

PARISH OF ST CHARLES BORROMEIO
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Confessions: Tues to Fri at 12 noon before Mass
Masses: Tues to Fri 12:30pm
Thu 6pm
Sat 8:15pm & Sun 9am & 11am

FIRST SUNDAY OF LENT 2026



"To receive the grace of God you must go to the desert and stay awhile."
 ~Saint Charles de Foucauld

LENTEN APPEAL 2026 Our Lenten Appeal across the Diocese supports one shared mission through Education, Youth and Evangelisation, Marriage and Family Life and Social Action. Your generous support will enable the Church to make a difference for people who are in need. To donate, please visit www.rcdow.org.uk/LentenAppeal or put a gift in the appeal envelope. There is a slot marked "Lenten Appeal" at the safe in the porch where you can post envelopes or donations. Alternatively, please use the QR code. Next Sunday's retiring collection will go towards this appeal. Thank you for helping our diocesan family to continue this vital work.



Mass Schedule	
Sat 21 st February	8:15pm Pro Populo
Sun 22 nd February FIRST SUNDAY OF LENT	9am Pro populo 11am Jakub Woytus
Mon 23 rd February	NO MASS
Tue 24 th February	12:30pm Deceased members of the Ritchie family
Wed 25 th February	12:30pm Deceased members of the Hampshire family
Thu 26 th February	12:30pm Mrs S Makith RIP 6pm Nun Dorota
Fri 27 th February	12:30pm Terry German RIP



Dear friends, let us ask for the grace of a Lent that leads us to greater attentiveness to God and to the least among us. Let us ask for the strength that comes from the type of fasting that also extends to our use of language so that hurtful words may diminish and give way to a greater space for the voice of others. Amen.

Message of the Holy Father Leo XIV for Lent 2026

Archbishop Richard Moth was installed as the twelfth Archbishop of Westminster on Saturday 14th February. We shall continue to pray for him at every Mass celebrated in our diocese. He wants to begin to get to know us and invites all the people in our parish to the **Area Mass** to take place on **Wednesday 25th February at 6:30pm** at Our Lady & St Joseph's Catholic Church, 100a Balls Pond Rd, London N1 4AG. Everyone is welcome to attend.

Non-perishable, in-date food for the **Foodbank** is gratefully welcome.

Join our WhatsApp group for Sunday's hymns



During Lent: Morning Prayer. Monday to Friday 6:30-7:20am in the Crypt & **Adoration of the Blessed Sacrament** 7:30 to 8:30am in the church. Feed on prayer this Lent!

Not on Bread Alone



Beloved,

We feed our souls with the words we desire to keep in our hearts.

If we keep words of truth, our soul feeds on imperishable nourishment.

If we ignore these words, we starve our souls.

When Jesus was baptized, the Holy Spirit filled him with an irresistible desire for God. The Spirit drove him strengthened by the food of prayer, to test this desire against the lies of the enemy. Prayer, St John Chrysostom says, is *"a heavenly food that satisfies the spirit. Whoever tastes that food catches fire and his soul burns for ever with desire for the Lord."*

Feeding on prayer, Jesus needed no other food. He fasted for 40 days until he was hungry. Then the Devil came to feed him lies: *"If you are the Son of God you should not suffer hunger: turn these stones to bread. You should not go unnoticed: fly from the highest wall of the Temple! You should not be subject to anyone in this world: I will give you all its kingdoms if you worship me."*

Jesus did not fall into the trap. His soul lived on the truth proclaimed by the Word. He would suffer, die and be raised to Eternal Glory just as the Word decreed, trusting God and serving him alone. And because of this, he would be exalted as the Word made flesh and the Bread that can feed the human soul with everlasting life.

This Lent Pope Leo invites us to listen. *"Conversion begins by allowing the word of God to touch our hearts and welcoming it with a docile spirit."** And he presents fasting as a concrete way to prepare ourselves to listen because *"those who are unable to nourish themselves with the word of God do not fast properly."** Finally, he says that fasting also includes abstinence and invites us to abstain from *"words that offend and hurt our neighbor... harsh words and rash judgement... slander and speaking ill of those who are not present."**

This Lent feed on the truth revealed by the Word of God. The divine word speaks of hunger and slavery, sorrow, anxiety, sadness and grief and of how the Lord has turned all of these terrors into events of salvation. Remember how many times the Lord has done similar things in your life. These are also "words" that God has spoken to you. Feed on these words and you will understand that man does not live on bread alone but on every word that comes from the mouth of God.

**Message of the Holy Father Leo XIV for Lent 2026*

Fr Oscar,