

## GOSPEL REFLECTION FOR THE FOURTH SUNDAY IN ORDINARY TIME

### Think Again!

Today we listen to Jesus' most famous sermon; a list of promises to the poor, the meek and the merciful that we now call 'The Beatitudes'. "Blessed are the poor in spirit for theirs is the Kingdom of Heaven," promises Jesus, "Blessed are the meek, blessed are they who are persecuted for the sake of righteousness." Is Jesus telling us we can only be blessed if we make ourselves poor? Is he telling us to sit back meekly and let others walk all over us? Is Jesus encouraging us to go out and actively invite persecution and insult?

It's difficult to embrace Jesus' values because we have been brought up to value everything that Jesus does not. From an early age we have been taught to work hard at school so that we will get a good job and earn lots of money. We are scolded for not speaking up for ourselves and applauded for pushing ourselves forward. Our culture is all about winning, prestige and material success.

The challenge we find in the Beatitudes is to work contrary to our human instincts in order to find true happiness and fulfilment. Our instincts are to amass wealth, earn fame, and bask in our perceived self-importance. It is often our cowardly instinct to turn a blind eye to injustice or to fail to stand up for what we believe because we are afraid of ridicule. It is the instinct of governments to engage in conflict in the pursuit of material gain and power.

In his sermon, Jesus was not suggesting we live in dire poverty or become human doormats for the sake of it. Rather Jesus is asking us to look again at our values. We are asked to look at the things that we think will bring happiness. Jesus challenges us to think again.

### Presentation of the Lord – 2<sup>nd</sup> February

Simeon had waited all his life to see Jesus. The Holy Spirit had promised him that he would live long enough. When Mary and Joseph presented the baby at the temple, Simeon said, "Now, Lord, you have kept your promise, and you may let your servant go in peace. With my own eyes I have seen your salvation, which you have prepared in the presence of all peoples."

Seeing Jesus satisfied Simon's life. We are prompted to ask what would satisfy us in our lives. Are the goals we set worth a lifetime of wanting, as Simeon's was?

**Bitesize** - We are each gifted in a unique and important way. It is our privilege and our adventure to discover our own special light. *Evelyn Dunbar*



**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.

**Permanent Deacons:** Revs Martin Sanderson & Richard Jones (deaconrick@gmail.com)

**Parish Music team:** Judy Reid, Kathleen Edmunds & Paul McIntee.

**Parish Safeguarding Representatives:** Paul McIntee

## Sacred Heart & St Margaret Mary



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**Sunday 1<sup>st</sup> February 2026 – 4<sup>th</sup> Sunday in Ordinary Time**  
[Sundays Year A, 4<sup>th</sup> Week of the Year, Weekdays Year II, Psalter Week 4]

### MASSES in the PARISH

<b>Saturday 31<sup>st</sup> January</b>	<b>St John Bosco</b>
18.00 <i>First MASS of Sunday</i>	Sue Meeks (Reid) + (JR)
<b>Sunday 1<sup>st</sup> February</b>	<b>Fourth Sunday in Ordinary Time</b>
09.00 MASS	For the People of the Parish
11.00 <i>MASS Live streamed</i>	Michael & Anna Mealy + (PM)
<b>Monday 2<sup>nd</sup> February</b>	<b>The Presentation of the Lord (Feast)</b>
12.00 MASS	
<b>Tuesday 3<sup>rd</sup> February</b>	<b>Feria</b>
- No Mass	
<b>Wednesday 4<sup>th</sup> February</b>	<b>Feria</b>
- No Mass	
<b>Thursday 5<sup>th</sup> February</b>	<b>St Agatha</b>
- No Mass	
<b>Friday 6<sup>th</sup> February</b>	<b>St Paul Miki &amp; Comps</b>
- No Mass	
<b>Saturday 7<sup>th</sup> February</b>	<b>Feria</b>
18.00 <i>First MASS of Sunday</i>	Elaine Wilkes + (TP)
<b>Sunday 8<sup>th</sup> February</b>	<b>Fifth Sunday in Ordinary Time</b>
09.00 MASS	For the People of the Parish
11.00 <i>MASS Live streamed</i>	Michael Manley + (VK)

**SACRAMENT OF RECONCILIATION: Thursday after 10.00 Mass and Saturday at 17.30**  
**EXPOSITION & BENEDICTION: Thursday after Mass**

*Rosary & Morning Prayer are said weekdays before Mass from 09:15.*

*Please note the 18.00 and 11.00 weekend Masses are normally sung.*

*For Live Streamed Masses Search for **Dereham Catholic Church** on YouTube,*  
*or use the link on the parish website.*

The parish newsletter is available on the parish website from Friday each week.

**Anniversaries this week:** Alice Page, Victor Rawding, Patricia Cox, Patrick Carroll, Alfred Edward Macdonald, George Maguire, Benjamin Wyand, Stanley Snellgrove, George Gay, Mary Hirst, Joao Costa, Bernard O'Shea, Doris Marie Dyer, Lynes Smith, Marian Longhorn, George Howell, Brenda Secker, Joan Rooney. *May their souls and the souls of all the faithful departed rest in peace.*

**Hospital Visits:** If you or any member of your family is admitted to the Norfolk and Norwich Hospital and would like to have a visit from a Catholic Priest, please inform a nurse on the ward and contact will be made through the Chaplaincy. If you are admitted to the Queen Elizabeth Hospital in King's Lynn, please contact Fr. Peter Rollings at the Presbytery on 01553 772220. If you would like to receive the Sacrament of the Sick before going into hospital, please contact Fr. Jay either by phone or by email.

**Sick & Housebound [with GDPR Permissions] – Please pray for:** Derek Williams, Patsy Gray, Colette Barrow-Nessian, William Dunne, Pauline Buckland, Katherine Vella, Pauline Organ, Pat Grout, George Mealy, Peggy Mealy, Richard Allison, Marion Ring-Davies, Patsy Thompson, Ann McWilliams, Margaret Glendon-Doyle, Mila Kaunaite, Anne Sibley, Terri Sanderson, Pat Sutton, Hillary Bushell, Ann Williams, Richard Grout, Kathleen Doyle.

**Money Matters:** Offerings for the week was as follows:  
Sunday 25<sup>th</sup> January 2026 Plate: £289.26.

**A New Bank for the New Year!** Our new banking details are: The Sacred Heart Church, S/C 52-41-29, A/C 44725132. Please use these details for any new BACS payments. There is no need to alter your standing orders yet - your current standing orders will be forwarded automatically. Watch the newsletter for information in January. Any queries please send to [treasurer@sacredheartdereham.org.uk](mailto:treasurer@sacredheartdereham.org.uk). If a tax payer, please consider Gift Aid (forms at back of church, or contact Rex Baker: Telephone 01362 694801 or email [rex baker27@btinternet.com](mailto:rex baker27@btinternet.com)). This will help to maximize donations.

**Upcoming Parish events:**

Diary for week Sunday 1 <sup>st</sup> February 2026 - Saturday 7 <sup>th</sup> February 2026	
Sunday: 1100	<b>Children's Liturgy</b>
Monday: 1900 - 2030	<b>AA Group Meeting</b> - Emmaus Room
Thursday: 1730 - 1830	<b>First Communion Group</b> – Emmaus Room
Friday: 1915 - 2045	<b>Confirmation Group Meeting</b> – Emmaus Room
<b>Parish Garden Club</b> – To volunteer, please contact Sonia on 07985 521578.	

**No Mass on the Following Weekdays, as Father Jay is away:**

- 3<sup>rd</sup> - 5<sup>th</sup> February and
- 10<sup>th</sup> - 11<sup>th</sup> February

Please do not submit Mass Intention requests for the above 2 weeks.

**Mass Monday 2<sup>nd</sup> February 2026** - Father John will celebrate Mass for the Feast of the Presentation of Our Lord on Monday, 2nd February at **1200** midday.

**+Michael Manley - Funeral Mass, Thursday 12<sup>th</sup> February 2026 at 1100 hours.**

The Funeral Mass for +Michael Manley will be celebrated on 12th February 2026, at 11 am. All are warmly welcome to pray for the repose of the soul of Michael and support his family in their loss.

**+Shirley Liebenhals | Eternal rest grant unto her, O Lord...**

The Funeral Mass for our beloved Shirley will be announced in due course. In the meantime, we continue to pray for the repose of her soul and for the comfort and consolation of her family.

**15-Minute Silence Before Mass - Mandatory**

Silence before Mass prepares our hearts to encounter the Lord. Please observe silence in the Church during the 15 minutes before each Mass, as many allot this time for praying. Conversation with one another is warmly encouraged after Mass.

**130 Club** - Please can everyone collect their 130 Club envelopes from their pigeon hole in the foyer soonest. They need to be returned with the monies by *no later than the end of March* please.

- As Marcia is away, can the *envelopes please be given to Father Jay*, (hand them to Father Jay or drop them at the Presbytery) who will hold onto them for her and pass them on to her on her return.
- If anyone would like extra numbers, or would love to join, let Marcia know by leaving a note with Father Jay and she will be in touch with them on her return at the beginning of March. Thank you.

**Parish Retreat** - The Parish Retreat day for Lent will be on the Saturday 7 Mar 26, with Deacon Rick. All welcome. Will be 1100 – 1500 hours in the Emmaus Room. Please bring a packed lunch, as no food provided. Tea & coffee will be provided.

**Our Lady of Lourdes Mass, Saturday 7<sup>th</sup> February 2026 at 1130 in St John the Baptist Cathedral, Norwich.** We are warmly invited to join this Mass in devotion to Our Lady of Lourdes.

**Parish Parking and Traffic Guidance** - Copies of the Parish Parking and Traffic Guidance are available at the back of the Church. Please help us by following the guidance unless otherwise advised.

**Walk With Me (Prayer booklets for Lent)** - Copies are available at £1.