

5th Sunday of the Year

Entrance Antiphon: Come, let us worship the Lord. Let us bow down in the presence of our maker, for he is the Lord our God.

1st Reading: Job 7: 1-4 6-7

Psalms 146

Response: Praise the Lord who heals the broken-hearted.

1. Alleluia! Praise the Lord for he is good; sing to our God for he is loving; to him our praise is due. (R)

2. The Lord builds up Jerusalem and brings back Israel's exiles, he heals the broken-hearted, he binds up all their wounds. He fixes the number of the stars; he calls each one by its name. (R)

3. Our Lord is great and almighty; his wisdom can never be measured. The Lord raises the lowly; he humbles the wicked to dust. (R)

2nd Reading: Corinthians 9: 16-19 22-23

Gospel Acclamation: Alleluia, alleluia! I am the light of the world says the Lord, anyone who follows me will have the light of life. Alleluia!

Gospel: Mark 1: 29-39

Communion Antiphon: Give praise to the Lord for his kindness, for his wonderful deeds towards men. He has filled the hungry with good things, he has satisfied the thirsty.

Ministers of the Word

The new Readers' list is now available on the parish website and there are also copies at the back of church.

From Bishop Peter. LENTEN ALMS

With the plight of human trafficking and modern slavery increasingly in the News and within the Diocese, I have designated Bakhita House (part of Caritas Westminster Registered Charity No. 233699) and the Medaille Trust (Registered Charity No. 1117830) as the beneficiaries of the Lenten Alms given in the churches of the Diocese this year. Caritas Bakhita House offers a provides women escaping human trafficking a range of services including emergency support, psychosexual therapy, legal and financial assistance, mentoring and help with accessing accommodation with the safety and support to allow them to begin the recovery process. More information can be found at <https://caritaswestminster.org.uk/bakhita-house.php> The Medaille Trust is a charity founded by groups of Religious congregations in 2006 to work against the evils of human trafficking into the UK each year. The charity provides safe-houses, victim care and educational programmes. Further information at <http://www.medaille-trust.org.uk>

A big THANK YOU to the staff of Rhyl's new PREMIER INN HOTEL. As mentioned last week manager Paul chose our parish plus 4thethecommunity as the venue for a huge amount of volunteer help, 16 staff working for 20 hours each. They have consulted the church cleaning team (thanks to them too), painted the sliding panels, cleared a porch and lots more, with still a few more days to go. Paul hopes also to contribute to 4thethecommunity personally in the future, once the hotel is up and running. He will be most welcome.



Our Lady of the Assumption Catholic Church

119 WELLINGTON ROAD, RHYL
DENBIGHSHIRE LL18 1LE

5th Sunday of the Year

4th February 2018

(reading cycle B, year of Mark's gospel)

Mass time

Mass Intention

SUNDAY	10.00 am - Mass for the People
MONDAY	- No service -
TUESDAY	10.00 am - Funeral Mass for Philip O'Dwyer
WEDNESDAY	9.30 am - Eddie Hughes RIP
THURSDAY	9.30 am - Ynyr Jones and Gaffney family intentions Feast Day of St Josephine Bakhita
FRIDAY	9.30 am - Tony Richards RIP
SATURDAY	10.30 - 11.00 am Holy Hour with morning prayer of the Church (Sacrament of Reconciliation is available during this time)

Sacrament of Reconciliation Saturdays 10.30am-11.15am and 4.15-4.45pm
Open Office Day Thursdays 9.00am—4.00pm

For all enquiries or sacraments see as below For **Baptism** tel
01745354311

Please let Fr Charles know of anyone who is ill or housebound
Who would like to receive Holy Communion at home or the **Anointing of the Sick** for healing

Priest: Fr Charles Ramsay
Tel 01745 353395 email chas37free@gmail.com
Parish website: catholicchurchrhyl.co.uk

(Webmasters: Christian Domingo, Shane Owen and Ernest Jones
(webmaster@catholicchurchrhyl.co.uk)
Diocese of Wrexham Registered charity No 700426

Parish Finances: The church collection for Sunday, 28th January, amounted to £523.49p of which £332.49p was 'loose' and £191p was Gift Aid.

Hospital Chaplains on call:
Glan Clwyd: Mrs. Sheila Johnson, 01745 354311 /07717182557 Llandudno Hospital: Fr Moses Amune 01492 877353 Ysbty Gwynedd; Bay Hospital: Fr Frank 01492 532670 group.

UCM Lenten Retreat
The UCM are organising a Lenten Retreat at Noddfa Retreat Centre, Penmaenmaw, on Saturday, 17th February, cost £20.00. If any parishioners would like to join them, please contact Ellen Aspinall Tel. 332753, or any member of the UCM.

Barn Dance with food, and dancing led by music group Barleycorn Hope, will be held on Sat 10th February at 7.00pm. Tickets £10

Catholic Charismatic Renewal Conference Birmingham 6th-10th August 2018 How would you like to praise the Lord in luxury? Staying at the Birmingham Hilton Hotel for an all inclusive price of £325.00 The programme includes Mass, Exposition and Confessions every day, really good teaching sessions and, of course, praise. Anyone interested please see the website www.bccrc.org.uk or Telephone Ray Russell on 0121.6033842.

YSGOL MAIR NURSERY PLACES

If your child will be three years old on or before 31st August, 2018, you are invited to apply for a nursery place for next September. Please contact the school for an application form on 01745 350762

Our First Holy Communion Introductory meeting this Tuesday 6th Feb in church at 7.00pm when a schedule of all dates will be supplied. For parents with people who'll be coming from overseas, who need to help to organise air transport and book holiday time etc, the actual First Communion Masses will be Sunday 3rd June (Corpus Christi) at 10 a.m. Mass and/or Sunday 10th June

Candidates for the **Sacrament of Confirmation** and their parents are invited to an information evening on Sunday 11th February at 6pm in the parish house. Candidates must be over the age of 12 and under 16 to take part. Your help in alerting pupils at non-Catholic Schools would be greatly appreciated.

Week of Guided Prayer
25th February – 4th March
During Lent we prepare ourselves for our Easter celebration of the Lord's Resurrection. Would you like to do so through deepening your relationship with the Lord? Would you like some help from a trained prayer guide? If your answers to these questions are 'yes', then maybe this week is for you!
Opening Session
3.30 p.m. Sunday 25th February at the Friary. (*Organised by the St. Beunos Outreach Team*)
Everybody welcome! *Contact Br. John for more information.*
07856 363 760

Requiem: Your prayers are asked for Philip O'Dwyer and Dolores Ann Brownley, who sadly died recently. Philip's Funeral Mass is next Tuesday, 6th February, at 10.00 am in St. Mary's. Dolores funeral service will take place at 1.30pm on Ash Wednesday.

Weekly Guide to Daily Prayer

"My heart is moved with pity," Jesus says in one of the gospels this week, and we see his compassion in the healing stories. This seems like the perfect time for us to ask Jesus for the healing we need in our lives.

We can take one gospel and pray with it as if we were in the story. Jesus and his disciples cross the sea and as soon as they land, people rush to bring those who need healing to him. We can imagine ourselves seeing Jesus, the crowds gathering, the jostle of people bringing their sick on mats. People yelling for Jesus' attention.

Then we can imagine a moment where Jesus steps away from the throng and takes us aside. With loving eyes he looks at us and asks, "Where do you need healing? Where can I be with you?"

It is there in that powerful moment that we can speak to Jesus as we would a friend. We can search our hearts and ask Jesus for the healing he already knows we need:

"Help me, Jesus, with my impatience with my family. Let me not nag at those I love so much. Heal my lack of compassion for them."

"Touch my heart, Jesus. Give me the selfless love I need in my marriage not to 'keep score'. Only with you help can I continue to be loving.

"Jesus, I become afraid of failing and I feel like one of those people lying on a mat waiting for you to touch my life. Yet when I sense your healing presence coming close, I roll away from you so you don't see me. Give me the courage I need to ask for your healing and to get up and answer your call for me to serve."

When we pray with a gospel, we can carry an image of that prayer with us. All day long we can be aware of Jesus standing with us, ready to heal us, if only we would ask. What is it that needs healing in me this week? Where will I allow Jesus to touch my life?

CAFOD A message from Colette Byrne: CAFOD momentum is slowly starting to build, so if you have anybody in your parish who is keen to hear more, please do put them in touch! Remember once there are more CAFOD volunteers active in the area, the less I will need to liaise with Parish Priests!! In the meantime, we are on the countdown to Lent Family Fast Day which falls on Friday 23rd February 2018. This Lent we are inviting supporters to express their love and compassion for our global family through prayer, fasting and giving. We have been awarded match funding for our appeal. This means donations made between 13 February (Shrove Tuesday) and 12 May will be matched by the UK Government, up to a total value of £5m. Funds raised during this period will need to be sent to CAFOD by 1 July 2018. So I would really like to encourage Family Fast Day support and activity if possible! Please do let me know about it! It's a great opportunity for me to write local press release/social media stories and also, to get to know your parishioners! I am so incredibly grateful for your kind support to me in this role. I'm sure you can appreciate, it's a challenging thing to do across such a widespread area!

Thursday is the Feast Day of **St Josephine Bakhita**, patron of victims and survivors of human trafficking. As a prayer, just Google for her amazing story.