



Challenge yourself and take on The Big Lent Walk! Walk when and where you choose over 40 days, alone or with friends. Raise money to help people as they overcome poverty. CAFOD's Lent walking challenge is back, and this year it's the Big Lent Walk! We are very excited and would love for you to join us as we walk to help fight global poverty. Whether you're taking on the 40-day challenge on your own or part of a school or community/parish group, we'd love to have you as part of CAFOD's Big Lent Walk. This Lent CAFOD is supporting families with the skills and tools they've asked for to fight the climate crisis. In Bangladesh, 14-year-old Dristy and her Mum Rupali are building seed beds and planting palm trees to protect their crops from flooding and cyclones. [Sign up now!](#)



Almighty God,

*Creator of the earth in which we live,  
Help us today in our search for peaceful ways  
To avoid wars, to eliminate terrorism and tyranny  
And to establish justice for peoples of all races and faiths.  
We pray that the billions of peace-loving  
People of goodwill throughout the nations,  
Will join together in prayer and action  
To bring love where there is hatred,  
Friendship where there is enmity,  
And justice where there is oppression. Amen.*

**We continue to pray for Ukraine and its people  
and for all the war-torn countries in the world.**

**English Martyr's Start of term letter available from the church porch. If you have a child attending the school, please take a copy.**



*Please join us in the Hall for tea and coffee after the 10.30 Mass on Sunday.*



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**NRC DT - Registered Charity**

**Our Schools: Christ the King Primary - 0116 2857261 - [www.ckleicester.co.uk/](http://www.ckleicester.co.uk/)  
English Martyrs' Secondary - 0116 2428880 - [www.emschool.co.uk/](http://www.emschool.co.uk/)**

**Parish Hall Bookings: please contact 07586700914**



**Fourth week of Ordinary Time**

**29<sup>th</sup> January –  
5<sup>th</sup> February 2023**

Sunday 29.01.2023	10.30am 4pm	Holy Mass Malayalam Mass	<p><b>The Pope's prayer intention for February 2023.</b></p> <p><i>For parishes</i> <b>We pray that parishes, placing communion at the centre, may increasingly become communities of faith, fraternity and welcome towards those most in need.</b></p> <p><b>This week's Mass Intentions for all parishioners.</b></p>
Monday 30.01	No service		
Tuesday 31.01	No service		
Wednesday 1.02	No service		
Thursday 2.02	6pm	Reception into Church: Mrs Margaret O'Connor	
Friday 3.02	10am	Requiem Funeral Mass for Mrs Margaret O'Connor	
Saturday 4.02	No service		
Sunday 5.02	10.30am 4pm	Holy Mass- Malayalam Mass	

**Cycle or Prayer during Ordinary Time Winter:**

Peace on Earth. Openness to the Word of God. Christian Unity. The Sick and Those who Care for Them. Victims of Trafficking and Those who Work to Combat it. The Unemployed.

**Feasts of the week:**

Tuesday, St. John Bosco, priest. Thursday, The Presentation of the Lord -Candlemas. Saturday, St. Gilbert of Sempringham, religious.

**Mass Intentions.** One of the great gifts we can give to someone is to have a Mass offered for their intention or for the repose of their soul. To request a Mass please use the envelopes found at the back of the church. Please state if the Mass is for a deceased person, birthday or any special intentions. Thank you.

## Gospel background for Sunday 29<sup>th</sup> January 2023 – Matthew 5:1-12a

Jesus teaches what it means to be happy.

Today's reading is the beginning of Jesus' Sermon on the Mount, which is found in Matthew's Gospel. The form of the Beatitudes found here is not unique to Jesus. Beatitudes are found in the Old Testament, in the psalms, and in wisdom literature, for example. They are a way to teach about who will find favour with God.

We quickly note in this reading that the people whom Jesus calls "blessed" and "happy" are not people we think of as blessed or happy . . . the poor in spirit, the meek, the persecuted. This Gospel is one of reversals. Jesus' blueprint for happiness reflects little of what the world might call happiness.

"Blessed" is sometimes translated as *happy*, *fortunate*, or *favoured*. In other words, Jesus is saying that divine favour is upon those who are poor, those who mourn, those who are persecuted. This news might have been welcome—and surprising—to the crowds who heard Jesus that day.

The Beatitudes can be understood as a framework for Christian living. Our vocation as Christians is not to be first in this world, but rather to be first in the eyes of God. By referring to the good things that the faithful will experience, Matthew reminds us that those who act in the manner described in the Beatitudes will find their reward with God.

**Words of the Holy Father:** Dear brothers and sisters, choosing purity, meekness and mercy; choosing to entrust oneself to the Lord in poverty of spirit and in affliction; dedicating oneself to justice and peace – all this means going against the current in respect to this world's mindset, in respect to the culture of possession, of meaningless fun, of arrogance against the weakest. This evangelical path was trodden by the Saints and Blessed. (...) It is enough to think of the inexhaustible variety of gifts and real-life stories there are among the saints: they are not all the same, each one has their own personality, and developed their own life of holiness according to their own personality. Each one of us can do it, take this path: meekness, meekness, please, and we will head toward holiness.

**Lent briefing** Saturday, 4 February 10:00am-11:00am. Join us as we prepare for Lent with a special guest speaker from Bangladesh, explaining how our agriculture projects are making such a huge impact on the lives of our sisters and brothers around the World. We will also share top tips for giving Fast Day talks in your Parish, from our very own CAFOD Volunteer Ann and share experiences with other CAFOD volunteers from around England & Wales.

**Register to join us**

**CAFOD community rosary.** Every Thursday morning, 9:00am-9:40am. Join us every Thursday morning at 9:00 am on Zoom, as we pray the Joyful mysteries of the rosary for the Care of Creation together as a CAFOD community. We offer these joyful mysteries, nourishing our commitment to care for the earth. Join us as together in prayer, guided by Mary, Mother of God, we let these mysteries penetrate deep within us and respond with reverence for all God's creation. **Register to join us.**



Please keep in your prayer all the sick and housebound people of the parish. If you know of anybody who would like a visit from Fr. George, please let him know.

**300 Club Draw 22nd January:** £50 A Hall (271). £25 Mrs L Mason (69), K Fowkes (116).

**English Martyr's Preloved School Uniforms.** As part of our commitment to helping families and part of Eco-Martyrs. As a school we will be running a pre-loved uniform shop. We invite all parents to take advantage of this shop to help replace and part of uniform their children might be missing. The shop will be open between 3 and 4 in our main reception on the following dates: **15<sup>th</sup> March, 19<sup>th</sup> April, 17<sup>th</sup> May, 14<sup>th</sup> June.** See poster in church porch.

**INTER CARE WITH LACY:** Leicestershire Active Catholic Youth warmly invite all young people, families and friends to join them on Sunday 12th March at 2.00 p.m. in a social walk, doing laps of Knighton Park, Leicester to raise funds for Inter Care. Inter Care provides free access to medical aid for vulnerable patients across sub-Saharan Africa. Take on board as short or long a walk as you wish. All monies received will help towards medical aid for the people of Africa. 4.00 p.m. hot drinks and cake will be provided at St. Thomas More Church, 75 Knighton Road, LE2 3HN. 5.00 p.m. a Youth Mass - which will be celebrated for us by Fr. Simon Gillespie. (Lifts available from Knighton Park to the Church if required). The Mass will be offered for the vulnerable people of sub-Saharan South Africa. Sponsor forms available from [paulinepayne@hotmail.com](mailto:paulinepayne@hotmail.com) and [fundraising@intercare.org.uk](mailto:fundraising@intercare.org.uk). We look forward to seeing you! Help us to make this the most amazing event ever! All donations to Just Giving: <https://www.justgiving.com/campaign/lacysponsoredwalk2023>.

**Catechist Course.** At St Patrick's Catholic Church, Beaumont Leys Ln, Leicester LE4 2BD, Cost: £35. **Who is it for?** These four sessions will help identify key principles to develop a culture of ongoing catechesis, formation and discipleship. Ideal for those more experienced catechists or anyone who would like to take their parish catechesis further. **Dates Topics:** 17/4/23 Leading a team of catechists and creating your own resources. 24/4/23 Family Focused Catechesis. 15/5/23 Catechesis for those with Special & Additional Needs. 22/5/23 Ongoing Formation and Discipleship. <https://forms.office.com/r/Q6QnN7yYzV>.

**Retrouvaille: A Programme for Couples Struggling in their Marriages.** Help Your Marriage - Do you feel alone? Are you frustrated or angry with each other? Do you argue ... or have you just stopped talking to each other? Does talking about it only make it worse? Retrouvaille is a programme to support couples who have difficulties in their marriage. It brings a positive focus, new hope and helps nourish and grow your marriage. Tens of thousands of couples headed for divorce have successfully saved their marriages by attending and using the tools provided. The programme helps spouses uncover or re-awaken the love, trust and commitment that originally brought them together. It helps them through difficult times whether they are disillusioned or in deep misery. There is no group therapy or group work. For confidential information about 'Retrouvaille' or to register for the next programme commencing with a Face-to-Face weekend in Welwyn Garden City on 24 - 26 February 2023, or a Virtual weekend on 6 - 9 July 2023, call or text 07887 296983 or 07973 380443 or email [retrouvailleukinfo@gmail.com](mailto:retrouvailleukinfo@gmail.com) - or visit [www.retrouvaille.org.uk](http://www.retrouvaille.org.uk). See poster in church porch.

**Open Hearts Becoming a hospitable Church for a hostile environment.** Tuesday, 28 February at 7pm. An informal online conversation to explore how we can support those fleeing violence and destitution, or settling in our diocese for a better life. Meet others who want to help those seeking asylum recover their human dignity. Explore the potential of a network for advocacy and practical service to those who are arriving in our diocese from overseas. We'll seek out solutions for action, whether as individuals, as parishes or as a diocese. [Book for Open Hearts on 28 February](#)