

CATHEDRAL PARISH OF ST MARY & ST BONIFACE

Part of the Plymouth Roman Catholic Diocesan Trust - Registered Charity No. 213227



St. Joseph's
Raglan Road
Devonport
PL1 4NQ



Cathedral
45 Cecil Street
Stonehouse
PL1 5HW



Christ the King
Armada Way
PL1 2EN

Cathedral House Clergy:

Canon Mark O'Keeffe (Cathedral Dean)

Fr. Kenneth Agu (Assistant Priest)

Fr. Martin Budge (Retired Cathedral Priest)

Cathedral: 01752 662537 **Email:** plymouth-cathedral@predtr.org.uk **Website:** plymouthcathedral.co.uk

Pastoral Assistant: Lyn McLoughlin **Email:** plymouth-cathedral@predtr.org.uk

Safeguarding Representatives:

Cathedral: Lyn McLoughlin **Devonport:** Deborah Birch **Christ the King:**

Cathedral School: cathedral-school.eschools.co.uk Holy Cross School: holycross.plymouth.sch.uk

St. Joseph's School: st-josephs.plymouth.sch.uk

Fourth Sunday in Ordinary Time - Year B 2 Psalter 4 January 28th 2024

DAILY WORSHIP

Mass will be streamed daily from the Cathedral at 10:00 am –in accordance with GDPR - see noticeboard for further information

Date	Mass	Intentions	St. Joseph's Sunday 11:30am Intentions: <i>Susan Foster (RIP)</i>
Sunday 28th January <i>Fourth Sunday in Ordinary Time</i>	8:00am 10:00am 6:00pm	<i>People of the Parish</i> <i>Sr Kathleen O'Reilly (RIP)</i> <i>C V Chacko (RIP)</i>	
Monday 29th January	10:00 am	Matthews & Roberts (RIP)	
Tuesday 30th January	10:00am	Trelawney Family (RIP)	SICK & HOUSEBOUND Please pray for the sick or housebound in our parish and those who are particularly poorly at this time. RIP: Please pray for the repose of the souls of those who have recently died especially Susan Foster may their souls rest in peace.
Wednesday 31st January <i>St. John Bosco (Memorial)</i>	10:00am	Steve McEwan (RIP)	
Thursday 1st February	10:00am	Holy Souls	
Friday 2nd February <i>Adoration of the Blessed Sacrament</i> <i>The Presentation of the Lord</i>	9:30am 10:00am	A time of silent prayer Peter Lowther (RIP)	
Saturday 3rd February	10:00am	Holy Souls	
Sunday 4th February <i>Fifth Sunday in Ordinary Time</i>	8:00am 10:00am 6:00pm	<i>Holy Souls</i> <i>Catherine Healy (RIP)</i> <i>People of the Parish</i>	



Message from Canon Mark
4th Sunday in Ordinary Time- Year B



**Evil will never win out to the end.
 It has been conquered on the Cross, with love.**

St Mark in Gospel was concerned that people hearing about Jesus might just imagine him as another preacher – so he adds that the people who encountered him were struck by his uniqueness: he was a teacher like no other. But St Mark, equally, did not want people to think of him just as the greatest teacher: Jesus having come among us does the Father's will, he liberates people from their demons, and he brings new life. But St Mark, yet again, does not want Jesus just seen as a wonderworker, a magician, so people must keep all these insights and try to understand them at the foot of the Cross. Only when we follow the teacher, the liberator, the one who suffered, and the one who rose from the dead do we start to imagine the mystery of the Holy One of God.

What are evil desires in myself?
 For control of others, for greed, for whatever leads me away from love.
 Imagine the light of God filling the darkness in me.
 Lead us not into temptation but deliver us from evil.

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Dates for Holy Communion Classes:

Friday 23rd February at the Cathedral School. Please let us know if you have a child in Year 3 or over who would like to begin their preparation.

The sessions begin at 4.30pm.

Please email the child's name to the cathedral office:
plymouth-cathedral@prcdtr.org.uk

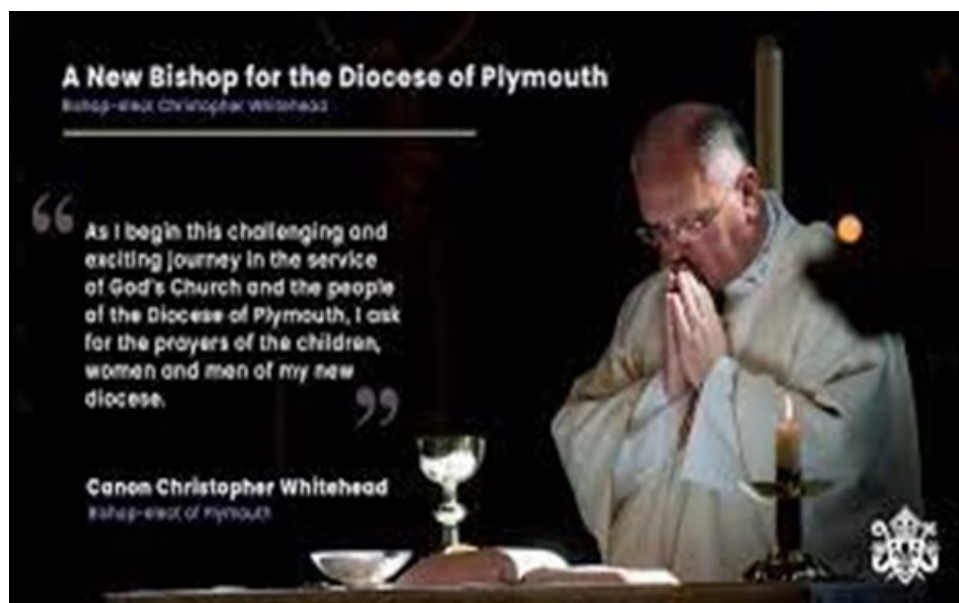
Dates for Sacrament of Confirmation Classes:

The classes will begin on Wednesday 7th February-
in the Cathedral Centre at 5:00pm

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Please keep in your prayers the bishop elect- Canon Christopher Whitehead.

May your Holy Spirit grace him with the gifts of wisdom and strength, gentleness, and compassion, as he prepares to take up his role as our pastor and teacher. May he be a shepherd after your own heart, who will walk in your ways and, with loving care, watch over your people.



LENT RETREAT DAY ON THE SATURDAY 2nd MARCH 2024 AT ST RITA'S CENTRE

"A CAMPAIGN OF CHRISTIAN SERVICE..." led by Fr. Jacek Kostuch.

The day will begin with coffee/tea on arrival at 9.30am. First Talk will start at 10am, second talk will be at 11am. Exposition and Adoration of the holy Sacrament in silence will be at 12pm. Lunch will be served at 1.00pm, Mass at 2.45pm and there will be an opportunity for Confession. Charge for the day, including lunch (3 course meal), is just £25.00.

A poster and an application form are attached. Booking can be made by phone, email or online (www.stritascentre.org/events) Payment can be made on the day. If you have any questions,

Fourth Sunday in Ordinary Time

First reading

A reading from the book of Deuteronomy

Moses said to the people: 'The Lord your God will raise up for you a prophet like myself, from among yourselves, from your own brothers; to him you must listen. This is what you yourselves asked of the Lord your God at Horeb on the day of the Assembly. "Do not let me hear again" you said "the voice of the Lord my God, nor look any longer on this great fire, or I shall die"; and the Lord said to me, "All they have spoken is well said. I will raise up a prophet like yourself for them from their own brothers; I will put my words into his mouth and he shall tell them all I command him. The man who does not listen to my words that he speaks in my name, shall be held answerable to me for it. But the prophet who presumes to say in my name a thing I have not commanded him to say, or who speaks in the name of other gods, that prophet shall die."'

The word of the Lord

RESPONSORIAL PSALM,

Responsorial Psalm

(R) O that today you would listen to his voice!

'Harden not your hearts

Come, ring out our joy to the Lord; hail the rock who saves us.

Let us come before him, giving thanks, with songs
let us hail the Lord **(R)**

Come in; let us bow and bend low; let us kneel before the God who made us: for he is our God and we the people who belong to his pasture, the flock that is led by his hand. **(R)**

O that today you would listen to his voice! 'Harden not your hearts as at Meribah, as on that day at Massah in the desert when your fathers put me to the test; when they tried me, though they saw my work. **(R)**

Second reading

A reading from the first letter of St Paul to the Corinthians.

I would like to see you free from all worry. An unmarried man can devote himself to the Lord's affairs, all he need worry about is pleasing the Lord; but a married man has to bother about the world's affairs and devote himself to pleasing his wife: he is torn two ways. In the same way an unmarried

woman, like a young girl, can devote herself to the Lord's affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world's affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord.

The word of the Lord

Gospel Acclamation

Alleluia, alleluia!

Blessed are you, Father, Lord of heaven and earth, for revealing the mysteries of the kingdom to mere children. **Alleluia!**

Gospel

A reading from the holy Gospel according to Mark

Jesus and his disciples went as far as Capernaum, and as soon as the sabbath came he went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority. In their synagogue just then there was a man possessed by an unclean spirit and it shouted, 'What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.' But Jesus said sharply, 'Be quiet! Come out of him!' And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. 'Here is a teaching that is new' they said 'and with authority behind it: he gives orders even to unclean spirits and they obey him.' And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

The Gospel of the Lord

What's on



INSPIRE
Saturday 2nd March 2024, Buckfast Abbey

Be inspired by the gift of the Holy Spirit
A Christian music festival for young people aged 13 - 25

Tickets £25 per person

Keynote speaker:  Daniella Stephens

Music by:  ONE HOPE PROJECT  FALMOUTH VINEYARD  CROSSBEAM

 Diocese of Plymouth Youth Events

For further information or to book groups, contact, Saskia: youth@prcdtr.org.uk

Inspire,
Saturday March 2nd, 2024, at
Schiller Hall, Buckfast Abbey,
11.30 – 18.00

Open to those aged 13-25. Tickets: £25 Booking form: <https://forms.office.com/e/SLhtRkyqDZ>
Join fellow Christians across the diocese to enjoy inspiring talks by speakers including Daniella Stephens and listen to the sounds from One Hope Project, Sounds from Jozzy, Falmouth Vineyard and Crossbeam. For further information contact: Saskia, youth@prcdtr.org.uk



EVERY THURSDAY 2PM-4PM
AT
CHRIST THE KING CHURCH HALL
ARMADA WAY, PLYMOUTH
PL1 2EN

Free Craft and Chat

COME BE A PART OF OUR COZY AND CREATIVE CREW! POP IN FOR A FREE CUPPA AND SOME CRAFTING FUN, WHETHER YOU'RE INTO KNITTING, CROCHETING, OR DRAWING.

KEEP AN EYE OUT FOR OUR POP-UP MYSTERY MAKES WORKSHOPS.

FOR MORE INFORMATION CONTACT TANYA tanya.trevena@prcdtr.org.uk

Come and be a part of our cozy creative crew in our FREE Craft and Chat sessions. Held Every Thursday at Christ the King church hall between 2-4. We will share a cuppa and have a go at knitting, crochet and drawing. Don't worry if you don't feel you know how to do these things. Come along and have a go. Try something new. We will also have pop-up sessions of Mystery Makes, which we will advertise in the future. So come and join us and spread the word. All are welcome.

St Boniface House, Ashburton, Newton Abbot, Devon, TQ13 7JL Tel: 013843 445340, email: caritas@prcdtr.org.uk website: <http://www.plymouthdiocese.org.uk>
Plymouth Diocesan Trust (Registered Charity Number 213227)

Plymouth Community Homes caritas

Catholic Mothers and Toddlers Group

St Edward the Confessor Church Hall
Home Park Avenue, Peverell,
Plymouth, PL3



The group is aimed at children 0-4 years, various toys and activities are available, as shown in the photographs.



Mothers can have fellowship while the toddlers play.

Grandmothers also welcome!

£2 per adult, which includes a drink and a biscuit for mother and child.



Every Friday 9.30-11.30am
Please come and join us!



Caritas January Newsletter

Here is the link to the January edition of the Caritas Diocese of Plymouth newsletter, with news of love in action and upcoming events around our diocese

[NEWSLETTER](#)

Feast of St Bakhita Modern Slavery Event Thursday 8th February 10.30-12.30

Church of the Assumption of Our Lady, Abbey Road, Torquay

Modern slavery is a serious crime being committed across the UK in which victims are exploited for someone else's gain. It can take many forms including trafficking of people, forced labour and servitude. Victims are often hidden away, may be unable to leave their situation, or may not come forward because of fear or shame. This 2-hour event will hear from a range of speakers about modern slavery in our Diocese and how we are called to respond. There will be practical advice about what to look out for and what we can do if we have concerns. The event will take place on the Feast of St Bakhita, patron of victims of modern slavery, on Thursday 8th February from 10.30-12.30 at the Church of the Assumption of Our Lady parish rooms in Abbey Road, Torquay TQ2 5NJ and will be followed by a free light lunch. Please use the QR code, email caritas@prcdtr.org.uk or call 01364 645425 to register so we can plan catering.



An invitation to survivors

We held our first survivor group meetings in November, which were an opportunity for anyone with lived experience of abuse to share their thoughts and ideas about survivor support work in our diocese. We are very grateful to all those who generously gave their time to attend these meetings. The diocese would welcome the opportunity to hear from others who have a lived experience of abuse, so that we can involve them in the work we are doing to support survivors. If you would like to help us with this work, or you would like to find out more, please contact: Sophie Scagell (Survivor Support Caseworker) on 01364 645436 / sophie.scagell@prcdtr.org.uk



Caritas Diocese of Plymouth



Caritas Diocese of Plymouth is here to give parishes and individuals. new opportunities to proclaim our faith in deeds as well as in words. We are here at the service of the most poor and vulnerable.

We have a great many events and initiatives which all are welcome to join. If you would like to find out about our work, please visit our webpage: <https://www.plymouth-diocese.org.uk/caritas/> You can also watch out for our posters at the back of the church which will let you know what is coming up soon.

If you would like to receive occasional newsletters about our work and get new ideas to reach out to those around you, please contact Caritas@prcdtr.org.uk



THE POPE VIDEO

Pope's Worldwide Prayer Network

THE POPE'S INTENTIONS –February

FOR the terminally ill
We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.
 – February 2024

See also :

VIDEO



The parish is immensely grateful to all donors who have supported the parish during the year and helped keep our doors open to achieve our Mission. If you don't already do so, please consider whether you could increase the value of your contribution by signing up for Gift Aid (more details and forms available from your parish gift aid organiser or the Cathedral office).

Baptisms, Weddings, and Funerals

Good News— The Cathedral is now available again for: Baptisms, Weddings and Funeral services following the lockdown. If you want to discuss or book a date for your service or ceremony please call or email us and we will be happy to help.





Latest Newsletter of the Catholic Children's Society (Plymouth)

The **Catholic Children's Society** is a child welfare agency covering the Roman Catholic Diocese of Plymouth which consists of Cornwall, Devon and most of Dorset. For the latest news use the link below

[Newsletter](#)



Helping families stay connected

As Masses are restricted throughout the world, many parish and school communities are asking what they can do to keep their families connected to their faith. CathFamily can help with our online resources which are available free of charge.

[Click for Link](#)



- Are you concerned about injustice in our world?
- Do you feel the need to take action and make your voice heard?
- Would you like support and encouragement?
- Are you already taking action and want to inspire others?

If the answer is yes, then please get in touch with Caritas Plymouth. We are looking to grow the Justice and Peace activities in the Diocese of Plymouth to offer:

- Connections between existing Justice and Peace groups to share ideas
- Opportunities for action,
- Access to related agencies,
- Friendship, solidarity and mutual support

If you are interested in finding out more please contact Deborah, the Caritas Manager, on 01364 645421

or email caritas@prcdtr.org.uk

[Click for Link](#)

CAN YOU HELP?

Patients at Mount Gould Hospital appreciate the opportunity to attend Sunday services in the Hospital Chapel, however they need some assistance to get there by being pushed in wheelchairs or accompanied. As the Hospital continues to expand, the Chaplaincy Team is seeking Volunteers to join them in this worthwhile pastoral ministry. If you have 2 hours that you could commit to on a regular rota from 1-3 pm on a Sunday, the Lead Chaplain would love to hear from you: please e mail pamela.howarth1@nhs.net

YouTube Important Safeguarding information- Please be aware that our Masses and Events are regularly filmed and will appear online on our YouTube channel. Due to the current guidelines, we are requested to provide a seating area where the cameras will not put the people in shot of the live filming. The designated area will be the pews in the Blessed Sacrament Chapel. If you would like to receive Holy Communion but wish not to be visible on YouTube, please request to receive at the Blessed Sacrament chapel as the sacrament is being reposited.