



ENGLISH MARTYRS CHURCH
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Fr Albert Ofere
1st Sunday of Lent
18th February 2024

Pope Francis Prayer Intention for February: For The Terminally Ill Let us pray that the sick who are in the final stages of life, and their families, receive the necessary medical and human care and accompaniment.

Sun 18th	(Sat) 6 p.m. 9.00 a.m. 11.00 a.m. 6 p.m.	M Cullinane R.I.P.; M Hoban Int R Bosawka R.I.P.; J Martins R.I.P. J & M Boyle R.I.P.; M Aizpuru R.I.P.; Uwechue Family Int D P Rebello R.I.P.; People of the Parish	
Mon 19th	Lent Feria	B Cantillon R.I.P.; V McGovern R.I.P.; Uwechue Family Int;	
Tues 20th	Lent Feria	Bishop Anthony Int.; Uwechue Int; Monica & Mark Thanks	
Wed 21st	Lent Feria	Okafor Family Int; Uwechue Int; Naz & Family Int	NO Confirmation Class
Thurs 22nd	Chair of St Peter the Apostle	H Finnerty R.I.P.; Pope Francis Int; Uwechue Int; A Rodrigues	Exposition until 11 a.m. First Communion Children 6 p.m.
Fri 23rd	Lent Feria	Peiris Family Int; Uwechue Int; M Fernandes Int	Stations of the Cross 7 p.m.
Sat 24th	Lent Feria	Uwechue Int; P Carvalho R.I.P.	Reconciliation 10.40 a.m. & 5.15 p.m.
• Mass Books: Order of the Mass: Page 7 – 1st Sunday of Lent : Prayers and Readings of the day: Page 152			

What my Lent does for others

Every Lent is a new beginning; sometimes beginnings are welcomed, other times half and half! We welcome Lent as a time to make our faith fresh, but we know from other Lents that it's hard to keep going, and it's for a long time! We might ask ourselves what Lent is really for.

The focus of Lent is not on what we give up but on what we are given. We focus our minds on the self-giving love of Jesus which we will celebrate in Holy Week. We allow ourselves believe in this love. Often it's difficult to believe in the tender love of God. This conquers all else in the world; it is given in the mercy and compassion of God.

Lent pours the grace of forgiveness into our world, needed individually and as a people. We need to know that God is bigger than any of our sins, wars, violence and hatred. God wants his kingdom to come now. Lent is our time of saying 'yes' to a partnership with God in saving the world from the effects of evil and sin.

Maybe we can ask what our Lent does for others than just what we are doing for Lent. It is a time of renewal, then it shows in love, forgiveness and care of others in our lives



- **Fr Albert** will be available on Monday 6 p.m. – 7.30 p.m.

- **CAFOD Family Fast Day this Friday** This Lent, your donations to CAFOD's Family Fast Day appeal will help hardworking people like James the fisherman in Liberia with resources, tools and training to feed their families for good. Give today using the envelope or online at cafod.org.uk and please join us in praying with James that our sisters and brothers around the world have what they need to feed their families. Use the envelope in church or give online at cafod.org.uk

- **Date for your Diary:** Lenten Service of Reconciliation on Thursday, 21st March at 7 p.m. Visiting priests available for confession.

- **St Margaret Clitherow Nursery –** Places available for September 2024. Contact 020 8450 3631 for details.

- **ANNUAL MASS FOR MATRIMONY** - This will be celebrated in the Cathedral by the Cardinal on Saturday 25th May at 2.30pm for couples in the Diocese celebrating significant wedding anniversaries, such as 5th, 10th, 25th, 30th, 40th, 50th and 60th (and every year over 60th) Please let the parish office know if you would like to attend.

- **Bacon & Cabbage evening on Saturday 16th March.** Tickets on sale this weekend at £20. All proceeds will go to Building Fund.

- **Cardinal's Lenten Appeal 2024:** If you can, please show your support the Cardinal's Lenten Appeal. All funds go towards projects across our Diocese. Each year, the Diocese uses donations to support the work of our services, such as Marriage & Life; Youth Ministry; and Education. Funds are also used to support the work of Caritas Westminster, who work for and with some of the most vulnerable people in our Diocese. His Eminence, Cardinal Nichols, has expressed gratitude to everyone who supports the Appeal, with whatever they can afford. So, please take a donation envelope today, for more information. You can use the QR code to make your donation now. Thank you for your generosity.

Act of Spiritual Communion:

My Jesus,

I believe that you are present in the Holy Sacrament of the altar.

I love you above all things

and I passionately desire to receive you into my soul.

Since I cannot now receive you sacramentally,

come spiritually into my soul

so that I may unite myself wholly to you now and

forever. Amen

Parish Finances: Offertory – Envelopes £832

Loose Plate: £914

Contactless Donations: If you are a UK tax payer you can now Gift Aid your donation, we can claim 25p for every £1 donated. If you need assistance in setting it up, please see Mary. **Thank you for your support**

*Do You Want to Fast
This Lent?*

Fast from hurting words
and say kind words,
Fast from sadness
and be filled with gratitude,
Fast from pessimism
and be filled with hope,
Fast from worries
and trust in God,
Fast from pressures
and be prayerful,
Fast from bitterness
and fill your heart with joy,
Fast from selfishness
and be compassionate to others,
Fast from grudges
and be reconciled,
Fast from words and be silent, so you can listen.

MichelleDeRusha.com

--Pope Francis

- **Parish Safeguarding Representative:** Katherine Hamilton email wembley2sg@safeguardrcdow.org.uk