



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*



SIXTH SUNDAY IN ORDINARY TIME

11th February 2024



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

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 08.00, 13.05 & 18.30 (in the Ordinariate Use). Each will be have Ashing.

Palm Crosses need returning by today to be burnt for the ash on Ash Wednesday.

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

Additional confession times to the usual in preparation for Lent: Sunday 12.30; Tue 10.00, 12.30, 13.30, 18.30 - or at call!

St Valentine is usually celebrated on 14th February, sometimes called *Valentine's Day*. This year 14th Feb is Ash Wednesday and the first day of Lent, so a day of fast and abstinence. Now there's a dilemma! The romantic types are invited to keep 13th. Also we can keep next Sunday for....

Renewal of Marriage Vows. Those who are Sacramentally married are invited to renew their love and commitment today, being the week for Holy Matrimony.

Catholic Hospital Chaplain. Fr Gildas, the Catholic Chaplain at *St Thomas & Guys* asks families get in touch as soon as relations are admitted. chaplains@gstt.nhs.uk or gildasparry@rcaos.org.uk

Mass Intentions may be requested on the parish website. There is no 'fee', however you may make an offering. Suggested is £10.

Comings and goings are all part of parish life and it's always sad (for us) when people move. Send FrC a message, just so he knows you're ok. If anyone could do with a chat, tell him that too!

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

The Sacrament of Confirmation. A preparation course begins in February. See FrC or sign up on-line.

First Holy Communion. If your child is 7years old or over, see FrC asap.

Collections. As well as the machines at the back of Church, there's a QR code on the Mass sheet. Your device needs a first authorisation. We will still have the basket for those who prefer cash! Thank you for your continued generosity.

In Case of Emergency cards. Are still available at the back of church.



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.



- ### 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
 - ✘ Go to Mass in addition to Sunday
 - ✘ 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
 - ✘ Call someone rather than email/text
 - ✘ Pray someone to believe in Jesus
 - ✘ Give up social media, at least 7pm-7am
 - ✘ Don't eat meat on Fridays
 - ✘ Set your alarm for the Angelus each day
 - ✘ Say grace as a family




The Angelus Bell rings from MPB three times a day.

9am, 12noon & 6pm
Join in!



**Pope to Choirs:
'Help community sing,
don't replace its voice'**



**Our Lady of Lourdes
pray for us**

We beseech thee O Lord, to pour thy grace into our hearts, that we, who have known the incarnation of thy Son, Jesus, by the message of an angel, so by his ✘ cross and passion, may be brought to the glories of his resurrection. Through the same, Jesus Christ our Lord. **Amen.**

I am Roman Catholic

In case of an accident, emergency, Hospitalisation, or inability to respond, please call a Roman Catholic Priest

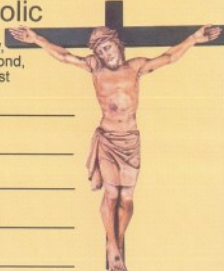
My name is: _____

My next of kin: _____

Tel: _____

My priest is: Fr. _____

Tel: _____



Cards available at the back of Church

This Week: Mass & intentions

Day	Time	Intention
This Sunday 6TH SUNDAY IN ORDINARY TIME	09.30 11.00	Claire Pereira ✕ Parishioners
<i>Mon</i> 12th <i>feria</i>		
<i>Tue</i> 13th <i>feria</i>	11.00 13.05	Denise Ricketts ✕ <i>requiem</i> Jemma Stephen
<i>Wed</i> 14th <i>Ash Wednesday</i>	08.00 13.05 18.30 †	Holy Souls ✕ DG for baby Kaimala Confessors
<i>Thurs</i> 15th <i>feria of Lent</i>	13.05	Rosemary Nutt ✕ <i>recently</i>
<i>Fri</i> 16th <i>feria of Lent</i>	13.05 18.30 †	Eduard Volčá ✕
<i>Sat</i> 17th (<i>7 founders of Servite Order</i>)	10.30 †	Harry Kempton ✕ <i>d.2016</i>
Next Sunday 1ST SUNDAY IN LENT	09.30 11.00	Holy Souls ✕ Parishioners

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

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: £716.08 (cash £143.08; card £220.00; standing orders £353.00) **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 February 2024: *For the terminally ill.*

We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.

For your prayers:

Becoming Catholic Freya

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

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

YouTube: youtube.com/preciousbloodlondonbridge

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Donation
Station

