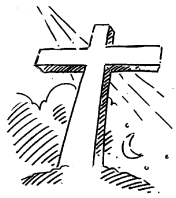


GOSPEL REFLECTION FOR THE FIFTH SUNDAY IN ORDINARY TIME



Salt of the Earth and Light of the World

Today Jesus gives his disciples a compliment. If we live by our faith we his disciples will become the salt of the earth and the light of the world. But the compliment comes with a warning! If the salt loses its taste it is worthless, and if we hide the light underneath a bowl it fails to serve its purpose. Sounds silly doesn't it? Why on earth would we go round hiding lights underneath bowls, yet we do it all the time!

We deny the salt and hide the light every time we keep our faith to ourselves. You often hear people claim that their faith is strictly a personal thing something just between themselves and God. But what use is a belief that doesn't impact on those around us? What good is a faith that does nothing to make the world a better place? We deny the salt and hide the light every time we keep quiet instead of speaking out. It isn't fashionable to be a Christian nowadays. It's all too easy to keep quiet in the face of uncomfortable issues. It's too easy to turn a blind eye to injustice. It's too easy to side with selfish politics. It's too easy for us to laugh at an unkind joke or let our children watch programmes that promote values contrary to our Christian belief.

Remember today somebody in your life who Jesus might have described as the 'salt of the earth'. Remember how that person inspired, motivated or impressed you. Remember how you admired that person for being true to themselves instead of bending to the fashionable point of view. Somebody once said that Christianity is infectious, when we see a shining example we want to emulate it. Could we too become shining examples of Christianity? Could Jesus give us the same compliment as those original disciples? Light of the world. Salt of the earth.

Bite Size

"A leader leads by example, whether he intends to or not." ~ Author Unknown

PARISH PRAYER - Father, pour out your Spirit upon our parish. Grant us a new vision of your glory, a new faithfulness to your Word, and a new consecration to your service; that your love might grow among us and your Kingdom come.
Through Christ our Lord. Amen

Useful links: Diocesan Website: <http://www.rcdea.org.uk>
Notre Dame High School, Norwich: Website <http://www.ndhs.org.uk>

PARISH OF THE SACRED HEART AND ST MARGARET MARY [Reg. Charity 278742]

Parish Priest: Fr. Brendan Moffatt - email: brendanmoffatt@yahoo.co.uk

Address: The Presbytery, 35 London Road, Dereham NR19 1AS

Telephone: 01362 694066.

Parish website: <http://www.sacredheartdereham.org.uk>

Permanent Deacon: Rev. Martin Sanderson – Tel: 01362 822590

email: dcnmsanderson@hotmail.com

Parish Music Leader: Michael King – email: michaeljwking@gmail.com

Parish Safeguarding Representative: Kathleen Edmunds –

email: kathleenedmunds@yahoo.com

5TH FEBRUARY 2017 – 5TH SUNDAY IN ORDINARY TIME

Sunday Masses – Page 133 of Parish Mass Book

Saturday	6.00 pm	Int. People of the Parish
Sunday	9.00 am	Int. T. & M. O'Donoghue (*Fdn.)
	11.00 am	Int. The Parish (Sanderson)

Music for Sunday Masses - Setting: Belmont Mass

Entry 6pm – Angelus (said); Hymn 475 – Gather us in ...

Offertory Hymn 965 – As the deer pants for the water ...

Communion Instrumental Interlude/Sacred silence ...

Recessional 11am – Angelus (said); Hymn 456 – Christ is made the sure foundation ...

CONFESSION/RECONCILIATION: Saturday at 5.30pm, or on request / by appointment

Weekday Mass Times (5th week of the Year) [Psalter Week 1]

Mon.	10.00 am	St Paul Miki & Companions – Int. Stearman (*Fdn.)
Tues.	No Mass today	Feria
	7.30 pm	Queen of Peace Prayer Group – in Emmaus Room
Weds.	10.00 am	Feria – UCM Intentions
Thurs.	10.00 am	Feria – English (*Fdn.)
Fri.	10.00 am	St Scholastica – Int. Harry Wilkes
Sat.	No morning Mass	Feria – Donor's Int.
	6.00 pm	6 th Sunday in Ordinary Time – Donor's Int.

*Fdn. = Foundation Mass

The Parish Newsletter (incl. back copies) is available to view on the parish website from Friday onward each week.

Anniversaries this week: Marian Longhorn, George Howell, Brenda Secker, Joan Rooney, Ralph Keatley, Molly Sayer, Colin Halstead, Madeline Stanley, Maria Rupp, William Green, Henry Raw, and Patrick Flynn. *May their souls and the souls of all the faithful departed rest in peace.*

Hospital Visits – If you or family members are admitted to the Norfolk & Norwich Hospital (NNUH) or Queen Elizabeth II Hospital (QEII), King's Lynn, and would like a visit from the Roman Catholic Chaplain, please call either St John's Cathedral, Norwich (01603 624615) for visits to NNUH, or Fr Peter Rollings (01553 772220) for visits to QEII. If you would like to receive the Sacrament of Anointing of the sick before going to hospital, please contact Fr. Brendan on 01362 694066.

Sick List - Please pray for: Joan Blakiston, David Peek, Robert Nicol, Shirley Liebenhals, Sarah Chaudri, Anne & Derek Williams, Michelle Smith, Rita Smith, Eileen Brockleby, Pat Howe, Kathleen (Jenny) Rudd, Ellen Flood, Margaret Leggett, Peter Brown, James Maxwell and Pamela & Catherine Evans.

Money Matters – The collection for the parish upkeep last weekend was £468.88. Thank you for your generosity.

Diary Dates for this week –

- Mon. 6th Feb. – Co-Workers of St. Mother Teresa Knitting Group meets - 1.30pm in Emmaus Room. The group meets on the first Monday of each month. We knit and crochet garments and blankets. New members are most welcome, including outside/home knitters.
- Mon. 6th Feb. – AA Group weekly meeting – 7.30pm- 9.00pm in Emmaus Room.
- Weds. 8th Feb. – Union of Catholic Mothers meeting – 11.00am in Emmaus Room. This meeting will be our AGM when, amongst other things, we must make a final decision concerning the time of future meetings. We look forward to seeing you there.
- Fri. 10th Feb. – Confirmation Candidates meet – 7.15pm in Emmaus Room.
- Sat. 11th Feb. – Saturday Club is on half-term holiday this Saturday and next. Please also note there is no morning Mass today or next Saturday.
- **Sat. 11th Feb. – Solemn Mass and Anointing of the Sick with Bishop Alan Hopes at 11.30 a.m. at St John's Cathedral, Norwich.**

Open Parish Meeting: Please send in the reports from the many groups operating in the parish by email, if possible to Elaine Wilkes (elainewilkes182@btinternet.com) or in writing to me. I cannot set a date for the meeting until the financial returns are received from the Diocese. The format I am hoping for will be the same as last year: Midday Prayer and lunch followed by the meeting. In due course a list will go up at the back of the church for numbers etc. All items for discussion must be on the agenda as there will not be any other business. It is unfair to expect people to respond thoughtfully to an item which has just crossed someone else's mind hence no Any Other Business on the Agenda.

World Day for the Sick, 11th February - Pope Francis entitled his message for the 2017 celebration of the World Day of the Sick "Amazement at what God has accomplished: 'The Almighty has done great things for me...' (Lk 1:49)". In his world message for World Day of Prayer for the Sick, Pope Francis invited the sick, healthcare workers, and volunteers to turn to Mary in prayer. "...Like Saint Bernadette, we stand beneath the watchful gaze of Mary. The humble maiden of Lourdes tells us that the Virgin, whom she called "the Lovely Lady", looked at her as one person looks at another. Those simple words describe the fullness of a relationship. Bernadette, poor, illiterate and ill, felt that Mary was looking at her as a person. The Lovely Lady spoke to her with great respect and without condescension. This reminds us that every person is, and always remains, a human being, and is to be treated as such. The sick and the those who are disabled, even severely, have their own inalienable dignity and mission in life. They never become simply objects. If at times they appear merely passive, in reality that is never the case."

Red Missionary Boxes – A reminder to bring in your red missionary boxes for counting if you have not already done so. Thank you.

Pope Francis's Prayer Intention for 2017: Comfort for the Afflicted - We have grown to believe that those with a disability aren't looking for sympathy; that they are just looking for the same opportunities as everybody else. But that doesn't mean that we shouldn't extend them a helping hand. In particular, those living with a disability and have the misfortune to be a refugee or to be living in poverty, especially need our prayers and our support. This month we are asked to join in Pope Francis' prayer intention, "... *That all those who are afflicted, especially the poor, refugees, and marginalized, may find welcome and comfort in our communities.*"

Diocesan Accountant - A new permanent full time appointment as Diocesan Accountant based at the Diocesan Finance Office in Poringland will become available from 1st May 2017. This will be a key position in the management of diocesan business, particularly in all areas of financial control. The successful candidate will have a recognised accountancy qualification or be able to provide evidence of experience of working in a professional accountancy environment to a satisfactory level. The salary will be in the region of £25,000 dependent on experience and qualifications. Application Forms can be obtained by contacting the Finance Office (01508 492540) or by e-mail to finance@rcdea.org.uk. Closing date for applications 28th February 2017.

The Angelus

V. The Angel of the Lord declared unto Mary. R. And she conceived of the Holy Spirit. Hail Mary
V. Behold the handmaid of the Lord. R. Be it done unto me according to thy word. Hail Mary.
V. And the Word was made Flesh. R. And dwelt among us. Hail Mary.
V. Pray for us, O holy Mother of God. R. That we may be made worthy of the promises of Christ.
LET US PRAY: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ Thy Son was made known by the message of an angel may, by His Passion and Cross, be brought to the glory of His Resurrection. Through the same Christ, Our Lord. Amen