

# ST. ANSELM

## Proclaiming Christ in Hayes

### Alone

#### With God

In our seminary years, one of the spiritual exercises we were constantly encouraged to do was a series of silent prayers and recollections. This was a discipline that all seminarians must master to build the habit of being still before the Lord, and we had the opportunity to do this at least once every week. In the initial stages, we had difficulty being still and being alone with God, but today, we appreciate how being still before God has helped and continues to shape our Christian and priestly life.

Mother Theresa tells us the importance and benefits of being alone with God, and she puts it this way, *“We need silence to be alone with God, to speak to him, to listen to him, to ponder his words deep in our hearts. We must be alone with God in silence to be renewed and transformed. Silence gives us a new outlook on life. In it, we are filled with the energy of God himself that makes us do all things with joy.”*

Our Lord and Saviour Jesus Christ had to withdraw and spend time alone, praying or meditating. In Matthew 6:6, he said that when we pray, we must go into our rooms, shut the door, and pray in secret and that our Father who sees in secret will reward us. Jesus did the same: “But he would



withdraw to desolate places and pray.” (Luke 5:16)

Alone with God is spending time with God, having a chat, telling him your fears, joys, and challenges, thanking him, asking him what he expects from you, etc., without interruptions from the outside world. To know God and know him better, we must spend uninterrupted time with him, reading His Word, speaking, and listening.

Fr. Josiah

### Get in touch:

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#### Churchwardens:

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Please let us know of illness or other need as soon as possible.

### Prayer focus

Ministering to Young People in our communities by introducing them to the love, friendship, hope, joy, and peace that comes from Christ.

### Worship focus

We will devote ourselves to the things of God by playing our part in addressing the church's needs.

## This Sunday

### Sunday 28th January

4th Sunday in Ordinary Time ●

10am - Parish Mass

Sunday School - 11:30 - 12:30

Divine Office Psalter Week 4, Year B(II)

## Keep in Touch



twitter.com/anselmayes



facebook.com/stanselmhayes



07537 410120 (WhatsApp & Text)

## Notices

Our gas & electric bill for December and January was over £2500. If you could make an additional one-off donation towards these costs we really need it. We have struggled to pay our bills this quarter, please do dig deep.

Please consider moving your donations to the Parish Giving Scheme. It automatically claims the Gift Aid for us adding an additional 25% to any money you give. You can set it up by calling 0333 002 1271 and quoting our parish reference 230 623 503. Other ways to donate can be found at

[www.stanselm.co.uk/giving](http://www.stanselm.co.uk/giving)

Please check if you have a Christmas Card on the table at the back of church, because the table will be moved after Mass.

If we cannot cover our bills we could be in very serious trouble.

The Torfaen Male Voice Choir will be with us for another concert on the 9th March. This is a great fundraiser for us – we raised over £500 the last two times they came. Save the date, tickets available soon. Tell everyone!

**Please support the church generously through your giving at [www.stanselm.co.uk/giving](http://www.stanselm.co.uk/giving)**

## Years Mind

28th - Joan Mary Sadler

29th - Philip Alan North

30th - Edna Sillett, Rene Olive Knight, John Froud, Beryl Harris, Madhu

31st - Noel Fenton, Eileen Pratt

3rd - Madge Geake

## Pray This Week For

Mavis & Daniel Sibley, June Boughton, Verity, Laura & her twins, Deborah Annabelle Potts, Susannah Mansa, Omeeta Dunrad, Elijah, Julie, Oliver Joseph, Linda, Carmen Artrey, Freya, Naveed, Cynthia, Danny and Peter Scotchford.

## Monday 29th January

Monday of Week 4 in Ordinary Time ●

9:45 - Morning Prayer | 10am - Mass

5pm - Evening Prayer

Prayer focus: Our online family

## Tuesday 30th January

Tuesday of Week 4 in Ordinary Time ●

9:45 - Morning Prayer | 10am - Mass

5pm - Evening Prayer

Prayer focus: For all religious

## Wednesday 31st January

Saint John Bosco, Priest ●

9:45 - Morning Prayer | 10am - Mass

5pm - Evening Prayer & Rosary

Prayer focus: For Charity

## Thursday 1st February

Thursday of Week 4 in Ordinary Time ●

9:45 - Morning Prayer | 10am - Mass

5pm - Evening Prayer

7pm - Thursday Fun and Fellowship

Prayer focus: New Christians

## Friday 2nd February

**The Presentation of The Lord - Feast ●**

9:45 - Morning Prayer | 10am - Mass

Prayer focus: Struggling Mothers & Fathers

## Saturday 3rd February

Saturday of Week 4 in Ordinary Time ●

[Offices said privately]

Prayer focus: Priests & Bishops of the Society

## Sunday 4th February

5th Sunday in Ordinary Time ●

10am - Parish Mass

Divine Office Psalter Week 1, Year B(II)