

## The Sunday Message from Fr Antonio

We read all sorts of health warnings or advice on diets and the importance of exercise ... but all too often we just move on to the next news article and ignore what we've just read. We are not willing to change our eating habits. We are not willing to make the effort to go to the gym.

Knowledge without willpower is useless. Schools and the government dedicate much time and money in sex education but this knowledge has not stopped the alarming increase in sexually transmitted diseases and unwanted pregnancies. Another example is the tragic problem of world hunger. With modern science, medical advancements and rapid communication, we have the knowledge to solve the problem, but do we have the willpower?

We need a change of heart, we need to repent. In this Sunday's Gospel reading, Jesus tells us to repent and believe the Good News. To repent means to change in two ways: to change our way of thinking and then our way of living. Jesus began his preaching with the message to repent and believe. Notice that he said repent before believe. This is because it may be necessary to make changes within ourselves before we can make an act of faith.

Believing is more than mentally accepting what is said in the Bible or what the Church teaches. There are people who fully believe while they are bitter and cruel. Believing must come with a willingness to change attitudes and behaviour. Believing means giving our hearts to God not only in the way we think but also in the way we act.

*Fr Antonio*

## Parish Note Friday 22nd January 2021 and the Sunday Message from Fr Antonio on the Third Sunday in Ordinary Time

Bishop's Stortford - St Joseph & The English Martyr <bishopsstortford@rcdow.org.uk>

Fri 1/22/2021 3:52 PM

To: Bishop's Stortford - St Joseph & The English Martyr <bishopsstortford@rcdow.org.uk>

 1 attachments (15 KB)

The Sunday Message from Fr Antonio.docx;

Good afternoon

Please find attached the Sunday message from Fr Antonio which can also be found on the news section of our website.

Well, it's been another busy week! We have seen the inauguration ceremony of the new President of the United States, accompanied by the 'Wet wipe Guy' in his duffle coat and tartan scarf, who dutifully sanitised the lectern (albeit not up to the high standard that we have in the Church!), many of our Parishioners have thankfully started to have their first vaccine jab and there are Easter Eggs and Hot Cross buns already in the shops!

Fr Peter and I had a conversation the other afternoon about such treats, which somehow developed into a culinary discussion on what tastes nicest on the top of a toasted crumpet. I think that I am more of a traditional butter and a thin scraping of jam kind of gal, whereas Father had experimented with scrambled egg delicately topped off with anchovies. Having been tempted by Fr Peter's top crumpet tips, I must confess to now having bought some, along with my first early pack of hot cross buns too, which I have been enjoying each day for breakfast.

It is said that different parts of the hot cross bun have a certain meaning. The cross represents the crucifixion of Jesus, and the spices inside signify the spices used to embalm Him. Some believe that the hot cross bun originated from St Albans, where Brother Thomas Roccliffe, a 14th Century monk at St Albans Abbey, developed a similar recipe called an 'Alban Bun' and distributed the bun to the local poor on Good Friday, starting in 1361.

In 1592, during the reign of Elizabeth I, it was forbidden to sell hot cross buns and other spiced breads, except at burials, on Good Friday, or at Christmas. If you broke the decree then you had to give all of your buns to the poor. As a result, hot cross buns were primarily made in home kitchens. Further attempts to suppress the sale of them took place during the reign of James I of England/James VI of Scotland (1603-1625).

The first definite record of hot cross buns apparently comes from a London street cry and appeared in Poor Robin's Almanac in 1733: "Good Friday comes this month, the old woman runs. With one or two a penny, hot cross buns"...

**IMPORTANT NOTICE RE PLANNED GIVING ENVELOPES-** We have to order and pay for the 2021 Planned Giving envelopes this week. If you have moved to a direct debit/ standing order or **no longer wish to receive a box of envelopes** which will start 11 April 2021 onwards, please may you kindly let the Parish office know by this Wednesday, so that we do not encounter any unnecessary additional expense. Every box of envelopes is individually numbered which specifically relates to an individual donor and their Gift Aid record. Due to regulations on Gift aid, we are not able to reallocate the envelopes for other parishioners to use. If you wish to become a new Planned giver, please also contact the Parish office. Thank you very much.

**PLEASE KEEP IN YOUR THOUGHTS AND PRAYERS** - the family and friends of Stella Peace RIP who sadly died recently.

*Eternal rest grant unto Stella O Lord and let perpetual light shine upon her. May she rest in peace Amen.*

Please also remember all those that are currently sick or in hospital, the children and residents at St Elizabeth's Centre, all those currently isolated in care homes, our housebound, elderly and frail and all those who care for them.

**NO MASS** - Apologies, but on Monday 25th January 2021, but there will be NO 9.30am Parish Mass at St Joseph's due to there being a Requiem Mass for Ann Neary RIP. Please keep Ann and her family in your thoughts and prayers. Thank you to Duncan Lane and Ann Wocjik for their kind assistance with the arrangements.

**ZOOM** - Thank you to John and our 9am Sunday Mass Musicians who join together each week to celebrate the livestreaming of the Mass via Zoom, followed by a virtual tea/coffee afterwards. Everyone is welcome to join, please click on the link below.

Topic: Family Mass via Zoom during lock-down (music starting at 8:45am)

Time: Jan 24, 2021 08:30 AM London

Every week on Sun, until Apr 4, 2021, 13 occurrence(s)

Jan 24, 2021 08:30 AM

Jan 31, 2021 08:30 AM

Feb 7, 2021 08:30 AM

Feb 14, 2021 08:30 AM

Feb 21, 2021 08:30 AM

Feb 28, 2021 08:30 AM

Mar 7, 2021 08:30 AM

Mar 14, 2021 08:30 AM

Mar 21, 2021 08:30 AM

Mar 28, 2021 08:30 AM

Apr 4, 2021 08:30 AM

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: [https://us02web.zoom.us/join/tZ0od-GogT8rHdIH0V5EvYx0CrmCXM8IRh-5/ics?icsToken=98tyKuGhqzsiGtORsR6BRpx5GYigWfTwtilcgqd0tE\\_TVgVFWxumFfBPEYpSSNTi](https://us02web.zoom.us/join/tZ0od-GogT8rHdIH0V5EvYx0CrmCXM8IRh-5/ics?icsToken=98tyKuGhqzsiGtORsR6BRpx5GYigWfTwtilcgqd0tE_TVgVFWxumFfBPEYpSSNTi)

Join Zoom Meeting

<https://us02web.zoom.us/j/89508074176?pwd=TE9YWjQzb01hdmhXbVZibGpuY1hDZz09>

Meeting ID: 895 0807 4176

Passcode: 2021

One tap mobile

+442039017895,,89508074176#,,,,\*2021# United Kingdom

Dial by your location

+44 203 901 7895 United Kingdom

Meeting ID: 895 0807 4176

Passcode: 2021

**THE DAD'S GROUP** - are currently meeting on the second Tuesday of the month via Zoom.

The Zoom Meeting details are:

Topic: Dad's Group

Every month on the Second Tue, 8 occurrence(s)



Feb 9, 2021 08:00 PM  
Mar 9, 2021 08:00 PM  
Apr 13, 2021 08:00 PM  
May 11, 2021 08:00 PM  
Jun 8, 2021 08:00 PM  
Jul 13, 2021 08:00 PM  
Aug 10, 2021 08:00 PM  
Sep 14, 2021 08:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/89665153775?pwd=YUgyV00yd2pnS3htNTJGTzJkNzIDQT09>

Meeting ID: 896 6515 3775

Passcode: 001205

**A CATHOLIC FORMATION' LENT COURSE'** - During Advent, the Dad's Group ran an exciting new Catholic formation course, Sycamore. We are now looking ahead to Lent and planning on running a six-week course on Zoom with all new content!

The course is structured to provide parishioners with the opportunity to share and grow in their faith together as a community. Each week we will come together, sharing our news and a prayer, before we watch a short video about the week's topic, breaking briefly during the video to reflect as small groups on the topic.

The Lent Course will run every Wednesday for 6 weeks, starting on Wednesday February 24th at 7:30pm.

Please feel free to invite your friends/family from both inside and outside the parish. We are looking forward to sharing this exciting new course with you all!

If you want to know more about Sycamore before the course, all the Sycamore resources are freely available on-line at: <https://www.sycamore.fm/>

There is also feedback on the Advent course from attendees on the parish website.

There is no need to have attended the Advent course, or to attend all 6 weeks of the Lenten courses.

### **Session 1: THE EXISTENCE OF GOD**

Why bother thinking about religion? Five reasons not to believe in God. Arguments for the existence of God?

### **Session 2: WHO IS JESUS?**

He came to bring life to the world. The Saving Death of Jesus. The light of the Resurrection.

### **Session 3: THE HOLY SPIRIT AND THE CHURCH**

How the Holy Spirit can change your life. No one gets into heaven alone. Why we need signs, symbols and sacraments.

### **Session 4: THE GIFT OF FAITH**

What is faith? Are there good reasons to believe? How to take a step of faith.

### **Session 5: FINDING TRUE FREEDOM**

Is there such a thing as right and wrong? Where can we find moral guidance? How do you discover your true identity?

## **Session 6: THE MEANING OF LOVE**

What is love? How to love your neighbour. Knowing the love of God.

If you are interested in attending the course, please contact: John Wright (johncharles.wright70@gmail.com) or David Wilkinson (wilkinsondavid@mac.com) or the Parish Office to register and get the Zoom login details.

**THE CATHOLIC UNIVERSE AND CATHOLIC TIMES READERS IN THE PARISH:-** To have the Catholic Universe or the Catholic Times delivered direct to your home every week, POST FREE. Please go to [www.thecatholicuniverse.com](http://www.thecatholicuniverse.com) or call them on 0161 820 5722 and they will arrange for you.

**SPECIAL OFFER 3 MONTHS :-£25.00 12 Months:- £99.00 OR DIGITAL COPY:- 12 Months: £55.00**

**GLOBAL HEALING** -The Global Catholic Movement invites you to "Global Healing." In 2015, Pope Francis published his ground-breaking letter on the environment Laudato Si'. Since then, millions of people worldwide have joined the global movement to address the environmental crisis our world is facing. This Lent, we are inviting YOU to join us for a series of reflective evenings with inspiring speakers, prayer and discussion, using the film-based resource "Global Healing". These engaging documentaries will inform and challenge people to respond to Pope Francis' call to Care for Our Common Home. Suitable for all who are concerned about what is happening to our world and who want to take action.

When? Six Thursdays from 18th February – 25th March 2021, 7.30pm – 8.30pm How to join? To register please visit <https://zoom.us/meeting/register/tJcvcOuugzsvEtMBwz2hxBzhvwy0hcgyoEb>

or email [jane@catholicclimatemovement.global](mailto:jane@catholicclimatemovement.global) Hosted by GCCM Laudato Si' Animators in the UK.

**SAWBRIDGEWORTH EVANGELICAL CONGREGATIONAL CHURCH(SEC)**are looking to start a community pop up shop, where those whose budgets are stretched can come to the Church and fill up a shopping bag for free. They are seeking donations of toiletry items, toothpaste, shampoo, nappies, sanitary products, washing powder, wipes, powdered milk, tinned foods, tea, coffee, squash, pasta, rice etc and also coats, hats, duvets and bedding. Donations can be deposited at the SEC, London Rd Sawbridgeworth on Wednesday 12-1pm or Saturday 9-10am or alternatively Mackays in Bell Street on Monday/ Tuesday/ Thursday and Friday 10am-12pm. Please call 01279 722373 for more info or email [office@secchurch.org.uk](mailto:office@secchurch.org.uk)

**CAFOD** -Join CAFOD online on Saturday 30th January from 1030am to 1230 and listen to CAFOD's representative live from Ethiopia talking about how your support is enabling communities gain access to clean water. Contact [westminster@cafod.org.uk](mailto:westminster@cafod.org.uk) for registration link and further information.

**MARRIED SINGLES LIFESTYLE** –The Married Singles Lifestyle describes couples that may have lost a sense of closeness they once had as marriage partners and are living more like roommates. 'Retrouvaille' teaches couples how to survive times like these in their marriages. This programme has helped 10s of thousands of couples experiencing difficulty at all levels of marital distress from disillusionment to deep misery. There is no group therapy or group work

For confidential information about 'Retrouvaille' or to register the next programme commencing with a Virtual weekend on 25th – 28th February 2021, Call or text 0788 7296983 or 0797 3380443 or Email [retrouvailleukinfo@gmail.com](mailto:retrouvailleukinfo@gmail.com) - or visit [www.retrouvaille.org.uk](http://www.retrouvaille.org.uk)

**VACANCY AT ST ELIZABETH'S** - Lay Chaplain. Salary - £29,909 - £33,071 We are currently recruiting for a Lay Chaplain to join us here St Elizabeth's Centre. Working alongside our Senior Leadership Team you will be



responsible for ensuring the Catholic identity of the centre is developed and celebrated. Closing Date: Wednesday 10th February 2021 Interview Dates: w/c 22nd February 2021

To apply and to find out more information about St Elizabeth's, please visit our website: [www.stelizabeths.org.uk](http://www.stelizabeths.org.uk) or telephone 01279 844524 for an informal discussion regarding the role.

**ST ELIZABETH'S ENTERPRISE SHOP** - For handmade gifts, crafts, ceramics and even delicious apple juice please visit St Elizabeth's Enterprise shop <https://www.stelizabeths.org.uk/services-for-adults/enterprise-shop/>

**STREET PASTORS** - Lockdown has kept us at home recently, but we have continued with our full training programme and have met online to pray and consider how we will meet the needs of others when we are back out on patrol. We know we are going to be busier than ever as people struggle with the effects of the pandemic. We want EVERY Church in Bishop's Stortford, Sawbridgeworth and surrounding villages to be involved in our work. Most of all, we need your prayers. We ask that you cover our work in prayer; in your services, your house groups and in your homes.

Our current priority is to appoint a new Secretary and a new Treasurer. Could you help us? Our Management Team meet about 4 times per year, so it is not very onerous. Support will be given. Although times are hard for us all, we do ask every Church to make a financial commitment to us each year. It costs around £7,000 to keep our organisation running. Donations from individuals are also welcome.

How about joining us as a volunteer—a Street Pastor or a Prayer Pastor? Email [bishopsstortford@streetpastors.org.uk](mailto:bishopsstortford@streetpastors.org.uk)

**YOUNG CARITAS** -The first event of the year will be a Virtual Pub Quiz and Social on 26th January at 6.30pm. This event is open to young people aged 18-30, interested in meeting others with a passion for social justice. Register at <https://www.eventbrite.co.uk/e/132916957197>

**CARITAS VOLUNTEER EVENT**- "Step Forward in Love" Online Event Wednesday 10 February from 11am -1pm Whether you want to try volunteering for the first time or are looking for a new role, come and find out what volunteering opportunities are out there at the moment. Please register at <https://www.eventbrite.co.uk/e/caritas-volunteer-fair-tickets-135713539851>

**SUPPORT FOR CATECHISTS** - The series of monthly online reflection evenings, reflecting with Saints and Blessed of Catechesis, continues on Monday 1st February, from 7.30pm to 8.15pm, via Zoom. Registration essential in order to receive the link. Register at [catadmin@rcdow.org.uk](mailto:catadmin@rcdow.org.uk)

**CCRS FOR CATECHISTS**- In conjunction with Westminster Education Service, this additional 18-month/2-year formation course is available for catechists with professional modules in catechesis. The next course begins 1st as soon as possible; for bursary application forms, contact Anna Dupelycz at [annadupelycz@rcdow.org.uk](mailto:annadupelycz@rcdow.org.uk). [ccrs@rcdow.org.uk](mailto:ccrs@rcdow.org.uk) as soon as possible; for bursary application forms, contact Anna Dupelycz at [annadupelycz@rcdow.org.uk](mailto:annadupelycz@rcdow.org.uk).

**READ THE BIBLE IN A YEAR** - Make it your New Year's resolution to read the entire Bible in 2021. In the Bible in a Year podcast, Fr Mike Schmitz from Ascension walks you through the entire Bible in 365 episodes, providing commentary, reflection, and prayer along the way. Unlike any other Bible podcast, Ascension's Bible in a Year Podcast follows a reading plan inspired by The Great Adventure Bible Timeline, a ground-breaking approach to understanding salvation history developed by renowned Catholic Bible teacher Jeff Cavins. With this podcast, you won't just read the Bible in a year ... you'll finally understand how all the pieces of the Bible fit together to tell an amazing story that continues in your life today!

See our website for more info -<https://rcstortford.org.uk/bible-in-a-year/>

**PARISHIONERS OF THE WEEK** - This week, I would like to pay tribute to those parishioners employed in our local supermarkets and shops who have been working continuously throughout the entire lockdown. I heard a disturbing story the other day about a young shop worker in the town, who, when attempting to display reduced food items was 'mobbed' by customers not keeping their distance. Please keep them in your

thoughts and prayers, remembering that kindness, patience and gratitude can make a real difference and costs nothing. It might just make their already difficult day a little easier..

To finish this week, Fr Peter shared a lovely Christian Unity Covid prayer..

*May we who are merely inconvenienced remember those whose lives are at stake.*

*May we who have no risk factors remember those most vulnerable.*

*May we who have the luxury of working from home remember those who must choose between preserving their health or making their rent.*

*May we who have the flexibility to care for our children when their schools close remember those who have no options.*

*May we who have to cancel our trips, remember those who have no place to go.*

*May we who are losing our margin money in the tumult of the economic market remember those who have no margin at all.*

*May we who settle in for a quarantine at home remember those who have no home.*

*As fear grips our country let us choose love.*

*During this time when we cannot physically wrap our arms around each other let us yet find ways to be the loving embrace of God to our neighbours.*

*Amen.*

I hope that you have a very happy and healthy week.

Best wishes

Debbie

#### **Parish Administrator**

*(Mon- Fri 9am - 3pm)*

#### **Catholic Parish of Bishop's Stortford**

*St Joseph and the English Martyrs, Bishop's Stortford*

*Holy Cross, at St Andrew's, Church Lane, Much Hadham*

*Most Holy Redeemer, Sayesbury Road, Sawbridgeworth*

3 Windhill, Bishop's Stortford, Hertfordshire, CM23 2ND

Telephone: 01279 654063

email: [bishopsstortford@rcdow.org.uk](mailto:bishopsstortford@rcdow.org.uk)

Parish Website: <https://www.rcstortford.org.uk>

Follow our Live streaming on [www.churchservices.tv/bishopsstortford](http://www.churchservices.tv/bishopsstortford)

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