



Parish of Our Lady Help of Christians & St Lawrence
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9 th March 2025 Psalter Week 1	First Sunday of Lent – Year C	
First Reading	Book of Deuteronomy 26: 4-10 <i>The confession of faith of the chosen people.</i>	
Responsorial Psalm	Be with me, O Lord, in my distress.	
Second Reading	St Paul to the Romans 10: 8-13 <i>The confession of faith of believers in Christ.</i>	
Gospel Acclamation	Glory and praise to you, O Christ. One does not live by bread alone, but by every word that comes forth from the mouth of God. Glory and praise to you, O Christ.	
Gospel	Luke 4: 1-13 <i>Jesus was led by the Spirit in the wilderness and tempted by the devil.</i>	
Saturday 8th March +	6.00pm 6.30pm	Confession Mass – (Pro Populo)
Sunday 9th March +	10.30am 2.30pm	Mass – (David, Stephen, and Adam Coleman RIP) Cathedral – Rite of Election
Monday 10th March <i>Lent Feria</i>	9.15am 10.00am	Adoration with Confession Mass (Fr David's Ints)
Tuesday 11th March <i>Lent Feria</i>	9.15am 10.00am	Adoration with Confession Mass (Maria Cahil RIP)
Wednesday 12th March <i>Lent Feria</i>		No Parish Mass today
Thursday 13th March <i>Lent Feria</i>	7.00pm 7.30pm	Mass (Bernie Wogan RIP) Adoration with Confession
Friday – 14th March <i>Lent Feria</i>	9.15am 10.00am 2.30pm	Adoration with Confession Mass (Foundation Mass – Throckmorton family) Stations of the Cross
Saturday – 15th March <i>Lent Feria</i>	9.15am 10.00am	Adoration with Confession Mass (Pope Francis – Recovery)
Second Sunday of Lent – Year C		
Saturday – 15th March +	6.00pm 6.30pm	Confession Mass – (Pro Populo)
Sunday – 16th March +	10.30am	Mass – (Paul Dempsey RIP)

CAFOD FAMILY FAST DAY THIS COMING FRIDAY

Thank you for your Weekly Offering

- Offertory: £397.10
- Digital Collection Plate: £30.00
- Standing Orders of £507.00
- TOTAL: £958.10



Stations of the Cross

Throughout Lent we will be praying the 'Stations of the Cross' each **Friday** afternoon at **2.30pm** here at Our Lady's – please do come if you can.



Jubilee Year – Pilgrims of Hope Parish Discussion Group

the next meeting will be this coming **Thursday 13th March** directly after the 7.00pm Mass - the theme being: **Food Poverty**. These gatherings are a wonderful opportunity for us to come together as a community, deepen our faith, and reflect on the significance of the Jubilee. Each session will include a time of prayer with the celebration of Mass, followed by a discussion where we can share our thoughts and insights on the Jubilee themes. We will also take some actions from the discussions to ensure that we actively respond to the core themes. We look forward to seeing you there!



CAFOD FAMILY FAST DAY AND SOUP LUNCH

CAFOD Family Fast Day is on **Friday 14th March**. Envelopes will be given out at Masses this weekend and we ask you to please return them **next weekend - 15th/16th March**. This year we have also a Lenten Soup Lunch - Welcome back! A list has been placed at the back of the Church. Please sign up to confirm you will be joining us. **Parish CAFOD Support Group.**



Hail Glorious St Patrick

This year, the feast of St Patrick falls on Monday 17th March. Everyone is invited to join us after the **10.30am Mass on Sunday 16th March** for an Irish Coffee or a cup of tea and cake to celebrate this great feast day. We very much look forward to seeing you

Dóchas Linn Naomh Pádraig



Seminars on the Holy Spirit – During Lent we are most fortunate to have Sr Josephine Walsh, DHS leading Seminars on the Holy Spirit. All the seminars will be held on **Tuesday evenings from 7.30pm – 8.45pm in the parish hall** on the following dates:

11th March – Salvation

18th March – New Life

25th March – Growth/Repentance

1st April – Baptism in the Holy Spirit

8th April – Transformation into Christ

All are most welcome to sing, praise, thank God and experience new life in the Holy Spirit.

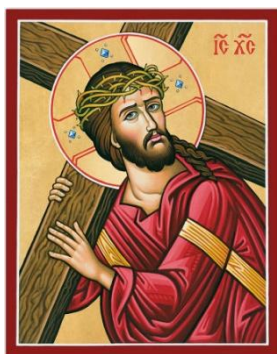


Parish Gardening Club – As the better weather arrives – at last! We are reminded that Spring is just around the corner bringing with it many tasks for the garden. Our Parish Gardening Club is beginning to take shape although we could do with more volunteers – whether

you are a ‘Monty Don’ or just simply someone who enjoys pottering about in the garden – all are very welcome to join us. It has been agreed that our first task is to maintain what we already have – this involves:

- **Keeping the lawn mown** (*Note: Lawn Mower provided*)
- **Keeping the borders tidy & plant new flowers & shrubs**
- **Keeping the Hedges/Shrubs trimmed**
- **Hanging Baskets/Tubs in front of the church & presbytery**

If you would like to volunteer for any of these tasks or would simply want to know more about what is involved then come along to the Garden Club meetings – **every Saturday morning after Mass** in the Potting Shed (Parish Hall).



Lenten Prayer for Sundays

Take some time to pray this each Sunday of Lent either on your own or as a family. Use it to recommit to having your best Lent ever through prayer, fasting, and almsgiving:

Heavenly Father, as I enter another week of my Lenten journey, guide me to the path that leads to you. Fill my heart with gratitude, patience, strength, and peace as I strive to become the best-version-of-myself, honestly admitting my shortcomings and sins. As I renew my resolve each day to become a better person, let me hear your voice in the deepest reaches of my heart. Give me rest in you and help me to accept others, showing them your great love instead of casting judgment. Stay with me through the busy days this week and remind me that when I need comfort, solitude, wisdom, or guidance, I can always turn to you. Help me develop discipline and generosity through fasting and almsgiving, and come closer to you through prayer this Lent. Amen.

First Sunday of Lent – Scripture Reflections

From Fr Biju's desk... On Ash Wednesday, we began our journey with Christ. As a journey that will last for about six and a half weeks. Lent is a time to look at ourselves honestly and take a personal inventory to see ourselves as God sees us, to stand in the light of God's truth, to see our faults and weaknesses, to see how we have failed God, how we have failed our neighbour, and how we have failed ourselves. This first Sunday of Lent starts on a hopeful and joyful note. The readings bring into view concepts like faith, salvation, and victory over sin.

First Reading - Book of Deuteronomy 26: 4-10 describes the ancient Jewish ritual of presenting the first fruits and gifts to God during the harvest festival to thank Him for liberating His people from Egypt and for strengthening them during the years of their trials and temptations in the desert.

The Responsorial Psalm (Ps 91) points to Satan's third temptation of Jesus in the desert as recorded in Luke's Gospel.

Second Reading - St Paul to the Romans 10: 8-13 St. Paul warns the early Christians converted from Judaism not to yield to their constant temptation to return to the observances of the Mosaic Laws. He reminds them that they will be saved only by acknowledging the risen Jesus as Lord and Savior.

Gospel - Luke 4: 1-13 - Bible scholars think that the graphic temptations of Jesus described by Matthew and Luke in their Gospels are pictorial and dramatic representations of the inner struggle against a temptation that Jesus experienced throughout his public life. The devil was trying to prevent Jesus from accomplishing his mission of saving mankind from the bondage of sin. The evil one attacked Jesus through temptations to become the political Messiah of Jewish expectations, and to misuse his Divine power first for his convenience and then to avoid suffering and death.

Jesus is our model for conquering temptations through prayer, penance, and the effective use of the "Word of God" in Scripture. **We need to grow in holiness during Lent by prayer, reconciliation, and sharing.** We become resistant and even immune to temptations as we grow healthier in soul by following the traditional Lenten practices: a) by finding time to be with God every day of Lent, speaking to Him, and listening to Him; b) by repenting of our sins and renewing our lives, uniting ourselves with God both by the Sacrament of Reconciliation and by forgiving those who have hurt us while asking forgiveness of those whom we have hurt; and c) by sharing our love with others through our selfless, humble service, our almsgiving, and our helping of those in need.



PRAYER



FASTING



ALMSGIVING

With our love and prayers, Fr Biju, and Deacon Peter