



# Ordinariate 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*



### 6TH SUNDAY IN ORDINARY TIME

14th February 2021

**In the gospel reading today**, we hear Jesus say to us “Be cured!”. We are like lepers who cry out to Christ who alone can cure us. He feels sorry for us and touches us with his grace telling us to be cured. We belong, through him, to the company of saints and are now called to do everything for the glory of God. We are a people then of joy because we know that Christ delivers us from our sins.



**Sunday Mass** at 11am will be on-line. There's such a temptation to sit throughout and watch. So, be at Mass as much as if you were physically present.

**When receiving Holy Communion** at Mass, please follow the guidelines. *Hands*, sanitise hands, receive on the palm with arm outstretched in silence; *Face*, remove face-covering, replace after consuming; *Space*, keep 2 metres apart.

**Mass for those in the NHS** each Thursday. We surround them with love and prayer.

**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](http://strive21.com)

**Lent** starts on Wednesday this week. Lent is a penitential season marked by fasting, praying and giving, all in preparation for Easter. How are you going to prepare? What are you going to do this Lent? Some ideas overleaf.

**Ash Wednesday** this week is the first day of Lent. Mass at 10am and 6.30pm, both will be on-line. 6.30pm will be in the Ordinariate Use. Each will be followed with Ashing.

**Day of Fast and Abstinence** on Ash Wednesday, which means Catholics should eat nothing except one main (small) meal and no meat.

**Lent-on-Line** at MPB! There's something for everyone one. See the Website or log into ChurchSuite to join and/or sign up.

**A Palm Cross**, do you have one? Burn them by Tuesday this week and keep the ash, ready for on-line Mass on Wednesday.

**Alleluia!** is, in a way, put to bed during Lent. It's a uniquely Christian word, used in all languages. No one is absolutely sure what it means, but the best guess is *Praise the Lord!* It's a joyful song of praise put to one side during Lent as a preparation for Easter.

**St Valentine** is celebrated by many today. Even though Sunday is more important, those who are married and those engaged to be married are invited to celebrate their love.

**Pastoral contact** is part of parish life. If anyone could do with a chat, a call, a visit, let FrC know. Call him! You know how much he likes to talk...and talk... and talk... and....

**Going into Hospital.** Fr Jake, the Catholic Chaplain at *Guys & St Thomas* invites families to get in touch as soon as relations are admitted. [chaplains@gstt.nhs.uk](mailto:chaplains@gstt.nhs.uk)  
[jake.dicto@gstt.nhs.uk](mailto:jake.dicto@gstt.nhs.uk)

**Keep an eye** on family and friends.



### *When do I abstain?*

Catholics abstain from meat on Ash Wednesday and in England and Wales, the Bishops have invited us to abstain on all Fridays throughout the year. In some countries however, Catholics abstain only during the Fridays of Lent.

### *What does it mean to "fast"?*

To fast is to do without food. Its purpose is to experience the effects of not eating. It also serves to be a penance or a sacrifice - for the purpose of strengthening us. When we don't eat, for even a little while, we get hungry. When we get hungry, we have a heightened sense of awareness. If, when we eat too much, we have a sluggish feeling, when we fast, we have a feeling of alertness. Fasting is a wonderful exercise whenever we want to sincerely ask for an important grace from God. It is not that our fasting "earns" God's attention, but by fasting, we clarify our thinking and our feeling. It is purifying and prepares us to pray more deeply.

### *When do I fast?*

Catholics are required to fast on only two days of the year - Ash Wednesday and Good Friday. On these days, fasting means something very specific and limited. It means that one eats only one main meal, with no food in-between.

Of course, anyone is free to fast at any time that it is helpful for their prayer and reflection. However it is not recommended for anyone with health problems, or on medication.

### *What does it mean to "abstain"?*

To abstain is to not eat meat. Its purpose is to be an act of penance - an act of sacrifice, that helps us grow in freedom to make much bigger sacrifices. Of course, it would not make sense to make the sacrifice of not eating meat, and then eat a wonderful meal I might enjoy even more. Many people eat a vegetarian diet, for a variety of reasons, and eating meat is not even an issue. It might be possible to abstain from a non-meal that I really like, on all the Fridays of Lent. It should be noted that many people in this world cannot afford to eat meat or do not have access to it. Part of our abstaining from meat can place us in solidarity with so many of our sisters and brothers around the world.

### *What about "giving up something" for Lent?*

When many of us were children, we might remember our giving up sweets for Lent. It seemed a real sacrifice. As we grow up, it is often difficult to decide what special thing to do, to make Lent a special season - to get our attention and to prepare ourselves for deeper sacrifices.

Sugar, cigarettes or sweets are the traditional things, but there's no reason not to be more imaginative. But remember it's better to give up something little and stick to it, than give up something big and fail on day three! The point of giving something up, is to take control of our will and desire. And remember, that you can't offer to God something that you shouldn't be doing in the first place, like judging or swearing! Nevertheless, Lent is a good time to be more determined to give up those things we shouldn't be doing.

It's often said that rather than give something up, we should take something on, having a positive attitude to Lent by adding something to our daily lives. However this is an 'as well as' not an 'instead of'. We may commit ourselves to extra prayer time; some service to the poor, spiritual reading etc. And we should increase our giving to the poor - the cash extra cash from the chocolate we've not eaten might go to the poor, or be part of a Good Friday offering.

Whether it is fasting, abstaining or other acts of penance, the whole desire we should have is to use these means to help us grow closer to the Lord and prepare ourselves *to celebrate the paschal mystery with minds and hearts renewed.*

May the Lord bless us as we prepare for a good and holy Lent.

# Lent



## On Line

### **Mondays with Mary**

*Each Monday at 6pm*

### **Coffee with the Clergy.**

*Each Tuesday at 10.30am*

### **Word on Wednesday.**

*Each Wednesday at 4pm*

### **Young Adults Group**

*Alternate Wednesday 8.30pm*

### **Theological Thursday**

*Each Thursday at 7pm*

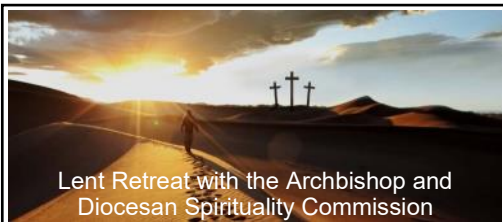
### **Stations of the Cross**

*Each Friday at 6pm*

Something for everyone this year,  
join one, join many.

All on-line, for more info and link, see

**[preciousblood.org.uk/calendar](https://preciousblood.org.uk/calendar)**



### Lent Retreat with the Archbishop and Diocesan Spirituality Commission

The Archbishop and the Diocesan Spirituality Commission invite you on a Retreat for Lent, which you can follow in your own home.

Using the link below, you can watch a short video reflection each week, download prayer materials and other resources which can help you make the best use of whatever time and opportunity you may have during your week.

There are also additional materials for use by parish and other groups, either in person or via Zoom/Teams or similar.

If you are looking for a way to deepen your life of prayer this Lent, sign up here:

**[southwarkdsc.org.uk/followme](https://southwarkdsc.org.uk/followme)**

**STAY  
HOME**

**PROTECT  
THE NHS**

**SAVE  
LIVES**



In a recent survey (pre-Covid) only 25% of people said they had a happy marriage. Marriages in lockdown may be facing a greater strain.

Retrouvaille offer on-line and off-line courses to support, enliven and sustain a happy, healthy marriage. Don't wait till you're in trouble!

**[retrouvaille.co.uk](https://retrouvaille.co.uk)**

### Ideas for a better Lent

- ✘ Go to bed by 10.30pm
- ✘ Set a regular prayer time - brief not long
- ✘ Eat meals at set times
- ✘ Fast with another, for mutual support
- ✘ Say 'thank you' more often
- ✘ Join a Lent-on-line event at MPB
- ✘ Say "I love you" to your spouse every day
- ✘ Read a spiritual/holy book
- ✘ Have a screen-free bedroom
- ✘ Learn some Catholic prayers by heart
- ✘ Walk more
- ✘ Forward FrC's lent video to a non-Catholic
- ✘ Call someone rather than email/text
- ✘ Pray someone to believe
- ✘ Give up social media, at last 7pm-7am
- ✘ Don't eat meat on Fridays
- ✘ Say grace as a family
- ✘ Stop watching or listening to BBC News



## This Week: Mass & intentions

Day	Time	Intention
<b>This Sunday - Sixth Sunday in Ordinary Time</b>	09.30 11.00	The Elston family Parishioners
Mon 15th <i>feria</i>	10.00	The Nyeya family
Tues 16th <i>Shrove Tuesday</i>	10.00	Christina
Wed 17th <i>Ash Wednesday</i>	10.00 18.30	Harry Kempton ✕ <i>d2016</i> A good and holy Lent for all at MPB
Thur 18th <i>feria of Lent</i>	10.00	Those who work in the NHS
Fri 19th <i>feria of Lent</i>	10.00	Mary Daly ✕ <i>birthday</i>
Sat 20th <i>of Our Lady in Lent</i>	10.00	Joseph Hogan ✕ <i>6th month mind</i>
<b>Next Sunday First Sunday in Lent</b>	09.30 11.00	Edwin Barnes <i>priest</i> ✕ <i>d.2019</i> Parishioners

**Next Week's Readings** Genesis 9:8-15    1Peter 3:18-22    Mark 1:12-15

**Sacrament of Confession.** Mon - Fri 12.30 - 13.00 or By appointment

**Evensong** 4.00pm, & Benediction, 1st Sunday *on-line only*  
6.00pm, Thursday *term-time on-line only*

**Last week:** £ -.- Standing Orders and On-line payments

**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: Kate Pope, Richard Hughes, Justina Onuorah. 0800 0935063

**Holy Father's Intention for February: *Violence Against Women***

We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

**For your prayers:**

*In formation:* for Ministry, Br Philip OP (Jeff Gerlomes)

*Those who are Sick:* Mary, David, Elizabeth, Fr Scott, Dean  
And for all those with Coronavirus

*Coronavirus:* The medical profession, doctors, nurses, first responders, support-staff, research scientists, those who make big-impact decision,

*Recently Departed:* Michael Duggan, Giles Goward *priest*, Rebecca Berry, Captain Tom

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

YouTube: youtube.com/preciousbloodlondonbridge

**Fr Christopher Pearson** *OLW Parish Priest*

The Rectory,  
22 Redcross Way, SE1 1TA  
borough@rcaos.org.uk  
www.preciousblood.org.uk

**020 7407 3951**

