

WELCOME TO MASS & CHURCH on weekdays & Sundays. You must book for a weekend Mass in our Church. See directions below to comply with the regulations.

FIFTH SUNDAY of Ordinary Time B Day of Prayer for Consecrated Life 7.2.2021

Saturday 6th 6.00pm Ruby Fernandes RIP Anniv. (Murray)

Sunday 7th 9.00am The People of our Parish

February 2021 11.00am In Thanksgiving (MH) This Mass is live streamed

Monday 8th St Josephine Bakhita, Virgin. Day of Prayer for Victims of Trafficking
9.15am Anne Elizabeth Fitzgerald RIP (Recently)

Tuesday 9th 9.15am Holy Souls

Wednesday 10th St Scholastica, Virgin
12 noon Denise Butt & Family

Thursday 11th Our Lady of Lourdes, Principal Patroness of Brentwood Diocese

Pray for the sick 9.15am Fr Michael O'Rourke RIP (FM) World Day of the Sick

Friday 12th 9.15am David Keevil RIP (Keevil)

SIXTH SUNDAY of Ordinary Time B World Day for the Unemployed 14.2.2021

Saturday 13th 6.00pm Fr Enda Keenan RIP (Recently)

Sunday 14th 9.00am The People of our Parish

Mass streamed 11.00am Catherine Ann Gribben RIP Recently (Ives)

SACRAMENT OF PENANCE on request to the Parish Priest

MASS READINGS: FIFTH SUNDAY IN ORDINARY TIME B 7th February 2020

JOB 7:1-7 God said, "I will raise up a prophet and put my words into his mouth"

PSALM 146 Praise the Lord who heals the broken-hearted

1CORINTHIANS 9:16-23 Paul: "I should be punished if I do not preach the Gospel"

MARK 1:29-39 They brought to Jesus many who were suffering from diseases

DIOCESE OF BRENTWOOD WEBSITE: <https://www.dioceseofbrentwood.net/>

DAILY SERVICES WITH MASS: www.churchservices.tv/timetable/

MASS AT WESTMINSTER CATHEDRAL: www.churchservices.tv/westminster

DAILY MASS Leigh-on-Sea: Our Lady of Lourdes Church at <https://lourdesleigh.org/>

Bishops Stortford: St Joseph & English Martyrs: www.churchservices.tv/bishopsstortford

OFFERINGS: Thank you for Offerings of £800 weekly in standing orders, and last week £343, £10 for CAFOD & £20 at the Crib. Offerings can be given to the Priest's House or online at: www.dioceseofbrentwood.net/donations?parish=epping//

STAY SAFE IN CHURCH: We have heard churches are being checked to ensure correct procedures are followed to prevent the spread of Covid19. Cleaning and ventilation are essential. Three times in two weeks our Diocese has sent us instructions to protect people and limit the spread of this dangerous virus. In Epping Forest, we are in one of the most infected areas of England. **Everyone must wear a mask or a face covering in church**, except when reading. **We must sanitise our hands on entering and leaving church and keep social distance of 2 meters (6 feet), not interact** with people inside or outside church who are not in our group - **scan the QR code or register on attending church** for track and trace as we enter or leave the church. If you display Covid like symptoms, have tested positive for Covid19, or been instructed to quarantine, you must not come to church but follow the directions given by the National Health Service and the Government.

The Immaculate Conception Catholic Church



11 Church Hill, Epping, Essex, CM16 4RA

Parish Priest: Father John McGrath Tel: 01992 572516

Deacon: Rev Duncan Whitehouse Tel: 01992 577173

Email: epping@dioceseofbrentwood.org

Website: www.eppingcatholicchurch.co.uk

Registered Charity Number: 234092

Our parish is twinned with Thistle Grove & Lebohang Parish in the Diocese of Dundee, South Africa

FIFTH SUNDAY in ORDINARY TIME (B) 7th February 2021

Dear Friends,

"In the morning, long before dawn, Jesus got up, left the house, and went off to a lonely place and prayed there" (Mark 1:29-39). St Mark shows Jesus busy with the mission he had to complete in a short time. In the midst of activity he went off to spend time in prayer, alone with God. Through communion in prayer with his Father, the Spirit empowered Jesus "to go about doing good". During his mission of preaching and healing, working miracles or casting out of devils, Jesus prayed and told his disciples to pray for the strength to resist weakness. He prayed on the night before he chose his apostles and prayed for them and for us in his Priestly Prayer at the Last Supper (John Ch.17). He prayed in agony in the garden to do his Father's will and his last prayer on the Cross was to forgive his enemies.

Life can be busy as we can preoccupy ourselves with little things. We can find it difficult to tear ourselves away from what we are doing to spend time alone with God in prayer. We may feel like not praying and find it holds no reward for us – that was the experience of St Teresa of Calcutta for many years.. During or after prayer we may feel no closer to God and wonder what is the point. In praying at such times we offer our best prayer to God, for we go against our own instincts and sacrifice our time to him. We also know that God blesses all who pray and Jesus prays for us and with us to the Father (Jn.17). St Paul tells us the Holy Spirit living in us offers to the Father the prayer that we are incapable of making ourselves, and that his prayer is in keeping with the mind of God (Rom.8:26).

We need to pray alone in private and in public with and for people in church. We should pray thanking God in the morning for bringing us to a new day and ask him to protect and bless our families and ourselves during the day. We could pray the Rosary, even one decade in the car with children on a school run, or going to work. We pray at night thanking God for the good things of the day, begging his forgiveness for our sins and asking him to protect our family and us during the night. We can pray using our phone, Tablet or the Psalms in the Bible. We pray to God as we make important decisions, face difficulties or in support of those who are vulnerable or ill, especially those who are struggling in this time of pandemic.

In turning to God in prayer, it shows that we depend on him and not ourselves alone, for we are asking him to come to our aid and to be our protector and Saviour.

May God bless and protect you and your families. Fr John

FIRST HOLY COMMUNIONS 2021: Parents wishing to prepare their child for First Reconciliation & Holy Communion in 2021 should have completed the Application Form in the porch or attached to this Newsletter. Children should be in school Year 3 or older in 2020/21 and been regular Mass attenders, until the lockdowns. Please post or email the completed form to our Parish Office. Details of the arrangements for programme will follow very soon.

HELP US TO LIVESTREAM MASS: We need more helpers to live-stream Sunday Masses 11am. The system is set up but we need more help. You only need to help every few weeks on a rota basis. You can be youth to senior, and need not be a technical wizard - just at ease with a laptop and follow a system. Step-by-step instructions and training will be given. Please contact Fr John if you can help!

HELP AS A STEWARD / USHER IN CHURCH: We thank our Stewards and Ushers in church who ensure we comply with Covid regulations. We need more helpers for this role to **keep people safe. Please contact our Parish Office if you can help: email admin@eppingparish.plus.com or phone 01992 572516.**

FACEBOOK GROUP: Our parish Facebook Group posts daily updates and links to parishes & activities in our Diocese. James Ryan manages and monitors the input for security and relevance. If you wish to join this group, just click on the link below: <https://www.facebook.com/groups/26415423943/?ref=share/>

LIVESTREAM MASS FOR THE FEAST OF OUR LADY OF LOURDES: World day of Prayer for the Sick, Thursday 11 February 7pm. Mass from St Edward the Confessor Romford, will be celebrated for all who would have been due to travel with HCPT and Diocesan pilgrimages this year. In time of pandemic, the graces and prayers of Lourdes are especially important, and all are welcome online. Music from young musicians of the Brentwood Catholic Youth Service, will be Lourdes songs and hymns YouTube link: <https://youtu.be/2R11GCARDQM>

LENTEN TALKS: Bishop John Arnold is the first speaker in a weekly series of Lent talks focused on the **Catholic response to Climate Change**. He is speaking on **Thursday 18th February** 7.30 – 8.30pm. Talks continue Thursdays of Lent via Zoom. To register email jane@catholicclimatemovement.global and for details of this area of Catholic life and faith go to www.catholicclimatemovement.global

HELP FOR SHOPPING etc. In the lockdown, parishioners and people who need prescriptions collected, something from the shops, letters posted or someone to chat to on the phone, please call Fr John at the Priest's House on 01992 572516 and he will put you in touch with a willing helper who would wish to assist you.

PRINCESS ALEXANDRA HOSPITAL **Send Messages to Loved Ones in hospital.** Family members and friends of inpatients can send or collate personal messages to paht.messagestoalovedone@nhs.net A special phone **01279 868128** is available **from 10am to 12noon on weekdays**. Video calls can be made to patients on John Snow and Locke Wards, Kingsmoor and Harold, Lister Wards, **from 2 to 4pm every day**. Details from paht.virtualvisiting@nhs.net

WE PRAY FOR OUR PARISHIONERS WHO DIED RECENTLY:
ANNE ELIZABETH FITZGERALD RIP, who died on Thursday, 14 January. Her Funeral Service will be celebrated on Monday 8th February, at Greenacres, North Weald. **May she rest in peace and rise in glory.**

BRIDGET MAJOR, RIP, who died on Wednesday, 20th January. Her Funeral Service will be celebrated on Monday, 15th February, at Greenacres, North Weald. **May she rest in peace and rise in glory.**
We offer our sympathy to and prayers for their families and the repose of their souls. May the Lord send his Holy Spirit, the Comforter, to console them and all who mourn for loved ones at this difficult time.

ANNIVERSARIES: Patrick O'Loughlin, Margaret George, Margaret Beales, Carmen Henry, Fr Francis Richardson (6/2), Grace & Robert Naphthine, Betty Marsh (7/2), Ian Campbell, Kathleen Schofield, Edward Nicholls, Gus Brooks, William Deary, Patricia Hotman, Fr Alan Wilcox (8/2), Mina Higham, Canon Bernard Manning (9/2), Oswald Pelosi (10/2), Arthur Waller, Mel Gaughan, Nora Clark, Fr Donald Mills (11/2), Sperry DeSilva, Mary McCarron, Fr John Garrett (12/2), Edith Teasdale, George Tedder, Fr Charles Snell (13/2), Agnes Butcher (14/2) **Lord, grant them eternal and let perpetual light shine upon them.**

We offer our sympathy to and prayers for all who mourn and pray that the Lord sends his Holy Spirit, the Comforter, to console and strengthen them.

PRAY FOR OUR SICK AT HOME & IN HOSPITAL & CARE HOMES:
May the Lord heal them with the power of his Spirit.

EASYFUNDRAISING: We have registered with easyfundraising which means you can help us for FREE. Over 4,000 shops & sites will donate to us when you use easyfundraising on shopping with them – at no cost to you! You only need sign up and remember to use easyfundraising when you shop online. It's easy & FREE. If you want to know how it works, email our Parish Office. www.easyfundraising.org.uk/causes/catholicchurchepping/?utm_campaign=raise-more&utm_content=en-n1.

VOLUNTARY ACTION EPPING FOREST gives relief boxes to households & individuals who struggle money-wise partly due to Covid 19, have a base in Thornwood. Contact Nick on **07967726851** or its befriending service on **07708171116** <https://vaef.org.uk/covidresponse@vaef.org.uk>

EPPING FOREST FOODBANK now needs these items: Instant Mash, UHT Milk, Tinned Spaghetti, Vegetable Noodle Packs, Microwaveable Rice Pouches, Small Couscous Packs. Small Jars of Coffee, Sponge Puddings, Hot Chocolate, Small Jars Of Peanut Butter, Chocolate Bars, Snack Bars/ Snacks, Halal Corned Beef, Reusable Face Masks, Hand Sanitiser (70% Alcohol Content), Female and Male Deodorant, Hair Shampoo, Conditioner, Toothbrushes, Toothpaste, Laundry Tablets, etc. **If you can help, please place your gifts & donations in the box in the sacristy porch of the church. Your generosity will be greatly appreciated.**

CATHOLIC PARISH OF EPPING The Immaculate Conception

HOW TO STREAM MASS FROM EPPING at HOME

Sunday Masses at 11am in our Church are live streamed. The live stream from Epping Catholic Church will be on You Tube .

You do not need a Youtube account to watch. Using a laptop, computer or mobile phone, you can follow the instructions below. You need speakers or headphones if your device does not have a built in speaker. If you have a smart TV, you can pair a device (such as mobile phone or iPad or tablet) to watch it on your television.

To view the Mass search: **The Immaculate Conception Catholic Church, Epping** and visit the channel where you will find the live stream. All you need to do is click on the live video.

If you have difficulty, type the URL (web address) into the address bar:
youtube.com/channel/UCAbSuwE8X5AOaugAT35hREw

If you have a mobile phone simply scan this QR code to take you to the channel :



Please let us know if you have any problems and we will try our best to help.

ST ELIZABETH'S CENTRE AT MUCH HADDHAM caters for about 200 people with epilepsy, autism and other complex disabilities. It has a home for over 100 adults and a school and further education college for ages 5 to 19, with residential provision and a large nursing department. Founded in 1903 by the Daughters of the Cross of Liege, it employs 650 staff and is set in beautiful grounds near Harlow. The Centre now needs volunteers to join its advisory committees. If you have a background in care, education, nursing, medicine, social work or law, or an interest in contributing to the work of the Centre for a few hours a month, please contact Sister Annette Clemence on 01279 843451 or Paul Ives 01992 577104, to hear what may be involved and how you can help.

THE CATHOLIC UNIVERSE is on sale in the porch! We can no longer supply it free but if you wish to order it please contact our Parish Office.

IT IS MOST IMPORTANT THAT YOU BOOK TO ATTEND A WEEKEND MASS IN EPPING CATHOLIC CHURCH

Due to restrictions imposed by the Coronavirus pandemic regulations our church is limited to 55 people attending Mass where they are from the same household, or 23 individuals. To avoid the risk of people being told on coming to church that it is full and one cannot go in, it is important to book a place at a particular weekend Mass.

1. If you will attend the same Mass every weekend, your name will be put on the list permanently for that Mass. If you cannot come on a particular weekend(s) please notify us so that places can be allocated to others.
2. Please notify Deacon Duncan by 5pm on the previous Friday for attendance at a weekend Mass on Saturday at 6pm or Sunday at 9am or 11am. Bookings for multiple weekends can be made at the same time. If you are changing or cancelling a booking you have made for a particular Mass, please do so by Friday at 5pm.
3. To make bookings for weekend Masses, change or cancel a booking email **Deacon Duncan** at duncanjcwhitehouse@gmail.com or phone him on 01992 577173. If we are over-subscribed for a particular Mass, he will contact you. The 5pm deadline for bookings on Fridays allows time for you to make other arrangements and free up a place for others.

PRAYER IN TIME OF CORONAVIRUS

God our Father, Creator of the world, almighty and merciful, out of love for us, You sent your Son into the world as the doctor of our souls and bodies. Look upon your children who, in this difficult time of confusion and dismay in many regions of Europe and the world, turn to you seeking strength, salvation and relief. Deliver us from illness and fear, heal our sick, comfort their families, give wisdom to our rulers, energy and reward to our doctors, nurses, carers and volunteers, grant eternal life to the dead. Do not abandon us in time of trial but deliver us from all evil. We ask this of Thee, who with **your** Son and the Holy Spirit, lives and reigns for ever and ever. Amen.

Mary, Mother of health and hope of the sick, pray for us!

BRENTWOOD DIOCESAN DIRECTORY 2021 is on sale at the church for **£2.80**. It gives details of the parishes, churches and Mass times, prayer groups, schools & hospitals and chaplaincies and the Liturgical Calendar, etc.

LOOK SHEETS for young children are available in church for collection

ICHTUS SHEETS for older Primary School children explains the Mass

CHILDREN'S LITURGY: <https://cafod.org.uk/Education/Children-s-liturgy>

LENT starts on Ash Wednesday, 17 February Masses at 12 noon & 8pm