PARISH OFFICE ARRANGEMENTS: Sadly for us Cynthia finishes work as our Administrator and Secretary on Monday. We wish her well in her new post at Diocesan Central Offices and say a heartfelt Thank You for all her detailed, skilful and patient work. Of course, we are not saying goodbye. Cynthia continues to work keeping the books and related vital work for the parish.

Until we have an Administrator in place, the Office will be open Monday, Wednesday and Friday between 10.00am - 2.30pm. (Also Tuesday and Thursday 10.00am - 12Noon when possible.)

SPUC(Society for the Protection of Unborn Children) WHITE FLOWER APPEAL

TODAY: SPUC is currently campaigning to protect Pro-Life speech. Pro-life witness is being restricted now more than ever; we must be able to speak freely to protect the unborn and all affected by these issues, especially the mothers of the unborn. Please be as generous as you can to support SPUC.

ASH WEDNESDAY: A DAY OF PRAYER, FASTING AND ABSTINENCE: A reminder that Ash Wednesday is a day of both abstinence and fasting. First it is a day of abstinence, just like our regular Friday abstinence - we abstain from eating the luxury of meat or equivalent luxury, as a sign of penitence. It is also a day of fasting - meaning we eat less than usual, perhaps even missing a meal. Remember, these observances are for those between the "age of reason" (usually the age one first comes to the sacraments of Reconciliation and Holy Communion) and retirement age. For others it is voluntary as it is also voluntary for those with health conditions or for those pregnant. All these observances are to help our devotion; they are not punitive!

This year Pope Francis has asked all the church to keep Ash Wednesday as a day of prayer and fasting for the cause of peace in Ukraine. Please find the link to the Pastoral Letter here

KEEPING LENT

ASH WEDNESDAY: Whilst Wednesday is *not* a Holy Day of Obligation it is still a very good day to come to worship. Times of Mass are in the Mass schedule on the front cover. Ashes will be imposed by sprinkling on the crown of the head, as last year, and not by physical contact, to ensure the comfort and security of the greatest number.

STATIONS OF THE CROSS: Our corporate Stations of the Cross will be at:

St BERNARD'S: Thursdays at 7.30pm, following Mass at 7.00pm.

St GABRIEL'S: Fridays at 10.30am, following Mass at 10.00am.

Of course you can come to church anytime to make private Stations of the Cross in Lent. Remember, the door code to St Bernard's is C8645. St Gabriel's is open as advertised whilst we have no Administrator in place.

LENTEN ALMS: This year we will be collecting Lenten Alms for the Cardinal's Lent Appeal. Cardinal Vincent writes: "This year celebrates 10 years of Caritas Westminster, supporting both local and diocese-wide charitable concerns working with the most deprived, restoring hope and enabling people to lead a life of dignity and worth."

See the posters in church with QR code for donations; envelopes for gift-aided offerings; a dedicated wall box in each church. Collections on Ash Wednesday and Holy Thusday will be for Lenten Alms.

CAFOD FAMILY FAST DAY FRIDAY 11 MARCH 2022: Lent Appeal from CAFOD, the Catholic agency for oversees development. Have a simple meal on this day and donate the proceeds to support CAFOD project to provide training to families in growing and making healthy food. Your small act of charity will help change the lives of many affected by extreme hunger. See more at cafod.org.uk/lent.

LENT PRINTED RESOURCES: The ever popular '*Walk with Me*' booklet is available priced at just £1 is available from the Office and after Mass as possible.

Stations of the cross by St Josemaria Escriva. A new edition on offer at just £1.

THE SYNODAL PROCESS - Cardinal Vincent's Pastoral Letter in October mentioned the Synod of Bishops in 2023. It involves a process of listening and sharing views of the life of the Church as we gradually move out of the pandemic period. As a diocese we are

encouraged to meet in groups in order to discuss on how united we have found ourselves as a parish or on how we can improve in doing so. Although the diocesan-wide listening process has concluded, it would be a good idea to think about the Parish: where it stands as we transition out of the pandemic and what we see for the future of the parish. We would like to open our Parish's listening process on **Monday, 14 March, 7.30-8.30pm, and Saturday, 26 March, 12-1pm, in St Gabriel's Hall.** Come along to hear more about what this 2 year process means and to find how you can share your thoughts.

SOCIETY OF ST VINCENT DE PAUL: (SVP): At Mass on Sunday 3 April representatives of Westminster SVP will be with us to talk about refounding the SVP in our parish. With good local and diocesan support the idea is to give a safe and sustainable structure for parishioners to volunteer time and talents to meet local needs, visiting and support of the vulnerable and lonely. More info. soon. Questions to Fr James.

PLANNED GIVING ENVELOPES: Do you use the weekly envelopes for planned giving to the parish? If so the office is now preparing the set of envelopes for the next year and it may be time to revise your needs: If you would prefer to make your offerings by Standing Order instead of by cash; or if for another reason you no longer require a box of envelopes; or if you have changed your address please contact the Parish Office to let us know. Also, for those who have made a Gift Aid declaration it is important for us to know if you no longer pay tax.

SUMMARY PARISH ACCOUNTS FOR 2021: Displayed in the foyer of each church and posted online is a summary of the parish accounts. First, thanks are due to the office team for the detailed work that goes into producing this data. Secondly, inevitably this summary might raise questions, especially as areas of income and expenditure get lumped together. If you have any questions at this stage, please contact Fr James. A full set of accounts will be available when they are finalized by diocesan H.Q. The figures show a modest recovery of income during 2021, and unremarkable expenditure, reflecting no unusual circumstances. Two big questions remain: 1) every parish is required to build up a reserve against unforeseen circumstances. We can only modestly do this at present. 2) More and more we need resources to put towards mission and sharing and teaching the faith.

Thank you to everyone for their commitment to material and financial support of the parish and please put all these matters into your prayers.

ANNUAL MASS OF THANKSGIVING FOR THE SACRAMENT OF HOLY MATRIMONY: Westminster Cathedral, Sat. 14th May at 3pm. The Cardinal invites to this Mass all couples in the diocese who are celebrating their 5th 10th, 25th, 30th, 40th, 50th and 60th (and every year over 60) wedding anniversary of Catholic marriage in 2022. If you are celebrating an anniversary, please give the Parish Office the following details: husband and wife's names, full postal address and email (or telephone number, if no email), date and place of Catholic marriage. Information deadline is Sunday 27 March.

MET RECRUITMENT EVENT: At St George's Sudbury on 24th March at 7.30pm. Those near school leaving age may be particularly interested in the Degree Apprenticeship Scheme although opportunities are available for all ages. See poster in church.

JOB OPPORTUNITIES AT BUCHANAN COURT: Buchanan Court are looking for some new staff - Registered Nurses, Care Assistants, Kitchen Assistant & Housekeeping Staff. Students, who are only available Part-Time, are also welcome to apply. If you are interested, please contact Rohan Mathew at rohan.mathew@careuk.com.

DIOCESAN LOURDES PILGRIMAGE 22-29 JULY: The Pilgrimage Office writes to us as follows: In ongoing planning for this, the first Westminster Diocesan Pilgrimage to Lourdes since the Coronavirus pandemic began, it is important to know *who* intends to travel with Westminster Diocese and in *what capacity*. For this reason, an *Expression of Interest* Form is available in paper copy (attached) or online for completion. Please remember to tick 'Yes' or 'No', and to read and sign the Privacy Statement before returning the form, and note, the completion of the form does *not* constitute a committment to make a booking. An online link can be found via: https://forms.rcdow.org.uk/lourdes-pilgrimage-2022-expression-of-interest/ on the Westminster Diocese Pilgrimages webpage.

DIOCESAN HOLY LAND PILGRIMAGE 21-29 NOV 2022: After an absence of a year, the Diocesan Pilgrimage to the Holy Land will take place once more this year. Led by Cardinal Nichols and Fr John Farrell OP. Walking in the footsteps of Christ and offering hope to Christian communities in the Holy Land, pilgrims will return ready for mission. See poster in church.

MARCH WISH LIST:

Long life milk (full cream); tinned fruit, tinned rice pudding, custard; small washing powder; men's toiletries (not deodorant); bars of soap; kitchen rolls. They have plenty of: Baked beans; porridge; pasta; tea; biscuits; large cereals; tinned soup. PLEASE KEEP TO THE PREFERRED LIST, THANK YOU



Please remember to turn your telephone off or put it to silent when in church. Thank you.

Of your charity, pray for the souls of those whose anniversaries occur at this time, among them:

Tony Proctor, Tommy Wilson. Veronica De Suze, Joseph Fernandes, Michael O'Shaughnessy, Helene Caspersz, Mary Grady, Isabella Kirkley, Amm Casey, John Lewis, James Brennan, Kaziniera Mozdzynska, Mary Park, Clarence Jones, Michael Clubbe, Ramedos Monzaro, Terrence Langan, Elizabeth Griffin, Jim O'Brian, Rosaria Coutinho, Noreen Robertson, Sylvia Smith, Mark Noble.



Support our parish.

You can make a donation to the parish by scanning the QR code or making a card payment on the card machine at the entrance of both of our churches.