

Mass Readings

7<sup>th</sup> Sunday of the Year – C

FIRST READING

1 Samuel 26:2, 7-8, 12-13, 22-23

‘The Lord gave you into my hand today, and I would not put out my hand against the Lord’s anointed.’

In those days: Saul arose and went down to the wilderness of Ziph with three thousand chosen men of Israel to seek David in the wilderness of Ziph. David and Abishai went to the army by night. And there lay Saul sleeping within the encampment, with his spear stuck in the ground at his head, and Abner and the army lay round him. Then Abishai said to David, ‘God has given your enemy into your hand this day. Now please let me pin him to the earth with one stroke of the spear, and I will not strike him twice.’ But David said to Abishai, ‘Do not destroy him, for who can put out his hand against the Lord’s anointed and be guiltless?’ So David took the spear and the jar of water from Saul’s head, and they went away. No man saw it or knew it, nor did any awake, for they were all asleep, because a deep sleep from the Lord had fallen upon them.

Then David went over to the other side and stood far off on the top of the hill, with a great space between them. David said, ‘Here is the spear, O king! Let one of the young men come over and take it. The Lord rewards every man for his righteousness and his faithfulness, for the Lord gave you into my hand today, and I would not put out my hand against the Lord’s anointed.’

RESPONSORIAL PSALM

Psalm 103(102)

Response: *The LORD is compassionate and gracious.*

1. Bless the LORD, O my soul,  
and all within me, his holy name.  
Bless the LORD, O my soul,  
and never forget all his benefits.

2. It is the LORD who forgives all your sins,  
who heals every one of your ills,  
who redeems your life from the grave,  
who crowns you with mercy and compassion.

3. The LORD is compassionate and gracious,  
slow to anger and rich in mercy.  
He does not treat us according to our sins,  
nor repay us according to our faults.

4. As far as the east is from the west,  
so far from us does he remove our transgressions.  
As a father has compassion on his children,  
the LORD’s compassion is on those who fear him.

SECOND READING

1 Corinthians 15:45-49

‘Just as we have borne the image of the man of dust, we shall also bear the image of the man of heaven.’

Brothers and Sisters: ‘The first man Adam became a living being’; the last Adam became a life-giving spirit. But it is not the spiritual that is first but the natural, and then the spiritual. The first man was from the earth, a man of dust; the second man is from heaven. As was the man of dust, so also are those who are of the dust, and as is the man of heaven, so also are those who are of heaven. Just as we have borne the image of the man of dust, we shall also bear the image of the man of heaven.

Gospel Acclamation

John 13:34

Alleluia, alleluia. A new commandment I give to you, says the Lord,  
that you love one another, just as I have loved you. Alleluia.

GOSPEL

Luke 6:27-38

‘Be merciful, even as your Father is merciful.’

At that time: Jesus said to his disciples, ‘I say to you who hear: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. To one who strikes you on the cheek, offer the other also; and from one who takes away your cloak do not withhold your tunic either. Give to everyone who begs from you; and from one who takes away your goods, do not demand them back. And as you wish that others would do to you, do so to them.

‘If you love those who love you, what benefit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what benefit is that to you? For even sinners do the same. And if you lend to those from whom you expect to receive, what credit is that to you? Even sinners lend to sinners, to get back the same amount. But love your enemies, and do good, and lend, expecting nothing in return, and your reward will be great, and you will be sons of the Most High, for he is kind to the ungrateful and the evil.

‘Be merciful, even as your Father is merciful. Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven. Give, and it will be given to you; good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you.’


The Parish of Saint Cuthbert and Saint Joseph, North Shields

Saint Cuthbert Catholic Church

Albion Road West

North Shields

Tynemouth Priory Partnership





Saint Joseph Catholic Church

Wallsend Road

North Shields

Father Christopher Hughes, St Joseph’s Church, Wallsend Road, Chirton, North Shields, NE29 7AA

 (Tel) 0191 257 5801 /  (Email) [chris.hughes@diocesehn.org.uk](mailto:chris.hughes@diocesehn.org.uk)

Parish Administrator: Mrs Katherine Main – Tuesday-Friday 8.45am-12.45pm

Tel: 0191 2573408

Email: [stcuthbert.northshields@diocesehn.org.uk](mailto:stcuthbert.northshields@diocesehn.org.uk)

Parish Safeguarding Officer: [Clare Harvey](#) – 07507 297779

Parish website information at: <http://www.northtynesidecatholic.org.uk>


Parish Schools


St Thomas More High School: <https://stmacademy.org.uk/>


St Cuthbert’s Primary School: <https://www.stcuthbertsrcprimary.co.uk/>

St Joseph’s Primary School: <https://www.stjosephsrc-primary.co.uk/>


Partnership Telephone Numbers


Monsignor Andrew Faley  0191 252 8021


St Mary’s Cullercoats  0191 251 3770

St Cuthbert’s Church  0191 257 3408

Partnership Telephone Numbers

Father David Smith  0191 262 3882

Hospital Chaplaincy:  01670 712476

Deacon: Rev Stephen Boulter:  07768 387393

22 <sup>nd</sup> /23 <sup>rd</sup> February 2025 – 7 <sup>th</sup> Sunday of the Year – C			
Masses, Devotions and Services			
	St Cuthbert’s	St Joseph’s	Our Lady & St Oswin’s
Saturday 22 <sup>nd</sup> February		5:30pm: Mass: People of the Parish	
Sunday 23 <sup>rd</sup> February 7 <sup>th</sup> Sunday in Ordinary Time – C	11:00am: Mass: Betty Callender Live stream		9:30am: Mass: Terry Parkin (TS)
Monday 24 <sup>th</sup> February			
Tuesday 25 <sup>th</sup> February			10:00am: Mass: Anna Urbanowicz (WPL)
Wednesday 26 <sup>th</sup> February	9.30am: Mass: Gerry Daomilas		
Thursday 27 <sup>th</sup> February		9:30am: Mass	
Friday 28 <sup>th</sup> February	7:00pm: Mass: Peggy Convery		
Saturday 1 <sup>st</sup> March		5:30pm: Mass: People of the Parish	
Sunday 2 <sup>nd</sup> March 8 <sup>th</sup> Sunday in Ordinary Time – C	11:00am: Mass:  Live stream		9:30am: Mass: Kathleen Dunston (AT)

The Parish of St Cuthbert’s and St Joseph’s, North Shields

What’sApp group: text your name & number to 07752009361 to be added to *StCuthStJosNshields* Group

Facebook: search - - The Parish of Saint Cuthbert and Saint Joseph, North Shields.

Website: [www.northtynesidecatholic.org.uk](http://www.northtynesidecatholic.org.uk)

Parish office: 0191 257 3408

### Parish Contacts

*Parish Safeguarding Rep:* Clare Harvey:

Email: [Psr.stcuthbertstjoseph.northshields@diocesehn.org.uk](mailto:Psr.stcuthbertstjoseph.northshields@diocesehn.org.uk)

Tel. 07507 297779

*Holy Communion for Sick and Housebound:* Doreen Hull

Email: [pastoral.stcuthbertstjoseph.northshields@diocesehn.org.uk](mailto:pastoral.stcuthbertstjoseph.northshields@diocesehn.org.uk)

*Buildings & Grounds:*

St Cuthbert's: Linda Shotton

St Joseph's: Allan Badenhop

Email:

[Buildings.stcuthbertstjoseph.northshields@diocesehn.org.uk](mailto:Buildings.stcuthbertstjoseph.northshields@diocesehn.org.uk)

*Health and Safety*

St Cuthbert's: Charlie Tynan

St Joseph's: Jim McLearn

Email: [Hs.stcuthbertstjoseph.northshields@diocesehn.org.uk](mailto:Hs.stcuthbertstjoseph.northshields@diocesehn.org.uk)

Prayer Intentions for Ordinary Time (Winter) Peace on Earth; Openness to the Word of God, Christian Unity; the Sick and those who care for them; Victims of Trafficking and those who combat it; the Unemployed; Elderly in Poverty.

We pray for all who are sick, including Ros McGann, Sarah Harrison, Scott Oakley, Jean Slater, Barbara & Tony Hicks, Richard Sutherland, Irene Keenaghan, Eileen Stevens, Paula More, Mary Quinn, Paul Atkinson, Francis McSherry, Mary Kidd, Tom Wright, Mary Rowley, Antoni Kulik, Brendan Nolan.

Please pray for Luke McAndrew, John Oakly, Patrica McGann and for all those who have died recently.

### 7<sup>th</sup> Sunday of the Year

We continue with St Luke's Sermon on the Plain. It is a challenging Gospel. We are called to love our enemies, to show mercy at all times. These points need to be kept in mind:

Turning the other cheek and loving our enemies does not mean that we allow people to dominate and to harm ourselves or those in our community. That would not be love of ourselves. The call to turn the cheek is a call to actually resist but in a non-violent way. If violence is responded to with more violence we end up with a spiral of violence, but we are all called to 'rage with compassion' standing up to all injustice but not in a way we increase injustice and harm.

In loving those who are 'other,' who we may seem to be threat to our well-being, we need to seek to understand and never forget their humanity. Dostoyevsky said that 'Behind all evil is genuine human need not met'. For those with whom we find it difficult to engage with, may we have a spirit of understanding for them and ourselves as well.

For those who have been traumatised by the actions of others, forgiveness cannot be a switch. It is a journey and process. Prayers if you are on that journey. May you know how much you are loved and valued by God, and may this love truly dwell with you and slowly give you the grace to gradually move you from any place of anger and hurt, but be patient with God and with yourself.

### Parish Council

Elections to the Parish Council will be taking place in March. Nominations are to be received by Sunday 17<sup>th</sup> March. It was agreed that with myself spread across 3 churches and now Dean, the Parish Council will need to develop and lead on creating and sustaining a vision for the council. Would you like to contribute to that vision?

### Lourdes Pilgrimage

Would you like to register as a helper for the Hexham and Newcastle 2025 Diocesan Pilgrimage to Lourdes?

The pilgrimage will take place between Friday 25 July and Friday 1 August 2025. Adult and Youth section volunteer registration forms are now open and live until 31<sup>st</sup> March 2025. Please register via one of the following links. Thank you very much for registering, your help and support.

Existing Appointed Registered Helper

If you are an existing, appointed registered helper and volunteered on the Diocesan Pilgrimage in 2023 or 2024 please use the link: <https://forms.office.com/e/bdNSkV8HvK>  
New Adult Volunteer Registration Form

If you wish to register as a volunteer for 2025, please use: <https://forms.office.com/e/PbtE9Jd6aS>

Youth Section Registration Form

The Youth Section of the Diocesan Pilgrimage is for those aged 16-21 (on the date of travel) or in full-time education. The link to use: <https://forms.office.com/e/m1MQfReuZD>  
Please see the Tangney Tours website for prices of travel and accommodation:

[//www.tangney-tours.com/.../diocese-hexham-newcastle/](http://www.tangney-tours.com/.../diocese-hexham-newcastle/)

For more information about becoming a registered helper on the pilgrimage, please email: [lourdes@diocesehn.org.uk](mailto:lourdes@diocesehn.org.uk) or visit our Facebook page: Hexham and Newcastle Pilgrimage to Lourdes

### A Year of Jubilee Formation Opportunity

From the Faith and Mission department: "As we journey through this year of Jubilee, we are called to be Pilgrims of Hope. As Catholics our hope is in the Lord who is always at work in our lives. Our new formation programme Adventurous Accompaniment is designed to help us become better at walking with others, supporting them to see God at work. You will explore how to accompany others whether it is informally while out talking with your neighbour or over a sustained relationship with family and friends. The 'Adventure' of this formation is that God is the one leading the way. All are welcome to attend.

Dates & Times:

Session 1: Saturday 15 March 2025, 10.00am – 1.00pm.

Session 2: Saturday 12 April 2025, 10.00am – 1.00pm.

Venue: St Vincent's Diocesan Office, St Cuthbert's House, West Road, Newcastle upon Tyne NE15 7PY; Cost: £25.00

For more information and booking details please visit [bit.ly/DHNAventurousAccompanimentYOJ](http://bit.ly/DHNAventurousAccompanimentYOJ)

or email: [adminfaith.mission@diocesehn.org.uk](mailto:adminfaith.mission@diocesehn.org.uk)."

### Seeds of Hope Planting:

The garden group will be planting seeds and bulbs on St Joseph's, 10am, Sat 1st March. The more the merrier. Allan Badenhop is promising a BBQ for the workers!

### Pancake Night:

St Cuthbert's Church Hall, 7pm, 4th March. Tickets £3 on sale at the back of Church.

### Newman Tyneside Circle

invites you to come and hear Tony Flannery speak about The Bible, history or myth? Why it is important to know. The talk will be given twice at Holy Name parish hall, Jesmond, Newcastle, on Tuesday 11 March, at 2.30pm – and again at 7.30pm.

### World Day of Prayer 2025 Services

**"I made you wonderful".**

We join in this ecumenical movement on Friday 7<sup>th</sup> March. We have two services. Afternoon 2.00pm, at St Joseph's Church, Wallsend Road, Chirton, North Shields, NE29 7AA. Evening service 7.30pm, at the Methodist Church, Broadway, Cullercoats, NE30 3LJ. Everyone is welcome at either service. Light refreshments will be available after both services.

### Poverty Action Sunday Dreams & Realities

6pm, Sunday 2 March 2025 St Michael's & All Angels, Church Street, Houghton le Spring DH4 4DN.

Everyone welcome. Learn what local people are doing

### Diocesan Environmental Group Webinar

You are cordially invited to join Bishop Stephen and members of the Diocesan Environmental Group (DEG) in a webinar to find out more about the DEG and what we can all do to reduce our impact on the environment.

The webinar will include:

An introduction by Bishop Stephen

Focus on personal carbon footprints

Update on Diocesan energy consumption and pilot decarbonization projects

Live Simply update with CAFOD

Schools update

To take part please use the following link:

<https://diocesehn-org-uk.zoom.us/j/2294023010?pwd=TPjO3QbJlaJm0dn0FgkYMv7Pv2gcAk.1&omn=86017878430#success>

### Photos for an Exhibition

Tyne and Wear Citizens have commissioned a photo-journalist, Tom Quibell, to take photos of members of Tyne and Wear Citizens. On Sunday March 2<sup>nd</sup>, after the 11am Mass, Tom will be taking portrait photographs of anyone in the parish who would like to have their photo taken. They

will be able to keep the portrait. The photo may be used in an exhibition.

### A Liturgical Day of Reflection for Liturgical Leaders for Celebrations of the Word and Holy Communion

Date: Saturday 15<sup>th</sup> March 2025; Times: 10.30am-3.00pm – arrivals, registration and refreshments from 10.00am; Location: St Hilda's Diocesan Resource Centre, West Road, Newcastle upon Tyne, NE15 7PY; Cost: £15.00 per person; Catering: Please bring a packed lunch, tea and coffee will be provided.

Could those lay leaders of celebration of Word and Holy Communion who are interested please contact Katherine in the office and she will make the booking for you.

### Parish Finance – Standing Orders

If you would like to set up a Standing Order the details of the parish account are:

Name: DHN North Shields St Cuthbert & St Joseph

Bank: HSBC, Sort code: 40-34-45,

Account number: 91146513

### Rosary Group

"When two or three are gathered in my name..." All welcome to join a small group of parishioners praying the Rosary each week over Zoom. Day: Thursday; Time: 7:30pm. For more information contact Ruth Corless at:

[ruthcorless@btinternet.com](mailto:ruthcorless@btinternet.com)

### Dates for Diary

Seeds of Hope planting: St Joseph's, 10am, Sat 1<sup>st</sup> March

Day of Prayer Event: St Joseph's, 2pm, 7<sup>th</sup> March

Pancake Night: St Cuthbert's Church Hall, 7pm, 4<sup>th</sup> March.

Tickets £3 on sale.

### Prayer for Peace

As the fever of day calms towards twilight. May all that is strained in us come to ease. We pray for all who suffered violence today. May an unexpected serenity surprise them.. For those who risk their lives each day for peace. May their hearts glimpse providence at the heart of history.. That those who make riches from violence and war. Might hear in their dreams the cries of the lost.. That we might see through our fear of each other. A new vision to heal our fatal attraction to aggression.. That those who enjoy the privilege of peace. Might not forget their tormented brothers and sisters That the wolf might lie down with the lamb. That our swords be beaten into ploughshares. And no hurt or harm be done anywhere along the holy mountain.

John O'Donohue Benedictus A Book of Blessings