

DATES FOR YOUR DIARY

THE SYCAMORE COURSE

We are running the Sycamore module on Prayer at St Martin's Catholic Primary School over six weeks. **This Tuesday 30th January** and continuing to 5th March Beginning at 2.30pm prompt and finishing just before the end of the school day.

Sycamore is a video series about the Christian faith and its relevance to life today.

Everyone is most welcome to attend and there is no need to commit to every session.

YEAR OF PRAYER 2024:

A young diocesan priest, Fr Toby Duckworth, is producing a series of short videos called 'Pause for Prayer.'

The first was released in December introducing the Year of Prayer and the Jubilee.

It can be found on the diocesan website:together with other resources.

<https://www.vocations.org.uk/year-of-prayer-2024>

ST MICHAEL'S QUIZ

WITH FISH AND CHIP SUPPER

10th February, 7.30pm

Teams of 4 recommended

Tickets on sale now

£10.00 per person

Includes fish and chip supper

Drinks will be available on the evening for a donation but please feel free to bring your own bottle

FAMILY BOARD GAME AFTERNOON

Sunday 4th February 2pm — 4pm

For ages 6 and up In the parish hall

Sign up sheet now available at the back of church

This is a free event

WORLD DAY OF PRAYER

Here at St Michael's Church on Friday, 1st March, 6.00pm

Thought for the Week 4th Sunday in Ordinary Time (B) 28th January 2024

In today's Gospel we hear that someone '*possessed by an unclean spirit,*' recognises who Jesus is, calling him the '*Holy One of God.*' On another occasion the possessed person catches sight of Jesus, runs to him and falls down to do him homage. Whatever the nature of the possession there is a knowledge of Jesus' true nature that is hidden to the onlookers.

Why on these occasions does Jesus rebuke the spirit and tell it to be quiet? Why didn't Jesus take advantage of the publicity to help reveal his true nature to the onlookers? Perhaps one explanation is to consider how the spirits address Jesus. Today we hear the spirit saying, '*What do you want with us Jesus of Nazareth? Have you come to destroy us?*' And on another occasion, "*I implore you in God's name, do not torture me!*" Their reaction to Jesus is dread and fear because, being evil spirits, their idea of power is to rule and control by fear. Think of some of the evil regimes of Eastern Europe or the modern slave trade and human trafficking. This type of power crushes a person's spirit, paralyses their growth and removes the joy of living. Jesus didn't want people to believe in him because they were afraid of him, so rebuked the spirit.

Jesus demonstrated his power in a manner that the evil spirits would never be able to understand. To them it would seem like weakness; to allow himself to be humiliated and killed. But his resurrection proved him to be the '*Holy one of God*' and revealed that the power of our God resides in his love, mercy and compassion. These attributes revive a person's spirit, encourages their growth and brings joy to living.

As followers of Jesus we are called to encourage people to flourish and thrive by showing love, mercy and compassion as Jesus did and so release them from any fears that might be paralysing them.

"I have come so that they may have life and have it to the full." John 10:10



**We ask you please, to pray for the following people
who continue to ask for your prayers;**

Please pray for Mary Edwards who has had Hip surgery, after a fall at home, and is now recovering in The RBH.

Please pray for Carl Stitt the Uncle of Krissie for a safe and successful outcome for his heart operation on 25th January .

Thank you for your continued prayers for Robert Brooks who had an operation for Bile Duct Cancer and is still recovering.

Rosemary continues to need our prayers having undergone major surgery, as the recovery will be long and slow.

Please pray for Kim, Paul and Joe Bunton (Joe has severe learning difficulties). Please pray that they get the help they need.

Please pray for Father Paul Rowan who has had a second corneal graft to save the sight in his right eye. The final stage of his cancer treatment is further delayed.

Please pray for Peter Halter's sister Jean who has macular degeneration and for her great grandson Rogan who continues to need our prayers following his bone marrow transplant,

Please Pray for Jim Hardiman.

Please Pray for Maria McNamara's niece who is undergoing chemotherapy. Her name is Alison Flynn née McNamara.

Please pray for Reuben Muston aged 17 (Theresa and Mike Muston's grandson) who had Aplastic Anaemia. He still needs our prayers that he will continue to improve.

Please pray for Beth Selwood.

Please pray for Savanna Clark (aged 2 with eye trouble).

Please pray for Shirley Trollop.

Please pray for Isobel Messenger (Vera Bird's great granddaughter) she has now had her operation to improve her hearing.

Please pray for Simon Keen who is recovering from an operation.

Please pray for Mary Hagger.

Please pray for Vivien Kear (Krissie's friend) who has cancer.

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

Prayers please for Antonita's nephew Peppin who has long covid.



**Please remember in your prayers those whose
anniversaries occur at this time including;**

Anne Marie Agnes Chancellor-Wheale,
Leopold James, Denis and Nora Fogarty, Judith Over ,
Barbara Pike, Irene George, Eugene Herbert,
May McGrath, Noel Pearce, Sean Regan, Margaret Ely
Marie King, Dee Keogh, Jimmy Thompson,
Lilian Tresham, Max Noothout, Derrick Palman.