



# CATHOLIC CHURCH OF THE HOLY TRINITY & ST. AUGUSTINE OF CANTERBURY



PP: Fr Denis Sarsfield. Parish Office: 01462 893127. Email: Baldock@rcdow.org.uk

## Eighth Sunday in Ordinary Time

2<sup>nd</sup> March 2025



### Prayer for the Healing of **POPE FRANCIS**

Lord, we lift up Pope Francis to You, asking for Your healing touch upon his body and spirit. Grant him strength, comfort, and restoration, as he continues to serve Your Church with faith and love. May Your peace surround him and Your grace guide his recovery. We trust in Your mercy and ask that You bless him with health and vitality, so he may continue to lead us in Your truth. In Jesus' name, we pray. Amen.

### Scripture Reading - Luke 6:39-45

In this passage, Jesus shares important teachings on judgment, humility, and the state of one's heart. He begins by addressing the issue of judgment, warning against pointing out the speck in another person's eye while ignoring the plank in one's own. This metaphorical teaching emphasizes the need for self-awareness and humility before offering criticism to others. It highlights the importance of introspection and the need to address one's own flaws before attempting to correct someone else.

Jesus then elaborates on the idea of spiritual vision, suggesting that a blind person cannot lead another blind person, stressing the need for clear vision, both physically and spiritually. This teaching underscores the necessity of inner purity and righteousness before one can guide others on the right path. It emphasizes that the teacher must be someone whose actions align with their teachings, showing that only someone with clarity of heart can offer sound guidance.

The passage then turns to the principle of the good tree and its fruit, a vivid image used to illustrate that a person's actions are a direct reflection of their inner character. "A good person out of the good treasure of the heart produces good," Jesus says, implying that our words and deeds come from the heart. This teaching calls Christians to cultivate good, virtuous hearts, as our actions reveal who we truly are. Finally, Jesus stresses that the mouth speaks from the

abundance of the heart, urging believers to be mindful of their words and actions. The message of this Sunday's Gospel invites reflection on our own character and urges us to be humble, self-reflective, and discerning in our relationships with others. It challenges us to examine the state of our hearts, for they shape our interactions and lead us to become more Christ-like in our daily lives.

### What does the Catholic Church say about fasting on Ash Wednesday?

Ash Wednesday (5<sup>th</sup> March) marks the beginning of Lent in the Catholic Church, and it is a day of fasting and penance. Catholics are called to observe fasting and abstinence on Ash Wednesday as part of their preparation for Easter. Here's what it generally means for Catholics:



**Fasting:** Catholics aged 18-59 are required to fast on Ash Wednesday. This means they can eat one full meal, with two smaller meals allowed that together do not equal the full meal. Snacks between meals are not permitted. The goal is to practice self-discipline and reflect on one's dependence on God.

**Abstinence:** All Catholics aged 14 and older must abstain from eating meat on Ash Wednesday. This includes meat from land animals (like beef, chicken, or pork). Fish and other seafood are allowed. The practice of abstinence from meat is meant to promote self-control and remind Catholics of their reliance on God, as well as honouring the sacrifice Christ made on the cross.

**Spiritual Significance:** Fasting on Ash Wednesday is a form of penance, intended to foster spiritual growth and reflection. It is a way for Catholics to unite with Christ in His suffering, as He fasted for 40 days in the desert before beginning His public ministry. It also serves as a reminder of human mortality, symbolized by the ashes placed on the forehead.

The practice of fasting on Ash Wednesday is a call to repentance and a way to renew one's commitment to prayer, fasting, and almsgiving during the Lenten season. It encourages Catholics to focus on their relationship with God and make room for spiritual renewal.

**Readings: Parish Mass Book Page 144**

### Lenten Programme

**Stations of the Cross** - will be held after the 10.00am Wednesday Mass and every Friday (except Good Friday) at 7.00pm, during Lent.

**Reconciliation - Saturday 15<sup>th</sup> March** - From 10.30-12.30pm a visiting priest and Fr. Denis will be available for confessions. The Blessed Sacrament will be exposed during this time.

**World Day of Prayer Service** will be held at the United Reformed Church, Baldock on Friday 7<sup>th</sup> March at 2.00pm.

**Do you have a spare hour or two to listen to children read?** St John's are looking for volunteers to listen to small groups. Training will be given. Even if you're unable to make a regular commitment, we would love to hear from you. Please contact the school on: 01462 892478.

### 2025 Parish Dates for your Diary

#### Friday 7<sup>th</sup> March

- **Craft & Chat:** 9.30am-11.00am, £2 per session.

- **Youth Group:** 6.00pm - 8.00pm.

**Saturday 8<sup>th</sup> March - Parish Men's Breakfast:** 8.30am - 10.30am.

**Saturday 15<sup>th</sup> March - Baptism Course:** 11.00am in the Parish Rooms, followed by two other meetings online.

**Saturday 22<sup>nd</sup> March - Marriage Preparation Course Part 1:** 1.30pm online.

**Sunday 23<sup>rd</sup> March - Marriage Preparation Course Part 2:** 3.00pm online.

**Saturday 29<sup>th</sup> & Sunday 30<sup>th</sup> March - Cake Sale:** Will take place after each weekend Mass.

**Saturday 10<sup>th</sup> May - First Holy Communion Mass:** 11.00am.

**Sunday 18<sup>th</sup> May - Confirmation Mass:** Bishop Paul McAleenan will confirm the candidates at the 10.30am Mass.

**Sunday 6<sup>th</sup> July - Open Air Mass:** 10.30am in the church grounds. *This is the only Mass that weekend.*

*Please speak to Fr. Denis if you have any questions regarding these events.*



### Your Prayers Are Asked For:

We pray for the sick and housebound in the parish and for those who care for and support them. We remember those who have died recently, and all those whose anniversaries occur about this time:

*Jan Godiewski, Ellen Summers, Maureen Page, Julia Spraggs, Peter Gwozdz, Joanne Keeton, Iwan Ilkiw, Patricia Picking, John Clayton, Sr Christine Bertrand, Albert Hynes, Anna Hacker, Ruth McNally.*



### Mass Times and Intentions

Sat 1 <sup>st</sup>	6.30pm	
Sun 2 <sup>nd</sup>	8.30am 10.30am	Lea Small - Repose of the Soul Patrick Hickey
Mon 3 <sup>rd</sup>	10.00am	Terry McMahon RIP
Tue 4 <sup>th</sup>	10.00am	
Wed 5 <sup>th</sup>	10.00am 7.30pm	Ash Wednesday
Thu 6 <sup>th</sup>	10.00am	Margret & Bernard Looney
Fri 7 <sup>th</sup>	No Mass	

*Please note that mass intentions as set out above may not always be read out, but the intention is offered.*

**Holy Hour:** Saturday 5.15 - 6.15 pm

**Confessions:** Saturday 5.45 - 6.15 pm

Or by appointment with Fr. Denis.

**Family Mass:** First Sunday of the month 10.30 am

**Children's Liturgy:** Takes place during the 10.30am Mass except on the First Sunday of the Month and during school holidays.

Fr. Denis is still celebrating the Vigil Mass online at 6.30 pm every Saturday night & Sunday Mass at 10.30am. All are accessible through the Parish Facebook page: **Catholic Church of the Holy Trinity and St Augustine of Canterbury.**

### Contacts

**Parish Safeguarding Officers** have responsibility for promoting good and safe practices in all activities involving children, young people, and adults at risk within the Parish.

Patricia Cusack: Baldocksg2@safeguardrcdow.org.uk

Colette Murphy: Baldocksg3@safeguardrcdow.org.uk

### Our Catholic Schools

**St. John's Catholic Primary School, Baldock**

T: 01462 892478 W: stjohns4.herts.sch.uk

**The Saint John Henry Newman School,**

Stevenage, T: 01438 314643 W: jhn.herts.sch.uk

### John O'Neil is the Lister Hospital RC Chaplain

Mob: 07876 526935 or T: 01438 285518

**Baptisms, First Holy Communion, Confirmation, Weddings and Funerals** for further details please speak to Fr. Denis, look at the website or contact the parish office.

**Church Hall Bookings** the church hall is available to be booked for groups or celebrations. Please contact the parish office for more details.

**Baldock Catholic Scout Group** for boys & girls aged 6-14. Contact: enquiries@2ndbaldockscouts.org.uk