

**Parishes of SS Mary & Joseph, Aiskew, DL8 1BA  
and Sacred Heart, Northallerton, DL6 1PJ**

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Fourth Sunday, Ordinary Time. 31 January/1 Feb 2026.  
Racial Justice Sunday

**Sunday Masses**

Saturday 6pm. Northallerton  
Sunday 9.15am. Northallerton  
11am. Aiskew

**Weekday Masses**

Tuesday 10am. Northallerton  
Wednesday 10am. Aiskew  
Thursday 10am. Northallerton  
Friday 10am. Northallerton

**Readings**

Zephaniah 2 : 3 ; 3 : 12-13  
Psalm 146 : 6-10  
1 Corinthians 1 : 26-31  
Matthew 5 : 1-12



**Response to the Psalm**

Blessed are the poor in spirit ;  
for theirs is the kingdom of God

**The Gospel Acclamation**

Alleluia, alleluia !

Rejoice and be glad,  
for your reward is great in heaven.  
Alleluia.

**Mass Intentions**

Sunday 9.15am. Alwin Sebastian, R.I.P.  
11am. John Walsh, R.I.P. (9th anniversary)  
Friday 10am. Alwin Sebastian, R.I.P.

**This week**

Monday The Presentation of the Lord. Feast.  
Tuesday St Blaise, bishop and martyr  
Thursday St Agatha, martyr Memorial



**SS Mary & Joseph**

Tea/coffee are available [this Wednesday, 4 February](#) 10.30am, after the 10am Mass.

All are welcome to this social occasion.



Tea/coffee is available after the Sunday Masses in both of our churches.

All are invited.

With very many thanks to all the helpers who make this social occasion possible.

**Prayer of the Church**

***Tuesday, Thursday and Friday***

***9.40 am., before Mass***

All are very welcome,

**Retiring collection next weekend - Racial Justice**

This Sunday is Racial Justice Sunday, and next weekend's collection will go towards supporting Diocesan work to promote racial justice.



**Funeral arrangements for Bishop Bill Godfrey, R.I.P.**  
There will be an Anglican Requiem Mass on Tuesday 3 February, 12.30pm. at Ripon Cathedral.

May he rest in peace.

May Judith and all the family be comforted by our prayers.

**SS Mary & Joseph, Annual Parish Lunch**

**Sunday 22 February, 12.30pm. - The Reubens, Leeming Bar**

If you wish to attend, please give your name to Angela McGee before Sunday 8 February. Menus are available from Angela. This could be a good social occasion for the parish and hopefully will be well supported.

**Hambleton Food Share** Please don't forget that there are boxes in both churches in support of Hambleton Food Share. This is a very worthwhile cause, so please help if you are able.

For further information visit

[www.hambletonfoodshare.org.uk](http://www.hambletonfoodshare.org.uk)

***May God bless you and your family,  
now and always,  
Father Michael & Deacon Paul.***

**Rota for Welcome**

**at  
Saturday and Sunday Masses  
Sacred Heart Church.**

It is very important that people are welcomed on their arrival at church, and Louise Sadler has kindly volunteered to arrange a rota.

A list of dates is on the porch table.

**Please sign up if you can help.**

## How should we understand the Sermon on the Mount ?

**Vincent Van Gough**, the famous Dutch artist, once studied for the priesthood. He longed to dedicate himself to helping others, and after a short spell in England as a lay preacher he studied theology in Brussels. He didn't last the course and left to do missionary work among a poor mining population - an experience which gave him what he called "a free course at the university of despair."

**He gave away** his few possessions and shared his life with the poor and was criticised for taking the Gospel too literally. Only when he became penniless, and was rejected, did he find his true vocation as a painter. He decided to bring consolation to people through his art. He produced 700 drawings and 800 oil paintings, only one of which sold during his lifetime. Sadly, his failure to overcome loneliness led to his suicide, and only after his death was his work appreciated. In his paintings he succeeded in his ambition to show the world what was in the heart of such 'a nobody'

**In today's three readings**, we see God's preference for the 'nobodies' of this world.. The **prophet Zephaniah** speaks of the humble and lowly, those who find refuge and shelter in the Lord. **Paul** warns the Christians of Corinth not to be too puffed up with their own wisdom because God has a habit of choosing what is weak and foolish by human standards. And **Matthew** gives us the beatitudes which celebrate the little people whose lives light up the truth of the Gospel.

**Those called 'blessed' or 'happy'** in the beatitudes can hardly be described as fortunate in the eyes of the world. They speak of a variety of experiences that disciples may undergo as a result of their living the Gospel. The result of this involvement may appear to the world as senseless suffering,

but Jesus heaps blessings on those who. Struggle to love and to live the truth of the Gospel.

**Jesus rejects ideas of power and prestige.** He is gentle with the kind of people that others write off as hopeless cases. He mourns when he sees how many choose to be blind when God visits them. He has a habit of scandalising the religious authorities with the readiness of his mercy and forgiveness. He makes peace between God and humanity. In the end he is abused and persecuted in the cause of right and handed over to death. He ends up on the mount of Calvary, dying for what he believed in. *But in all this he is blessed* : God raises him on the third day.

**Jesus experiences all this** as an outcome of a life lived in the love of God. All this happened because he was personally gripped by the reality of God's kingdom. If his disciples, to whom the beatitudes were addressed, are gripped by the same reality then they too may have to face similar experiences. And Jesus says they will be blessed, because they will experience the fullness of the kingdom of heaven.

**Everyone here in this church** may have some experience of the cost of discipleship. Some may know what it's like to be accounted as a nobody because of their faithfulness to Jesus. But as Paul tells us, Christ is our wisdom and freedom. As Christians we are called to share the wisdom of Jesus, one who was counted by many as a nobody himself. In doing that, we declare the message of Jesus, and can show the world what is needed for true happiness and peace.

Adapted from

Denis McBride - "Seasons of the Word"



Aid to the  
Church in Need

For updated news  
from  
around the  
world,

and ways in which we can help, [please visit](http://www.acnuk.org)

[www.acnuk.org](http://www.acnuk.org)

**We can make a difference.**



Please don't forget all the  
ongoing suffering in the  
Ukraine. The people need  
our prayers and support.

### Thanks and Praise

*Glory be to you, O God,  
for the gift of life unfolding  
through those who have gone before me.*

*Glory be to you, O God,  
for your life planted within my soul  
and in every soul coming into the world*

*Glory be to you, O God,  
for the grace of new beginnings  
placed before me in every moment  
and encounter of life.*

*Glory, glory, glory  
for the grace of new beginnings  
in every moment of life.*

J Philip Newell - "Celtic Benediction"