



The Wednesday Prayer Custom For Homes, Schools & Parishes

Prayerfully preparing for Sunday Mass with special prayers for our school families



Set aside 10-15 minutes and create a suitable environment by removing any distractions. Make sure that you are comfortable. Perhaps light a candle. Make the sign of the cross and remain still for a minute of settling silence. Remember that through this scripture our Lord is truly present. Read the Gospel, aloud and slowly, and pay attention to any words that stand out. If any do, meditate on them for a few minutes and be invited into a dialogue with God.

1 Read

The Gospel for Sunday 4th February 2024
JESUS AT CAPERNAUM

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.

Taken from Mark 1:29-39 The Fifth Sunday in Ordinary Time, Year B

2 Reflect

After reading the Gospel, did any words stand out? If they did, ponder or discuss them before proceeding with the reflection.

The snippets gathered in the gospel reading give us a sample of Jesus' activity at Capernaum – healing and prayer. The first incident, the healing of the relative of his friend and follower Simon Peter, reminds us that Jesus does respond if we pray for the needs of our nearest and dearest. Then the summary of his evening activity shows his concern to bring healing and wholeness. Any Christian will desire to follow his example: we can harm or heal those around us in so many ways. It does not need to be a miracle! A greeting, a look, a smile, a touch can bring the peace of Christ to someone in desperate need of reassurance – and no less can these actions harm and wound. But the third little story, of Jesus going off to pray in the early morning, shows that the well-spring of all his activity was his union with God whom he called his Father. We cannot say what Jesus' prayer was, any more than I can say what your prayer is, but the confident communication between Father and Son must have been the source of his strength and compassion. What sort of things can you do to bring healing to others? Where do you find it easiest to pray?

Dom Henry Wansbrough OSB

3 Respond & Request

Now slowly and prayerfully read the Gospel once again but this time in silence. Consider how this Gospel could apply to your life in general. Thank God for any insight you may have received.

Then ask God to bless you with a spiritual gift to help you act on any resolution you have made. Perhaps: love, hope, understanding, wisdom, faithfulness, peace, self control, patience, joy, forgiveness, hope or something else.

4 Pray for Families

This Wednesday's word for our school families is **HEALING!**

After praying for your loved ones, please remember to pray for our present and future Church, particularly for the families connected to our schools. You may want to conclude this special weekly time with a simple prayer such as:

St Joseph, Patron Saint of Families and Protector of the Church, pray for us. Mary, Star of Evangelisation, pray for us. Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Newsletter for the Parishes of Our Lady and the Apostles, St. Ambrose and St. Vincent de Paul

Telephone: 0161 480 2489 Email: stockport3parishes@gmail.com

Websites: ourladyandtheapostles.co.uk/ stambrosechurch.org.uk/ stvincentbramhall.org/

Parish Priest: Fr. Martin Onuoha Email: frifeanyimom@yahoo.com

Assistant Priest: Fr. Moses Ibeh

Fourth Sunday in Ordinary Time, 28th January 2024

You can join us via this Live Stream link: <https://www.churchservices.tv/ourladystockport> (for Our Lady's church)

OR click on tinyurl.com/stockportparishes or [Stockport Parishes - YouTube](https://www.youtube.com/watch?v=...) (for both St. Vincent's and St. Ambrose)



Date	Feast	Time	Church	Mass Intention
Sunday 28th January	FOURTH SUNDAY IN ORDINARY TIME <i>Day of Special Prayer for Racial Justice</i>	9.30am	St Vincent's	Our Parish Family
		10am	St Ambrose	Matteo PA, Spec Int
		11am	Our Lady's	Kay Dowling, Spec Int
Monday 29th January	Ferial	9.30am	St. Ambrose	Patrick Gallagher RIP, Ann
Tuesday 30th January	Ferial	9.30am	Our Lady's	Miss Rose Marie Hester RIP, Ann
Wednesday 31st January	St John Bosco, P, R	9:30am	St Vincent's	Fr Geoff O'Grady (B'day)
		12.15pm	Acquinas College	Mass, Preceded by Adoration at 11.30am
Thursday 1st February	Ferial	9.30am	St. Ambrose	Kirsty Bains RIP
		7pm	Our Lady's	Holy Souls
Friday 2nd February	FEAST OF THE PRESENTATION OF THE LORD	9.30am	St Vincent's	Fr. Dermot Murphy, Ann
Saturday 3rd February	St Werburgh	9.30am	Our Lady's	Pauline Davies (Spec Int)
		6.30pm	Vigil Mass Our Lady's	Canon Harrington
Sunday 4th February	FIFTH SUNDAY IN ORDINARY TIME	9.30am	St Vincent's	Helen Slack RIP
		10am	St Ambrose	Our Parish Family
		11am	Our Lady's	Glenis Jane Noble RIP
		1pm	Our Lady's	Igbo Holy Mass

There is Exposition of the Blessed Sacrament before every weekday morning Mass from 8:30am—0930hrs.

The Sacrament of Reconciliation is available after 9.30am Mass on Saturday morning and by appointment.

Please pray for those preparing to receive the sacraments

Baptisms: New Baptism classes will start in

RCIA (Rite of Christian Initiation for Adults): Are you or anyone you know interested in joining the Catholic Church or wish to know more about the Catholic faith? Please join us after the 11am Mass every Sunday at Our Lady's.

CONFIRMATION: 7PM, 16th May 2024 at Our Lady's.

SAFEGUARDING LEADS FOR THE THREE PARISHES :- St Vincent's-Judy Carey carey.judith@yahoo.com OLATA Ged Murtagh geraldmurtagh@outlook.com St Ambrose—Karen Tatton thetattons@ntlworld.com

Sick List

IN ST. VINCENT’S: We remember in our prayers all the intentions on the St. Vincent’s Prayer Board. Please add your intentions to the Prayer Board in church and you can see who is in need of our prayers on our website under "Thoughts for the week".

IN OUR LADY’S: Chloe Logan, Mary Metcalfe, Taya, Angela Mullin, Hayden Longworth, Peter Stanway, Julie Scanlan, McKenzie Kiely, Pauline Hinson, Eileen McGahan, Veronica Morrissey, Barbara Murphy, Michelle Philips, Maureen Brosnahan, Kelly Brosnahan, Zach Tierney, Irene Cox, Lee Abernathy, Janice Cook, Annie Topping, Theresa Burrows.

IN ST. AMBROSE’S: Molly Lane, Matthew Donegani, Michael Nealon, Colin Burns, Cerys Jones, Richard Laurens, June Campbell, Mavis Doggett, Khia Whitehead, Eleanor Loftus, Mary Andrusiak, Mary Sein, Paul Thuoc, Andrew Way, Mary Young, Veronica Norbury, Imelda Judge, Veronica Lane, Joanna Winter, Paul McClure, Helen Jenkins, Helen Leasor, Terry Glynn, Leaf Matthieson.

RECENTLY DEPARTED: May the souls of, Stanley William Berry, Kirsty Bains, Lucile Ebbs, Kam Fu Miu, John Thomas Adams, Ann Boswell, Charles Edwards, Susan Margaret Mills, Mary Ryan, Veronica Rendell, Margaret Pendlebury, George Bockenheim, Fr Liam Tallon, Calista Ogwuegbu, Graham Cash, Maria Harding, Kathleen Bond, and all the souls of all our recently departed rest in peace.

VERONICA MORRISSEY RIP, Veronica was a former member of the parish and Operatic Society and died on Tuesday 23rd January. May her soul rest in peace.

ANNIVERSARIES: James Toolan, Agnes McKeown, William Cook, Chris Conlon, Margaret O’Neal, Ellen Fidler, William Joseph Norton, Ann Brown, John Allen, Patrick Gallagher, Joseph Costello, Elsie Draycott, Fr Dermot Murphy, Peter Shields Jnr., Samuel Flaherty, Betty Selby

NEW RCIA CANDIDATES:- Any new candidates considering joining or knowing more about the Catholic Church are welcome to join the sessions. Please speak to Fr. Martin or contact the parish office

SACRAMENTAL PREPARATION CANDIDATES

FIRST HOLY COMMUNION 2024 - will take place on Sunday **12th May 2024**. Preparation classes for reconciliation and first holy communion for the children who do not attend Catholic schools have started. If your child does not attend a Catholic school and you would like them to receive the sacraments of reconciliation and holy communion please contact Claire and Rachel on rachelmwheelan@gmail.com and cjmonteith@icloud.com.

CONFIRMATIONS 2024 - will take place on **16th May 2024 at 7pm at Our Lady’s** for the four parishes of Our Lady and the Apostles, St Ambrose, St Vincent’s and St Joseph’s. Please contact the parish office if you would like to register your child.

OLATA CHARISMATIC PRAYER GROUP - on Thursday after 7pm Mass.

EUCCHARISTIC ADORATION AND MORNING PRAYER OF THE CHURCH are held before every morning Mass in our three parishes. Please join us.

CAFOD - The Church relies on people getting involved. Our parish, our community, our world needs you. Could your New Year’s resolution be getting more involved in the life of our church? Could you give a bit of time to help our parish flourish?

CAFOD, the Catholic Agency for Overseas Development, is looking for people to give just a little time and join them in their mission. Could you help in our parish, to build a better world. They also need people to visit our local schools: Training & support provided. See cafod.org.uk/Volunteer for more information or contact shrewsbury@cafod.org.uk

CAFOD—free will making service <https://cafod.org.uk/news/uk-news/a-new-year-s-resolution-that-lasts-for-generations>

CAFOD—fundraising ideas :- Simple Community Lunch <https://cafod.org.uk/fundraise/organise-an-event/simple-community-lunch>. Or—Could you take part in The Big Lent Walk? cafod.org.uk/walk see the links for more information.

VACANCY—St Paul's Catholic High School, Wythenshawe, Corpus Christi Catholic Academy Trust wishes to appoint Head of RE. This is a full time permanent position from Summer term 2024. Closing date for applications Thursday 1st February 2024 at 12 noon. <https://www.corpuschristitrust.co.uk/vacancies>

THE GOSPEL IMPERATIVE FOR CLIMATE ACTION. Friday 1 March from 7.00-8.00pm at Ampleforth College, the independent Catholic school in North Yorkshire. The talk will be followed by a drinks reception. Lord Deben will be able to speak candidly to us about the challenges posed by a changing climate and our duty as citizens and as Catholics to take action. The talk will also be live streamed, but we strongly encourage as many people to attend in person as possible. Tickets for the event are £15 and can be purchased from the Ampleforth Society’s website. Limited accommodation is available at Ampleforth Abbey and in the local area. <https://society.ampleforthcollege.org.uk/>

FOREIGN CURRENCY— Please put spare notes or coins to the big jars in all 3 churches for SVP charitable projects.

FR.PAT MUNROE WILL BE SPIRITUAL LEADER TO PILGRIMS INTERESTED IN A PILGRIMAGE TO THE SHRINE OF OUR LADY IN BOSNIA HERZEGOVINA, 17th -24th September 2024. It now attracts over 2.2 million annually. The Pilgrimage will be organised with Manchester based Northern Star renowned for quality in Pilgrimages with excellent guides. Eight days at £695. Single Supplement is available. There is an information meeting on Tuesday, 23rd January at Hugh's Church 7.45 pm (Mass 7.00pm) WA14 5HL. Fr.Pat's reflection on Medjugorje can be found on the following link <https://www.sthughandstjohnntimperley.co.uk/m/index.htm>

BETROTHED SACRAMENTAL MARRIAGE PREPARATION— March 2nd & 9th 2024 Time: 9:30-5:30pm Location: St Vincent de Paul Catholic Church Parish Hall, 2 Bentinck Road, Altrincham, WA14 2BP Registration is essential – please contact Jane Deegan at jane.deegan@dioceseofshrewsbury.org

KNIGHTS OF ST COLUMBA RAFFLE TICKETS—Dan Chamberlain (07749141004) is selling Grand National Raffle tickets. It’s a chance to support the Knights of St Columba and - who knows? - maybe win £1000.

RETREAT DAY ON PRAYER—3rd February 2024 10am—3pm St Columa’s Church Hall, Plas Newton Ln, Chester CH2 1SA. See the posters at the back of church.

DIOCESAN CHOIR FESTIVAL – ‘SING A NEW SONG’ You are invited to come along and sing as part of a diocesan choir. Learn music throughout the day and lead the singing for Mass at 5pm. We will learn Schutz: Praise to you Lord Jesus, Schubert: Mass in G and more, on **Saturday 24 February**, 10.30am-4.30pm with Mass beginning at 5pm. At St Anthony’s, Dunkery Road, Woodhouse Park, Wythenshawe, M22 0WR. Refreshments and registration from 10.30am, rehearsals begin at 11am. Tea and coffee will be provided, please bring a packed lunch. The cost is £5 per person, payable on the day. Book by completing the form at [HTTP://TINYURL.COM/DIOCESANCHOIRFESTIVAL](http://TINYURL.COM/DIOCESANCHOIRFESTIVAL) The deadline for bookings is Friday 16 February. For more information contact reception@dioceseofshrewsbury.org

FOOTSTEPS begins on Thursday 8 February The 2024 programme of informal talks starts in the parish centre of St Peter’s, Green Lane, Hazel Grove SK7 4EA on **Thursday, 8 February at 7.30pm** and we’re delighted to welcome again James Gallogly, the Managing Chaplain at HM Prison Manchester. He has chosen as his topic: Looking for light and faith inside prison. Do come and hear him share some insight into the nature of his work and how he walks alongside the men in prison. We offer a relaxed café-style setting, drinks and nibbles, a large free car park, good disabled access and a loop system. Footsteps events are interesting, friendly and thought-provoking for people of all denominations, celebrating what unites us; we’d be delighted to welcome you.

LENT BEGINS ON 14 FEBRUARY THIS YEAR. Please can each parish group volunteer to lead the weekly stations of a cross on a Friday at the respective parishes. SVP will lead the first one. Group leaders please volunteer for the following 5 Fridays and let the office know availability as soon as possible.

PARISH PASTORAL TEAM - Next meeting is 8 February at Our Lady’s after 7 pm mass—please keep the date for your diary.

FR MARTIN’S FREE MEDICAL OUTREACH MISSION 2024—Thank you for all your prayers and support for the recent medical outreach mission. It was a resounding success. Please watch this space for further information about this year’s mission. **GO-FUND-ME PAGE** - to support, please click on this link <https://gofund.me/2890550e> or scan the QR code, or feel free to give in any other convenient way. With your help, we hope to meet our annual target of attending to at least 1000 patients.



OUR LADY’S NEWS

CHILDREN’S LITURGY - every Sunday in the Guild Room.

TEA AND COFFEE AFTER 11AM MASS

THE PIETY STALL - at the back of church has cards for every occasion including Mass cards. Also gifts, rosary beads and children’s Mass books. Open after Mass on Tuesday morning, and before and after Mass on Saturday evening and Sunday morning

DONA ONLINE DONATION STAND - Feel free to give it a try or continue to use the QR code, or the weekly envelopes & standing order.



ST AMBROSE NEWS

PIETY STALL - Many thanks to everyone who continues to support the piety stall at the back of church. There are many lovely cards, books, gifts and rosary beads.

WEEKDAY MASS - Weekday Masses will now be in the sacristy, in order to reduce the heating costs.

ST VINCENT’S NEWS

MONDAY 29TH 10am Service of Word and Communion followed Knit and Natter. .

CHRISTMAS CARD COLLECTION- bring your old cards so they can be made into new ones. Please put in the box in the porch.

CHILDRENS LITURGY. Please if you are thinking about helping out with this please contact Veronica, Jane, or Lucy after mass. Perhaps you would like to think about helping out for a Sunday in Lent, you won’t be asked to do it on your own.

PIETY STALL—Please support the piety stall for your purchase of Christian cards and religious artifacts. Communion and Baptism cards etc are on display. Easter Cards and candles will be available shortly.



TO DONATE TO ST VINCENT’S PARISH—please scan the QR code.

Please send any items for inclusion in the newsletter to the Parish Office by 12 midday on Thursday.

Kindly indicate parish of choice for your mass intentions. Bear in mind that dates might not be available.

Our Lady and the Apostles, Shaw Heath, Stockport SK3 8BO: St. Ambrose, Adswood Road, Stockport, SK3 3QA: St. Vincent de Paul, 29 Handley Road, Bramhall, Stockport.