

## 4th SUNDAY OF ORDINARY TIME (A)

Seeing the crowds, Jesus went up the hill. There he sat down ...then he began to speak. This is what he taught them. "How blessed are the poor in spirit; theirs is the kingdom of heaven. Blessed the gentle; they shall have the earth as their heritage. Blessed those who mourn; they shall be comforted. Blessed those who hunger and thirst for what is right; they shall be satisfied. Blessed the merciful; they shall have mercy shown them. Blessed the pure in heart; they shall see God. Blessed the peacemakers; they shall be called sons of God. Blessed those who are persecuted in the cause of right; theirs is the kingdom of heaven. Blessed are you when men abuse you and persecute you and speak all kinds of calumny against you on my account.

(Mt. 5:1-12)

### MASS TIMES IN THE ABBEY CHURCH

Sun.	30 Jan	<b>4th SUNDAY (A)</b>	<b>10:00</b>
Mon.	31 Jan	<b>FEAST St. Alban Roe</b>	<b>12:35</b>
Tues.	1 Feb	<b>Feria</b>	<b>12:35</b>
Weds.	2 Feb	<b>FEAST Presentation of Lord</b>	<b>12:35</b>
Thurs.	3 Feb	<b>Mem. St. Blaise</b>	<b>12:35</b>
Fri.	4 Feb	<b>Feria</b>	<b>12:35</b>
Sat	5 Feb	<b>Feria</b>	<b>12:35</b>

## STAIRWAYS TO HEAVEN



The Beatitudes might be said to span the fault-line between the new life to which Jesus calls his disciples (i.e. *us*) and our painful awareness of what impedes this – in ourselves and others. We might, perhaps take heart by first avoiding two extreme positions: that these are proposed by Jesus merely as an ‘inspiring ideal’ beyond our reach. OR, we might see it as a self-improvement package – rather as a misreading of St. Benedict’s twelve steps of humility as a could be morbidly turned into a pseudo-spiritual Grand Prix of self-abasement – ‘how low can I go?.’ Jesus elsewhere calls us to pray without losing heart. Only in that can we *receive* the desire to let go of what blocks the path to him – and so to live the Beatitudes.

# AMPLEFORTH ABBEY

## MOMENTS OF RECOGNITION – THEN AND NOW



Monks, Chileans from the Manquehue Movement and student leaders of *lectio* groups in the College met on Tuesday for a convivial evening in the Main Hall. The 20 top-year students belong to the Emmaus Group – which organises weekly *lectio divina* sessions in the ten School Houses. These were originally established with the help of Manquehue members, who have been instrumental in helping students to appreciate the way in which *lectio* can powerfully illuminate and re-energise one's faith and commitment to seeking to live more fully in the light of Gospel.

## EGYPT AT THE CROSSROADS



Current turmoil in Egypt reminds one of how key a role it plays in salvation history. The trials of the Israelites, the Exodus – and later the Holy Family's escape into Egypt all remind us that it could never – even in less 'digitised' ages be dismissed as 'a far away country of which we know little.' Let us pray that Egypt's rulers show more wisdom than did Pharaoh in *Exodus* in these critical days – and that Egyptian Christians need not experience a new Exodus.

## WEEKDAY MONASTIC OFFICE IN THE ABBEY CHURCH

6.00 a.m. Matins

7.30 a.m. Lauds

8.45 a.m. Little Hour

6.00 p.m. Vespers

8:15 p.m. Compline