



## ENGLISH MARTYRS CHURCH

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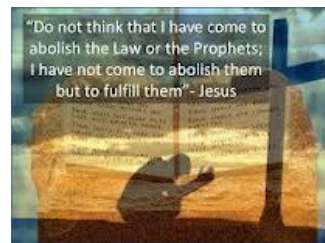
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<http://parish.rcdow.org.uk/wembleypark>

Fr Albert Ofere

7th Sunday in Ordinary Time

19th February 2023



**Pope Francis Prayer Intention for February** for parishes We pray that parishes, placing communion at the center, may increasingly become communities of faith, fraternity and welcome towards those most in need

Sun 19th	(Sat) 6 p.m. 9.00 a.m. 11.00 a.m. 6 p.m.	C Mackey R.I.P.; S Lloyd R.I.P. P Burke R.I.P. V Lopez R.I.P. M Devaney R.I.P.; C Ibemere R.I.P. J Gomez R.I.P.; People of the Parish	
Mon 20th	Feria	E Dias Int; Geraldine Int	
Tues 21st	Feria	V Lopez R.I.P.; E George R.I.P.	
Wed 22nd	Ash Wednesday	9.30 a.m. P Carvalho Int. 7 p.m. People of the Parish	Confirmation after evening Mass
Thurs 23rd	Lent Feria	E Uwechue Int	Exposition until 11 a.m. First Communion Children 6 p.m.
Fri 24th	Lent Feria	B Moran R.I.P. U Uwechue Int	Stations of the Cross 7 p.m.
Sat 25th	Lent Feria	M Gallagher R.I.P. <i>Novena to Our Lady of Perpetual Succour</i>	Reconciliation 10.40 a.m.

• **Mass Books: Order of the Mass: Page 7 – 7th Sunday of Ordinary Time : Prayers and Readings of the day: Page 139**

### Give good to an enemy

This is quite a tough gospel. We sometimes like to get our own back. We know the desire for vengeance in family and other groups, and in national groupings. The 'eye for an eye' brings no peace, just a quiet lull in violence.

We know the opposite. People see the enemy walking the street and know that the only way forward is to make peace. This may not mean forgiveness immediately. Some can find a way forward only gradually.

The forgiveness of the gospel is a slow journey. We have small hurts and have ways of dealing with them. But the big ones are there too - maybe someone getting a job over someone dishonestly, being abused, family being mocked, bullying. Healing, freedom and forgiveness takes time.

We need to understand our own vengeance and at times forgive ourselves for it. The love of God is the love that helps us love the self in the normal hurts and grievances of life. The love of God is a grace, filling that space in us that is open to love - the grace of loving self and others.

To be perfect is to become like God in compassion and in love. This is a wonderful vision for ourselves, our church and our world. It is the dream of God that all God's children live in love, peace and justice.

*Prayer helps ... can you bring someone to God - to the cross?*

*Pray with someone at the cross; it makes a difference.*

*Lord, help me to forgive and, when I cannot,  
to be patient with myself as you are with me.*



- **Fr Albert** will not be available on Monday evening.

**ASH WEDNESDAY:** is a day of fasting (traditionally eating less – health permitting) and abstinence (refraining from eating meat) begins our Lenten journey. We receive ashes as a sign of our repentance and of our willingness to try and change and become better followers of Christ.

- **Mass times: 9.30 a.m. & 7.00 p.m.**
- So what will you give up this Lent? Or even more, what will you do to bring yourself closer to God? More prayer? Another Mass during the week? (We have an evening Mass on Wednesday at 7 p.m.) To see a neighbour? To write to that person you haven't been in touch with for so long and tell them that you remember them? Give some of your fasting to the poor in our Lenten Alms Appeal? Prepare for confession in a deeper way? Reflect on your life and where it is going? Seeing how much space God has in your heart and trying to make it bigger? No matter what, there will be something for you to do in these 40 DAYS leading to Easter.

#### **FAST AND FEAST IN LENT**

Fast from judging others;  
Feast on Christ dwelling in them.  
Fast from fear of illness;  
Feast on the healing power of God.  
Fast from words that pollute;  
Feast on speech that purifies.  
Fast from discontent;  
Feast on gratitude.  
Fast from anger;  
Feast on patience.  
Fast from pessimism;  
Feast on hope.  
Fast from negatives;  
Feast on encouragement.  
Fast from bitterness;  
Feast on forgiveness.  
Fast from self-concern;  
Feast on compassion.  
Fast from suspicion;  
Feast on truth.  
Fast from gossip;  
Feast on purposeful silence.  
Fast from problems that overwhelm;  
Feast on prayer that sustains.  
Fast from anxiety;  
Feast on faith.

**Cardinal's Lenten Appeal 2023** Funds raised this year will be shared between the four pillars of the Cardinal's Lenten Appeal: Marriage & Family Life; Youth & Evangelisation; The Education Service and Caritas Westminster. The effects of the pandemic, followed by the cost of living crisis, are still making daily life harder for all. Price rises last year meant many families faced an impossible choice: HEAT or EAT? And this crisis is far from over. The Church continues to respond, with thousands of people putting their faith into action by serving those in need. Cardinal Nichols has expressed his gratitude to everyone who supports the Appeal, with whatever they can afford. And for those who can't give financially, your time is a priceless commodity – please see the posters on how you can volunteer in the diocese and help those in need. Please take a donation envelope today, for more information. You can use the QR code to make your donation online. Thank you for your generosity

- **Our sincere sympathy and prayers** to the family of Philip Odoi who died last week. Requiem Mass for Phillip will be on Wednesday, 8th March at 2. May he rest in peace.

- **Parish Finances: Offertory: Envelopes** £888 **Loose Plate** £577 **Contactless** £309 **Building Fund;** £572 **Earthquake Appeal** £904 **Thank you for your very generous response to the disaster in Turkey & Sierra.**

#### **Anima Christi**

Soul of Christ, sanctify us.  
Body of Christ, save us.  
Blood of Christ, inebriate us.  
Water from the side of Christ, wash us.  
Passion of Christ, strengthen us.  
O Good Jesus, hear us.  
Within Thy wounds hide us.  
Suffer us not to be separated from thee.  
From the malicious enemy defend us.  
In the hour of our death call us.  
And bid us come unto Thee,  
That with all Thy saints,  
we may praise thee  
Forever and ever. AMEN

- **Annual Mass of Thanksgiving for the Sacrament of Matrimony: Westminster Cathedral, Saturday 13<sup>th</sup> May 2023 at 2.30pm.** The Cardinal is inviting to this Mass all couples in the Diocese, who are celebrating their 5<sup>th</sup> 10<sup>th</sup>, 25<sup>th</sup>, 30<sup>th</sup>, 40<sup>th</sup>, 50<sup>th</sup> and 60<sup>th</sup> (and every year over 60) Wedding Anniversary of Catholic Marriage in 2022. If you are celebrating an anniversary, please give your parish clergy the following details: husband and wife's names, wedding date, full postal address and email (or telephone number, if no email).