

Readings for Mass today

Zephaniah 2:3,3:12-13

Seek the Lord,
all you, the humble of the earth,
who obey his commands.
Seek integrity,
seek humility:
you may perhaps find shelter
on the day of the anger of the Lord.

In your midst I will leave
a humble and lowly people,
and those who are left in Israel will seek refuge in
the name of the Lord.
They will do no wrong,
will tell no lies;
and the perjured tongue will no longer
be found in their mouths.
But they will be able to graze and rest
with no one to disturb them.

Psalms 145:6-10

How happy are the poor in spirit: theirs is the kingdom of heaven.

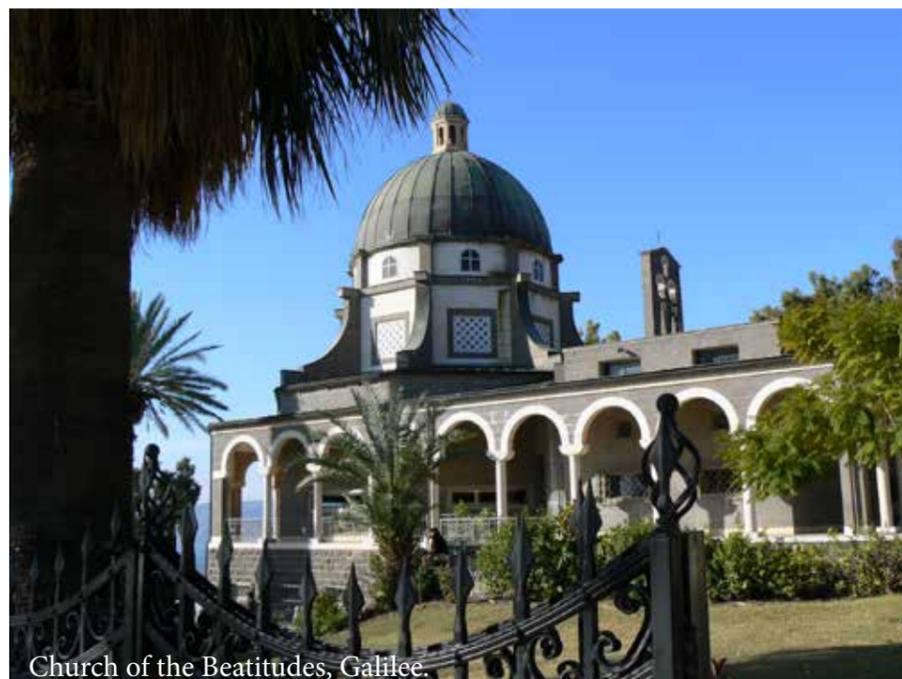
It is the Lord who keeps faith for ever,
who is just to those who are oppressed.
It is he who gives bread to the hungry,
the Lord, who sets prisoners free.

It is the Lord who gives sight to the blind,
who raises up those who are bowed down,
the Lord, who protects the stranger
and upholds the widow and orphan.

It is the Lord who loves the just
but thwarts the path of the wicked.
The Lord will reign for ever,
Zion's God, from age to age.

1 Corinthians 1:26-31

Take yourselves for instance,
brothers, at the time when
you were called: how many of
you were wise in the ordinary
sense of the word, how many
were influential people, or
came from noble families?
No, it was to shame the wise
that God chose what is foolish
by human reckoning, and to
shame what is strong that he
chose what is weak by human
reckoning; those whom the
world thinks common and
contemptible are the ones that
God has chosen – those who
are nothing at all to show up
those who are everything. The
human race has nothing to
boast about to God, but you,



Church of the Beatitudes, Galilee.

God has made members of Christ Jesus and by
God's doing he has become our wisdom, and our
virtue, and our holiness, and our freedom. As
scripture says: if anyone wants to boast, let him
boast about the Lord.

Gospel Acclamation

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

Matthew 5:1-12

Seeing the crowds, Jesus went up the hill. There
he sat down and was joined by his disciples. Then
he began to speak. This is what he taught them:

'How happy are the poor in spirit;
theirs is the kingdom of heaven.

Happy the gentle:
they shall have the earth for their heritage.

Happy those who mourn:
they shall be comforted.

Happy those who hunger and thirst for what is right:
they shall be satisfied.

Happy the merciful:
they shall have mercy shown them.

Happy the pure in heart:
they shall see God.

Happy the peacemakers:
they shall be called sons of God.

Happy those who are persecuted in the cause of right:
theirs is the kingdom of heaven.

'Happy are you when people abuse you and
persecute you and speak all kinds of calumny
against you on my account. Rejoice and be glad,
for your reward will be great in heaven.'



St Nicholas Catholic Church, Boldmere

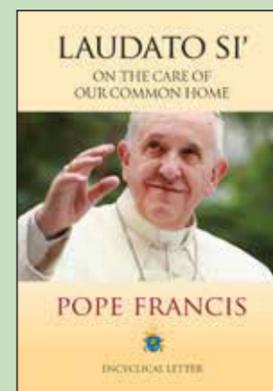
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Telephone: 0121 354 1763 **Email:** stnicholasrc@btinternet.com
Website: www.stnicholasboldmere.co.uk
Parish Blog: www.stnicholasboldmere.wordpress.com

Parish Priest: Fr Allen Morris **E-mail:** frallenmorris@gmail.com
Parish Safeguarding contact: Mrs Ann Foulds (0121 355 7892)
Our Parish is part of the Archdiocese of Birmingham: Registered Charity No. 234216

Have you read *Laudato Si'*?

Laudato Si'? – It is the encyclical which
Pope Francis issued last year on the need
for responsible care of the environment,
the world we live in here and now, and
that we leave to those who come after us.
If you have, do you have any thoughts
as to how we might respond to the chal-
lenge in our parish?
If you haven't would you be interested in
being part of a study group that will read
it together, and see what sort of way for-
ward we might find.

Comments, suggestions etc to Fr Allen
please, so they can be fed into our parish
plans and to a February meeting of priests
and deacons of the Deanery.



Called to Communion:

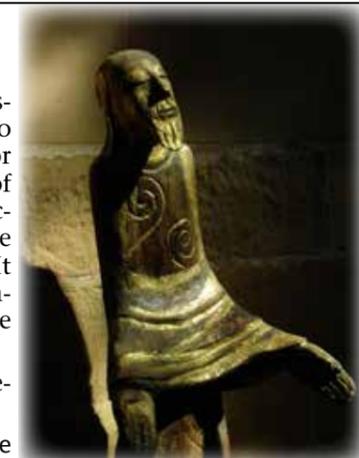
Preparing to Pray

Jesus is present to us in many ways, really present
in many ways. In these ways he comes to
help us into lived relationship with him. For
the salvation that he offers is about a way of
life, united with him. Salvation is not an objec-
tive thing like Monopoly's Get Out of Jail Free
card, to be presented at the appropriate time. It
is about living/learning to live, now, as a mem-
ber of Christ's Body, the Church; fit for the
kingdom of heaven.

Key to this is our living in communion with Je-
sus, attentive to him, responsive to him.

Like most any relationship this does not come
easy. Sometimes we are distracted from the
other by, well the many distractions that can come our way. Sometimes we are
tired and stressed. Sometimes we are just careless and take things for granted.
All the thing that can threaten the health of our other relationships can threaten
our relationship with Jesus.

They do not threaten his relationship with us.
For he has infinite love and patience. We don't:



Continued on Page 3.

Masses Fourth week in Ordinary Time

S	28	1800	Fourth Sunday in Ordinary Time	William Hempenstall (Health) (Hempenstall)
Su	29	0900 1100	<i>Psalter Wk IV</i>	William and Alice Williams RIP (Sawbridge) Thomas Smith RIP
M	30	1000		Violet Waterson RIP
T	31	1000	St John Bosco	Mrs Odyniec RIP (Brennan)
W	1	1900		Maureen Cleary RIP (Sterling)
Th	2	1000	Presentation of the Lord	Holy Souls
F	3	1900	St Blaise	Brian Cunningham - Baptism (Cunningham)
S	4	1800	Fifth Sunday in Ordinary Time	Ints of the Bell Committee
Su	5	0900 1100	<i>Psalter Wk 1</i>	Gwen Lavelle RD (Drozd) Decsd of Kennedy and Connolly Families (K)

Morning/Evening Prayer 15 mins before weekday Mass.

Exposition & Vespers 2nd & 4th Suns, 6-7pm

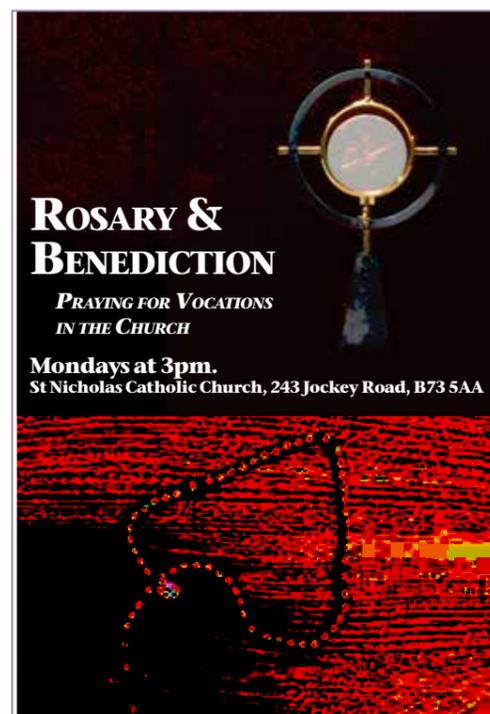
Rosary and Benediction Mondays at 3pm

Reconciliation Sat. 1700-1730 (Exposition until 1740) and by arrangement.

Baptism, Matrimony, Anointing of the Sick: by arrangement

Nourishing prayer at home: livingeucharist.wordpress.com/

Please pray for sick parishioners including Ray Finn, Viv Everitt, Diane Jukes, David Freeman, Peggy Gallagher, Margaret Knowles, Brenda Davies; Tony Lawlor, Leah Burke, Tess Carnero, Joan James, Sarah Johnston, Bridie Moffatt, Bernie Morton, Danuta Evans, Michael McDermott - and also for Fr Gabriel Maguire, our Dean, who is not well. **Please pray for all who have died**, including Noel Moffatt whose funeral is here at 10am on 10th February, Gwen Lavelle, whose funeral is here at 1pm on Tues 14 Feb, and Cath Cecil who died recently and for Rosemary Robinson, Raymond Jones, Luca Atzori, Onie Johnson, Linda Bradley and all whose anniversaries are at this time. **Eternal rest grant unto them, O Lord, may they rest in peace. May their souls and the souls of all the faithful departed rest in peace.**



ROSARY & BENEDICTION

PRAYING FOR VOCATIONS
IN THE CHURCH

Mondays at 3pm.
St Nicholas Catholic Church, 243 Jockey Road, B73 5AA

Next Sunday is the 5th Sunday in Ordinary Time

The readings are Isaiah 58:7-10 / Psalm 112:4-5, 6-7, 8-9
1 Corinthians 2:1-5 / Matthew 5:13-16

The Ordinary of the Mass is found on p200 ff of Laudate.

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Parish

Retiring Collection. There is a retiring collection today for the Homeless Shelter which we are running in the Carpenter's Arms during Lent.

We provide 12 men with a hot evening meal, hot and cold drinks, a bed for the night, a hot breakfast and a takeaway lunch.

Please help us to support some of the most vulnerable people in society.

*£3 buys 1 guest a 2 course evening meal
£2.50 buys 1 guest lunch, a snack and drink
£2 will buy 1 guest a hot breakfast.
£1 will enable 1 guest to help themselves to hot and cold drinks per night.*

Many thanks for your continued support with this project. If you have any questions please contact Mary James at mary007@blueyonder.co.uk.

Welcoming Team and those who help with the Collection each week.

You are invited to meet with Fr Allen for just 15 minutes after the end of Mass you usually attend.

Readers The new rota is available on the website and at the back of the church. Please sign up if you are available to help on Palm Sunday and during the Triduum, please sign up as soon as possible for any service you can read at, so the most helpful rota can be prepared.

Baptism Preparation. The next preparation programme begins on Saturday 25th February from 1130 to 1230, in the Benedict Room. Parents are asked to complete an application form and see Fr Allen before hand.

Travelling Solo The next gathering of the Travelling Solo Group will take place in the Sutton Park Hotel on corner of Jockey Rd/Boldmere Rd after the 11am Mass on Sunday 5th February. All who 'travel alone' - single, the divorced or separated, widows and widowers - are welcome.

Bigger Picture Group; Coming to next meeting of the parish scripture group? Weds 22nd Feb, 7.30pm in the parish house - please note change of date... Please read I & 2 Maccabees to prepare.

Alpha in a Catholic Context 18th February in the Grimshaw Rooms at St

'Preparing for MY funeral'

It may be difficult for our next of kin to make detailed arrangements for our funeral at the same time as they deal with the grief and loss they will experience at our passing. They will be especially hard-pressed to prepare the funeral as we would wish if they do not share our Faith.

It can therefore be a real help to others when we ourselves give thought to our funeral arrangements ahead of time, and let them know what our preferences are, so that when the time comes they can be taken account of to the fullest degree practicable.

Making such preparations can give us peace of mind too, and be an occasion for finding a new assurance of faith by reflecting on, in particular, the various passages from scripture and the songs which the Church provides for funerals. These offer comfort and support at any time, but they are perhaps especially important for us as we enter old(er) age, consider more directly our own mortality, and experience bereavement more regularly.

This sheet, 'Preparing for my funeral' has been prepared to guide you through a consideration of your preferences with regard to the Funeral Liturgy, and highlights additional things you might also like to consider.

Mostly the things to think about in making our funeral arrangements are straightforward ones, However you may find it helpful to meet with your parish priest in order to discuss some of the arrangements for the Funeral Liturgy. Should you wish to meet with him, he will be able to help you consider what is best and practical for your particular circumstances. He will ensure the services are true to the tradition of the Church, as well as appropriate to yourself and those who will gather to pray for you.

Copies of the leaflet are available in the porch, or on the website. On the website are a range of other documents which give more detail of the funeral liturgy and readings approved for use at funerals.

www.stnicholasboldmere.co.uk/funerals-and-praying-for-the-dead.html

Chad's Cathedral, B4 6EU. 10.30-3.30pm.

Society of St Vincent de Paul Information meeting for all interested in sharing in the work of the SVP. 7th Feb at 7.30pm in the Benedict Room.

Guild of St Stephen's Mass of Thanksgiving on Sat 25th March takes place at St Chad's Cathedral at 12 noon.

Ladies Guild 8pm on Weds Feb 1 in the Benedict Room

Diocese

Bright Lights: Catholic Festival for Young Adults. 23-25 Alton Castle. www.brightlights.org.uk



Young Men's retreat. 10-12 February, Alton Castle. www.bcys.co.uk

Job Vacancies: Bishop Ullathorne Secondary School and St Gerard's Nursery and Primary School are each looking for a new headteacher. www.bishopullathorne.co.uk and www.stgerard.bhman.sch.uk for more details; Father Hudson's Care is looking for a **Deputy Community Projects Manager** (Coleshill, 37 hrs pw; Salary, £28-31K) www.fatherhudsons.org.uk

Other



Part Time shop assistant at St Paul's Bookshop in C. Birmingham. 2-3 days pw. Details from Lorenzo at 0121 236 6336.

Catholic People's Weeks (CPW) has been around for 70 years, providing 'holidays that make a difference'. CPW weeks are a chance to become part of a small community, learning and having fun together. The Weeks are themed, with talks, activities and workshops. Some Weeks are 18+, others are all-age events with a parallel children's programme. There is plenty of free time, inc an evening social programme. Liturgies are lively and inclusive. See brochure in the porch; ring 0161 773 2410; or go to www.catholicpeoplesweeks.org.

5 Night Pilgrimage to Knock, Ireland, 24-28 April. £649 pp sharing. Details on notice board or from Patricia Ronane on 07740 175557 or knockpilgrimages@gmail.com

Bethany Food Bank

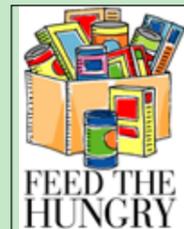
Orphanage Road, Erdington, B24 9HX

Opening Times:

- Tuesday 1130am to 1pm
- Wednesday 1100am to 12noon
- Thursday 1130am to 1pm

Thank you to everyone who regularly supports the Food Bank through our monthly collections.

Next collection is NEXT SUNDAY. Please leave any donation in the porch



Holy Daring

If you work with young people, Archbishop Bernard Longley warmly invites you to attend a conference exploring a vision for youth ministry in the Archdiocese of Birmingham at Alton Castle from 10am - 6.30pm on Sat March 25th .

- Key speaker David Wells will explore the theme of discipleship.

It would be great to have at least two or three people who are involved in this work, in the parish, local schools or elsewhere taking part in the Holy Daring event. If you are interested please let Fr Allen know as soon as possible so a ticket can be reserved for you.

Continued from page 1.

so we need to take care to make the most of what we have.

One helpful way to make the most of what time we can give explicitly to spend time with Jesus - for example at Mass, or in our own private prayer time - is to use some of that time, just to focus, or centre ourselves so we can be ourselves, not distracted or at least less distracted, and capable of being ourselves with him. It can seem wasted time, and indeed in this centring time, the point is, really to stop doing anything, and just allow ourselves to become present to the moment.

There are many ways to do this but two of the most common are to focus on our breathing and to use a simple mantra.

Using your breathing to centre you: Sit somewhere comfortably and quietly where you will not be disturbed. Breathe just a very little more deeply and slowly than usual. Become more conscious of the air entering your lungs when inhaling. After a brief pause notice the air that you exhale - and then, after a brief pause, also the air that leaves when exhaling. Let everything else go, beyond noticing the rhythm of your breathing. Especially let tension and worries go, and anything that preoccupies you. There'll be plenty of time for them again later! For now, leave them to one side and centre yourself in this time, this space, just breathing, and noticing your breathing.

Once you are comfortable with letting your breathing lead you into stillness, you might like to use a word or phrase - two syllables, such as 'Jesus'; or a phrase such as 'Jesus, Son of God/have mercy of me' draw you from the focus on yourself only to an awareness of his presence and love.

This prayer exercise might fill your prayer time, or you might use it simply to still you and focus you for a prayerful time with Scripture or before the Blessed Sacrament, or coming to Mass. Any way, it can help you to greater attentiveness and openness to the presence of God.

SOME REFLECTION QUESTIONS for during the week to help us think more about how we help prayer to have a secure place in our lives.

- Is there a particular time of day that I find prayer comes most easily or fruitfully?
- Is there a particular day of the week that I find prayer comes most easily or fruitfully?
- What helps me make use of these times? What gets in the way?



Pray with Pope Francis

The Pope's prayer intention this month is:

That all those who are afflicted, especially the poor, refugees, and marginalized, may find welcome and comfort in our communities.

To find the Pope's other current prayer intentions please visit <http://www.apostleshipofprayer.org/>



Holy Communion Programme

First Communion Saturday Group. Pilgrimage to St Chad's Birmingham on 4th Feb. Meet outside St Chad's at 2pm - please note change of time. Apologies for change of time, the Cathedral is closed for a service until that time. Details of location of St Chad's on website.

Shrove Tuesday (28 Feb)

It is hoped to have a short pancake party in school after the parish Burning of Palms service which is being held

for First Communion Children and their families at 5pm on 28th February. If any parents are willing to coordinate this, please would they contact Fr Allen as soon as possible.

First Confessions

As mentioned by Fr Allen at the recent parents' meeting arrangements for first Confessions this year have been changed. Parents are now invited to sign up for sessions which will involve smaller groups of children, and so involve less waiting time for families.

The services will begin at 3.40pm and 4.40pm on Tues 14 and Weds 15 March.

When choosing your preferred service, please bear in mind, that each child must be accompanied by a parent, and be present for the beginning of the service.

Forms are available in the porch for parents to indicate their preferences. Places will be allocated on first come first served basis.

