



St Hugh of Lincoln Catholic Church

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SECOND SUNDAY IN ORDINARY TIME - PEACE DAY - 19TH JANUARY 2020

At the beginning of a new year it's good to look at the things we do in our spiritual life like Prayer, so we can grow and take advantage of establishing a strong prayer life. Essentially, Prayer is about listening, talking and loving God. St Therese of Lisieux said: "For me Prayer is a surge of the heart; it is a simple look towards heaven, it is a cry of recognition and of love embracing both trial and joy."

Here are ten tips to help us.

- 1. Beg for the Grace:** O God come to our aid. We are all beggars before God. St. Paul, in his Letter to the Romans, says that we really do not know how to pray. Good news: the Holy Spirit can intercede for us so that we can say, "Abba, Father" (Rom 8). Let us turn to the Holy Spirit to open our hearts.
- 2. Clean the Window:** Prayer is not easy because of our life, our minds and our consciences are not right with God. Life's clutter also gets in the way. Make a Confession, clear the conscience, restore friendship with God our neighbour so we can see the Lord in our lives, which helps us to pray!
- 3. Make Time:** Prayer needs time so He can act in our lives. We all have habits; eating, cleaning, working and much more, so make room for a habit of Prayer. Find time to pray. In the Gospels, Jesus went alone to pray and be in the presence of His Father. Try it.
- 4. Sacred Space:** Find a place to pray. The best place is in front of the Most Blessed Sacrament in silence, because Jesus is truly present there. However, due to life it's not always possible. So find a quiet place to pray. Jesus says to go to your room and pray. Make a home altar with holy images, candles and incense. Creating an atmosphere will foster a life of prayer.
- 5. Pondering the Word:** The best source for Prayer is the Bible, the Word of God itself. The Gospels are the very centre and heart of the Bible. We need an attitude of openness and generosity to hear His Word. Samuel, heard the word of God and he said "Speak O Lord for your servant is listening.."
- 6. The Treasury of Prayers:** Vocal prayers are an important way to get deeper. They are formal prayer recited with words, so we can ponder in our minds and hearts. The prayers like the Our Father, Hail Mary, Glory be, Prayer to our Guardian Angel and more. In Prayer, God simply moves us to talk to Him spontaneously as two friends would talk, you can drop the book and simply talk to Him.
- 7. Guidance on Prayer:** Spiritual books help us to gain from other personal trials and joys of a life in Christ. We can learn so much on the spiritual path from them. There is so much spiritual reading available.
- 8. Spiritual Direction:** As we grow in prayer, the devil's temptations become more aware. To be able to overcome the many roadblocks, obstacles and difficulties in our prayer life some regular spiritual direction is highly recommended! We all need a spiritual friend.
- 9. Retreats:** We all should take time out and even book a Retreat.
- 10. Mary and the Rosary:** In the Rosary there are various forms of prayer; meditation, contemplation and intercession for those who need it. Think of Mary and call on Mary! Our Lady always points us to Jesus. It's only in heaven that we will be able to fully comprehend that Mary helped us to avoid sin, turn to Jesus, experience interior sweetness in our souls; and all of this is due to her quiet, gentle, constant and powerful intercession!
In Jesus and MaryFr Gerard

Of your charity pray for the repose of the soul of **Canon Brendan MacCarthy** Priest of Arundel & Brighton, who died on the 10th January 2020 in his 87th year. He was ordained to the priesthood in 1956 and made Parish Priest of Knaphill from 1968 until 1980, during which time he built our Church. Fr Brendan's body will be received into Christ the Prince of Peace Church, Weybridge with a Vigil Mass at 8pm on Thursday 30th January and his Requiem Mass will be at 12 Noon on Friday 31st January. Requiescat in Pace.

PARISH OFFICE: Parish Office open from 10am - 2pm on Tuesday, Thursday and Friday. If you wish to contact the Parish Office, email: sthughoflincoln.office@gmail.com

Dates for your Diary

Mon	20	Jan	Parish Finance Committee meeting 8.00pm	Parish Hall
Tue	21	Jan	Baptism - Session 1 - 8.00pm	Parish Hall
Sun	26	Jan	Service as part of Christian Unity Week, 3.00pm	Parish Hall
Tue	28	Jan	Baptism - Session 2 - 8.00pm	Parish Hall

SJB PTA Quiz Night - Friday 13 March 7.00pm - 10.30pm: Come and join us for an evening of quiz fun in aid of SJB! Feel free to bring a team (max 8 per team) but there's no need - teams can be formed on the night. The evening is open to friends, family, students and anyone else who loves a quiz or wants to support SJB. No "bring your own" please. We will be selling soft and alcoholic drinks and snacks and you might find a raffle thrown into the mix too. In the interests of the planet, we are not issuing tickets but will have a list on the door. Tickets can be bought online at <https://www.trybooking.co.uk/PCP>. Tickets are £5 each (plus a 40p booking fee).

Would you be interested in becoming a CAFOD Parish Volunteer in your church?

The main activity would be promoting the two CAFOD Fast Days collections (Lent and Harvest), emergency appeals and World Gifts. Additionally you would ensure CAFOD's work is held in prayer through Bidding Prayers plus Lent and Advent liturgies. Occasionally you would organise the signing of campaign cards and placing notices in your parish Newsletter. Contact Jenny Finlayson for an informal discussion CAFOD Coordinator. Email: arundelandbrighton@cafod.org.uk Tel No: 01483-898866

Update from Woking Mind - Our partner mental health charity CornerHouse sadly closed its doors recently, which was no doubt a difficult decision for their Board of Trustees. Woking Mind, have agreed to take on their groups and staff members to minimise any disruption to the support their service users received from CornerHouse. We therefore manage many new groups in addition to our current services so we can provide wider support including specific concerns such as anxiety, eating disorders and postnatal depression, etc. We are working with Woking Borough Council on a mental health need analysis so we can delve deep into the key unmet needs so we can focus our efforts on closing the gaps as much as possible. We are committed to mental health services in our community and are so grateful for our passionate team, volunteers and supporters like yourselves.

Retiring Collection for Pax Christi (Peace Day) **This Sunday**

Lenten Course: This year for our Lent Course we would like to do it in the way that Jesus always did. Even though he had many followers and chose 12 to be his disciples, he had three friends he spent extra time with; Peter, James and John. He invested even extra time in Peter, knowing he would lead the Church. We can lose the sense of friendship in parish life as it's so big and I would ask all of you to try and find the opportunity to join this cleansing, find the opportunity to join this Lenten Course, and not just leave it to the few faces we see for everything. Let us invest time this Lent for each other to discover more of Christ, so that we can be evermore Faithful, Available, Contagious, and open to the will and love of God. We will have six sessions with one after Easter. The course is called 'Discovery' and its purpose is to present the Kerygma of our Faith; 1: God is love and created us for a relationship with him. 2: That relationship has been broken through sin. 3: Jesus exclusively restores that relationship through his death and resurrection. We are all personally invited to accept a gift of salvation. We realise that it's time to make this faith our own. The Course will take place on Thursdays from 8:30 pm - 9.30pm in the Parish Hall starting on Thursday 5th March. Please join us and bring a friend.

Parish Projects

Our projects, *Woking Mind and Friends of Ahotokurom Padre Pio Rehabilitation Centre, Ghana* have recently received a quarterly payment of £360.

Do have a look at their websites to see the great work that is being done by them:
www.ahoto.org and www.wokingmind.org.uk

Jackpot Club: Congratulations to Emi Magee and Matthew Magee on winning £53/£26.50 respectively in the December draw. If you would like to join the Club, please complete a standing order form, which can be found in the narthex.

Summer Fayre (Saturday 27th June) - If you would like to be part of the committee to help set up the Fayre, you are warmly invited to the Nags Head on Thursday 23rd January at 7.00pm. See you there!

Week of Prayer for Christian Unity (18th-25th January): The theme this year is 'Unusual Kindness' and resources prepared by the Christian churches of Malta and Gozo can be found at <https://ctbi.org.uk/weekofprayer> and are based on the shipwreck of St. Paul as recounted in the Acts of the Apostles and includes an octave of prayer. To mark the end of Week of Prayer for Christian Unity the Churches for Knaphill (C4K) will be holding an Ecumenical Service here at St Hugh's on Sunday, 26th January at 3.00pm followed by refreshments in the hall. All are welcome.

Ecumenical Mental Health Project: This time of year can be difficult for many people, please see the 'Green for Go, Go for HELP' poster in the Narthex which has details of services available for people in crisis. If you are interested in the Mental Health Project please contact catherine.martindale@abdiocese.org.uk .

Sunday 19th January - Second Sunday in Ordinary Time - Readings

1st Reading: Isaiah 49:3, 5-6 Psalm: 39

Psalm Response: **Here I am Lord! I come to do your will.**

2nd Reading: Corinthians 1:1-3 Gospel: John 1:29-34

MASS TIMES & INTENTIONS

Second Sunday in Ordinary Time - 19th January 2020 - Cycle A

Sat 18	6.00pm	Vigil Mass - Our Lady on Saturday	Mary Richards RIP
Sun 19	9.30am	Peace Day	People of the Parish
Sun 19	11.30am	Peace day	Repose of the Soul of Lynette Taylor
Mon 20	12noon	Ss Sebastian, Fabian Pope	Mary Richards RIP
Tue 21	12noon	St Agnes, Virgin, Martyr	Private Intention
Thu 23	8.50am	School Mass - Year 5 Class	All welcome
Thu 23	7.30pm	Latin Mass	Jessie Adams RIP
Fri 24	12noon	St Francis de Sales, Bishop	Nathalie Meejun
Sat 25	11.15am	The Conversion of St Paul	No Mass ***

Third Sunday in Ordinary Time - 26th January 2020 - Cycle A

Sat 25	6.00pm	Vigil Mass	People of the Parish
Sun 26	9.30am	Morning Mass	Mr & Mrs Tiangga's Intention
Sun 26	11.30am	Morning Mass	Corinda & Pasquale Coppola

Adoration of the Blessed Sacrament: one hour before 12noon Mass on Weekdays and half an hour before 11.15am Mass on Saturday.

Sacrament of Reconciliation: 10.30am - 11.00am and 5.30pm - 5.50pm on Saturdays.

Vespers and Benediction: Sundays at 5.00pm

Mass Intentions available for the Month of February

Offertory Collections for last week: £1,104.26 of which £588.33 was Gift Aided. Many Thanks.



The Angelus

V. The Angel of the Lord declared unto Mary,
R. And she conceived of the Holy Spirit. *Hail Mary.....*

V. Behold the handmaid of the Lord.

R. Be it done unto me according to Thy Word. *Hail Mary.....*

V. And the Word was made Flesh,

R. And dwelt among us. *Hail Mary.....*

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech Thee, O Lord, Thy Grace into our hearts; that we to whom the incarnation of Christ, Thy Son was made known by the message of an angel, may His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ, Our Lord. Amen.