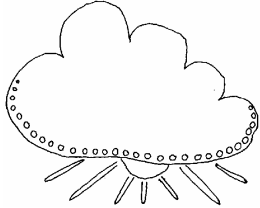


Our Lady of the Immaculate Conception and St Joseph

Fifth Sunday of the Year
8th February 2009



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The worst thing you can do to someone who's depressed is to tell them to pull themselves together. They simply can't, because they don't see things the way we do and from their point of view all the positives seem to have vanished.

That's the mood that Job is in today in our scripture reading. He's suffering a restlessness: when it's night he longs for the dawn but when the new day comes he wishes it was night again. He's hopeless and helpless.

It's easy to jump on the bandwagon of depression, although most of us just like a good moan and we occasionally end up feeling sorry for ourselves. We complain about the rise in food prices in the economic downturn but then we still spend our money on things that we don't really need or that don't do us any good.

But imagine if you really did lose all hope and the future seemed bleak. Where would you turn? What would be the compass points of your existence that would guide you through the dark days?

In today's gospel we hear that Jesus cured many people of mental illness who were brought to him by their family and friends. When everything else seemed to have failed they knew that he wouldn't let them down. "Casting out devils" meant healing mental disturbance and this was a large part of the healing ministry of Christ.

Just because we believe in Jesus does not mean that we will never suffer from depression; in fact, depression is sometimes the only way a person can survive an awful experience. It's the mind's way of defending itself for a while. And it's not the case that Christians look at the world with rose-coloured glasses. We don't just see a wonderful world; we go through the same troughs as every other person. But faith gives a purpose to our suffering. It teaches us that whatever we undergo we are not alone. Besides any medical treatment that we might receive, we also know that Jesus himself has already taken on the deepest suffering possible and has overcome it. Being a Christian means being part of a community that cares, a community that sees the hurt of one person as affecting the whole Body of Christ, the Church. Look around you.

UKRAINIAN EVENING

The Ukrainian Community would like to invite you to an "Ukrainian Experience" on Saturday 28th February 2009 from 7.30 until late in Eleanor Hall. This is a fund raising event for the St Joseph's Parish Centre. There will be food, singing, a live band – treat yourselves to a different kind of evening! Tickets are £7 for adults and £3 for OAP/Students and are available by calling Anna Boatman on 01992 635105.

FAIRTRADE FAIR

Fairtrade Fair at Holy Apostles Church, 47 Cumberland St. Pimlico, SW1. Admission is free. Saturday 28th February at 7.00pm, come and join in the diocesan celebration World music, international talent, stalls, wine, food tasting, and more.

IN YOUR 30s

There is a group for Catholics in their 30s. We organise a variety of social, spiritual and charitable events in London and the South East as well as weekends away, holidays, pilgrimages and retreats. If you'd like to find out more come along to Penderel's Oak, High Holborn, London (take the side exit from Holborn Tube Station, turn right and Penderel's Oak is about 300 yards along on the right-hand side) today from 1.00pm. If you can't find us ring 07977 904479. No need to book – just turn up. Or to receive 'The 30s' programme and get involved email hugh@project2030.fsnet.co.uk text Clare on 07530 926497 or see www.project2030.org.uk.

BAPTISM PREPARATION

The Baptism Preparation Course will continue this afternoon at 2.30pm at the Convent in Longlands Close. The next Course will be near to Easter.

CONFIRMATION PREPARATION

Confirmation will be celebrated here on Thursday 2nd July. There will be a Meeting for the Candidates who have signed up for the Preparation and for their Parents on Thursday 12th February at 8.00pm in the Church.

RESPONSORIAL PSALM

Praise the Lord for he is good;
sing to our God for he is loving;
to him our praise is due.

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.

Our Lord is great and almighty;
his wisdom can never be measured.
The Lord raised the lowly;
he humbles the wicked to the dust.

GOSPEL ACCLAMATION

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

TODAY'S READINGS:

Job 7:1-4.6-7
Psalm 146.1-6
1 Corinthians 9:16-19.22-23
Mark 1:29-39
Mass Times

NEXT WEEKS' READINGS:

Leviticus 13:1-2.44-46
Psalm 31:1-2.5.11
1 Corinthians 10:31-11:1
Mark 1:40-45

SUNDAY	FIFTH SUNDAY OF THE YEAR	8.30am 10.45am 12.15pm & 6.30pm
Monday		10.00am
Tuesday	Scholastica	10.00am
Wednesday	Our Lady of Lourdes	10.00am
Thursday		10.00am
Friday		10.00am
Saturday	Cyril	6.30pm
SUNDAY	SIXTH SUNDAY OF THE YEAR	8.30am 10.45am 12.15pm & 6.30pm

Sacrament of Reconciliation –

Saturday 10.30 - 11.00am & 5.45 – 6.15pm

Exposition of the Blessed Sacrament

There is Exposition of the Blessed Sacrament in the Church each Friday morning from 9.15 to 9.45.

Offertory Last Week: £1,566.31

plus the regular Standing Orders. Thank You!

RCIA

The RCIA Group will meet on Tuesday evening at 8.00pm in the Presbytery.

SVP

The SVP Group meets on Monday evenings at 8.00pm in the Sacristy.

LEGION OF MARY

The Legion of Mary meets in the Sacristy at 10.45 on Tuesday mornings.

3RD WALTHAM CROSS CUBS NEEDS YOU!

Calling all 8-10 year olds, we need you! We do lots of cool stuff like fun and games, we work towards badges and also go camping. It's on a Friday night and runs from 6.15 pm – 7.45 pm, in St, Joseph's Hall. For more information, please call Ian on 07984 401159 or Sarah on 01992 627895.

FRENCH CLUB

The French Club has now restarted in Eleanor Hall on Wednesday for age 5-7 and Thursday Age 8-11 both from 3.45-4.45pm. Encourage your children's language skills in a fun way through songs, games and the interactive website. Please contact Pauline on 07983 045050.

ALTAR SERVERS NEEDED!

To become one of the Altar Servers in the Parish, you must have received your First Communion, and be attending Mass here. If you celebrated your First Communion last year or have recently moved into the Parish, and would like to join the Altar Servers, please see Fr John.

ARCHBISHOP'S MASS OF THANKSGIVING FOR THE SACRAMENT OF MATRIMONY

The Cardinal will be inviting all couples in the Diocese who are celebrating their 10th, 25th, 50th and 60th + wedding anniversary of Catholic marriage in 2009, to a thanksgiving Mass. This will be held on Saturday 30th May 2009 at 3.00 pm at Westminster Cathedral. If you qualify, please don't delay in telling the parish clergy. He will need: husband and wife's names, wedding date, full postal address and email if you have one (or if not, a phone no.). The address is Dept for Pastoral Affairs, Vaughan House, 46 Francis Street, London SW1P 1QN, email cathmacgillivray@rcdow.org.uk, or phone 020 7931 6064.

CONFIRMATION CATECHISTS

There will be a meeting for the Confirmation Catechists on Tuesday 10th February at 8.30pm.

PADRE PIO

The Padre Pio Group will meet in the Church on Friday 13th February at 8.00pm.

BAPTISM THIS WEEK

Sunday 15th February at 12.15 Emma Ryan

FUNERAL THIS WEEK

The Funeral Mass for the late Rosemary Deegan will be celebrated on Thursday 12th February at 10.00am

THE BEGINNING EXPERIENCE

The Beginning Experience are holding a weekend for those who find themselves alone again through bereavement, divorce or separation. This will take place from March 27th to 29th 2009 at the Emmaus Centre, West Wickham. For details telephone Mary on 01296 487634.