



# Holy Apostles and Martyrs Parish

Part of Wallasey Local Missionary Area (LMA 21)

Parish Priest: Canon Philip Moor VG

Parish Sister: Sr Jo Bird (t: 0151 638 5220)

The Trees

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**Message from Fr Phil** - There is no pressure or obligation to attend Mass at the present time. If you are in a vulnerable category or anxious please do not worry, join us in prayer from home. For those who are coming to Church it is vitally important to follow **Hands - Face - Space**; everyone must use the hand sanitiser as they enter and leave Church, face coverings must be worn and social distancing must be maintained at all times. Recent guidance has stressed there must be no mingling or social interaction between households and/or support bubbles either within or outside Church.

**Here to help**, I know that there is a lot of help and support already taking place in the Parish, however if you or anybody that you know needs anything please let me know and I will try and arrange it through the Parish. Take care and stay safe, **Fr Phil x**

**CAFOD Walk for Water** – a challenge for Lent 2021. We are being asked to walk 10 000 steps each day in solidarity with people who have to walk to collect clean water. Fr Phil, Anne Litherland and Jill McNamee are taking up the challenge. As a parish, we would like to support them and ask that as many people as possible can help them on their journey. We would like to encourage everyone to make an extra effort to walk during Lent and to contribute to the parish step count. We are not asking you to walk 10,000 steps a day, just as many as you can and as often as you are able. As individuals or as a family, you could count your steps, remember to count everybody's steps. We ask that you email your total number of steps each Sunday to [ham.creation.2020@gmail.com](mailto:ham.creation.2020@gmail.com). Alternatively, you could write down the number of steps and put them into the box at the back of Church each week. We will add up all of the steps and keep you informed of our running total. If you are able to, we ask that you also send a photo of yourself or family walking to the above address. Please note that we will be collating these photographs and using them on our social media. By sending a photograph we take this as your permission for their use. All the steps will count and go towards our commitment to thinking about our brothers and sisters around the world who are not as fortunate as we are.

We would ask that if you could support us with a donation, please go to the Just Giving page <https://www.justgiving.com/fundraising/holy-apostles-and-martyrs-walk-for-water> or place a CAFOD envelope in the collection basket. Thank you as ever for your continued support. Together we can make a big difference.

**Missio "Red Box" Collections** - Missio has been re-launched in the parish. If you would like to become a Missio supporter please complete a form available at the back of church. For more information contact Claire Hetherington on 07948 727504 or email: - [clairefrances.hetherington@gmail.com](mailto:clairefrances.hetherington@gmail.com). Many Thanks.

**7<sup>th</sup> February 2021**

**5<sup>th</sup> Sun OrdTime**

**Year B**

**Psalter Week I**

**First Reading**

**Job 7: 1-4, 6-7**

**Response to Psalm**

Praise the Lord who heals  
the broken-hearted.

**Second Reading**

**1 Corinthians 9: 16-19, 22-23**

**Gospel Acclamation**

Alleluia, alleluia!

I am the light of the world,  
says the Lord, anyone who  
follows me will have the  
light of life.

Alleluia!

**Gospel**

**Mark 1: 29-39**

Please pray for the sick,  
housebound and all those  
self-isolating in our parish.  
May the Lord in his love &  
mercy help them through  
the grace of the Holy Spirit.

**Rest in Peace**

Please remember in your  
prayers

**Christine McGowan,**

**Christine Warriner,**

**Mike Connor, Kev Bowe,**

**Ellen Moore** and all those

who have died recently and

those whose anniversaries

occur around this time.

## Social Media

Twitter: @HamParish

Facebook Page: Holy

Apostles Catholic Parish

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The SVP assist anyone who would like a visit at home or who needs practical help. Please contact us, email: [svphelpine@gmail.com](mailto:svphelpine@gmail.com) or ring our confidential phone number 07563966654 and we will get back to you as soon as possible.

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**100 Club** - The next cycle commenced on 10/1/2021, prompt payments are much appreciated. Any queries or anyone wishing to become a member, please contact Fiona Keogh on 07791 900122

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## Waste and Recycling in

**Wirral.** Do you want to know what can and can't go in your recycling bin and why? Pick up a booklet at the back of Church or go to [Recycling in Wirral – RecycleRight](#)

## Tackling Fuel Poverty -

Further to the recent meeting referrals can be made for anyone who is in fuel poverty or who needs help through this link: <https://www.epplus.org.uk/referrals/>

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The Diocese of Shrewsbury is a Registered Charity No. 234025

Our Parish Project is supported by



## Mass Times and Intentions

Saturday	<b>6.00pm</b>	(Christine McGowan)
Sunday	<b>9.30am</b>	(People of the Parish)
	<b>11.00am</b>	(Fred McEneany)
Monday	<b>9.30am</b>	(Sr Charmain Bourbon)
Tuesday	<b>6.45pm</b>	(Betty Williams)
Wednesday	<b>9.30am</b>	(Fred McEneany)
	<b>*11.00am</b>	<b>(Requiem Christine McGowan)</b>
Thursday	<b>9.30am</b>	(Christine McGowan)
	<b>*12 Noon</b>	<b>(Requiem Christine Warriner)</b>
Friday	<b>9.30am</b>	(Christine Warriner)
Saturday	<b>6.00pm</b>	(Mary Bamford)
Sunday	<b>9.30am</b>	(James Howell)
	<b>11.00am</b>	(People of the Parish)
		<i>*Restricted nos Family &amp; invited guests only</i>

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**Our Common Home** – As a parish, we want to reduce our Carbon emissions and thus our contribution to further climate change. One way to do this is to change energy supplier, the Diocese has already done this for the Church and the presbytery, now there is an opportunity for parishioners to do so through Merseyside Collective Switch. This will save money and support the local charity Energy Projects Plus. Once you register, you will be able to choose which deals, if any you wish to take up. To register to join the Collective Switch visit [www.lcrenergyswitch.co.uk](http://www.lcrenergyswitch.co.uk) or call the local **Save Energy Advice line on freephone 0800 043 0151 by 16<sup>th</sup> February**. All who switch to a renewable energy supplier will receive a free #fairtrade bar of chocolate. If you have already switched, please let us know by emailing [ham.creation.202@gmail.com](mailto:ham.creation.202@gmail.com) This is all evidence for our #LiveSimply award.

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## VCT LENT Study Groups

2 Zoom groups available, with choice of morning, afternoon and evening. You will need to register, and buy booklets, allow 6 days to arrive. The groups will be: **CLAREMOUNT** – 5 sessions, Tuesdays @ 10.30am from 23<sup>rd</sup> February using booklet 'The Things He Carried' by Stephen Cottrell, available from Eden Books or Amazon. To register/link contact [revviv1948@btinternet.com](mailto:revviv1948@btinternet.com) ; **URC** – 6 sessions, Tuesdays @ 7.30pm from 23<sup>rd</sup> February or Thursdays @ 2pm from 25<sup>th</sup> February, using booklet 'Prayers of Jesus' by Amy Boucher Py, also from Eden Books or Amazon. To register/link contact [kazzakk@hotmail.com](mailto:kazzakk@hotmail.com) or [jeffrhughes@virginmedia.com](mailto:jeffrhughes@virginmedia.com) Allow 6 days delivery for either book, details also on poster in Church.

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## Prayer Resource for February: month of the Holy Family

**Prayer:** *taken from the Roman Missal*

O God, who were pleased to give us the shining example of the Holy Family, graciously grant that we may imitate them in practising the virtues of family life and in the bonds of charity, and so, in the joy of your house, delight one day in eternal rewards. Through Christ our Lord. Amen.



### Prayer to the Holy Family:

Dear Lord, Bless our family. Be so kind as to give us the unity, peace, and mutual love that You found in Your own family in the little town of Nazareth.

Saint Joseph, pray for the head of our family. Obtain for him the strength, the wisdom, and the prudence he need to support and direct those under his care.

Mother Mary, pray for the mother of our family. Help her to be pure and kind, gentle and self-sacrificing. For the more she resembles you, the better will our family be.

Lord Jesus, bless the children of our family. Help them to be obedient and devoted to their parents. Make them more and more like You. Let them grow, as You did, in wisdom and strength and grace before God and man.

Holy Family of Nazareth, by your intercession, love, and holy example, make our family and home more and more

like Yours, until we are all one family, happy and at peace in our true home with You. Amen.

### A Short Daily Prayer:

Jesus, Mary and Joseph, we entrust to you our parents, siblings and grandparents, so that after our earthly life, we may all find eternal joy in heaven. Amen.

### Pope Francis – Prayer to the Holy Family (*Angelus 29 December 2013*):

Jesus, Mary and Joseph, in you we contemplate the splendour of true love, to you we turn with trust.

Holy Family of Nazareth, grant that our families too may be places of communion and prayer, authentic schools of the Gospel and small domestic

Churches.

Holy Family of Nazareth, may families never again experience violence, rejection and division: may all who have been hurt or scandalized find ready comfort and healing.

Holy Family of Nazareth, may the approaching Synod of Bishops make us once more mindful of the sacredness and inviolability of the family, and its beauty in God's plan.

Jesus, Mary and Joseph, graciously hear our prayer.

'And she gave birth to her firstborn son and wrapped him in swaddling cloths and laid him in a manger, because there was no place for them in the inn.' *Luke 2:7*



more prayer resources are  
available here:  
[www.dioceseofshrewsbury.org](http://www.dioceseofshrewsbury.org)