy Lovick's Dance School are holding their annual show at Langley Park boys school on Friday 16th February at 7pm. Fr Regis, Steven and John went last year and it was an amazing event. If you would like tickets please contact Lucy on 0788 8657685 or hello@lucylovick.co.uk.

First Holy Communion Programme 2023-24

We meet in the hall on Sun 21st January at 10am for, Chapter 6: The word of the Lord.

Confirmation Programme 2023-24

We meet in the parish house on Sat 20th January at 5pm for, Session Five: The Church.

LEPRA Appeal – 100 Years of Research and Innovation

Today 600 people will be diagnosed with leprosy, more than 50 of these will be children.

Leprosy is a disease that affects the nerve endings in the hands and feet and can affect the blink reflex of the eyelids. If not treated early enough it can cause life-changing disabilities and even blindness. One-in-two

people diagnosed with leprosy suffer moderate to severe depression and anxiety due to the prejudice and discrimination associated with the disease. Evidence shows over 3 million people are living with undiagnosed leprosy. Over 4 million people are living with a life-changing disability caused by leprosy.

But it is curable!

For 100 years Lepra's research has led to new and innovative approaches to healthcare programmes. Lepra seeks to provide better detection, treatment and support mechanisms, to advocate for those without a voice, to challenge prejudice wherever it exists, to strengthen local health systems and to help provide sustainable healthcare in partnership with local communities for a future free from the terrible impact of the disease.

To read some real-life stories of some of the beneficiaries whose lives have been changed through the work of Lepra, and to donate online please visit www.lepra.org.uk

With your help we can find, diagnose and treat more people affected by leprosy so that they will have a brighter future, full of hope.

If you would like further information, please contact LauriceJ@lepra.org.uk

Please help us beat leprosy – even the smallest contribution can help treat and rehabilitate people trapped by this disease.

Last Week

Offertory: Gift Aided: £196, Not Gift Aided: £285

Mass Count: Sat (45), Sun 09.30 (110), 11.00 (79)

Second Collection

Last week: **Peace Sunday (£290)**

This week: **LEPRA Appeal (GiftAid online)**

Next Week: **Racial Justice Sunday (GiftAid)**

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