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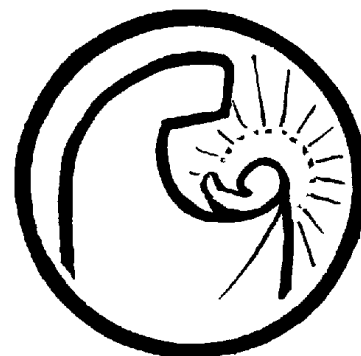
Deacon Gary Bevans 01903 503514

Safeguarding Rep. Anne Niven 01903 242624

Arundel & Brighton Diocesan Trust is a Registered Charity No: 25287

Mary, Mother of God

Saturday	31 st	6.00 pm	Intention of Bernadette & Marvyn Allstot
Sunday	1 st	8.15 am	Sandra Moore RIP
		10.30 am	Mary & Jack Haugh RIP
Monday	2 nd	9.30 am	No Mass
Tuesday	3 rd	9.30 am	Peter Giles RIP
Wednesday	4 th	9.30 am	Bill (SN) O'Keeffe RIP
Thursday	5 th	9.30 am	Intention of Eileen Whelan
Friday	6 th	9.30 am	Reg Marshall RIP
		7.30 pm	Anne Lineghan RIP
Saturday	7 th	6.00 pm	Intention of Mary Murphy
Sunday	8 th	8.15 am	The Parish
		10.30 am	Roger Davis RIP

**Friday is the Feast of the Epiphany of Our Lord – A Holyday of Obligation – No abstinence****SATURDAY:** Reconciliation: 10.15 - 10.45 am and 5.15 - 5.45 pm**TODAY'S READINGS:** Numbers 6:22-27, Galatians 4:4-7, Luke 2:16-21**NEXT WEEK'S READINGS:** Isaiah 42:1-4,6-7; Acts 10:34-38; Matthew 3:13-17**Contributions to the Christmas Crib will be sent to Friends of the Holy Land****THIS SUNDAY there will be a second collection for 'Turning Tides' (Worthing Churches Homeless Project)**

PLEASE REMEMBER IN YOUR PRAYERS: Joan Wand, Samuel Bezants, Thomas Boylan. John Mayock, Terry Stanley, Glenn, Ken Ellis, Helena & Vittorio Villa, Peggy Gallagher, Lena, Ken Harvey, Sienna Coates, Kathleen Brennan, Chris Judge, Brian Caplin, Valerie Halley, Pat Duggan, Tony Grana, Sister Raymond, John Smith, Ian Threlfall, Lelia Murray, Mary Murphy, Brenda Peazold, Mary Wessel, Joan Cutmore, Gordon Milne, Alfred Deacon, Roni Horstead, Ronnie Tyler, Bill Hogg, Breda Schlimgen, Michaela Finn, Winifred Lyons, Yvette Allen, Kerry McStravick, Lydia Van Melsen

2. THOSE WHO HAVE DIED RECENTLY: KEN ELLIS and those whose anniversaries occur about now: Lilian Willmoth, Marion Hack, John Bennett, Vivienne Clarke, Agnes Clarke, Phyllis Spratt, Thomas O'Meara, Janine North, Bob Carey, John Donald, Maureen Barrass, Patricia Wyant, Charles Simpson, Herbert Foreman, Beryl Snadden, Brenda McDonald, Donald Perriman, Peggy Smith, Fiona Hague, Kathleen McCarney, Mary Castanes, Anna De Vido, Catherine Bennett, Anna Rofe, Lilian Shaw. *May they rest in peace and rise in glory*

3. FIRST HOLY COMMUNION 2023: Is your son or daughter in Year 3 this term? If so, they are at the age where they can start the preparation course for First Holy Communion. Please collect a letter and application form from the Sacristy and return it to the Parish Office as soon as possible. The first meeting for parents will be **THIS** Thursday 5th January at 7.30 pm in the church and the first lesson for the children will be on Tuesday 10th January from 4.30 – 5.30 pm

4. THE CAFOD AUCTION will take place on Saturday 14th January. Please keep those gifts or unused/good condition items that could be auctioned to raise funds for the work of CAFOD.

5. UKRAINIAN CHRISTMAS MASS IN LEWES For Eastern Rite Catholics (often referred to as 'Greek Catholics') Christmas Day falls on 7 January, as it does for Orthodox Christians. There will be a Christmas Day Mass in Ukrainian (celebrated by Fr Maksym Krat) at 12 noon next **Saturday 7 January 2023** in St Pancras, Lewes, followed by traditional Ukrainian food. If you have Ukrainian refugees in your parish, please let them know that they would be very welcome to join the Ukrainian families in Lewes for this celebration. For further details, please WhatsApp Maryana on +380970343783.

6. WHAT IS YOUR NEW YEAR'S RESOLUTION? Or should it be '**YOUR PARISH NEEDS YOU!**' We are a busy parish with many good things happening in it but these only can happen if you are prepared to join in. At the moment help is urgently needed in Flower Arranging and why not join the Choir? At the end of March we open again to the public who wish to come and view the ceiling and our lovely stained glass windows. There is much to do but we really do need you to come and help where you can. Please contact Anne in the Parish Office for further information and with your offers of assistance.

7. MINISTERS ROTAS for January are available in the Sacristy.

8. CRIB DONATIONS: We will be sending crib donations to Friends of the Holy Land. Every penny will help the poorest Christian families, especially in and around Bethlehem, the West Bank, Gaza and Israel, with education, employment, health or housing costs and initiatives. FHL is non-political and ecumenical.

9. MARY'S MEALS COLLECTION POINT is one of the small boxes under the notice board to the right in the Front Porch. It costs just £15.90 to feed one child for a year! Your donations will always be much appreciated.₂

10. TURNING TIDES WISH LIST is appealing for the many items that they need. Coffee, Long-life Milk, Sugar, Cooking Oil, Small bottled/carton drinks/water, Cereal Bars, Biscuits, Snack Pots, Tinned meat/fish. Also Toilet Rolls, Washing-up Liquid, Washing Powder, Dish-washer Tablets Deodorant . Many thanks to anyone who is able to help. The collection box is under the bench in the West Porch..

FATHER LIAM SAYS: I expect you have remembered to bin the 2022 colander as you ask for God's blessing for the year ahead. We follow the Gregorian Calendar, which was introduced by Pope Gregory XIII in 1582. The Julian Calendar, which was implemented by Julius Caesar in 46 BC had, over the course of so many centuries, become badly in need of a major overhaul as it had seriously failed to keep pace with reality. The Gregorian Calendar was not universally accepted by non-Catholic countries who did not wish to be told by Rome what date it was. Britain stuck with the old style Julian Calendar until 1752 by which time it had, of course, gone further astray.

In Tudor England, New Year's Day was a very special occasion. Kings and Queens always wore their crowns and royal robes and went in procession to chapel and afterwards held court. The most important aspect of New Year's Day was the presents. Gifts were exchanged not on Christmas Day but on New Year's Day – but the custom does not seem to have been observed in the homes of poor people at this time. At the Tudor Court, Henry VIII and Elizabeth I encouraged the practice of present giving. Elizabeth I even decreed the amount each person was to donate to her, according to their rank. In 1571 the Duke of Norfolk, while imprisoned in the Tower of London, sent Elizabeth a very lavish jewel as a New Year's gift. It was rejected and the duke was later executed. The Tudor monarchs also gave gifts but only to very special people. In one year, 1511, Henry VIII spent over £800 (more than £400,000 today) on New Year's presents. In 1510, his first New Year gift to his first wife Katherine of Aragon was a beautifully illustrated missal. In 1532 he presented Anne Boleyn with 'a room hung with cloth of gold and silver and crimson satin with rich embroideries'

Throughout the Middle Ages at Christmastime and great festivals, churches put on plays for the enjoyment and edification of the people. Later the craft and trade guilds staged Mystery Plays. The word 'Mystery' derived from the Latin 'misterium' meaning a craft, trade or occupation. These too were based on stories from the Bible of which the most popular was the Nativity and every aspect of it, from the Annunciation to the Massacre of the Innocents. Similar plays were performed by troupes of travelling actors in marketplaces and in courtyards of inns. Some of those cycles of mystery plays had become firmly established, such as the York, Wakefield, Coventry and Chester collections. After the Reformation, the authorities kept watch for anything contentious and references to the Pope, the Saints and the Sacraments were often edited out. In the end most Mystery Plays were burned and many texts were lost.

Mummers plays became quite popular at this season. The word 'Mummer' means 'masked actors'. These wandering groups always wore disguises – bad luck was reputed to come to anyone who discovered their identity. Mummers expected to be paid for the entertainment they provided. People were able to attend these entertainments in large numbers because the twelve days of Christmas were days when most people did not have to go to work. Work would have been particularly difficult at this time of year in any case. Winters were more severe than they are today. The sixteenth century witnessed a mini ice age that would last for two hundred years. For many, Christmas offered a welcome respite from the daily toil and grinding poverty of the rest of the year. Before Christmas 1536 the Thames froze in London. Henry VIII and his third wife, Jane Seymour, wrapped in furs, rode on horseback across the frozen river after a service at St Paul's and galloped to the Surrey shore. When it froze over in 1564 people played football on the ice 'as boldly as if it had been on dry land'. Many people shot daily at targets setup on the frozen water and both men and women went daily on the Thames in greater numbers than in any street in London for at least two weeks.

Christmas was a time for hunting, sport and outdoor pastimes. Many people would have fasted during Advent so they did their best to ensure they had a lavish Christmas dinner after their religious observance of the Feast. The rule of the season for everybody was hospitality. People visited family and there was as much eating and drinking as they could afford. Plum porridge was often served as an appetiser at Christmas. It was a thick broth of mutton or beef, boiled with plums, spices, dried fruits, breadcrumbs and wine. Later flour was added making it a pudding. Centuries later the Victorians removed the meat and so plum porridge became the Christmas Pudding we know today, serving it as a dessert. An alternative to plum pudding was figgy pudding that features in the carol 'We wish you a Merry Christmas', which dates from the sixteenth century. The seasonal favourite for Christmas dinner, across the social divide, was brawn, which was fatty cuts of boar meat or pork, sliced, spiced and garnished with rosemary, fruits and bay leaves, sometimes cooked in wine. the choicest cuts went to some plates while the rest – the Souse – went to the servants.

The first course was traditionally a boar's head boned and stuffed and dressed with herbs and fruits. For the poor, meat was a rare luxury. They might possibly have pork or whatever birds they could catch. The first turkeys came to England from the New World about 500 years ago and was soon prized for its flavour. Stuffing, known as forcemeat and made with egg, currants, pork and herbs was served with poultry from around the year 1540 and Brussel Sprouts first get a mention around the year 1590. Mince pies, or Christmas Pies as they were known, were much bigger than those we eat today and often included shredded left over meats. They were cut with spoons as it was believed to be unlucky to use knives.

Christmas decorations were often taken down after midnight on the Twelfth Night – the Feast of the Epiphany but in some places they stayed in place until Candlemas – 2nd February – The Feast of the Presentation of the Child Jesus in the Temple – 40 days after Christmas Day.