

Thu 20th Jan. St Sebastian. Mass at 9.30 at GS and 19.30 at SMM



Nothing is known about St Sebastian except the fact that he was martyred early on in the persecutions of Diocletian. St Ambrose knew of him and states that he was already venerated in Milan in the fourth century.

One of the seven chief churches of Rome was built over his grave in 367. For the Christians of the fourth century the important, the true, the sufficient fact about Sebastian was that he was a martyr, and they venerated him as such. It should be enough for us as well.

Fri 21st Jan. St Agnes. Mass at 7.30 at SMM



Very little is now known about Agnes' life. Partly this is because the details have been obscured by the light that shines from her martyrdom and the cult that it inspired, and partly because she was martyred at 12 in 304. Agnes was

filled with the love of God from an early age, vowed herself to celibacy, and when the opportunity of martyrdom arose, she did not hide away but stepped forward and took it. Admire the simple wisdom of Agnes, realise that there are moments where compromise and moral ambiguity just will not do.

Sat 22 Jan. St Vincent the Deacon. Mass at 10.00 at SMM and Holy Hour 11-012 at GS



He was born in Huesca and became a deacon of the church of Saragossa (Zaragoza). He was tortured to death in Valencia in 304, in the persecution of Diocletian. After

his death, his cult spread rapidly through the Roman Empire. At the Shrine of Our Lady of the Shrine of Our Lady of Walsingham, Norfolk there is a reliquary containing some of bones of St Vincent.

Mon 17th Jan. St Anthony of Egypt. Mass at 10.30 at SMM



St Antony is the originator of the monastic life. He was born in Egypt in 251: when his parents died, he listened to the words of the Gospel and gave all his belongings to the poor, like St Francis of Assisi 1000 years later. He went out into the wilderness to begin a life of penitence, living in absolute poverty, praying, meditating, and

supporting himself by manual work. He suffered many temptations, both physical and spiritual, but he overcame them. Disciples gathered round him, attracted by his wisdom, moderation, and holiness. He gave support to the victims of the persecutions of Diocletian, and helping St Athanasius in his fight against the Arians. He lived to be over a hundred years old, and died in 356.

Not all the words that we speak are forgotten, even though we cannot see their effects ourselves. Let us pray that those unknown effects may always be good ones.

Wed 19th Jan. St Wulstan. Mass at 10.30 at SMM



Wulstan was born in 1008 at Long Itchington, Warwickshire. He was educated at the monasteries of Evesham and Peterborough and became a monk at Worcester. As Prior he restored the

fortunes of the house both temporal and religious and was noted for his pastoral care. In 1062 he was appointed Bishop of Worcester. After the Norman Conquest he was allowed to retain his diocese. He fought the slave trade in Bristol, enforced discipline of priestly celibacy (a thankless task in those days), built new churches and refounded the monastery at Westbury on Trym. He lived a monastic life and while not a learned man he was effective preacher and winner of souls. He was renowned for his care of clergy and people. He died in 1095 at Worcester.