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Edited by Maria Stribbling

“If people curse you, do not curse them back, but bless them instead”
(St Benedict)



Tips for the weekend – 27th / 28th January

Plastic microbeads are used in a wide variety of shampoos, shower gels and toothpastes. They are not removed by water treatment plants, as they are so tiny, and they end up in the sea where they are ingested by marine wildlife and contribute to the plastic ‘soup’ that is polluting our oceans.

If you would like to avoid buying products containing them there is a very useful website - www.beatthemicrobead.org.
On it you can see a full list of UK products which contain microbeads.

This weekend we are asked to pray and reflect about homelessness. We are all accustomed to the distressing experience of seeing people sleeping in doorways or asking for money, and wondering how we should react.

Perhaps for most of us the strongest course is prayer with compassion, but you might like to contact the Open House in Crawley to ask how you can help.

Recent studies show that homelessness has increased in England. In 2016 on one night over 4,000 rough sleepers were counted, more than twice as many as in 2010; and over the last five years the number of households in temporary accommodation has risen by 60%. Among those classed as statutory homeless, the biggest group is single mothers, nearly half of the total.

Here again we have an opportunity to help, by offering services to the Life Houses in Crawley and Haywards Heath. (Please get in touch with the parish office to find out how we can help.)

The causes of homelessness are many and complex, but they are forces which can affect us all – the breakdown of a relationship with a friend or family; poor physical or mental health; issues with drugs or alcohol; or bereavement. Then there are issues of poverty, unemployment, and the shortage of affordable housing.

Those who become homeless are particularly vulnerable to a sense of isolation and mental health problems, and it becomes increasingly difficult to find work and accommodation.

Please pray for all those affected by this scourge, and consider what you might be able to do to help. We offer below a prayer for the homeless.

Hear our prayer today for all women and men, boys and girls who are homeless this day.

For those sleeping under bridges, on park benches, in doorways or bus stations.

For those who can only find shelter for the night but must wander in the daytime.

For families broken because they could not afford to pay the rent.

For those who have no relatives or friends who can take them in.

For those who have no place to keep possessions that remind them who they are.

For those who are afraid and hopeless.

For those who have been betrayed by our social safety net.

For all these people, we pray that you will provide shelter, security and hope.

We pray for those of us with warm houses and comfortable beds

that we not be lulled into complacency and forgetfulness.

Jesus, help us to see your face in the eyes of every homeless person we meet

so that we may be empowered through word and deed,

and through the political means we have,

to bring justice and peace to those who are homeless. Amen.

Anniversaries – Please pray for the souls of – Tony Brailey, Kathleen Dorrington, Patrick Board, Arthur Figg, Violet Levett, Philippa Watelin, Angela Hollins, Heather Levett, Bill Mitchell, William Hyde Hills, William Brown, Mike Brayshaw, Maurice Johnson, Mrs Rutherford, Alice Yaldren, Joseph Curran, John Hull, Ernest Walker
Eternal rest grant unto them, O Lord, and let perpetual light shine upon them, may they rest in peace. Amen.

Prayers: Please pray for ‘Tigs’ Wheeler and Martin Harewood recovering in hospital.

On January 27th, 1945, the camp at Auschwitz was liberated, and we are asked to pray this weekend for the six million victims of the Holocaust, and for those who suffer genocide and racism everywhere. *We pray for our unique and special relationship with the Jewish People, that Christians everywhere commit themselves to genuine fellowship with the People of the Covenant. We pray for an end to genocide, for the purification of our hearts from prejudice and hatred of any kind and for the courage never to stand by in the face of evil.*

PARISH NEWS AND EVENTS

Intentional Marriage - Reflection Day: 10th February at 1.30pm, here at the Abbey. All marriages, no matter how wonderful, can always be enriched. Ensuring our marriage doesn't become stale and floundering requires giving it attention. Making a choice to become intentional about our marriage is more than a good idea, as Catholics it's part of our reason for being. Christian marriage is a vocation, a calling from God to live our lives in a certain way to bring him glory by imitating the love he has for us.

For people interested in exploring how they can invest more into their marriage please join us for inspiration from organisations that support marriage, followed by Mass with Bishop Richard. For further information or to book please contact Katherine Bergin on 01293651152 or katherine.bergin@dabnet.org

Called by Name Retreat: 9th-11th February here at the Abbey. *Called by Name* is a vocation retreat for young adults (aged 18-35). It offers an opportunity for you to tune-in more deeply to the call of Christ in your life, to discern his will for you, discover deeper meaning and direction in your life, and to grow in the trust and freedom to respond generously to the Gospel. The weekend will include talks from a range of speakers from different walks of life, spiritual accompaniment, and space for prayer and reflection. The retreat is not aimed only at those discerning a possible call to religious life/priesthood, but to every young person seeking to know and live the call of Christ.

The cost is £63 for students/unwaged, £105 waged, and includes meals and accommodation. To book, or for more info, please contact Katrina on TOC@worth.org.uk / 01342 710318.

End Hunger - Holiday Provision Bill: Thank you to those of you, who have written to your MPs calling for them to support Frank Field's Holiday Provision Bill. Although sadly this wasn't passed, our message has been heard. As a result of the bill and our campaigning, the government has agreed to put in place a number of pilot schemes across the country, and will monitor the impact on children's health and attainment. This represents a major step forward in terms of the government taking responsibility for ending holiday hunger. Although we are disappointed they missed this opportunity to take lasting action which would ensure consistent provision across the country, we are glad they have taken a first step. The bill will return to Parliament in April, and we will continue to keep pressure on the government in that time.

VOLUNTEERING

CAFOD: What is your New Year resolution? Why not help to make a difference in the fight against poverty and injustice by volunteering for CAFOD? CAFOD, The Catholic Agency for Overseas Development, are currently looking for enthusiastic volunteers to help them in their work. There are many ways to get involved such as in local schools, the parish or with fundraising, campaigning and more. If you feel you would like more information or feel that you could help CAFOD, then please contact Martin on 01483 898866 or email arundelandbrighton@cafod.org.uk

The Prayer of the Faithful: or Universal Prayer is that valuable part of the Mass which provides an opportunity for the community to pray for the needs of the world, for the Church, for those in need and for issues of local significance. They assist the community in praying for those things that only God can give and commit us to action in daily life. Those who compose and read the Prayer of the Faithful aim to help others to look beyond the concerns of the local community to become a powerful sign of our communion with all other communities and with the Universal Church. The priest presiding at the Mass that week offers guidance about themes for prayers and/or particular intentions to be included. The prayers need to be short, clear and precise and as wide-ranging as possible in order that they can be easily understood as an invitation to the assembly to respond to them. We would welcome new readers to be part of this rewarding ministry. You will be part of a team on a rota to read every few weeks. If you would like to know more about what is involved you can contact Fr Paulor Mary Field mary.field2@btinternet.com

OTHER EVENTS

Day of Reflection for Readers: Saturday 3rd February from 11am to 4pm. This will be led by Bishop Richard and will be held at St Bernadette's Church, Tilgate Way, Crawley. Please book with Ruth Gerun on 01293 651164 or email ruth.gerun@dabnet.org

CAFOD Breakfast: Saturday 3rd February from 10.30am- midday (10am start) in The Friary, Crawley. Their head of International Development and their Head of Humanitarian Work, will be sharing and updating on CAFOD's work. Croissants and hot drinks will be served. All are welcome to this free event. For more information from the local CAFOD office, call 01483 898866.

Churches Refugee Network (CRN) Conference: Monday 5th February 10am-4pm at the Sarah Fell Room, Friends House, 173 - 177 Euston Road, London NW1 2BJ. This day conference is for all those working with Refugees, Asylum seekers, and Migrants. Lunch will be provided. To book contact Romina Infantino at info@ctbi.org.uk

Adoremus: The Eucharist: Saturday 10th February from 9am - 1pm at St John the Evangelist in Horsham. In order to give flavour of Adoremus - (Relating to the National Pilgrimage and Eucharistic Congress in Liverpool and the World meeting of families in Dublin) the diocese is hosting 3 morning sessions focusing upon the Eucharist within a family setting. Join Bishop Richard for a series of talks and workshops revolving around the theme of the Eucharist, with particular focus on its relevance to us within our family lives. All are welcome, whether you hope to go to the events or just want to find out more about the topic. Please book via email rosie.read@dabnet.org

Day of Prayer and Healing: Saturday 17th February. You are warmly invited to the next Chilworth Day of Prayer and Praise, around the theme 'The Kingdom of God is at Hand.' given by Laurence O'Keefe O.S.B. The day begins with Mass at 10.20 am. Two talks will divide the Day, with refreshments and lunch, the Divine Mercy Devotion, with Exposition of the Blessed Sacrament, concluding with the Sacrament of Healing and departures at 4.20 pm. Come to part, or all of the day, as it suits you. Bring a packed lunch, and, if you can, a friend. Tea and coffee is provided. St Augustine's Abbey, Sample Oak Lane, Chilworth, Near Guildford. GU4 8QR Online information: www.chilworthbenedictines.com

It Takes Two: Tuesday 6th March 7.30pm - 10pm (doors open at 6.45pm) at The Charis Centre, Crawley, RH11 7EL. Juggling work, family life, finances and a host of other issues mean that building a vibrant and lasting relationship can sometimes be challenging. "It Takes Two" is an event for anyone who wants to invest a little more in their relationship. Whether your marriage is in good shape or things are difficult right now, whether you've been married for many years or you've just got together, this event will help make a difference in your relationship. To book call 02920 810800 or check out the website cff.org.uk/ittakestwo

World Meeting of Families: Bishop Richard invites families to join him on a pilgrimage to Dublin for the World meeting of speakers will lead sessions for adults and there are age appropriate activities for children and young people. This is followed by a concert style "Festival of Families" on the Saturday and the event concludes with Sunday Mass concelebrated by Pope Francis. For further details please contact: wmof2018@dabnet.org. Put World Meeting of Families in your diary and start planning to join us in Dublin, Ireland, from 21 to 26 August 2018. Come on your own, in a group or with your family!

Residential Retreats: Monday 30th April (2pm) - Tuesday 1st May (2pm) at |St Cuthman's. 'Listening with the Ear of the Heart' Retreat led by Bishop Richard Moth. The retreat will focus on teaching and practical experience of Lectio Divina. To book call 01403 741220 or email: stcuthmans@dabnet.org

REGULAR EVENTS IN THE PARISH

Mass Times - Saturday: 9.00 am (Concelebrated) and 5.00 pm (First Mass of Sunday),

Sunday: 9.30 am, with an 11.30am mass at St Dunstan's West Hoathly

Daily Mass: 8.00 am and 5.30 pm (Concelebrated), Holy Days of Obligation: Vigil Mass: 7.30 pm;

Feast Day: 8.00 am and 5.30 pm

Adoration - Friday evenings 7.00- 8.00pm in the Blessed Sacrament Chapel. Reflection, music and silence.

Sunday Adoration - In St Dunstan's Chapel, West Hoathly, every Sunday from 5pm-7pm to support the parish evangelisation programme. Please feel free to come for as long as you wish.

Confessions (Sacrament of Reconciliation) - Sundays 9.10-9.30am before Mass.

Marian Prayer Group - 2nd/4th Monday, 7.30pm, Lady Chapel.

Prayers for Healing - 1st Wednesday of every month at 7.15pm in the Blessed Sacrament Chapel, a mass with prayers for healing.

Lectio Divina - Tuesdays 8.20pm, for 30 mins, Parlour 3 (entry from the Narthex) then Compline.

Sunday prayers for Healing - Once a month, there is a half hour service of prayers for healing in the Blessed Sacrament Chapel, after 0930 Sunday mass. All Welcome. The next dates are 4th Feb and 4th March.

Christian Meditation Group - Blessed Sacrament Chapel 7.45pm for 8pm start to 8.45pm followed by Compline. Next dates will be 31st January, 14th and 28th February, 14th March, Contact Gabrielle 01342 326118/Caterina 01243 554001.

Vigil for Vocations - (1st Friday) 9.00pm to midnight in the Abbey Church. Next date 2nd February.

Children's Mass - 1st Saturday of each month at 5pm. Next date 3rd February.

Bereavement Support - Marian & Clare are available to meet you either at St Benedict's or to visit you at home. Contact the team via the Parish Office or email - clare_harper@hotmail.com or marian.imhasly@gmail.com.

Mothers Prayer Group - in Balcombe every Tuesday 12 noon. Call Marie 07860 845658. All faiths and none are most welcome.

Parish Priest: Fr Paul Fleetwood

Mobile: 07764 260216

Parish Office Email: parish@worth.org.uk **Parish Office Tel:** 01342 710313 **Parish Website:** www.worthabbeyparish.co.uk

Secretary: Maria Stribbling (Hours: 9.30am-1.30pm) Night time emergencies only: 07956 782634

Safeguarding: Rachel Davies (07801 696354) and Maria Stribbling (01342 710313)

Car Share: Jill Carter: 07836 316525

In Touch: If you would like anything to appear in 'In Touch', please email: worthintouch@hotmail.co.uk (by Thursday 10am)

If you are unable to attend Mass and would like to receive Holy Communion at home, or if you have any prayer intentions, please let Fr Paul know.

Next Sunday's Readings: Fifth Sunday in Ordinary Time

1st Reading - Job 7:1-4, 6-7

2nd Reading - 1 Corinthians 9:16-19, 22-23

Gospel: Mark 1:29-39

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.

Daily Readings

Monday - 2 Samuel 15:13-14, 30, 16:5-13 Mark 5:1-20

Thursday - 1 Kings 2:1-4, 10-12 Mark 6:7-13

Tuesday - 2 Samuel 18:9-10, 14b, 24-25a, 30-19:3 Mark 5:21-43

Friday - Mal 3:1-4 or Heb 2:14-18 Luke 2:22-40

Wednesday - 2 Samuel 24:2, 9-17 Mark 6:1-6

Saturday - 1 Kings 3:4-13 Mark 6:30-34

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