



## Roman Catholic Diocese of Northampton

Parish of Our Lady Help of Christians & St Lawrence

39-41 West Street, Olney MK46 5HH - 01234 711212

[parish.olney@northamptondiocese.org](mailto:parish.olney@northamptondiocese.org)

Parish Website: [www.ourladysoolney.co.uk](http://www.ourladysoolney.co.uk)

**Parish Priest: Fr Daniel Rooke**

[frdaniel.rooke@northamptondiocese.org](mailto:frdaniel.rooke@northamptondiocese.org)

**Deacon: Rev. Peter Griffin – 07850 499414**

Parish Secretary: Denise Wallinger

St Joseph's Convent – Sr Eileen Gorman DHS - 01234 711267

Parish Safeguarding: Janet Goodland

[safeguarding.olney@northamptondiocese.org](mailto:safeguarding.olney@northamptondiocese.org)

**SVP Contact: 07469 717760**

8 <sup>th</sup> March 2026	Third Sunday of Lent	
<b>First Reading</b>	<b>Book of Exodus 17:3-7</b> <i>'Give us water to drink.'</i>	
<b>Responsorial Psalm</b>	<b>O that today you would listen to his voice! 'Harden not your hearts'.</b>	
<b>Second Reading</b>	<b>St Paul to Romans 5:1-2, 5-8</b> <i>'A spring of water welling up to eternal life.'</i>	
<b>Gospel Acclamation</b>	<b>Glory to you, O Christ, you are the Word of God. Lord, you are indeed the Saviour of the world; give me living water, so that I will not be thirsty. Glory to you, O Christ, you are the Word of God.</b>	
<b>Gospel</b>	<b>John 4:5-42</b> <i>'A spring of water welling up to eternal life.'</i>	
<b>Saturday 7<sup>th</sup> March +</b>	<b>6.00pm</b> <b>6.30pm</b>	<b>Confessions</b> <b>Vigil Mass – (Pro Populo)</b>
<b>Sunday 8<sup>th</sup> March +</b>	<b>10.30am</b>	<b>Mass – (Una Kearns RIP)</b>
<b>Monday 9<sup>th</sup> March</b> <b>St Francis of Rome - Religious</b>	<b>9.15am</b> <b>10.00am</b>	<b>Adoration with Confession</b> <b>Mass – (Foundation Mass – Throckmorton family)</b>
<b>Tuesday 10<sup>th</sup> March</b> <i>Lent Feria</i>	<b>9.15am</b> <b>10.00am</b>	<b>Adoration with Confession</b> <b>Mass – (Private Intention)</b>
<b>Wednesday 11<sup>th</sup> March</b> <i>Lent Feria</i>		<b>No Parish Mass today</b>
<b>Thursday 12<sup>th</sup> March</b> <i>Lent Feria</i>	<b>6.00pm</b> <b>6.45pm</b>	<b>Adoration with Confession</b> <b>Mass – (Ann Harris RIP)</b>
<b>Friday 13<sup>th</sup> March</b> <i>Lent Feria</i>	<b>10.00am</b> <b>2.30pm</b> <b>7.00pm</b>	<b>Service of Word &amp; Communion</b> <b>Stations of the Cross</b> <b>Stations of the Cross</b>
<b>Saturday 14<sup>th</sup> March</b> <i>Lent Feria</i>	<b>9.15am</b> <b>10.00am</b>	<b>Adoration with Confession</b> <b>Mass – (Charlie Sheridan RIP)</b>
<b>Fourth Sunday of Lent – Lactare</b>		
<b>Saturday 14<sup>th</sup> March +</b>	<b>6.00pm</b> <b>6.30pm</b>	<b>Confessions</b> <b>Vigil Mass – (Bernie Wogan RIP)</b>
<b>Sunday 15<sup>th</sup> March +</b>	<b>10.30am</b>	<b>Mass – (Pro Populo)</b>

**Church Heating** – unfortunately the church boiler has broken down and needs to be replaced and as such we will only have very limited heating in the church. We have been in touch with the Diocese and reviewing the best option to ensure that a new boiler is purchased and installed at the earliest opportunity. We apologise for the obvious inconvenience that this is causing but pleased be assured we are working hard to get this matter resolved. Thank you for your patience and understanding.

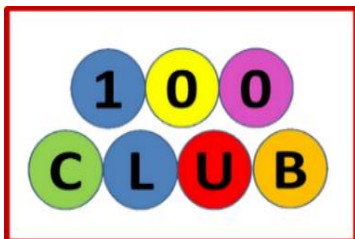
Thank you for your Weekly Offering	
Offertory	£2108.72
Digital Collection Plate	£85.00
Standing Orders	£502.00
<b>TOTAL</b>	<b>£2695.72</b>



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### Stations of the Cross

Throughout Lent we will be praying the 'Stations of the Cross' each **Friday** at **2.30pm & 7.00pm** here at Our Lady's – please do come if you can.



Congratulations to our latest 100 Club winner!  
Mary Smedley

<b>Yellow</b>	<b>15</b>
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The latest draw took place last Sunday morning after the 10.30am Mass. Many congratulations to our latest winner Mary Smedley. As the next 'first Sunday of the month' is Easter Day, the next draw will take place after the **10.00am Mass on Tuesday 7<sup>th</sup> April**. Thanks to everyone for your continued support.

**Ann Harris RIP** – the parish were deeply saddened to learn of the recent passing of Ann who was a most loyal servant of the Lord and a true herald of the Gospel. Her Requiem Mass will be here in Our Lady's on **Monday 16<sup>th</sup> March at 10.30am**. Please do pray for the repose of her soul and pray also for her family, friends and all who are grieving at this time.

*Requiescat in pace*

**CAFOD Lenten Soup Lunch** – our Lenten lunch will be taking place **this coming Friday 13<sup>th</sup> March at 12 pm** in the parish hall. Please do join us for this frugal but enjoyable lunch – everyone welcome.

**Creation Mass** - on **Tuesday 21<sup>st</sup> April 10am** we are planning a special Creation Mass in the Church followed by a coffee morning in the parish hall. This will be a simple but meaningful Parish service with appropriate prayers and hymns. Further details to follow. **Parish CAFOD Support Group.**



**Something Extra for Lent?** – Inspired by Pope Leo's present catechesis talks, there will be an opportunity to find out more about what happened at the Second Vatican Council (Vatican 2 - 1962-1965), on its 60th anniversary. A series of talks are being presented here in our parish hall. This coming Thursday at 7.30pm the topic for discussion will be: **Significant Decrees and Declarations.** Everyone Welcome.



**Confirmation Preparation** – The parish Confirmation Preparation programme has begun with the next meeting on **Friday 20<sup>th</sup> March from 7.30pm in the Parish Hall.** The session will only last for one hour. If there is any young person aged 12yrs and above who may wish to be confirmed, **please contact either Fr Daniel or Deacon Peter** direct alternatively just turn up on the evening – you will be most welcome. We plan to hold one class per month ending in July – the Confirmation Mass will be held in the Parish in September. Please keep our young people in your prayers as they journey towards the Sacrament of Confirmation.



*“As Lent is the time for greater love, listen to Jesus’ thirst...He knows your weakness. He wants only your love, wants only the chance to love you.”*

**Saint Teresa of Calcutta**

## Prayer for Spiritual Communion

My Jesus, I believe that You are present in the Most Blessed Sacrament.  
I love You above all things, and I desire to receive You into my soul.  
Since I cannot now receive you sacramentally,  
come at least spiritually into my heart.  
I embrace You as if you were already there,  
and I unite myself wholly to You.  
Never permit me to be separated from You.

*(Saint Alphonsus Liguori)*

## Ave Regina Caelorum

Ave Regina caelorum,  
Ave Domina Angelorum,  
Salve radix, salve porta,  
Ex qua mundo lux est orta.

Gaude, Virgo gloriosa,  
Super omnes speciosa,  
Vale, O valde decora!  
Et pro nobis Christum exora.

## Lenten Prayer for Sundays

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.



PRAYER



FASTING



ALMSGIVING

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