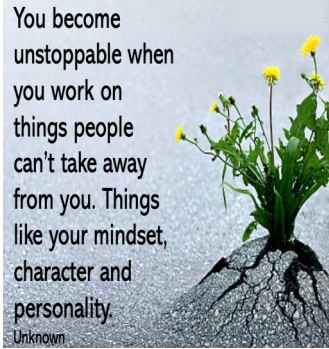




# St. Joseph's Church Wilton

Telephone: 021- 4341362 Website: [www.smawilton.ie](http://www.smawilton.ie) email: [stjosephschurchwilton@sma.ie](mailto:stjosephschurchwilton@sma.ie)



**The Gospel of Mark**

Jesus lives at the service of others, but rises early and slips away to pray. His time with God is essential to his work, and is like the air he breathes. Do we take the time to pray, to go aside and refuel and regroup, especially after we have been with a lot of people or have been very busy?

**LENT IS JUST TWO WEEKS WAY**


We are inviting people to bring withered palm branches to be burned to form the Ash for Ash Wednesday (**14th February**). We have been inviting members to reflect on the Lenten card that is being distributed and if you can identify with one of the items listed in the category **ADDICTION** we ask that you write it on one of the paper crosses on the altar and stick it to the wooden cross. If you can do that you are ready for the Ash of Ash Wednesday.

This year the parish is inviting members to join in a series of Lenten talks on the **Thursdays of Lent at 7.30 pm** in the Parish Centre. Each session lasts less than 45 minutes. If we don't do the work of Lent, when we come to Easter nothing will have changed in our lives or in the life of our parish.

The talks will revolve around the themes contained in the Lenten Prayer card prepared at the entrances to the church. Please take one, as you come or go from the church. As Parish Priest, I am seriously extending this invitation to all parishioners. It's time for those who are concerned about the future of our parish to take ownership of that future and show the need to work and grow together this Lent.

**Addiction vs. Recovery**

It's all about me and what I want	"How can I be of help to others?"
Lying, Cheating and Manipulating to get what I want	Willingness, honesty and open-mindedness allow me to get what I need.
"I can take care of myself!"	"There is something bigger than me."
Rationalize, justify and minimize when I'm wrong.	Owning my part, admitting my faults and trying to grow from them.
Projecting a false image of myself	I am no better and no less than anyone else.
Hide and deny my fears so as not to appear weak.	Acknowledging my fears and limitations and asking for help.



**DEVELOPING A PERSONAL PRAYER LIFE IS YOUR RESPONSIBILITY**

The habit of prayer needs to be developed and the parish offers various opportunities for one to join with others in nurturing their prayer life.

There is the daily practice of Adoration, sitting quietly in the presence of the Blessed Sacrament. Opportunities for this practice are from Monday to Saturday 10.30 to 12.30 am and Wednesday 6 to 7 pm.

We offer an opportunity to sit in Silent Adoration on Wednesday in the sacristy at 7.30 pm for 30 minutes.

On Thursdays after morning Mass, a group meets in a room adjacent to the sacristy to participate in "Lectio Divina" – this is the practice of a period of prayerful reflection of the Gospel for the coming Sunday.

All these prayer opportunities are open to all, and all are welcome.

**Lourdes Novena: 3-11 February 2024**

You are invited to join us in prayer **from Saturday 3<sup>rd</sup> to Sunday 11<sup>th</sup> February 2024, we join in a Novena of Prayer to Our Lady, under the title of Our Lady of Lourdes.**

Each morning the 10am Holy Mass will be celebrated in our St Joseph's SMA Parish Church at Wilton, Cork.

You can join us by going to [www.smawilton.ie](http://www.smawilton.ie) or [www.sma.ie](http://www.sma.ie) and click on the Webcam links there. On each of the seven days, the reflection/homily at Mass will be given by a different SMA priest.

**PARISH CHARITY FOR JANUARY AND FEBRUARY**

A request has been received from **GROW**, which is a community mental health organization. People wishing to support this charity can do so by using the boxes in both walls marked at the front of the church. **To date we have collected €1,130.**

**During Lent we will be supporting Trocaire. Each year our response is very generous. One way of supporting them is the sale of spiritual books. This has proved very successful for different charities. If people have any spiritual books they would like to donate for the cause drop them in at the Sacristy or the Mass Office. Don't just put them on the table for sale.**

## ENTRANCE ANTIPHON

O come, let us worship God  
and bow low before the God who made us,  
for he is the Lord our God.

## PENITENTIAL ACT

Lord Jesus, you have shown us the way to the Father:

Lord, have mercy. **Lord, have mercy.**

Lord Jesus, you have given us the consolation of the truth:

Christ, have mercy. **Christ, have mercy.**

Lord Jesus, you are the Good Shepherd, leading us into everlasting life:

Lord, have mercy. **Lord, have mercy.**

May almighty God have mercy on us..... **Amen**

## THE 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.**

## OPENING PRAYER

Keep your family safe, O Lord, with unfailing care, that, relying solely on the hope of heavenly grace, they may be defended always by your protection.

Through our Lord Jesus Christ, .....

## ✠ LITURGY OF THE WORD ✠

### FIRST READING *Job 7:1-4.6-7*

*A reading from the book of Job*

Job began to speak:

Is not man's life on earth nothing more than pressed service, his time no better than hired drudgery? Like the slave, sighing for the shade, or the workman with no thought but his wages, months of delusion I have



## THE FIFTH SUNDAY IN ORDINARY TIME

Jesus is the healer who gives hope to his people.

4th February 2024



assigned to me, nothing for my own but nights of grief. Lying in bed I wonder, 'When will it be day?' Risen I think, 'How slowly evening comes!' Restlessly I fret till twilight falls. Swifter than a weaver's shuttle my days have passed, and vanished, leaving no hope behind. Remember that my life is but a breath, and that my eyes will never again see joy.

*The word of the Lord. Thanks be to God.*

### RESPONSORIAL PSALM (Ps 146)

**R. Praise the Lord who heals the broken - hearted.**

1. Praise the Lord for he is good;  
sing to our God for he is loving:  
to him our praise is due. **(R)**
2. The Lord builds up Jerusalem and brings back Israel's exiles, he heals the broken - hearted, he binds up all their wounds.  
He fixes the number of the stars;  
he calls each one by its name. **(R)**
3. Our Lord is great and almighty;  
his wisdom can never be measured.  
The Lord raises the lowly;  
he humbles the wicked to the dust. **(R)**

### SECOND READING *1 Corinthians 9:16-19.22-23*

*A reading from St Paul's letter to the Corinthians.*

I do not boast of preaching the gospel, since it is a duty which has been laid on me; I should be punished if I did not preach it! If I had chosen this work myself, I might have been paid for it, but as I have not, it is a responsibility which has been put into my hands. Do you know what my reward is? It is this: in my preaching, to be able to offer the Good News free, and not insist on the rights which the gospel gives me.

So though I am not a slave of any man I have made myself the slave of everyone so as to win as many as I could. For the weak I made myself weak. I made myself all things to all men in order to save some at any cost; and I still do this, for the sake of the gospel, to have a share in its blessing.

*The word of the Lord. Thanks be to God.*

### GOSPEL ACCLAMATION

**Alleluia, alleluia!**

**He took our sicknesses away,  
and carried our diseases for us. Alleluia!**

### GOSPEL *Mark 1:29-39*

*A reading from the holy Gospel according to Mark*

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon's mother-in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them.

That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was.

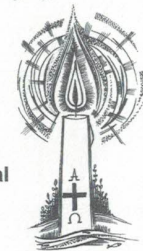
In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, 'Everybody is looking for you.' He answered, 'Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came.' And he went all through Galilee, preaching in their synagogues and casting out devils.

*The Gospel of the Lord.*

**Praise to you, Lord Jesus Christ.**

### NICENE CREED

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 for following 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**

## ✠ LITURGY OF THE EUCHARIST ✠

*Pray brothers and sisters,*

**May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.**

### PRAYER OVER THE OFFERINGS

O Lord our God,  
who once established these created things to sustain us in our frailty, grant, we pray, that they may become for us now the Sacrament of eternal life.  
Through Christ our Lord.

### AFTER THE CONSECRATION

**Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.**

### COMMUNION ANTIPHON

**Let them thank the Lord for his mercy,  
his wonders for the children of men,  
for he satisfies the thirsty soul,  
and the hungry he fills with good things.**

### PRAYER AFTER COMMUNION

O God, who have willed that we be partakers in the one Bread and the one Chalice, grant us, we pray, so to live that, made one in Christ, we may joyfully bear fruit for the salvation of the world.  
Through Christ our Lord.