



Ordinate and Parish Church

MOST PRECIOUS BLOOD

*a Catholic Parish in the Archdiocese of Southwark
in the Pastoral Care of the Ordinariate of Our Lady of Walsingham*



THIRD SUNDAY IN LENT

3rd March 2024

In the gospel reading today, we hear that we preach a crucified Christ. Christ gave his life in love to his Father. In a way we do not understand, this death shows forth the wisdom of God. Christ rose again from the dead. This great miracle on which our faith depends shows that the message of eternal life is contained in Christ's death and resurrection.



The third week of Lent. Stick with it. If your Lenten denial has waned, maybe you've set yourself too-hard-a-challenge. Reassess, choose something do-able, start again tomorrow. Prayer, Fasting, Almsgiving, isn't for other people, it's for you.

Extra Mass Times during Lent. As well as the normal schedule, there's additional times of 08.00 Wednesdays and 18.30 Friday.

Rosary during Lent will be said in Church each Thursday at 19.00 Join this faithful group. *Ave, ave!*

Stations of the Cross during Lent on Fridays at 19.00 after the Mass. Walk with Jesus the Way of the Cross in this Holy Season.

Keep Church prayerful during Lent, especially after Mass. Please refrain from chatting, but keep silence to give the angels a chance to leave; and to allow those who want to pray, to pray. Come through for coffee.

Keeping the eucharistic fast. Often we forget or fall into bad habits. Lent is also about pulling us back into *spiritual* shape. Catholics should not eat or drink anything for one hour before receiving Holy Communion. It's the simplest way of preparing to receive Jesus in the Blessed Sacrament— an hour!

Day with Mary Pilgrimages to Fatima 7-14 June, and Italy 4-12 Sep, adaywithmary.org

A Pilgrimage to Walsingham led by Bishop Philip on 27th April. We have looked into coaches. Departing MPB 07.00, returning 19.00 The cost will be £35 adults, £10 for children accompanied by an adult. Extras will be entrance to the Abbey Grounds (adult £6.50 child 6-16 £2.50 under 6 free). Sign up on the website.

Southwark Catholic Youth has re-launched several activities in 2024 for those aged 10-35. For more details about what is on offer, sign up at www.tinyurl.com/scysnetwork

The Internet is full good things, and things which are not so good. If you struggle with certain sites, take a look at strive21.com

#GivePrayerAGo is a *Year of Prayer* initiative by the Archbishop. See more info on-live, go on...give prayer a go!
www.rcsouthwark.co.uk/faith/giveprayerago/

Retrouvaille. Uncover or reawaken the love, trust and commitment in your marriage at a weekend in Welwyn Garden City on 14-16 June. retrouvaille.org.uk

Youth Ministry Leader, Castlerigg Manor (Diocese of Lancaster Retreat Centre) seek a Programme Leader. A residential position £26-28k. Youth ministry experience perhaps recently graduated. Interested – jack@castleriggmanor.co.uk



They say that breakfast is the most important meal of the day, and in the same way the first prayer of the day is the most important too: it sets you up for what lays ahead.

Pope St John Paul II said that the Morning Offering is "...of fundamental importance in the life of each and every one of the faithful." Nevertheless, most people fall into one of two categories: they are a morning person or they're not! Whilst some wake up at the same time each day, and are up and out of bed easily; for others the sound of the alarm is a sound they lean to hate! Whatever category you fall into during these days of Lent start each day well, by making a Morning Offering.

The *Catechism of the Catholic Church* says: The Christian begins his day, his prayers, and his activities with the Sign of the Cross: "in the name of the Father and of the Son and of the Holy Spirit. Amen." The baptised person dedicates the day to the glory of God and calls on the Saviour's grace which lets him act in the Spirit as a child of the Father. "All that we do without offering it to God is wasted," said St John Vianney.

In a private revelation, Sr Josefa Menéndez (1890-1923) reported that she heard Jesus Christ tell her: "When you awake, enter at once into My Heart, and when you are in it, offer My Father all your actions united to the pulsations of My Heart . . . If [a person is] engaged in work of no value in itself, if she bathes it in My Blood or unites it to the work I Myself did during My mortal life, it will greatly profit souls . . . more, perhaps, than if she had preached to the whole world. You will be able to save many souls that way."

St Mechtilde (1241-1298) also had visions of Jesus Christ and recorded the words of Jesus: "When you awake in the morning, let your first act be to salute My Heart, and to offer Me your

own . . . Whoever shall breathe a sigh toward Me from the bottom of his heart when he awakes in the morning and shall ask Me to work all his works in him throughout the day, will draw Me to him . . . For never does a man breathe a sigh of longing aspiration toward Me without drawing Me nearer to him than I was before."

The morning offering has been an old practice in the Church but it started to spread largely through the Apostleship of Prayer, started by Fr François-Xavier Gautrelet SJ, and specially through the book written by another Jesuit, Reverend Henri Ramière SJ, who in 1861, adapted the Apostleship of Prayer for parishes and various Catholic institutions, and made it known by his book "The Apostleship of Prayer", which has been translated into many languages.

The Morning offering is meant to be prayed first thing in the morning, upon waking up. In its simplest form, a morning offering is nothing more than a brief prayer that recognizes the presence of God, and puts the day ahead in his hands.

The traditional *Morning offering to the Sacred Heart of Jesus* was composed by Fr François-Xavier Gautrelet in 1844. It reflects the *Alliance of the Hearts of Jesus and Mary* and is also an act of reparation.

Try it this Lent.

Morning Offering

O Jesus,
through the Immaculate Heart of Mary,
I offer you my prayers, works, joys,
and sufferings of this day
for all the intentions of your Sacred Heart,
in union with the Holy Sacrifice of the Mass
throughout the world,
for the salvation of souls, the reparation of
sins, the reunion of all Christians,
and in particular for the intentions of the
Holy Father this month.
Amen.



About Holy Communion.

Receiving Holy Communion at Mass is one of the most intimate things we will ever do. It is an encounter with the Lord himself, with God, and you can't get more intimate than that! So it's right that we should do so in an intimate and special way.

When the priest (or minister) says 'The Body of Christ', look at them in the eye. Say 'Amen' firmly but lovingly. As the Host is placed on your tongue or on the palm of your left hand, take a second to adore the Lord Jesus truly present to you, and for you. Consume (eat) it straight away. Do not stand up or walk away until you have. As well as the priest needing to be sure you have indeed consumed the Host, it is not particularly respectful or reverent to have that intimate encounter with the Lord wandering-off back to your seat! Once you have received Holy Communion, return to your place, with your eyes down, just looking to get you back to your seat. There kneel, or remain standing as you say a heartfelt thanksgiving, perhaps the *Anima Christi*, pray for anything special or important - it's a very powerful time of prayer!

Before. Keep the Eucharistic Fast. The Church asks us to prepare for Holy Communion by '...abstaining from any food or drink, with the exception of water and medicine, for at least one hour before Holy Communion.'

After. Say 'thank you'. Before you end the day, when you pray before bed, as you give your thanksgiving, thank God for the gift of Jesus in Holy Communion.



We adore thee O Christ and we bless thee; because by thy Holy Cross thou hast redeemed the world!

Our Stations of the Cross were restored during the restoration having been caked in 100 years of dust and dirt, lacquer and polish, smoke and soot. Generous donors sponsored one (or more) to be restored at £1,600. There are a few unclaimed. See website



preciousblood.org.uk/store/p17/Stations

This Week: Mass & intentions

Day	Time	Intention
This Sunday 3RD SUNDAY OF LENT	09.30 11.00	PEB-G priest ✠ d.2004 Parishioners
<i>Mon 4th (St Casimir)</i>		
<i>Tue 5th feria of Lent</i>	13.05	Studies for YG at University
<i>Wed 6th feria of Lent</i>	08.00 13.05	Marriage of FA to JG
<i>Thurs 7th (Sts Felicity & Perpetua)</i>	13.05	Picadade Godinho ✠
<i>Fri 8th (St John of God)</i>	13.05 18.30†	Virgin Godinho ✠ Jean Riley ✠ <i>recently</i>
<i>Sat 9th (St Frances of Rome)</i>	10.30†	Bertha ✠
Next Sunday 4TH SUNDAY IN LENT	09.30 11.00	Canon William Muran ✠ <i>foundation</i> Parishioners

Next Week's Readings 2 Chronicles 36:14-16.19-23 Ephs 2:4-10 John 3:14-21

Sacrament of Confession. Tuesday - Friday 12.30-12.55 Saturday 10.00-10.25

† **Mass in the Ordinariate Use** of the Roman Rite

Last week: £735.94 (cash £200.94; card £202.00; standing orders £333.00) **Thank you!**

Safeguarding. The parish is committed to safeguarding and promoting the welfare of children and vulnerable adults and expects all staff and volunteers to share this commitment. Safeguarding Officers: Richard Hughes, Justina Onuorah. 03330 509296

Holy Father's Intention for March 2024: For the new martyrs

We pray that those who risk their lives for the Gospel in various parts of the world inflame the Church with their courage and missionary enthusiasm. .

For your prayers:

In priestly formation: Br Philip OP (Jeff Gerlomes), Dn Timothy Ezat

Peace: In Ukraine, in the Holy Land, Syria

Those who are Sick: Mary, Monica, Chi Chi, Anne Marie, Rita, Chris, Richard, Hermon, Alastair, Amaogechi Martina, Fr John, King Charles

Recently Departed: Trevor, Baby Charlotte 12wks, Samir Bakhait, Denise Ricketts.
Charlie Bianco *deacon*, Carmina Carrapa

Find us on: Facebook: "preciousbloodSE1" Twitter: @preciousblood1

YouTube: youtube.com/preciousbloodlondonbridge

Fr Christopher Pearson OLW Parish Priest

22 Redcross Way, SE1 1TA

borough@rcaos.org.uk

www.preciousblood.org.uk

020 7407 3951

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