



**Parish of Our Lady Help of Christians & St Lawrence**  
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**Diocese of Northampton**  
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<b>19<sup>th</sup> February 2023</b> <b>Psalter Week 3</b>	<i>Seventh Sunday of the Year</i> <b>DAY OF PRAYER FOR THE UNEMPLOYED</b>	
<b>First Reading</b>	<b>Leviticus 19:1-2. 17-18</b> <i>You must love your neighbour as yourself.</i>	
<b>Responsorial Psalm</b>	<b>The Lord is compassion and love</b>	
<b>Second Reading</b>	<b>1 Paul to the Corinthians 3:16-23</b> <i>All are your servants, but you belong to Christ and Christ belongs to God.</i>	
<b>Gospel Acclimatation</b>	<b>Alleluia, Alleluia! If anyone loves me, he will keep my word, and my Father will love him, and we shall come to him. Alleluia!</b>	
<b>Gospel</b>	<b>Matthew 5:38-48</b> <i>Love your enemies</i>	
<b>Saturday 18<sup>th</sup> February +</b>	<b>6.30pm</b>	<b>Vigil Mass (For the Parish)</b>
<b>Sunday 19<sup>th</sup> February +</b>	<b>10.30am</b>	<b>Mass (Alice Sapwell RIP)</b>
<b>Monday 20<sup>th</sup> February</b> <i>Feria</i>	<b>11.00am</b>	<b>Requiem Mass – Sr Margaret Walsh, DHS - RIP</b>
<b>Tuesday 21<sup>st</sup> February</b> <b>St Peter Damian, Bishop &amp; Doctor</b>	<b>10.00am</b>	<b>Mass – (Mary &amp; Patrick Fitzgerald RIP)</b>
<b>The Season of Lent</b>		
<b>Ash Wednesday 22<sup>nd</sup> February</b> Day of Fasting & Abstinence	<b>10.00am</b>	<b>Mass – (Chas Harris RIP)</b>
	<b>7.00pm</b>	<b>Mass – (Sr Catherine Scanlon RIP)</b> <b>Distribution of Ashes at both Masses</b>
<b>Thursday 23<sup>rd</sup> February</b> <b>St Polycarp - Commemoration</b>	<b>6.15pm</b>	<b>Exposition of the Blessed Sacrament</b>
	<b>7.00pm</b>	<b>Mass – (Daughters of the Holy Spirit &amp; Associates)</b>
<b>Friday 24<sup>th</sup> February</b> <i>Feria</i>	<b>9.15am</b>	<b>Exposition of the Blessed Sacrament</b>
	<b>10.00am</b>	<b>Mass – (Eleonore Blunt RIP)</b>
	<b>3.00pm</b>	<b>Stations of the Cross</b>
<b>Saturday 25<sup>th</sup> February</b> <i>Feria</i>	<b>10.00am</b>	<b>Mass – (Fr Brian Leatherland RIP)</b>
	<b>10.30am</b>	<b>Exposition of the Blessed Sacrament</b>
<b>FIRST SUNDAY OF LENT (Year A)</b>		
<b>Saturday 25<sup>th</sup> February +</b>	<b>6.30pm</b>	<b>Vigil Mass (For the Parish)</b>
<b>Sunday 26<sup>th</sup> February +</b>	<b>10.30am</b>	<b>Mass (McCarthy Family Ints)</b>

**EASTER CARDS** – are now available in the church porch



**Sr Margaret WALSH DHS – RIP** – we were all truly saddened to learn of the death of dear Sr Margaret. Her Requiem Mass will be celebrated here at Our Lady’s at on **Monday 20<sup>th</sup> February at 11am**. Please do continue to pray for the repose of her soul and for comfort for her family, friends and of course the Sisters at St Joseph’s & those at Burlington Hall



**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



**LORD, TEACH US HOW TO PRAY** – For four Thursdays of Lent, all are welcome to come to **a series of talks about prayer** – what prayer is and some different kinds of prayer, how we can learn to pray, and what we can use to help us to pray. Fr David will lead the talks but there will be time for questions and discussion as well. The dates for the

talks are **this Thursday 23<sup>rd</sup> February**, then Thursday 9<sup>th</sup> March, Thursday 16<sup>th</sup> March and Thursday 30<sup>th</sup> March. The talks will begin at **7.30pm** after 7.00pm Mass. Do come along!



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### Stations of the Cross

Throughout Lent we will be praying the ‘Stations of the Cross’ each **Friday** afternoon at **3.00pm** – please do come if you can.



**Father Sean Gough** is a Catholic priest of the Archdiocese of Birmingham and faced criminal charges for praying for free speech outside an abortion clinic after business hours in violation of a strict buffer zone law in the English city of Birmingham. *“I pray wherever I go, inside my head, for the people around me. How can it be a crime for a priest to pray?”* We are all encouraged to pray to our Heavenly Father wherever injustice is being done. You can see

more on this story together with a short video from Fr Sean on the following website: <https://www.catholcnewsagency.com/news/253606/priest-charged-for-praying-for-free-speech-in-uk-abortion-clinic-buffer-zone>

I would encourage you to write to your MP to support Fr Sean & all those seeking the right for free speech.



## SVP - PARISH LUNCH

The SVP, now energised by new members, invite you to a little get together over lunch on **Friday 17<sup>th</sup> March at 1.00pm in the Parish Room**. This is so that we can celebrate together all the good things that happen in the parish. In order to have an idea of numbers please add your name to the list at the back of the Church and let us know if you would like transport. We look forward to seeing you – and so does Fr David.



## CAFOD FAMILY FAST DAY PARISH SOUP LUNCH

Our parish CAFOD group will be hosting a **soup lunch** on **Friday 3<sup>rd</sup> March at 12.00pm** to commemorate Family Fast Day in Lent. Any donations from the lunch will go towards CAFOD's Syria Turkey Emergency Appeal.



## Shrove Tuesday Shrivving Service at Ss Peter and Paul Anglican Church Olney. Tuesday 21st Feb at 12ish (after the 11.55 race). Our guest speaker is Simon Poole:

Simon is a duathlete representing Great Britain at multiple world and European championships. Simon is part of the Elite Sport Team for Christians in Sport; he supports elite and professional track and field athletes across the world through the highs and lows of elite sport through big competitions like the world championships and the Olympic games. Simon is one of the leaders at Town Church, Bicester. He is speaking on **Romans 5 v 8** *'But God proves his love for us in that while we still were sinners Christ died for us.'*



**'Encounter'** - the 'Mission Northampton' Team are running a day retreat in different areas of the Diocese. It's called 'Encounter'. 'Encounter' enables participants to deepen their relationship with God as well as discovering a renewed desire to share their faith with others. It is not so much a course as an experience of the reality of God's love,

since it provides the opportunity for a personal encounter with the risen Jesus and to receive a new outpouring of the Holy Spirit. During 'Encounter' the Good News of Jesus is re-explored through lively and engaging presentations based on the Word of God, prayer and music, as well as times of reflection and sharing.

**Slough: Saturday 4th March:**

<https://northamptondiocese.org/courses/encounter-slough/>

**Northampton: Saturday 25th March:**

<https://northamptondiocese.org/courses/encounter-northampton/>

Follow the links for more information, including venue and times. You can book on via the link too. There is a cost of £15 which includes refreshments and lunch.

# Reflection on Ash Wednesday

Cardinal Hume Archbishop of Westminster

9<sup>th</sup> February 1976 – 17<sup>th</sup> June 1999



Lent begins on Ash Wednesday. The day before is known as 'Shrove Tuesday' or 'Mardi Gras', two important titles. The former comes from the Middle English word *shriven*, 'confession', and refers to the going to confession in preparation for Lent. 'Mardi Gras', a French phrase literally meaning 'Fat Tuesday', stems from the practice of celebrating the last day before the rigours of Lent set in. It was a day of carnival, from the Latin *carnevalarium*, 'removal of meat', when many of the foods that could not be eaten during the Lenten fast were used up.

The name 'Ash Wednesday' refers to the practice of placing ashes on the forehead on this day as a sign of repentance. The sign of the cross is made with the ashes and one of two prayers is said: "*Remember, you are dust and unto dust you will return*" or "*Turn away from sin and be faithful to the Gospel*". In this spirit the Season of Lent begins.

In his Ash Wednesday homily at Westminster Cathedral in 1977, Cardinal Hume said, "I will admit to you that the Ash Wednesday ceremony, the blessing and distribution of the ashes, is, of all the ceremonies in the year, the one that I do with the least enthusiasm. It is rather a chilling ceremony, but it shows the realism of the Church and reminds us very bluntly and very starkly that we are ashes and unto ashes we shall return. It is a chilling thought but a very salutary one. So, although I recognise that it is not my favourite ceremony, I recognise just how important that reminder is. So, during Lent there is always a process of turning more to God and therefore away from those things that separate us from God, or interrupt our service of Him – indeed our love of Him.

A turning to God. Therefore, how important it is in planning our Lent that there should be resolutions of a very positive nature. It was St Paul who said, '*God loves a cheerful giver*' and cheerfulness is a characteristic of a real Christian. So let our Lent be not only cheerful, but deeply joyous, because we have determined to turn to God, and we know that to turn to God is to receive an outpouring of his love, then we are at peace and can be useful instruments in His service.

May Our Lady Help of Christians, Our Lady of Peace, St Lawrence, St Joseph, St Rita, St John Henry Newman, St Peter Damian, St Polycarp pray for us all.

*With our love and prayers to you all - Fr David, Fr Patrick & Deacon Peter*