

January 28, 2024: 4<sup>th</sup> Sunday in Ordinary Time

Background on the Gospel Reading

Today's Gospel continues our reading from Mark and describes what some believe was likely to have been a typical day in Jesus' ministry. Jesus and the disciples that chose to follow him in last week's Gospel arrive at Capernaum, a small village on the Sea of Galilee. Jesus teaches in the synagogue on the Sabbath. Mark reports that the people respond to Jesus' teaching with astonishment, noting Jesus' authority and contrasting it with the scribes'. Early in Mark's Gospel we already find evidence of the tension that will manifest itself fully in Jerusalem.

After Jesus' preaching, an even more astonishing thing happens. A man possessed with an unclean spirit calls out to Jesus. As we see in this example and throughout Mark's Gospel, the spirits and demons seem to know Jesus and are often fearful of him. In fact, they seem to understand Jesus' identity better than his disciples. As we will read again and again in Mark's Gospel, Jesus orders the spirit to be quiet and drives the unclean spirit out of the man. Jesus' ability to heal those possessed by demons is an indication of his power over evil.

In the prescientific age of Jesus' time, all illnesses were understood to be manifestations of evil and sinfulness. Our modern understanding of illness is very different. Possession by unclean spirits may have been a way to describe what we might call mental illness today. It may have even been a way of describing certain kinds of physical conditions. There is evidence that there were many kinds of exorcists and healers in first-century Palestine. Jesus appears to be like these healers, but he heals with unique authority and connects his healing activities with the words of his preaching.

We are missing the point that Mark is trying to make in this Gospel, however, if we try to explain away the healing work of Jesus. The crowds see in Jesus' cure of the possessed man further affirmation of his authority. Jesus' power to heal gives greater credence to his teaching. Jesus impresses the crowds through his words, which are manifested with power in his deeds. Mark's Gospel tells us that because of the authority with which he healed, Jesus' fame spread throughout all of Galilee.

[www.loyolapress.com](http://www.loyolapress.com)

**WEEKDAY MASS:** is now at 10a.m. each morning Tuesday to Friday and held in the Meeting Room. Weekend mass remains the same.

**January 28, 2024**  
**4<sup>th</sup> Sunday in Ordinary Time**

# Sacred Heart Parish

**A Stewardship Parish in Union with Christ**  
**Parish Information**



**Pastor: Fr. Lee Lainey**

**Office Administrator: Roseann Janes**

**Office Hours: Monday to Friday 9:00 am - 1:00 pm**

465 Curling Street  
Corner Brook, NL, A2H 3K8  
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**e-transfers:**  
**[sacredheartrcparish@hotmail.com](mailto:sacredheartrcparish@hotmail.com)**  
**Password "Church"**  
**Note: include your envelope #**  
**[www.sacredheartrcparish.ca](http://www.sacredheartrcparish.ca)**  
**Diocesan website: [rcchurch.com](http://rcchurch.com)**

**Weekend Masses:**

**Saturday 4:30 p.m., Sunday 11 a.m.**

**Weekday Mass:**

**NEW HOURS:**

10a.m. - Tuesday, Wednesday, Thursday and Friday\*.

**Daily mass is cancelled any day schools are closed due to bad weather.**

**\*Lohnes Complex**

First Friday of each month - 2 pm at the Lohnes Complex.

**\*Note: No mass at the church on this day.**

**Bible Study:**

**Thursday February 1<sup>st</sup> at 7pm.**

**Holy Hour of Adoration:**

Postponed until further notice.

**Reconciliation:**

By request.

**Marriages:**

Six months' notice required. A year's notice is recommended.

**Baptisms:**

Please call the Parish Office to schedule preparation session.

**Family Connections:**

At [www.rcchurch.com](http://www.rcchurch.com) you will find a link to family connections.

**St. Vincent de Paul:**

To assist those in need. Call 709-638-9010.

**RECEIVED WITH THANKS**

**January 20 & 21, 2024**

Regular Sunday	1661.15
Loose Offering	96.40
Envelope Cost	15.00
Building Fund	50.00
New Years Day	5.00
Candles	51.00
Mass Stipends	30.00
Indian Residential School Healing Fund	205.00

**MASS INTENTIONS Jan. 30 to Feb 4/2024**

Tues. 10am	Late Dorothy Keough Late Gus & Irene Rumbolt Late Stephen Callahan
Wed. 10am	Parish Community
Thurs. 10am	Late Mary Mullins Late Shirley Dunphy
Fri. 10am	Lohnes Complex
Sat. 4:30pm	Late Marie Pennell Late Bridget & Jordan Blackwood
Sun. 11am	Late Bridget Dillon

**LITURGICAL MINISTERS**

<b>February 3</b>	
<b>Reader</b>	<b>Eucharistic Minister</b>
Janet Jackson	Barbara Neville
<b>February 4</b>	
<b>Reader</b>	<b>Eucharistic Minister</b>
Calvin Gillis	Brian Sparkes
<b>Communion to the sick – Eileen Moore</b>	

**INCOME TAX RECEIPTS:** 2023 tax receipts are available at the back of the church starting this weekend.

**BIBLE STUDY:** The next bible study will be held on Thursday February 1st, 2024 at 7pm.

**SACRED HEART BINGO:** Bingo starts today Sunday January 28. Doors will open at 1pm and bingo will start at 2pm. Brings your friends and come support the church while winning some prizes.

**WEEK OF PRAYER FOR CHRISTIAN UNITY:** The service for the Week of Prayer for Christian Unity has been **rescheduled for Tuesday, January 30<sup>th</sup> at 2pm** and will take place at the Corner Brook Baptist Church, 11 O’Connell Drive. The theme of this year’s event is *“You Shall Love the Lord Your God...and your neighbour as yourself.”*

**UKRAINIAN CATHOLIC MASS:** A Ukrainian Mass will be celebrated at **All Hallows Church on Saturday, February 3<sup>rd</sup>, at 10:30 a.m.** All are welcome.

**LADIES COUNCIL MEETING:** The ladies council meeting will be held Wednesday February 7 at 1:30pm at Sacred Heart Parish Church meeting room.

**PARISH COUNCIL MEETING NEW TIME:** The next meeting will be on Wednesday February 7 at 6pm at Sacred Heart Parish Church Meeting Room. Going forward the meeting will now be held on Wednesday and not Tuesday.

**PARISH OUTREACH:** This committee is offering to bring communions and provide a pastoral visit to those who wish to have this ongoing contact. To anyone needing a pastoral visit or communion to the sick please call the parish office at 709-785-5025 and you will be directed to a committee member.

**SAINT VINCENT DE PAUL SOCIETY :**

**Poor Box Collection** will take place this weekend. Members will take donations at the end of each Mass. Gratitude and appreciation are expressed to all those who contribute.

Please read on to find out how your ongoing support makes a difference!

**St. Vincent de Paul Christmas Hamper Campaign:** On December 16, St. Vincent de Paul delivered 100 Christmas hampers in the Bay of Islands area. The families and individuals who received the hampers were very grateful. Thanks to all who made this project come together including those who contributed financially, donated stocking stuffers, assisted in hamper delivery, sponsored the vegetables, etc.

**St. Vincent de Paul, December Activity:** In addition to the Christmas Hamper campaign in December, St. Vincent de Paul fed 144 guests at Mary’s Kitchen; delivered 15 emergency grocery hampers to hungry individuals and families, and made 34 furniture deliveries (including 22 mattresses, eight dressers, eight couches, six kitchen tables, etc). Thanks for your continued support.

**NL HEALTH SERVICES SEEKING VOLUNTEERS:** The Western Zone of Newfoundland and Labrador Health Services is looking for volunteers. You will get the opportunity to make a valuable contribution to our residents, patients and clients. Spending time with volunteers makes our residents and patients happier and they feel less lonely. Share your skills, knowledge and time. Work in a gift shop. Join an auxiliary. Prepare afternoon treats for palliative care patients and their families.

Read to patients and residents. Be a dining companion. Provide musical entertainment. There are many ways you can volunteer. If you are interested call 709-784-5369 or email [volunteerresources@westernheath.nl.ca](mailto:volunteerresources@westernheath.nl.ca) to find out more. You too will benefit as you will meet new people and experience personal satisfaction.

**Reflection Speaking with authority**

Ideally words should always be preceded by deeds. When people who have done something begin to speak, people listen. Their words carry enormous weight. They have real authority.

The weakness of a lot of words arises from the fact that they are not preceded, or accompanied, or even followed by deeds.

At the root of innumerable wrongs in our world is the discrepancy between word and deed. It is the weakness of Churches, parties, and individuals. It gives people and institutions split personalities.

Lord, grant that what we have said with our lips, we may believe with our hearts, and practise with our lives.