

Sunday 21<sup>st</sup> February 2021

First Sunday of Lent.

### **In the parish this week from 22<sup>nd</sup> February**

Tuesday	Sacred Heart	10.00am Mass (livestream only)	
Wednesday	Sacred Heart	<a href="#">10.00am Mass</a>	Please book on-line
Thursday	Sacred Heart	5.45pm – 6.25pm	Exposition and Benediction
	Sacred Heart	<a href="#">6.30pm Mass</a>	Please book on-line
Friday	Sacred Heart	10.00am Mass (livestream only)	
Saturday	Holy Saviour	<a href="#">6.30pm Vigil Mass</a>	Please book on-line
Sunday	Sacred Heart	<a href="#">9.30am Sunday Mass</a>	Please book on-line

### **Prayer Resource – Lord’s Day at Home**

For those still at home and not attending Mass the Liturgy Office has prepared a service called "The Lord's Day at Home", based on the Sunday Scriptures, that you can pray on your own or with your family. It is particularly aimed at those not able to follow a Mass on the internet.

This week's Lord's Day at Home resource [can be found by clicking here.](#)

### **Stations of the Cross**

Join Bishop Barron as he meditates on THE STATIONS OF THE CROSS.

Click here to watch the video <https://stations.wordonfire.org>

### **Cafod Lenten Collection**

Last Friday was day for remembering Cafod and all the essential work that it does on our behalf for our brothers and sisters in the 'developing' countries and Cafod does it all in our name – with our money. Please be generous to Cafod.

*This year you can donate online at [cafod.org.uk/give](http://cafod.org.uk/give) or you can text LENT to 70460 to donate £10. You can also donate through church by placing a donation for Cafod in an envelope, labelling it 'Cafod' and dropping it into any of the collection points in church or through a presbytery letterbox.*

*Please note that texts cost £10 plus one standard rate message and you will be opting in to hear more about work and fundraising. If you wish to donate without receiving marketing communication, please text LENTNOINFO to 70460.*

*You may wish to Walk for Water as a personal Lenten challenge by walking 10,000 steps a day, every day for 40 days. Find out more at [cafod.org.uk/walk](http://cafod.org.uk/walk)*

## It's Lent

If Lent was just about fasting and self-denial, then I guess that for many of us it would not look much different from most of the last 11 months. Perhaps we should take that as a reminder that Lent is much more than giving up chocolate or sugar or beer. Lent is a time to prepare ourselves spiritually for the celebration of Easter – the greatest event in our spiritual life every year. Easter Sunday is the “**Sunday of Sundays**” in the words of some of the Christian Fathers. Every Sunday is a day to stop, think, pray and celebrate the Resurrection of Jesus Christ, the purpose behind our existence here and for all eternity. That is why the Church reminds us that from the days of Moses and the Ten Commandments, those who know God give special thought to Him on one day of the week, the Sabbath, the day of rest. As Christians we moved our Sabbath from the seventh day (when God rested) to the first day (when Christ rose from the death and gave us new life in Him). This is why the Church has always taught, and still teaches, that it is essential to our spiritual wellbeing that we keep this day ‘holy’. That doesn’t only mean going to Mass, which in itself is the celebration of the death and resurrection of Jesus which he commanded us to do “in memory of me.” It means bringing our God consciously into our thoughts for the day and treating the day as essentially different from other days.

Perhaps this Lent and in particular for those of us who are ‘locked down’ or ‘isolating’ and every day seems to get merged into every other day, this might be a wonderful opportunity to put some effort into making Sunday different and treating the day as a celebration that God is with us, personally, and comes to us in Jesus. Perhaps we can spend extra time simply being conscious of the fact that God is with us. Perhaps we can read a chapter or two of the Gospels or some other devotional book. Perhaps we can reflect on moments which have been special to us during the week, and share then with God. Perhaps we could ..... Your thoughts are as good as my thoughts for what you might to.

God bless you,  
Fr. Peter