

LENT

It's good to mark Lent in some positive way. Below are some of the opportunities available in the parish. In addition to these there is the, almost, daily Mass. A good way of marking Lent, if not daily, then perhaps once or twice during the week.

STATIONS OF THE CROSS

A traditional Lenten devotion is the Stations of the Cross. We are fortunate in our church to have such fine artwork to illustrate Jesus' last journey to Calvary, and to assist us when we reflect on this journey. The "Stations" will take place each Sunday of Lent at 6.00pm, a good activity for Lent.

LENT GROUPS

The groups will begin meeting this week beginning 19th February for 6 weeks. All details can be found in the Invitation leaflets. This year we shall be reflecting on the Gift of the Holy Eucharist using the Diocesan Programme. "We adore you, O Christ, and we praise You" Please do join a group if you possibly can. There is no pressure on anyone to speak. We shall read scripture, pray, share ideas and stories and enjoy fellowship with coffee and biscuits.

MY DAY BY DAY

Daily reflections for Lent are available in the 'My Day by Day' series. There are different booklets for adults, juniors and children. They are available, price £1 in the porch.

LENT ON-LINE

If you are still looking for something to do in Lent, there are some good resources on-line: The prayer podcast and app "Pray-as-you-go" is really excellent. Produced by the Jesuit team Farm Street church. The daily prayers are based on the Ignatian spirituality exercises. They have a daily podcast which reflects on one of the readings of the day. <https://www.pray-as-you-go.org/home/>

There is also a "Lent 2018 retreat" which has been produced by "Sacred Space", a joint apostolate of the Irish Jesuits and Loyola Press. <http://www.sacredspace.ie/> As well, said to be for the "thinking" Catholic, there is Bishop Robert Barron's Word on Fire. <https://www.wordonfire.org/>

LENT TRIVIA (Answers overleaf)

How is the ash used on Ash Wednesday made?
How many days are there during the Lenten season?
What was the original meaning of the word "Lent"?

MESSAGE FROM BISHOP JOHN

After 6 happy years here in OLOL parish the moment is soon coming to say my affectionate farewell to you all. On 19th March, I will be moving to a parish flat adjoining the church of St Agnes, Cricklewood. My main pastoral focus in the future, God willing, will then be centered around retreat giving, an apostolate which has grown in recent years. Thank you each and everyone for making me feel so much at home here in Harpenden, this period of my life has been both immensely enjoyable and fruitful. I know that we will want to hold each other in prayer during the times ahead. God bless and keep you.

My new address: Flat 2, Francis Court
Caddington Road, London NW2 1RP

CAFOD FAST DAY NEXT FRIDAY 23rd FEBRUARY

CAFOD's Family Fast Day this lent is an opportunity to act to eradicate child malnutrition. Next Friday 23rd February can you give up a meal, or eat a simple meal, in solidarity? With malnutrition still killing almost three million children a year, your fasting, prayers and donations will ensure more of God's children have enough good food to eat. And this Lent your donation will make double the difference. For every pound you donate to CAFOD, the UK government will also donate a pound, up to a total of £5 million, meaning twice the number of lives can be transformed. Twice the number of children can have the opportunity to grow up healthy and strong. Please collect your Fast Day envelope from church today and please give generously.

ST VINCENT DE PAUL SOCIETY ANNUAL RAFFLE

Tickets cost £1 each or £5 for book of 5, and will be on sale after Masses at weekend 24th/25th February. There are 23 prizes to be won, from £3,000 down to £10. The draw will take place on Maundy Thursday 29th March. **LIVE SIMPLY**

Success! The LiveSimply group and volunteers, with the support of Canon Anthony and Bishop John, have now agreed the LiveSimply action Plan to send to Cafod for the LiveSimply Award and for Our Lady of Lourdes to become a LiveSimply parish community. This will be a wonderful opportunity for those gave their original support to the project, and others, to find ways of making a contribution, in any way however small, to help make the parish a LiveSimply community. During 2018 our task will be to implement and monitor the Actions in order to receive the Award in early 2019. There will be Actions involving Liturgy, the environment, practical resources, justice and peace and care for creation, Cafod, and communications. More to come! Laudato Si

ST DOMINIC NURSERY

The application process for Nursery places for children born between 1st September 2014 and 31st August 2015 is now open. This year, we are looking to extend our Early Years provision to enable parents to access 30 hours free childcare. The school will also be offering an optional Lunch Club and afternoon sessions run by *Friends Together* (our breakfast and afterschool provider). For further information please visit our website www.stdominic.herts.sch.uk or contact the school office on 01582 760047 to book an appointment to come along to one of our visit mornings on Thursday 8th, Tuesday 20th or Wednesday 28th February at 10.15am. Applications close at 3.30pm on 5th March. To support your application, a Certificate of Catholic Practice form will need to be signed. A form signing session will take place in church on Saturday 24th February 11.30am to 12.30pm. There is no need to make an appointment, just turn up. Signing is **ONLY AT THIS TIME**. Please note that 'practising Catholic' means attending Mass every Sunday.

AUCTION OF PROMISES SATURDAY APRIL 21st 2018

An opportunity for everyone in the parish both young and not so young to start thinking of what they can "promise to do" or "promise to give" for the Auction of Promises in aid of the Developing World Group. So what is an Auction

of Promises? It is simply a promise by you or your family that you will do or give something that someone else will bid for at the Auction. There is no limit to what the promise can be. It could be to bake a cake, cook for a dinner party, do some gardening, drive someone to/from the airport, donate tickets to the theatre or a sporting event or use your creative skills to provide a memorable experience for the successful bidder. The list is endless. Alternatively you might like to suggest something that you would like to bid for (e.g. someone to cook for a family BBQ) and someone else might be able to offer this. Further details on the Auction and how you can submit your promises will be given nearer the time. In the meantime put your thinking caps on and a note in your diary for April 21st to come to the Auction and have a fun evening.

REFRESHMENTS

Refreshments will be served today in the Undercroft after 11.30am Mass.

WOMENS' WORLD DAY OF PRAYER 2018

This year's Womens' World Day of Prayer will take place on Friday 2nd March. There will be two services: 10.30am at the High Street Methodist Church and 7.45pm at St Mary's, Kinsbourne Green. This year's service has been written by the women of Suriname with the theme "All God's Creation is Very Good" Everyone is welcome - the service is not just for women! For more information please see the postcards in the porch or contact Teresa Newham on (01582) 766403.

A LENTEN COURSE ON MARY

Will be held in the Parish Hall at SS Alban & Stephen Church, Beaconsfield Road, AL1 3RG, on **Thursdays from 22nd February to 22nd March at 11 to 12am and repeated in the evening from 8 to 9pm**. Refreshments will be available after 10am Mass and also after 7pm Mass. Each talk lasts about 25 minutes and will be followed by group discussions and closing prayers. For more information contact Mike or Sylvia White (854596 whitemw@talktalk.net)