



Parish of Our Lay Help of Christians &
St Lawrence

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Diocese of Northampton

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27 th February 2022 Psalter Week 4		Eighth Sunday of the Year Day of Prayer for the Unemployed	
First Reading	Ecclesiasticus 27:4-7 <i>Do not praise a man before he has spoken</i>		
Responsorial Psalm	It is good to give you thanks, O Lord.		
Second Reading	1 St Paul to the Corinthians 15:54-58 <i>He has given us the victory through our Lord Jesus Christ.</i>		
Gospel Acclamation	Alleluia, Alleluia! Open our hearts, O Lord, to accept the words of your son. Alleluia!		
Gospel	Luke 6.39-45 <i>A man's words flow out of what fills his heart.</i>		
Saturday 26 th February +	6.30pm	Vigil Mass – (Stephen & Adam Coleman RIP)	
Sunday 27 th February +	10.30am 3.00- 6.00pm	Mass – (Ruth Grabowiecki RIP) EXPOSITION OF THE BLESSED SACRAMENT FOR PEACE & VESPERS	
Monday 28 th February <i>Feria</i>	10.00am	Mass – (Fiona Hobbert Int.)	
Tuesday 1 st March ST DAVID, Bishop, Patron of Wales - feast	10.00am	No Parish Mass today	
Wednesday 2 nd March ASH WEDNESDAY Day of Fasting & Abstinence especially for peace	10.00am 7.00pm	Mass (Michael Robinson RIP) Mass (Seamus McQueeny RIP) Distribution of Ashes at both Masses	
Thursday 3 rd March <i>Feria</i>	9.15am 10.00am	Exposition of the Blessed Sacrament Mass – (Fran O'Hanlon RIP)	
Friday 4 th March St Casimir, Confessor	9.15am 10.00am 2.30pm	Exposition of the Blessed Sacrament Mass – (Michael Grabowiecki RIP) Stations of the Cross	
Saturday 5 th March Women's World Day of Prayer	10.00am	Mass (John Kent RIP)	
FIRST SUNDAY OF LENT			
Saturday 5 th March +	6.30pm	Vigil Mass – (For the Parish)	
Sunday 6 th March +	10.30am	Mass – (Edward Follows RIP)	

**PRAYER FOR PEACE – Exposition of the Blessed Sacrament this Sunday
from 3.00 to 6.00pm followed by Evening Prayer (Vespers)**

PLEASE NOTE: THERE IS NO PARISH MASS THIS TUESDAY



ASH WEDNESDAY - reminds us of our constant need to acknowledge and confess our fallen humanity, to repent of the past and throw ourselves on the loving mercy of God. For we have been assured that 'nothing can separate us from the love of God in Christ Jesus our Lord' – (Romans 8: 38-39) – Sr Wendy Beckett

Pope Francis asks us to make this a special Day of Fasting and Abstinence for peace in the world, given the current situation in Ukraine: **“I encourage believers in a special way to dedicate themselves intensely to prayer and fasting on that day. May the Queen of Peace preserve the world from the madness of war.”**

Mass and distribution of Ashes at 10am & 7pm



Lenten Prayer

Father in heaven, the light of your truth bestows sight to the darkness of sinful eyes. May this season of repentance bring us the blessing of your forgiveness and the gift of your light

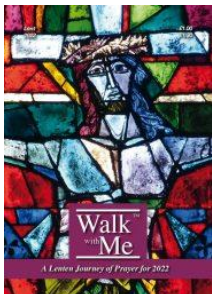
Alternative Opening Prayer, Ash Wednesday, The Roman Missal



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Stations of the Cross

Throughout Lent we will be praying the 'Stations of the Cross' each Friday afternoon at 2.30pm finishing with Exposition at 3pm for 15 minutes of quiet prayer and reflection.



Walk with Me A Lenten Journey of Prayer for 2022

The diocese has kindly supplied all parishes with some copies of 'Walk with Me A Lenten Journey of Prayer for 2022'. These are now available in the Narthex if you would like to take a copy. Initially could we please request that you take one copy for household.

PARISH DONATIONS: We have **£127.01** left from the donations we received back in 2020 to help with the purchase of the original camera to enable us to live stream the Mass. Similarly, the statue appeal, we have £30.00 left as someone paid the full amount but we also received an additional **£30.00**. In order for us to be able to reallocate the money a notice must appear in the newsletter over a 4-week period in case anyone has any objections. If you do have any concerns about this please speak to Fr David or Denise.

MK FOODBANK - BIG little GIVE 2022 CAMPAIGN

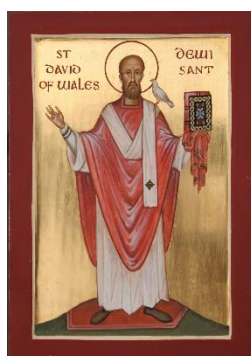


News from MK Foodbank - Right now, we are in the middle of the busiest winter the Food Bank has ever seen. Food prices and home energy costs are absolutely soaring and every single day we hear from dozens of people who can't keep their houses warm or who are struggling to feed themselves and their children. In the 6 weeks of 2022 so far, we have given out more than **2,500 food**

parcels. This is around 10% up on last year – and rising. It also means that we are running dangerously low on our core food items. To address this, next week we are launching our **BIG Little GIVE 2022 campaign** – further details: <http://mkfoodbank.org.uk/>



AG250 CELEBRATIONS – (sponsored by Olney Baptist Church to celebrate 250 years since the hymn Amazing Grace was first sung). **WANTED...** Individuals or Groups to join us to make The Amazing Grace Community Quilt for the AG250 celebrations. We can show you what to do, so anyone can participate - from beginner to expert! We also need embroiderers to do some wording. All materials will be provided. If you would like to be involved, please contact Denise or Monica Stainton



St David, Bishop – Patron of Wales

Born probably in Cardigan about the year 520, he received his early training from St Illtyd. He attracted many postulants to the monasteries he founded, all of which were remarkable for the austerity of their rule of life. Consecrated bishop, according to his biographer, in Jerusalem, he was recognised as primate of Wales and established his see at Mynyw (Menevia), the monastery of which he was Abbott and where he dies about the year 588. **Special thoughts & prayers today for both Bishop David & Fr David on this feast day of their namesake.**



St Casimir – Confessor

St Casimir was born in the year 1458, the son of the King of Poland. He practised the Christian virtues especially chastity and love of the poor. He was conspicuous for a firm faith and for his veneration of the Holy Eucharist and the Blessed Virgin Mary. He died in the year 1484.

A reminder from Fr David - If you would like to explore the meaning of God's grace, I would highly recommend watching these videos which can be found at:

<https://www.stfrancisandmary.org/parish-videos>

From Fr David's desk....

I would like to thank everyone in the parish and beyond for their kindness, prayers and support – and the fairly regular shopping trips and cooking of food – while I have been ill with COVID. I was fortunate that my symptoms were not too extreme, but I am going to take care not to rush back into things too quickly.

It was good to spend time reading, praying, and celebrating Mass in my spare room. In many ways it was like a retreat. As we approach Lent, we enter into that time of the year when the Church asks all of us to go into a kind of spiritual retreat – a time of renewed dedication to prayer, fasting and alms-giving.

The news of the invasion of Ukraine is deeply shocking and worrying. Pope Francis has asked us to make this Ash Wednesday a Day of Fasting, Abstinence and Prayer for Peace. It is time to step up our spiritual programme. During Lent, we really should fast from something meaningful. Fasting is not something negative – it involves a positive dedication to God and a powerful act of self-denial. We offer the fasting to God in reparation for our sins and those of the whole world. Through giving up something we normally enjoy we are uniting ourselves to Christ on the Cross and to all those who are suffering in the world, who hunger and thirst for justice and peace. Jesus enjoined fasting and prayer on His disciples. Perhaps one of the failures in the Church's life over the recent past has to try to play down the importance of fasting, with some saying instead of doing something negative (i.e., fasting) we should do something positive. But fasting is positive and throughout the Church's history great saints have recognised its value.

The CAFOD Family Fast Days go some way to correct this impression. But it is possible to build into our lives small acts of fasting – for example, occasionally not putting salt on some food, or less sugar in my tea, or drinking water from time to time instead of another drink, or deciding to not watch TV one evening, or laying aside the mobile phone for a few hours and doing some reading instead. This Little Way is very much the one promoted by St Therese of Lisieux. Each little act of self-denial can become an offering for peace in the world.

For we know that peace does not come just from treaties and certainly not from war. Peace comes when more and more people grow in their communion with God, a communion which challenges us to lay aside our complaints about others, our dislike for others, our criticism of other people's behaviour, our gossiping, our dishonesty and our disregard for the suffering of others. Jesus is our Communion. Lent is the annual opportunity to lay aside the sin that clings so easily and to cling more persistently to Christ. He loved us and sacrificed Himself so that He could be our Peace, our Holiness and our Reconciliation. He is the Way to true peace. He invites us to follow Him every day.

Stations of the Cross are a beautiful way following Jesus on His way to Calvary. We walk with Him, we follow Him, we contemplate Him and His suffering love, and we rise again with Him. We will be having Stations again every Friday during Lent at 2.30pm.

Later in Lent, we will have a Service of Reconciliation with various clergy to hear confessions. Confession is available in the hall every Saturday during Exposition 10.30-11.20, after every Mass which I celebrate and also on Saturday evenings in the hall from 5.45-6-15pm.

God bless us all and our world in these difficult times.

May Our Lady, Help of Christians, St Joseph, St Lawrence, St John Henry Newman, St Rita, St Edmund, St David, St Casimir pray for us all.

With our love and prayers,

Fr David and Deacon Peter