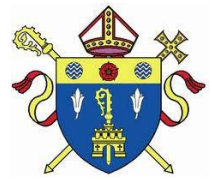




Fifth Sunday in Ordinary Time (Year B)

The Priory, Banklands, Workington. CA14 3EP. Phone: 01900 602114.
Email: info@christ-the-good-shepherd.co.uk Website: christ-the-good-shepherd.co.uk
Live Streaming: www.mcn.live Find us on Instagram & Facebook
Priests of the Parish: Fr Philip Conner P.P. & Canon John Watson.
Parish Sister: Sister Eleanor 01900 602028 eleanorgenevieve@hotmail.co.uk



Parish News & Events

Key: SM = St Mary, SG = St Gregory, OLSM = Our Lady & St Michael,
Sat 3 Feb Vigil: 5th Sunday in Ordinary Time
 17.45 SM Confessions
 18.00 SM Mass (People of the Parish)
Sun 4 Feb 2024 5th Sunday in Ordinary Time
 09.15 SG Confessions
 09.30 SG Mass (Gertrude Hickman & Family)
 10.30 OLSM Mass (John & Elizabeth Trainor)
 15.00 OLSM Evensong
 18.00 OLSM Mass (Michael Mattinson)
Mon 5 Feb St Agatha
 10.00 OLSM Mass (Margaret & Joe Davis)
 18.00 OLSM Evening Prayer
Tues 6 Feb SS Paul Miki & Companions
 09.30 SM Adoration
 10.00 SM Mass (Maureen Thompson)
Wed 7 Feb Wednesday of week 5
 11.30 SG *Lectio Divina*
 12.00 SG Mass (Frank Holmes)
 18.00 OLSM Evening Prayer
 18.30 OLSM Mass (Helen Farrer)
Thur 8 Feb St Josephine Bakhita
 10.00 SM Mass (Wedding Anniversary (M & P))
 18.00 OLSM Evening Prayer
Fri 9 Feb Friday of week 5
 11.30 SG Adoration
 12.00 SG Mass (Margaret McLaughlin)
 18.00 OLSM Evening Prayer
 19.00 OLSM Latin Mass
Sat 10 Feb St Scholastica
 10.00 OLSM Mass (Lawrence Murray)
 10.30 OLSM Confession, Adoration & Rosary
Sat 10 Feb Vigil: 6th Sunday in Ordinary Time
 17.45 SM Confessions
 18.00 SM Mass (McNicholas & Stephenson Families)
Sun 11 Feb 2024 6th Sunday in Ordinary Time
 09.15 SG Confessions
 09.30 SG Mass (Peggy Nichols)
 10.30 OLSM Mass (Ronald Lawson)
 12.00 OLSM Baptism-Mabel Ivy Fisher
 15.00 SG Healing Service
 18.00 OLSM Mass (People of the Parish)

Sanctuary Lamps (week beginning 04.02.24)

OLSM: In Loving Memory of Jack Holden

Lady Altar: People of the Parish

SG: Loving Memories of the Samuels & Shrieves Families

Sacred Heart: None SM: Holy Souls

Most dates are available for 2024, please contact Sharon in the parish office.

Please remember in your prayers those who died recently. Stella Head (funeral details to be announced).

The sick & housebound: Catherine Wilson, Mabel Tognarelli, Doreen Doran, Fletcher Ditchburn, Anne Braniff, Dennis Castleton, Jack Gullen, Veronica Tubman, Joan Rodgers, Margaret McAleavey, Ibrahim Tobya Shsha, Maureen Dolan, Brendan McManus, Donald Pettitt, Linda Tallentire, Mary Cronolly, Gilbert Carruthers, Marie Blair, Mary Murphy, Jim Cunningham, Geoff Williamson, Helen Bailey and Joan Ainsworth.

And those whose anniversaries occur around this time: Kathleen McGee, Cis McCourt, Bert Reay, John George, Marjorie McVeigh, Gordon Shilton, Thomas Tolmie, Dorothy Branney, Daniel Hayfield, Irene Holmes, Anne-Marie Edgar, Agnes Reynolds, David Speakes and Leanne Watson.

Parish Finance. Details for online banking: Account - LRC DTR Christ the Good Shepherd. Sort Code: 40-27-02. Account No. 91752146.

We are a week and a half away from the beginning of Lent. There is time to begin to think about how each of us might use this as a spiritually fruitful time through, stripping back what is unnecessary in our lives, dedicating ourselves to prayer and fasting, and almsgiving and works of mercy. Throughout Lent, beginning on 21 February, at St Gregory's there will be a **soup lunch** after the midday Mass in support of CAFOD, and a **Lenten Scripture Group** meeting at 7.15pm. This group will prayer together and reflect upon the Sunday Gospels throughout Lent. Everyone is welcome to this gentle introduction to what is called '*Lectio Divina*', the prayerful reading of the Word of God.

Day for Prayer for the victims of human trafficking and those who are working to combat it on Thursday 8 February, the feast of St Josephine Bakhita, who herself was captured in a village raid in South Sudan in the late nineteenth century, traumatised and tortured by various captors, until she was brought out of slavery by an Italian family who took pity on her. Their example led to her conversion to the Catholic faith and in time she became a religious sister and an awesome witness to the power of forgiveness against those who had upended her life. Today, it is estimated that 20 million people globally are trafficked illegally for use as commodities, or objects, in conditions of sexual and labour servitude. A recent film, 'Sound of Freedom' was a box office success highlighting child trafficking. For further information, see safehorizon.co.uk, santamartagroup.org, medaille-trust.org.uk

Adamas Voces will be singing at this Sunday's Mass at Our Lady & St Michael's and there will be sung **Evensong** at 3pm (half an hour), a beautiful service of sung psalms and antiphons. Everyone is welcome.

Fire Warden Training on Saturday 10 February at 10am. We are required to have a team in each church trained to help evacuate the church in case of an emergency during Mass. It makes sense for our welcomers and a few others to be trained up, reminded of some basics, and given the skill to operate fire extinguishers, etc. If you are interested, please contact the Parish Office.

Healing Service with the sacrament of the Anointing of the Sick and Benediction on the Feast of Our Lady of Lourdes, Sunday 11 February at 3pm, at St Gregory's church, followed by refreshments. Please could family and friends offer lifts to those elderly or housebound who would like to attend the service, and those who are fit and healthy, park on the streets so as to give priority parking to those who are less agile. This service is especially for those who are suffering in any way, old or young, mentally, physically, spiritually, and everyone in the parish and wider community is welcome.

Open Door coffee and a warm welcome. St. Gregory's church Mondays at 9am. St Mary's church hall, Harrington, Thursdays at 10.30am & Stella Maris room every Friday at 10am.

Live Streaming. Please note the address for live streaming has changed. The new address www.mcn.live will be effective immediately with the old address still being available to assist in the transition. www.mcnmedia.tv will no longer work after 20 February 2024.

Thank you to all those who donated to the recent special collections held in the parish: The Crib collection raised £539.57 for *Friends of the Holy Land*, supporting the minority Christian population in the land of Christ's birth. Donations from the Memory Tree for *Mary's Meals* raised £1443.60 which will be doubled by the Government feeding 150 children for a year in their schools and enabling them to escape poverty. The Diocesan Poor Mission collection raised £256.17, Youth Sunday £208.81 and the collection for the SPUC White Flower appeal raised £258.36. We would also like to thank those very generous parishioners who have donated to various fundraising initiatives held in the parish over the year, in particular the £5805 which has been raised to enable renewal of the toilets and kitchen facilities in St Mary's church hall.

Wanted. Thank you to those who donated bicycles for teens in the parish, we have had enough donated for the boys but are short of 3 or 4 for girls (please bring to the Priory).

Wanted: Base for a double bed, second hand vacuum cleaner. With sincere gratitude for all donations. **Please note** all donations of clothes/bedding etc must be taken direct to Sr Eleanor and not left at the Priory, thank you. **Sister Eleanor 01900 602028.**

Other News and Events

Men's Breakfast at The Carnegie, 9.30am, Saturday 10 February organised by *Churches Together* with *Andy's Man Club*.

Diocese of Lancaster Lourdes Pilgrimage, 23-30 July, led by Bishop Swarbrick. Contact info@joewalshtours.co.uk or 0808 189 0468. There is also a coach for youth with a day of sightseeing in Paris, for information go to: youth@lancasterlourdes.co.uk

*Come, Holy Spirit!
Give us the grace today to rise up,
to open wide the doors,
to go out of ourselves so as to
draw others to Christ,
to be disciples and to make
disciples, that we may walk in your
ways joyfully and build up Your
Church across West Cumbria.
We make this prayer through
Jesus Christ our Lord. Amen.*