

**Thought for the week**  
**5th Sunday in Ordinary Time**  
**7th February, 2021**

Risen I think, "How slowly evening comes!"  
Restlessly I fret till twilight falls.

Lord Jesus Christ,  
our Divine Physician,  
we ask you to guard and protect us  
and all people from the  
coronavirus and all serious illness.

For all who have died from it ,  
have mercy;

For all who are ill now,  
bring healing;

For all searching for a remedy,  
enlighten them;

For medical caregivers, helping the sick,  
strengthen and shield them;

For all working to contain the spread,  
grant them success;

For those afraid,  
grant peace of mind.

By your grace,  
may you turn the evil of disease  
into moments of consolation and hope.

We abandon ourselves into your  
infinite mercy.  
Amen.

Job's words from our 1st reading will resonate with many of us as we lose count of the number of weeks we've been without our usual freedoms. We may feel miserable and uncertain about what the future holds.

But with the vaccine reaching more and more of us, spirits are slowly being raised – helped also by the sun rising earlier and more bird song in the air as each day dawns. A loud chorus of twittering birdsong from the large sycamore in our back garden the other morning turned out to be from a charm of goldfinches digging around for grubs under the bark. These are moments of joy to be treasured.

Nature continues to lift us and help us get through these difficult days. So too do the little kindnesses we do one another. We smile and say hello to neighbours and those we don't know as we make room for them to safely pass us during our daily walks. While out for a jog the other morning, I stopped at a passing place on the narrow track to allow an older man to pass. He did a little run to save me waiting long and laughed when I said "*Oh no, enforced jogging.*" Later when I ran faster to get around a large puddle so I could let a younger man past, he smiled, shouting, "*It'll be your best time yet!*"

On the quiet road leading to our house, I watched as an elderly man walked along the middle of the road oblivious to the fact there was a car crawling along behind him. I raised my eyebrows and smiled at the community nurse at the wheel. She smiled back in understanding – no tooting of the horn as she patiently gave him time eventually to step away and onto the pavement. There are just little things but they mean a lot when everything is so delicate, so fragile. In these small acts of kindness, God is present.

In Mark's Gospel, we hear how Jesus woke early to take himself away to a quiet place to pray and seek guidance from God. It's comforting to know we can do this too, whether troubled in the middle of the night or in the long stretches of the day, to help us overcome the difficulties ahead.

A Parishioner



## Prayers Please

Please pray for Fr. Giles Goward, former Parish priest of St Anne's who died last week.

Maddy Sharman has asked for our prayers.

Vera Bird has asked for our prayers for her Great, Great Grandson Harry

Please pray for Cecilia Fung, the mother of Fr Jojo. She has had a stroke.

Please pray for Timothy Kehoe, who is very ill.

Prayers please for Antonita's nephew Peppin who remains in hospital due to the coronavirus.

Please pray for Caroline Mikhail (daughter – in - law of Jane and Ramsay Mikhail) who suffered a stroke.

Please pray for Peter Halter's sister Jean who has macular degeneration and for Jean's great grandson Rogan who is 8 and has leukemia. Rogan continues to need our prayers.

Please pray for Ted Cotter (brother of Philomena) who has cancer and is undergoing chemotherapy.

Please pray for children under stress.

Please pray for the residents and staff at the two nursing homes in our parish, Abbeycrest and St Luke's.

Please pray for all victims of the Coronavirus.



**Please also remember in your prayers those whose anniversaries occur at this time including;** Bill Hoban, Eileen(Nevin)Leech, Dennis Goodehied, Joanna Sheeham, Patrick Sullivan, Marie King, Hugh Jerome Morland, Diane Fox, Rex Raven.