



Catholic Parish of St Edmund, King and Martyr, Godalming

with St Joseph's, Milford

*Through the love of the Father, Son and Spirit,
our Parish will grow as the Body of Christ in Godalming
and as a sign lifted up for the peoples*

Fourth Sunday of the Year

O that today you would listen to his voice!

*'Harden not your hearts as at Meribah, as on that day at Massah in the desert
when your fathers put me to the test; when they tried me, though they saw my work.'*

Each day the church's prayer begins with a call to prayer, "Come ring out our joy to the Lord..." That same Psalm is offered to us in the Liturgy today. The psalmist evokes the events of Massah and Meribah recounted in Exodus 17. Israel has left Egypt and experienced the wonder of the passing through the Red Sea. But life in the desert isn't easy and the Israelites soon long for the fleshpots of Egypt. So God gives them bread from heaven (manna) and quails. But still they grumbled against Moses about the lack of water. It is here, at the place that is named Massah and Meribah (lit. trial and contention) that Moses strikes the rock with his staff and water flows.

The psalmist calls to mind the human disposition to grumble, and how easily the human heart is hardened by disappointment. Recognising and naming the problem enables us to resist it. St Ignatius Loyola identified two basic dispositions: one of entitlement and one of gratitude. While ingratitude for him is the "the cause, beginning, and origin of all evils and sins", an attitude of gratitude brings the deep happiness that is found in those who know that they are loved. One of the tools Ignatius gives to help us cultivate an attitude of gratitude is the Examen, a way of paying attention to what is happening in our lives. Gerry W. Hughes put it like this:

Ask yourself every day 'Has any event today surprised or delighted me?' More simply expressed, have I enjoyed anything today? Then focus your attention on what you enjoyed, relish it and suck all the enjoyment out of it that you can. It is only by doing this that you will begin to understand the wonder that is already in your life.

Can the path to greater holiness and greater happiness ever have been made easier?

Mass Responses for the Fourth Sunday of the Year

ENTRANCE ANTIPHON: Save us, O Lord our God! And gather us from the nations, to give thanks to your holy name, and make it our glory to praise you.

PSALM RESPONSE: O that today you would listen to his voice! 'Harden not your hearts.'

GOSPEL ACCLAMATION: Alleluia, alleluia! Blessed are you, Father, Lord of heaven and earth, for revealing the mysteries of the kingdom to mere children. Alleluia!

COMMUNION ANTIPHON: Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are the meek, for they shall possess the land.

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Of your charity, please pray for Fr Martin Jakubas and Marie Batty who died on Friday.

Palms If you have any palms to be burned for ashes for the start of Lent please leave them at the back of church this week.

Mass during Lockdown

Places of worship remain open and coming to them is a permitted reason to come out of the house. This is a welcome privilege and should be used prudently and with due caution, moderation, and discretion.

The main focus of parish activity for the present has moved online, while still providing opportunities to come to Mass in person.

10.30am Sunday Online Liturgy of the Word replaces the Mass of that time. It gives an opportunity to meet up with others, to sing a little and share some of our prayers with one another. It takes place on Zoom (ID: 846 7892 5944, Passcode: 2021).

The **9.00am Sunday Mass** has moved to St Edmund's to facilitate **live-streaming** on YouTube. You will find a link at the end of the welcome message on the parish website or by going to: <https://tinyurl.com/ya47rkkw>.

Prayer for Spiritual Communion We have been using a prayer written by Diana Macalintal. It can be downloaded (in English or Spanish) at <https://tinyurl.com/y3wk4r4a>. There are copies at the back of the church.

Coming to Mass

If you would like to come to Mass on a weekday there is no need to book, and as we expect numbers to be much lower at weekend Mass until things improve, we have moved **weekend Mass booking** to Eventbrite: <https://tinyurl.com/y7gntvex>

Guildford parish do a very good livestream that many find helpful and can be found at <https://www.cpg.church/live.html>

Sycamore Despite the challenges of tech good numbers are enjoying coming together to watch and talk about the Sycamore videos. The third session is at 7.30pm on Tuesday on Zoom: <https://tinyurl.com/y6ydcwv5>. (ID: 963 2836 7031, pwd 031209)

"Invited" Diocesan Online Mission Bishop Richard is encouraging us to join in with a Diocesan online mission this Lent. There will be a video each week with questions for prayer and reflection followed by small groups on Zoom each Thursday evening. It will be a good opportunity for some inspiring input and to share our journey of faith with people from across our diocese. For more details and to register please visit: <https://www.abdiocese.org.uk/invited>

CAFOD Walk for Water Are you a keen walker? Looking for a challenge this Lent? Join CAFOD's walk for water challenge and walk 10,000 steps a day, for 40 days in solidarity with all those who do not have access to a safe water source. Whether you hop it; skip it; slide it; run it; jump it; dance it; or stomp it. It doesn't matter how you do it, just as long as you put your heart and soul into it. Sign up at <https://walk.cafod.org.uk> and go the distance this Lent and help to end water poverty. Jo and Julian Lewry have signed up for this challenge: so please do join them and sponsor them at <https://walk.cafod.org.uk/fundraising/Jo-LewryW4W>

There is also an option to do a one day walk on Saturday 20th February. Sadly, we can't walk together, but whether alone or in your bubble, and whether in your garden or further afield, we can walk in solidarity with those who have to walk for water every day. Please email jolewry@aol.com to let her know that you are taking part.

Safeguarding Training Thank you to all those in the parish who have been working on bringing their safeguarding training up to date and helping us meet our compliance deadline of 31st March. I think we are probably all too aware of the shortcomings in safeguarding that have contributed to harming too many in the church and wider society over the years. This training will make an important contribution to ensuring that we do not miss any opportunities as a church to prevent harm that might otherwise arise to the children or adults at risk that we have the privilege to serve. Please email completed certificates to Sarah in the parish office.

Online retreats coming up soon:
The House of Prayer, East Molesey,
'Time Aside' 2nd to 4th February. See:
<https://www.christian-retreat.org/our-programme>

Worth Abbey
<https://worth.co.uk/retreats/online-retreats>

For Families

Guildford parish offers online family liturgy every Sunday: www.cpg.church/familyliturgy

Wednesday Word - this children's activity sheet for each Sunday is free online at <http://www.wednesdayword.org/school/index.htm>

SOME THINGS TO LOOK FORWARD TO:

Restarting Childrens' Liturgy If you might be able and willing to help please let Sarah know in the parish office and we will fix an online meeting of those interested to progress the planning.

Relaxed masses? Did this seem a good idea? Let us know.

New Altar Servers? Any children or adults interested in starting to serve Mass later this year please contact Fr Jonathan.

Year of St Joseph Pope Francis has proclaimed a Year of Joseph to mark the 150th anniversary of the declaration of the Joseph as patron of the Universal Church.

Confirmation Preparation for students in Years 10+ will begin once we can meet in person. The sacrament will be celebrated in October 2021. Please let the Parish Office know if you would like your son or daughter to prepare for the Sacrament of Confirmation.

Financial support for the parish

Thank you to those who support the parish by their occasional or regular giving. If you would like to make a financial contribution to the parish the offertory baskets are by the entrance to church. Increasingly, contactless donation machines are also available, and seem to be welcomed. To arrange a standing order, or to sign up for Gift Aid, please contact Eileen Hudson on 01483 208238 or eileen.hudson@gmail.com

Interested in the Ignatian Examen?

Have a look at Dennis Linn, Matthew Linn and Sheila Fabricant Linn, *Sleeping with Bread*.

Donations to the Food Bank

There is an immediate need at the Foodbank at St Marks for tinned meat (corned beef, ham, spam, meatballs, sausages, chilli etc) and tinned vegetarian meals (eg ravioli, vegetarian sausages, meatballs etc). Please drop off items in collection boxes at church.

LiveSimply urge us to pray without ceasing for our Common Home in the run up to the COP26 summit, for a fairer, more just society, where the world's most vulnerable people can live in dignity and our common home can be restored for future generations
<https://cafod.org.uk/Pray/Prayer-without-ceasing>

Useful resources during the pandemic

LOAF (Love One Another Fellowship)

This team of parish volunteers offers practical help. The helpline number is 07593 121430.

SVP members offer regular visits, friendship and practical support to those in need. The helpline number is 07990 717067.

Godalming Food Bank provides vital support. No referral required. 01483 418741.

Parish Welfare Fund If you need a bit of help or know someone who is struggling please don't hesitate to contact Fr Jonathan, in confidence.

Please remember in your prayers

All those affected by the Coronavirus and its impact on our lives and on the economy.

The Holy Father's Intention for February:

For women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

The sick and those who care for them

including – Jim Stanton, Arden Holford, Sylvia Reilly, Derek & Nancy Drapper, Betty Matthews, Cliff Hutchinson, Alan Berry, Nicolle Er mould, Gerry Newell, Ruth de Stefani, Josie Whittle, Barbara Brightman, Nuala Gallagher, Maria Chacaltana, Ann Lloyd, Anita van Rheen an, Jean Humphrey, Maura Goodfellow, George Gelder, Jean Tyrell, Pat Wilson and Rudolf Dorrepaal, and those in our hospitals and care homes.

The faithful departed in particular for Pauline Mason, Fr Martin Jakubas and Marie Barry who died recently, and for Ania Quinn, Millie Mensah, Thelma Edwards, Paul Bruno, Imelda Gray, Theresa Priseman, Ida Morteal, Alice Gott, Joseph Bohan, Patricia Callaghan, Paula Butcher, Mgr Jeff Scott, and Fr Jim Maguire whose anniversaries occur at this time.

Schedule of Masses Fourth Week of Ordinary Time 2021

Saturday 30th January	10.00am Mass (St Joseph's) – <i>People of the parish</i> 6.00pm Mass (St Edmund's) – <i>Private Intention</i>
Sunday 31st January FOURTH SUNDAY IN ORDINARY TIME	9.00am Mass (St Edmund's)* – <i>Charles, Julia & Martha Harding RIP</i> 10.30am Liturgy of the Word online Zoom: 846 7892 5944 / 2021
Monday 1st February	<i>No public Mass today</i>
Tuesday 2nd February PRESENTATION OF THE LORD	9.30am Mass (St Joseph's) – <i>Private Intention</i>
Wednesday 3rd February St Blaise	8.30am Mass (Live-stream only)* – <i>Tony Diaz RIP</i> 7.30pm-8.30pm Lectio Divina online GoToMeeting 450-922-301
Thursday 4th February	<i>No public Mass today</i>
Friday 5th February St Agatha	11.15am Mass (St Edmund's) – <i>Frank & Matthew Brown RIP</i>
Saturday 6th February <i>St Paul Miki & Companions</i>	10.00am Mass (St Joseph's) – <i>Vincent Merino</i> 6.00pm Mass (St Edmund's) – <i>People of the parish</i>
Sunday 7th February FIFTH SUNDAY IN ORDINARY TIME	9.00am Mass (St Edmund's)* – <i>Fr Jim Maguire RIP</i> 10.30am Liturgy of the Word online Zoom: 846 7892 5944 / 2021

Sunday Year B. Weekday Cycle I.
Psalter Week 4.

*Livestreamed on YouTube – <https://tinyurl.com/ya47rkkw>

St Edmund's Church is open each day, usually from 10am to 4pm

www.stedsgod.com