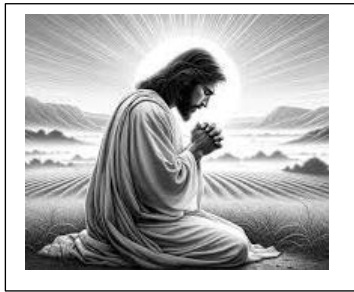


FIFTH SUNDAY OF ORDINARY TIME**Reading Cycle B****Psalter Week 1****Sunday 4TH FEBRUARY 2024****Chaplain: Rev. Peter Davies****peter.davies4@wales.nhs.uk**

Safeguarding Rep: C German

e-mail: Cge7618946@aol.com**ST PATRICK'S GRANGETOWN****CARDIFF CF11 7 LJ****Tel No: 20253514****Parish Priest: Fr Valentine Mobuogwu****Fr Malachy Orjibele Fr Soloman Ugwummadu****Please leave your phone number and e-mail address****grangetown@rcadc.org****www.stpatrickscardiff.co.uk**

Facebook Page:

Friends of St Patrick's Grangetown -**www.stpatrickscardiff.co.uk****MASSES AND SERVICES FOR THE WEEK**

SAT	3 rd FEB	FIFTH SUNDAY OF ORDINARY TIME	6.30pm	Terry and Dorothy Stevens R.I.P
SUN	4 TH FEB		10.00 am	Mary Johnson R.I.P
MON	5 TH FEB			
TUES	6 TH FEB	MEMORIAL OF ST PAUL MIKI AND COMPANIONS	6.30pm	Deceased Members of the O'Reilly Family R.I.P
WED	7 TH FEB	Weekday in Ordinary Time	6.30pm	George Collins R.I.P
THURS	8 TH FEB	REQUIEM MASS	11.00am	MAUREEN DESMOND PAGE
FRI	9 TH FEB	FEAST OF ST TEILO	10.00am	People of the Parish
SAT	10 TH FEB	SIXTH SUNDAY OF ORDINARY TIME	6.30pm	Con and Muriel Callaghan R.I.P
SUN	11 TH FEB		10.00am	Magdalena Klos + R.I.P

PRAYERS FOR THE SICK, ANNIVERSARIES AND THOSE WHO HAVE RECENTLY DIED:

We pray for those in our families or in our Parish Community who may be sick, housebound, worried or in need. We ask that the love of the Lord be with them during the coming week. To all our parishioners who are indisposed we ask that they may receive every grace and blessing.

We also pray for Terry Stevens, Margaret Demanuel, Angelo Tabone, Edward Evans, Mercedes Jones, Fr Thomas Keane, Fr Francis Morris, Fr Ray O'Shea, Anna Snook, Margaret Rees, James Cruise, Jean Carter, Bertha Desmond, Brian Seignott, Robert Sloman, Michael Gibson, Winifred Doble, Patrick Hansen, Bernard Stroude, Margaret Roche, Fr Pierce Maher, Alice Light, Jean Felice, Vivian Bevan, Magdalena Klos and all those whose anniversaries occur at this time.

Please pray for the repose of the souls of Maureen Desmond, Mary Johnson and Pat Mooney who passed away recently. May they rest in peace.

Do not forget to pray for all those who have died and for their families, particularly those who have no-one to remember them.

CANDLES You can buy a 7 day candle (£5.00) which will be left either at the Sacred Heart and Our Lady's Altar for the duration of a week. **This week's candles will be lit for Brian Seignott, and Mary Johnson**

SACRAMENTAL PREPARATION RECONCILIATION AND FIRST HOLY COMMUNION : an email has been sent to parents of children registered for this year's programme. If you did not receive this, please contact Mary marystpatricksgrange@gmail.com

SACRAMENT OF RECONCILIATION: As usual for those who wish to avail themselves of the Sacrament of Reconciliation (Confession), may do so at the END of each weekend Mass.

'WALK WITH ME' LENTEN REFELCTIONS. Available from the back of the Church £1.00

ST HELEN'S PRIMARY CAERPHILLY: applicants are being sought for the position of Deputy Head Teacher. Please copy this link for more information <https://www.eteach.com/jobs?empNo=27522>

WEEKDAY MASSES: Now that the weather is cold most of our weekday Masses will be celebrated in the Sacristy

COFFEE , TEA AND CAKE !. Everyone is welcome but please give a monetary donation toward the cost of the refreshments. All donations are most welcome.

MASS INTENTIONS At the back of the Church there are envelopes for you to put your donation and the details of when you would like a Mass and for whom. Please put your envelope in the Offertory Bag or the Brown Box at the back of the Church.

NEW TO THE PARISH? If you have been coming to St Patricks for some weeks and would like to be listed as a new Parishioner please complete the proforma at the back of the Church and give it to one of the priests.

CONFIRMATION: Names are being taken for Preparation Classes for the Sacrament of Confirmation (Year 8 and above). Please give your name to Mary Taylor or Chris.

BIRTHDAYS AND WEDDING ANNIVERSARIES: If you would like these occasions to be celebrated in Church, please put details on the sheet and Chris will put it in our new 'Celebrations Book'

FOOD AND TOILETRIES APPEAL : Thank you to all who are helping to support the Fair-Priced Food Shop with donations of tinned goods and toiletries. Goods can be left by the table at the back of the Church and then they will be taken to the School.

SAFEGUARDING: Please click on the link for Helplines and Information on the Parish Website Homepage

GOING INTO HOSPITAL? Please let the Hospital know that you are a Catholic and would like a visit from the Chaplain. If you are a relative and would like the Catholic Hospital Chaplain to make a visit please leave the name of the person you want them to see and the Ward details if possible. When you ring the Chaplaincy 02921 843230 (new number) please leave your contact details so that they can contact you.

PIETY STALL: Easter and Mothering Sunday cards and gifts now on display. Lots to look at. **Please take care if you wish to look in the glass cases. There is a step !**

ONLINE DONATIONS: On the Home page of the Website is a link to enable you to donate directly to St Patrick's. Many of us are not using cash as much as we once were and if this is helpful please try it. Gift Aid can be automatically added with no cost to you.

GIFT AID If you pay Income Tax, St Patrick's can collect Gift Aid with no cost to you at all. This is an extra 25p for every £1 you give. All you have to do is sign a consent form. Please consider this.

QR CODE: Many of you will have seen the poster displaying the QR Code for the Parish. This is another way you can donate to the Parish. You will need a QR Code reader on your Phone.

HOUSEBOUND COMMUNIONS: If you know of a parishioner wishing to receive Holy Communion or if you need help please contact Frs Valentine, Solomon or Malachy

PARISH WEBSITE Each day there is something new to read.

WEEKLY MESSAGE

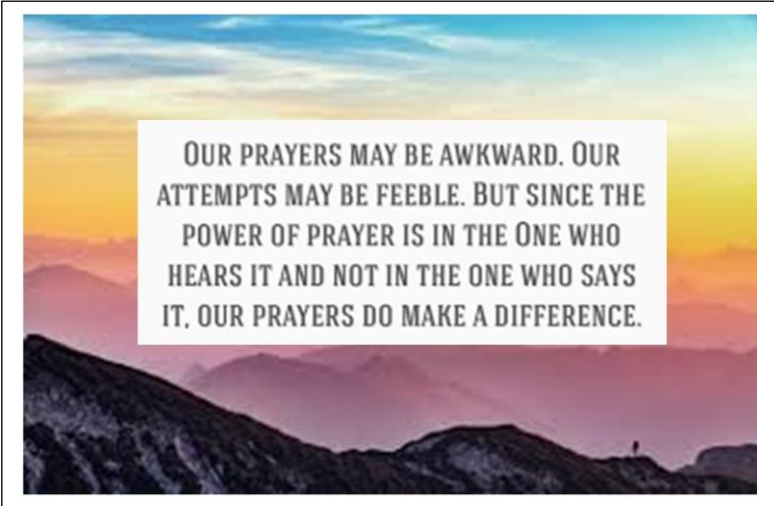
Because we can neither find nor create time, we must set aside time to accomplish anything of importance. Many of us are great 'list makers'. We mark the success of a day by how many things we have accomplished. But how many of us set aside a few moments each day to just say 'hello' to the Lord. When we meet someone when we are out and about we nearly always say 'hello'. The Lord is with us while we sleep and through every moment of our waking time. Do we acknowledge His being there? Taking time out of our busy day to just draw breath and recharge is important for all of us. Taking time to re-connect with the Lord is just as important.

We often hear in the Gospels how Jesus took time to re-connect with God Our Father, in fact he frequently took the time to go off by Himself to pray. While there may be many reasons why Jesus went off by Himself, one of those reasons was clearly that He would have had no private time otherwise. When His disciples asked Him to teach them to pray He not only taught them the Lord's Prayer (Lk 11), but He also instructed them to "go into your inner room, close the door, and pray to your Father in secret" (Mt 6:6).

While we might not be as popular as Jesus, continually surrounded by crowds seeking our attention, each of us has demands on our time that may hinder us from doing what we want to do. We all face daily challenges which often cause us anguish or worry. When Jesus said 'go into your inner room and close the door', He was asking us, just for a while, to close out our busy world, and open the door to the Lord so that He and only He can give respite from our daily woes.

Many have asked "What prayers should I say?" There are thousands upon thousands of prayers! What matters is not the words you say out loud, but the words that come from your heart. The Lord knows what we want to say, and so even if we say nothing at all but just open the door and put ourselves in the presence of the Lord, that is enough. He will know.

God is saying to you today,
"I will never send you into
a situation alone. I go before.
I am standing beside you.
I walk behind you.
Whatever situation you are
facing now, be confident
that I am with you."



OUR PRAYERS MAY BE AWKWARD. OUR
ATTEMPTS MAY BE FEEBLE. BUT SINCE THE
POWER OF PRAYER IS IN THE ONE WHO
HEARS IT AND NOT IN THE ONE WHO SAYS
IT, OUR PRAYERS DO MAKE A DIFFERENCE.