



ST. JOSEPH'S HIGHGATE

Registered Charity 1173084

PARISH BULLETIN

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28 JANUARY 2024

Begin with the breath.

There are multiple breathing techniques that you can use, but my favourite is a simple 5-5 pattern:

Inhale slowly and deeply through your nose for five seconds, then exhale slowly and fully through your mouth for five seconds. Repeat a few times to focus on the slow and steady rhythm of your breath.

Now, add in prayer. For a traditional Christian breath prayer, try starting with one of my favourites, from Psalm 23:1:

Inhale: **Lord, You are my shepherd,**

Exhale: **I have all that I need.**

Breathe in deeply as you focus your thoughts on: Lord, You are my shepherd.

Exhale slowly as you focus your thoughts on: I have all that I need.

You can modify this to work with any prayer you choose.



BREATH PRAYER

Repeat the prayer several times, for 3–5 minutes, keeping your breathing slow and steady and meditating on the words of the prayer.

Give breath prayers a try for a few days in a row and pay attention to how they may affect your overall mental health. Breath prayers aren't a cure for anxiety, nor are they a replacement for professional medical treatment or therapy, but they can be a powerful tool that benefits your physical, mental, and spiritual health.

So go ahead, take a deep breath, and discover that every breath can be an invitation to pray.

Parish Centre

Dear Parishioners

For many years, St Joseph's Parish Centre has been an integral hub for our parish community. It is located just behind the main church and features several communal activity rooms and a licensed bar.

Our Parish Newsletter and website will regularly feature news on events and activities at the Parish Centre for our St Joseph's community to participate in and enjoy.

Aligned to the governance of the parish, the operations of the Parish Centre are overseen by the Parish Centre Committee, on behalf of the Trustees of St Joseph's. The terms of reference for the committee is available on our parish website at stjosephshighgate.org.uk.

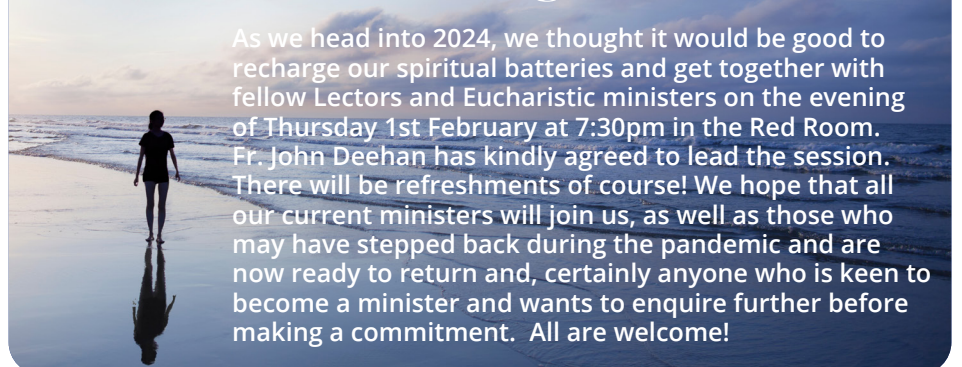
The Trustees are currently seeking volunteer members for the Parish Centre Committee and welcome all parishioners who are keen on undertaking the role to apply. If you would like to serve on the committee, please send an email stating your interest to stjosephsparishcentrecommittee@gmail.com by **Thursday 15 February**.

Blessing of Throats

In February the Church recognizes the Feast Day of St. Blaise. On this day, the Church gives a Blessing of Throats in honour of St. Blaise. From the eighth century, he has been invoked on behalf of the sick, especially those afflicted with illness of the throat.

At St. Joseph's, we will celebrate Mass with the Blessing of Throats on Saturday, February 3rd at 9:30am Mass. All are welcome to join us!

Meet 2024 – Liturgical Ministers



As we head into 2024, we thought it would be good to recharge our spiritual batteries and get together with fellow Lectors and Eucharistic ministers on the evening of Thursday 1st February at 7:30pm in the Red Room. Fr. John Deehan has kindly agreed to lead the session. There will be refreshments of course! We hope that all our current ministers will join us, as well as those who may have stepped back during the pandemic and are now ready to return and, certainly anyone who is keen to become a minister and wants to enquire further before making a commitment. All are welcome!

Save the Date

WORLD DAY OF PRAYER

Prepared by the women of Palestine.
At St. Joseph's Highgate
FRIDAY | 1 | MARCH 3PM
(A WOMEN LED, GLOBAL, ECUMENICAL MOVEMENT)
'I beg you, bear with one another in love'
Help would be appreciated.

PLEASE PRAY

FOR THE RECENTLY DECEASED MEMBERS OF OUR PARISH AND THEIR GRIEVING FAMILIES



Angela Moroney
(Mon. 29 Jan. 11am)

Lynette Eugena Ellington
(Tue. 30 Jan. 11am)

Anna Josephine McLoughlin
(Thu. 8 Feb. 11am)

Sheila Buckley (TBC)

We worship and serve a "give first" God, who calls us to imitate God's selfless, life-giving ways. When we give to what God cares about, we share in the work of building God's Kingdom. When we give generously, we share in the true nature of God's abundant love.



Last weekend's collection amounted to £1428. Thank you very much.



Support Our St. Joseph's

Our mission continues...
Will you stay with us on the journey?

UPDATE
January 2024

Thank you

With your help, St Joseph's was able to take the important first steps in repairing our beautiful church and enabling the Red Room to be used once again for community events.

The Conservation Committee are continuing to work behind the scenes to try to address some of the problems and challenges with maintaining such an impressive building.

Updates will be featured on the new website soon.

Our Current Priorities

The team are currently chasing quotes for further roof repairs, gutter maintenance and the scaffolding needed to enable the intensive roof repair work (due to the number of roofs and size of building!).

The focus is still on structural repairs and the ongoing maintenance needed, rather than decoration or new furnishings.

Thank you once again.

CHILDREN'S LITURGY



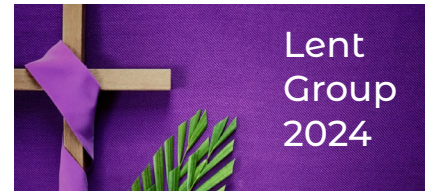
We'll be thinking about
In the Gospel today we learn how Jesus' actions demonstrated the power behind his words. There is a saying that actions speak louder than words. Our actions also demonstrate our faith in God.

We'll be talking about...
Can you name some amazing things? How can we use our actions to show our faith in God? Why is it important to show what we can do in our actions and not just words?

We'll be praying for...
That the power of God will show through in our actions. Pray together the Lord's Prayer.

Our Gospel is about...
In this week's Gospel Jesus heals a man with an unclean spirit and his fame spreads throughout Galilee. The people listened to what Jesus said about God but when he demonstrated the power of God in healing the people were truly amazed.

- Sarah Duncan



This single short prayer of Christ has everything that needs to be said about God, his kingdom, his life, about all of us' - Fr Alexander Schmemmann

Looking for inspiration this Lent? Our Lent Group is right here to provide you with bite-sized reflections, prayers and insights to guide, encourage and challenge you as we approach Easter.

Our Lent Group meets in the Red Room at 11am every Lenten Tuesdays (February 20th - March 19th) We follow Westminster Course for 2024 "We Dare to Say."

Please find the sign-up chart in the church porch and let us have your contact number or email if you would like to join us. We look forward to meeting you and journeying together with you this Lent!

MASS INTENTIONS FOR WEEK BEGINNING 28 January 2024

"I would be disobeying the LORD if I stopped praying for you!" 1 Sam. 12:23

Date	Time	Intention	Category
Sat, 27 Jan 2024	07.00 pm	Passionist Mass Guild	Intentions
Sun, 28 Jan 2024	08.00 am	Tony McGovern(LD), Sophia Darr	Anniversary
	10.00 am	Dr. Jacob Davis Kadicheeni, Terence John Linton	Lately Dead
	12 noon	Missa PP	Intentions
	07.00 pm	Anne & Joy Hearn(Anni), Fr. Frank Byrnes	Sick
Mon, 29 Jan 2024	09.30 am	Sr. Rita Rafferty	Intentions
	06.30 pm	Barbara Ryde, Renold Pereira	Lately Dead
Tue, 30 Jan 2024	09.30 am	Sr. Angela Wotton(LD), Simon	Intentions
	06.30 pm	Denis Kelleher	Anniversary
Wed, 31 Jan 2024	09.30 am	Joseph McDonagh	Anniversary
	06.30 pm	Votive-Sufferings of Jesus	Intentions
Thu, 01 Feb 2024	09.30 am	Samuel Denis McGarry	Anniversary
	06.30 pm	Votive-Sufferings of Jesus	Intentions
Fri, 02 Feb 2024	09.30 am	Michael & Thomas Devitt	Intentions
	06.30 pm	Arthur Whitehead	Anniversary
Sat, 03 Feb 2024	09.30 am	Gerard Dorrian	Sick

Mass Intentions get fully booked for several weeks ahead. If you would like a Mass said on a particular date or anniversary it is advisable to request it in good time.

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Welcome to St. Joseph

God loves everyone. No exceptions.
St. Joseph's Welcomes You. We are here for you!
We Invite you to join us on the spiritual journey as we learn and grow together, and as we seek to help and serve others.

MASS TIMES - Weekdays: 9:30am, 6:30pm, Saturdays: 9:30am followed by adoration until 11am, 7pm Vigil Mass. Sunday: 8am, 10am, 12noon, 7pm
Sacrament of Reconciliation
Saturday: 10am to 10:30am and from 6:30pm to 6:45pm. Weekdays on request

SUN: Dt 18: 15-20, 1 Cor 7: 32-35, Mk 1: 21-28 **Mon:** 2 Sm 15: 13-14, 30; 16: 5-13, Mk 5: 1-20 **Tue:** 2 Sm 18: 9-10, 14b, 24-25a, 30 -- 19: 3, Mk 5: 21-43 **Wed:** John Bosco, 2 Sm 24: 2, 9-17, Mk 6: 1-6 **Thu:** 1 Kgs 2: 1-4, 10-12, Mk 6: 7-13
Fri: PRESENTATION OF THE LORD F, Mal 3: 1-4, Heb 2: 14-18, Lk 2: 22-40 **Sat:** Blaise, 1 Kgs 3: 4-13, Mk 6: 30-34,
NEXT **SUN:** Jb 7: 1-4, 6-7, 1 Cor 9: 16-19, 22-23