

*The Gospel*  
*Mark 1:12-15*

*The Spirit drove Jesus out into the desert.*

Drawn  
to the desert  
by the Holy Spirit,

and  
tempted!  
Your only food,  
the will of the Father,  
you went.

Let your surrender summon us also:  
to your revolution of tenderness.

Help us listen to the  
Holy Spirit.

Let it be our  
life-giving  
food  
for  
the  
fast.

# Our Lady of the Visitation Parish

Under the pastoral care of the Pallottines, Society of the Catholic Apostolate.  
Registered Charity No. 252929

358 Greenford Road, Greenford, Middlesex, UB6 9AN  
020-8578-1363  
greenford@rcdow.org.uk

COMMUNITY  
Fr. Eugene Lynch SCA, Fr. Liam O'Donovan SCA,  
Fr. Joe McLoughlin SCA, Fr. Tom Daly SCA

## OFFICE HOURS

Monday - Saturday	9.00 am – 4.00 pm
Sunday	10.00 am – 1.30 pm

## MASS TIMES

Mass at 12.00 noon and 2.00 pm.

These Masses will be streamed online.

<https://parish.rcdow.org.uk/greenford/>

Saturday – 12.00 noon and 7.00 pm

Sunday – 8.00 am, 10.00 am, 12.00 noon and 2.00 pm.

Confessions – Saturdays 11.00 am to 12.00 noon  
and 6.15 pm to 6.45 pm

## ADORATION of the BLESSED SACRAMENT

Tuesday, Wednesday and Thursday  
from 6.00 pm to 8.00 pm,  
and Friday from 5.00 pm to 9.00 pm,  
with Mass at 7.30 pm.

Also streamed online.

**THE FIRST SUNDAY OF LENT  
(YEAR B)  
21<sup>st</sup> FEBRUARY 2021**

### **STATIONS OF THE CROSS**

During Lent, Stations of the Cross will take place every Friday at 7.30pm in the Church. We will also be putting them on line.

### **GIFT AID**

If your tax status has changed, please inform us as soon as possible as we have to inform the Inland Revenue of any changes before the end of this financial year, which is 31<sup>st</sup> March. The Parish Office number is 020-8578-1363, and the email address is [greenford@rcdow.org.uk](mailto:greenford@rcdow.org.uk). Please type 'Gift Aid' in the subject box.

### **FR. JOHN O'BRIEN**

We are very sad to announce the death of Fr. John O'Brien, after a short illness. Many of you will remember Fr. John from his time here in Greenford, we were his first parish appointment after his ordination in 1979 and he was with us until 1982. Please remember him in your prayers, as well as his family, close friends and his parishioners. If you would like to send a Mass card, the address is St. Thomas More Church, 514 Longbridge Road, Barking, Essex, IG11 9BY.

*May he rest in peace and be rewarded for his many acts of kindness and goodness, seen and unseen, throughout his life.*

### **EXPRESSION of GRATITUDE**

Fiona Kelly and the McFadden family would like to say thank you to those who attended the funeral of their late mother Catherine McFadden, and for all the mass cards, prayers, sympathy and support following Catherine's death. Your support is very much appreciated. The Month's Mind Mass for Catherine will be at 12.00 noon on Sunday 21<sup>st</sup> February.

***Pope Francis has had his 'jab'.***

***Have you had yours???***

### **DO YOU WANT TO FAST THIS LENT?**

*In the words of Pope Francis.*

Fast from hurting words and say kind words.  
Fast from sadness and be filled with gratitude.  
Fast from anger and be filled with patience.  
Fast from pessimism and be filled with hope.  
Fast from worries and have trust in God.  
Fast from complaints; contemplate simplicity.  
Fast from pressures and be prayerful.  
Fast from bitterness, fill your hearts with joy.  
Fast from selfishness and be compassionate.  
Fast from grudges and be reconciled.  
Fast from words; be silent and listen.

We pray for those who died recently:

Fr. John O'Brien, Evelyn Margaret Bridgeman,  
Rosemary Kangani, Norbert Joseph Frederick,  
Mary Kerrane, David Marshall and Hannah Gilgar

and for those whose anniversaries occur about this time:

Joan Scanlon, Michael McMahon, Dennis O'Sullivan,  
Derrick Sheehan, Ellen & Patrick Drumm, Alan Mann,  
Jim Doran, John Hearne, Annie May O'Connell

† May they rest in peace. †