



Image of Christ from the cupola of Pammakaristos Church, Istanbul, Turkey

Capernaum is the base for Jesus' ministry in Galilee and the incident in the synagogue there is the first public act of Jesus' ministry after his rather private gathering of companions for his mission.

The story of the exorcism on the sabbath is the first of four such encounters between Jesus and demonic powers. The mention of the "unclean spirit" simply tells us that there was something wrong with the person concerned: it is the opposite of what is (ritually, not morally) holy, that is, reflecting God with whom the fullness of life and being a complete human being is associated. Jesus' acts of power, commonly known as "miracles", are examples of the kingdom of God breaking into situations in human existence where a person is somehow impeded from enjoying full health.

In a way, this incident confirms publicly Jesus' identity as "the Holy One of God", recalling the private announcement to Jesus himself at his baptism. It is a feature of Mark's writing that supernatural forces perceive who Jesus truly is, unlike the human characters in the story. This initial encounter with the forces of evil shows Jesus as the stronger one, who has authority over such hostile beings and can subdue by the power of his word. The people react with astonishment to the successful exorcism and declare that the word of Jesus' teaching is different from that with which they are familiar, namely that of their scribes, as mentioned at the beginning of the passage. The exorcism enhances Jesus' authority as a teacher and Mark also presents Jesus as a mysterious figure who provokes questions about himself, as throughout the Gospel narrative people will ask, "Who is this...?" ■

## REFLECT

In Mark's version of the Good News, Jesus is presented as a teacher, but there is little record of what he actually said. Generally, Jesus teaches through his deeds, which is often a more effective way of communicating a message. His acts of power ("miracles") illustrate God's saving action in the human realm.

In Matthew's Gospel account, Jesus describes the gates of hell not being able to prevail against the Church. This description suggests the Church as being on the attack, entering the stronghold of evil and sin. Too often, we think of sin in personal, individual terms, what we ourselves do wrong. In

the Bible, sin is usually something social, something seriously wrong in the way in which human affairs are organised: the existence of poor people is seen by the prophets as an indictment of society, not an unfortunate, inevitable by-product of the economic system.

If we are to continue Jesus' mission today, then the Church has to confront those forces which deprive people of what they need to flourish as human beings. But the Church is not the bishops: the Church is the people of God. As such, the word of God has a message for us today: we are asked to interpret it in terms of our present world – and to act. ■

## SAY

**Father, may your kingdom come!**

(see Matthew 6:10/Luke 11:2)

## DO

Consider how you could help the Church's involvement in the social concerns of your local area. Then get involved.

## LEARN

Capernaum, a city on the shore of the Sea of Galilee, becomes the base for Jesus' ministry in Galilee.

Jesus' acts of healing and the like are called "acts of power" in the Gospel tradition, rather than "miracles".

The synagogue was a place of prayer and instruction: the Temple was the place of sacrifice.



Roman ruins at Capernaum. Capernaum was a fishing village on the northern shore of the Sea of Galilee.



**ENTRANCE ANTIPHON**

Save us, O Lord our God!  
And gather us from the nations,  
to give thanks to your holy name,  
and make it our glory to praise you.

**GLORIA**

Glory to God in the highest,  
and on earth peace to people of good will.

We praise you,  
we bless you,  
we adore you,  
we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world,  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father,  
have mercy on us.

For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father.  
Amen.

**COLLECT**

Grant us, Lord our God,  
that we may honour you with all our mind,  
and love everyone in truth of heart.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of  
the Holy Spirit,  
one God, for ever and ever.  
Amen.

**FIRST READING** Deuteronomy 18:15-20

A reading from the book of Deuteronomy.  
Moses said to the people:  
"Your God will raise up for you a prophet like  
myself, from among yourselves, from your  
own brothers; to him you must listen. This is  
what you yourselves asked of the Lord your  
God at Horeb on the day of the Assembly.  
'Do not let me hear again' you said 'the voice  
of the Lord my God, nor look any longer on  
this great fire, or I shall die'; and the Lord said  
to me, 'All they have spoken is well said. I  
will raise up a prophet like yourself for them  
from their own brothers; I will put my words  
into his mouth and he shall tell them all I  
command him. The man who does not listen  
to my words that he speaks in my name,  
shall be held answerable to me for it. But the  
prophet who presumes to say in my name a  
thing I have not commanded him to say, or  
who speaks in the name of other gods, that  
prophet shall die.'"

The word of the Lord.  
Thanks be to God.

**PSALM**

Psalm 94

Response:

O that today you would listen to his voice!  
Harden not your hearts.

1. Come, ring out our joy to the Lord;  
hail the rock who saves us.  
Let us come before him, giving thanks,  
with songs let us hail the Lord. (R.)

2. Come in; let us bow and bend low;  
let us kneel before the God who made us  
for he is our God and we  
the people who belong to his pasture,  
the flock that is led by his hand. (R.)

3. O that today you would listen to his voice!  
"Harden not your hearts as at Meribah,  
as on that day at Massah in the desert  
when your fathers put me to the test;  
when they tried me, though they saw my  
work." (R.)

**SECOND READING** 1 Corinthians 7:32-35

A reading from the first letter of St Paul to the  
Corinthians.

I would like to see you free from all worry.  
An unmarried man can devote himself to  
the Lord's affairs, all he need worry about is  
pleasing the Lord; but a married man has to  
bother about the world's affairs and devote  
himself to pleasing his wife: he is torn two  
ways. In the same way an unmarried woman,  
like a young girl, can devote herself to the  
Lord's affairs; all she need worry about is  
being holy in body and spirit. The married  
woman, on the other hand, has to worry  
about the world's affairs and devote herself to  
pleasing her husband. I say this only to help  
you, not to put a halter round your necks, but  
simply to make sure that everything is as it  
should be, and that you give your undivided  
attention to the Lord.

The word of the Lord.  
Thanks be to God.

**GOSPEL ACCLAMATION**

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

**GOSPEL**

Mark 1:21-28

A reading from the holy Gospel according to  
Mark.

Jesus and his followers went as far as  
Capernaum, and as soon as the sabbath  
came Jesus went to the synagogue and  
began to teach. And his teaching made a  
deep impression on them because, unlike the  
scribes, he taught them with authority.

In their synagogue just then there was a  
man possessed by an unclean spirit, and it  
shouted, "What do you want with us, Jesus  
of Nazareth? Have you come to destroy us? I  
know who you are: the Holy One of God." But  
Jesus said sharply, "Be quiet! Come out of  
him!" And the unclean spirit threw the man  
into convulsions and with a loud cry went  
out of him. The people were so astonished  
that they started asking each other what it  
all meant. "Here is a teaching that is new"  
they said "and with authority behind it: he  
gives orders even to unclean spirits and they  
obey him." And his reputation rapidly spread  
everywhere, through all the surrounding  
Galilean countryside.

The Gospel of the Lord.  
Praise to you, Lord Jesus Christ.

**PROFESSION OF FAITH**

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with  
the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,

(all bow during the next three lines)

and by the Holy Spirit was incarnate of the  
Virgin Mary,  
and became man.

For our sake he was crucified under  
Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord,  
the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored  
and glorified,  
who has spoken through the prophets.

I believe in one, holy, catholic and  
apostolic Church.  
I confess one Baptism for the forgiveness  
of sins  
and I look forward to the resurrection of the  
dead  
and the life of the world to come. Amen.

**PRAYER OVER THE OFFERINGS**

O Lord, we bring to your altar  
these offerings of our service:  
be pleased to receive them, we pray,  
and transform them  
into the Sacrament of our redemption.  
Through Christ our Lord.  
Amen.

**COMMUNION ANTIPHON**

Let your face shine on your servant.  
Save me in your merciful love.  
O Lord, let me never be put to shame, for I  
call on you.

**PRAYER AFTER COMMUNION**

Nourished by these redeeming gifts,  
we pray, O Lord,  
that through this help to eternal salvation  
true faith may ever increase.  
Through Christ our Lord.  
Amen.

Do not waste time bothering whether you  
"love" your neighbour; act as if you did and  
you will presently come to love them.

C.S. Lewis

# ***Our Lady & St Edmund of Abingdon***

## ***1 Radley Rd, Abingdon on Thames, Oxon, OX14 3PL***

We are a **LiveSimply** parish aiming to live Simply, Sustainably and in Solidarity with the Poor

Parish Priest: Fr. Jamie McGrath  
Parish Secretary: Lisa Paterson  
Office Hours: 10.30am-12.30pm Tuesday to Friday  
Office Email: [abingdon@portsmouthdiocese.org.uk](mailto:abingdon@portsmouthdiocese.org.uk)

Tel: 01235 520375  
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*We live stream all services*

Safeguarding Team: Tel. 07572 935 230  
Visits at JR Hospital: Priest/Chaplain 01865 221732  
Visits and Help: Society of Vincent de Paul Group, contact via Parish Office  
Parish Website: [www.ourladyandstedmund.org.uk](http://www.ourladyandstedmund.org.uk)  
Primary School: St. Edmund's School, Radley Road, Abingdon, OX14 3PP Tel 521558



Roman Catholic Diocese of Portsmouth Reg. Charity No 246871

[www.portsmouthdiocese.org.uk](http://www.portsmouthdiocese.org.uk)

### **PARISH OFFICE OPENING HOURS:**

Please note that during this pandemic period, and until further notice, the Parish Office opening hours will be from **Tuesdays to Fridays from 10.30am to 12.30pm**. Outside of these times, Fr Jamie will respond to urgent phone messages as soon as he can.

### **PRIVATE PRAYER**

We are blessed that the church can be open, but for **private prayer only**, on the following days and times:

- ✙ **Tuesdays: 12pm to 1pm**
- ✙ **Fridays: 12pm to 1pm**

### **MASS BOOKINGS:**

***On Monday 1<sup>st</sup> February you can book for Masses from Sunday 7<sup>th</sup> to Saturday 13<sup>th</sup> February.***

**PLEASE** remember to give as many dates and times when you could attend – otherwise you may be disappointed. Also be clear on the number of people you are booking for and let us know if you would like to attend more than one Mass during the week.

## **HOW TO BOOK FOR MASS**

### **No Internet Access?**

Phone **07395 946827** **EACH MONDAY** between 10am and 11am **ONLY** to book a place for the **FOLLOWING** week

### **Have Internet Access?**

**DON'T** phone. Instead, email: **[contact@ourladyandstedmund.org.uk](mailto:contact@ourladyandstedmund.org.uk)**

**EACH MONDAY**, to book a place for the **FOLLOWING** week

### **NEWSLETTERS**

Please remember that we are currently still not able to offer newsletters or any other printed material in church. Please bring your own with you if you would like to (you can download it from our website).

### **4<sup>th</sup> Week of Ordinary Time (Year B)**

***Attendance through booking system only, but also available on our live stream***

#### **Sunday 31 January**

10.15am Mass (Sharon Brady, RIP)  
6.30pm Mass (Pat & Geoff Castle, special intentions)

#### **Monday 1 February**

9am Mass (Janina Krowkowska, RIP)

#### **Tuesday 2 February *Presentation of the Lord***

NO Mass See: [www.ourladyandstedmund.org.uk/english-martyrs-vale-of-white-horse](http://www.ourladyandstedmund.org.uk/english-martyrs-vale-of-white-horse) for other masses

#### **Wednesday 3 February**

7pm Mass (Kristina Krowkowska, intentions)

#### **Thursday 4 February**

9.30am Mass (Lazarus family intentions)

#### **Friday 5 February *St Agatha***

7pm Mass (Mary Duncan, RIP)

#### **Saturday 6 February *St Paul Miki & Companions***

12pm Mass (Kathleen Harland intentions, 80<sup>th</sup> birthday)

### **THANK YOU FROM PAX CHRISTI**

Very warm thanks for the generous donations to *Pax Christi*, the International Catholic Movement for Peace, after Peace Sunday. Information about membership (and a continuing way to donate) can be found on their website [www.paxchristi.org.uk](http://www.paxchristi.org.uk)

### **SPIRITUAL COMMUNION PRAYER:**

My Jesus, I believe that You are present in the Most Blessed Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot today receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there, and unite myself wholly to You. Never permit me to be separated from You. Amen.



## Faith in the Time of Covid



Bishop Philip Egan

Sunday 31 January | 5pm

Event lasts 30 mins.



### FAITH IN THE TIME OF COVID

On Sunday evening, 31st January, at 5 pm, Bishop Philip invites you to join him for a short presentation called "The Role of Faith in the Time of COVID". He is the first speaker in a series organised by the Archdiocese of Edinburgh and St. Andrews on *Faith in the Time of COVID*. The talks are all at 5pm on Sunday evenings and last 20 minutes followed by 10 minutes for questions – just half an hour in total. You can register using the link on the News page of our website.



### WORLD LEPROSY DAY

The organisation, *Lepra* works to find, treat and rehabilitate those people who cannot access treatment for leprosy, and promote their rights in India, Bangladesh, Mozambique and Zimbabwe. Their mission is to beat leprosy – so that all cases are easily diagnosed and treated and leave no disability or discrimination. They are working towards a day when leprosy no longer destroys lives; with your support they can achieve this sooner.

Please help them to beat leprosy – even the smallest contribution can help treat and rehabilitate people trapped by this disease.

[https://donate.lepra.org.uk/LepraDonate?activity\\_id=17351](https://donate.lepra.org.uk/LepraDonate?activity_id=17351)

### FORMATION FOR READERS

There are still places for the workshops which will take place in **February (6th and 13th)** and in **April (17th and 24th)**. Sign up for the workshops using this link (also available on the News page of our parish website): <https://www.godwhospeaks.org/readers>

### CONTINUE TO PRAY DURING THE PANDEMIC

Please continue to pray for everyone affected by the pandemic and redouble our prayers at this time for the government, for our political leaders and for all who have responsibility in leading us through this crisis.

*Almighty and eternal God, our refuge in every danger, to whom we turn in our distress; in faith we pray, look with compassion on the afflicted, grant eternal rest to the dead, comfort to mourners, healing to the sick, peace to the dying, strength to healthcare workers, wisdom to our leaders and the courage to reach out to all in love, so that together we may give glory to your holy name. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.*



### LENTEN REFLECTIONS

**Lent is a time of Hope and Healing!** The light and promise of Eastertide shines ever more brightly in the darkness.

**Ash Wednesday is on 17<sup>th</sup> February** – the beginning of Lent. To help support you on your Lenten journey this year **we invite** you to join our parish *2021 Lenten 'Hope and Healing' Prayer and Reflections* by zoom.

Beginning on **Thursday 18<sup>th</sup> February** the course will continue every Thursday throughout Lent and will include a variety of reflections, scripture, Sycamore films, and the opportunity for prayer. Everyone is welcome to join all or any of the sessions and people can choose whether to participate in various discussions and sharing or can simply listen and reflect if they prefer.

*Hope and Healing* will be hosted by the parish RCIA team and anyone interested should contact Pauline on [pehanley@hotmail.com](mailto:pehanley@hotmail.com) or call 07506 753085 to register for the zoom link.

### OVERCOMING ANXIETY TRAINING DAY

Christ Church Long Furlong have organised an 'Overcoming anxiety' training day on Saturday 6 Feb 2021, from 10 am to 3 pm, with Chris Ledger, author and speaker. To reserve a place, email: [lfpastoral@cca.uk.net](mailto:lfpastoral@cca.uk.net) by 30 January 2021 with your name and Church affiliation. Places are limited and there will be no charge.



### UPDATE: HELP A CHILD LEARN AT HOME

*TrinityLearning* say thank you to all those who responded to their appeal for devices to enable children to access home learning. They collected a number of devices from around Abingdon last week and worked hard at the weekend to refurbish them. Unfortunately they have found that many are unsuitable for this process as they are too old. They have learned that laptops need to be less than 7 years old in order to be suitable for refurbishment and the same is true for other devices such as tablets. They have managed to refurbish 4 devices, which will go out to local schools this week and are particularly grateful to the *TrinityLearning* supporter who generously donated £300 which has enabled them to buy 3 new tablets which have been donated to a local school. If you think you have a device to donate, or would like to donate to help buy a new device for a local school, please contact Nicola at [nic.trinitylearning@gmail.com](mailto:nic.trinitylearning@gmail.com)