



**ST JOHN FISHER CATHOLIC CHURCH**  
41/42 LANGDALE GARDENS, PERIVALE, UB6 8DQ

**Parish Priest:** Fr. Agustin Conesa

**Tel:** (020) 8997 3164

**Email:** perivale@rcdow.org.uk

**Website:** <http://parish.rcdow.org.uk/perivale/>

**Follow us on:** [Instagram@ST.JOHNFISHER\\_PERIVALE](https://www.instagram.com/st.johnfisher_perivale/)

**YouTube Channel:** [St John Fisher RC Church Perivale - YouTube](https://www.youtube.com/channel/UCtjyfXzgkxGKJLcOOGHmVw)

**1ST SUNDAY OF LENT • B**

Genesis 9:8-15

1 Peter 3:18-22

Mark 1:12-15

**21st February 2021**

Parish Mass Book p152

**There is no Lent without Fasting:**

In the book of Genesis, the source of all our sins (original sin) is presented to us as an act of eating. Eve ate the fruit of the forbidden tree and gave it also to Adam to eat. Hunger means I cannot give life to myself, There is nothing I can do to satisfy my hunger. Satan came to Adam in paradise and to Jesus in the desert, two hungry men. We fast in Lent to fight against Satan, to recognise that my deep hunger can only be satisfied by God and not by worldly things. Fasting helps us discover the victory of Christ over temptations.

**There is no Lent without Praying:**

Prayer as a Lenten discipline connects us with our spiritual life, with our inner life. Prayer is the antidote to pride as we acknowledge that we depend on another for life. Prayer is an act of humility, we place our lives in God's hands and ask him to lead and direct our ways.

**There is no Lent without Almsgiving:**

Almsgiving connect us to other people, to those in need. It is a form of conversion, turning away from my needs and turning towards the needs of others. Almsgiving is not so much about being good and generous (We are all good and generous already.. I hope!) Almsgiving is about a "shift", placing others before me. St. Augustine calls conversion a "shift of love" from *cupidas* to *caritas*; the heart moves from self-love to self-giving love.

**LENTEN TALKS AT ST JOHN FISHER, PERIVALE  
BY FR. AGUSTIN**

**"GOD IS MINDFUL OF HIS COVENANT FOREVER"** (Psalm 105:8)

For this Lent (year B of the liturgical calendar), the Church presents us with a running theme in the first reading we will proclaim at Mass on Sundays.

During this Lent, we will listen to a series of covenants that God made with his people. There are four such covenants in the Pentateuch (the first 5 books of the bible, sometimes referred to as the Torah) and three of them will be the topics of our talks, namely, the covenants with Noah, Abraham and Israel. The fourth covenant in the Pentateuch, which happens to be the first one chronologically, will be left out from these talks on purpose, as it will be presented to us as the first reading of the Easter Vigil; the covenant with Adam. A fifth covenant, will therefore be covered and this is found in the book of the Prophet Jeremiah. It took place during the exile and served as a preparation for the New Covenant to come.

These covenants are crucial moments in God's history of Salvation and act as building blocks preparing us for the definitive covenant in the blood of Christ. In exploring these covenants we also get to know some of the most important characters of the Old Testament. We will look at these characters and reflect on how they might relate to us. We know that in each one of them, God is speaking to us. Each of them is a "Word" of God for us and for our lives and they will help us better prepare for Easter.

Lent is not an end in itself but a journey, a preparation for the Triduum: Maundy Thursday; Good Friday and the Easter Vigil. Hopefully these 4 talks will help us, this Lent, recall the great love God has for us, that he expressed so wonderfully in those covenants of old and thus prepared humanity for the ultimate, new covenant in Christ.

**Talks will be live-streamed from our YouTube channel  
Thursdays from 7.30pm - 8.15pm**

**25th February:**

**God's covenant with Noah** "Humanity will not be destroyed".

**4th March:**

**God's covenant with Abraham** "Through you all generations will be blessed".

**11th March:**

**God's covenant with Israel** "You will be my People".

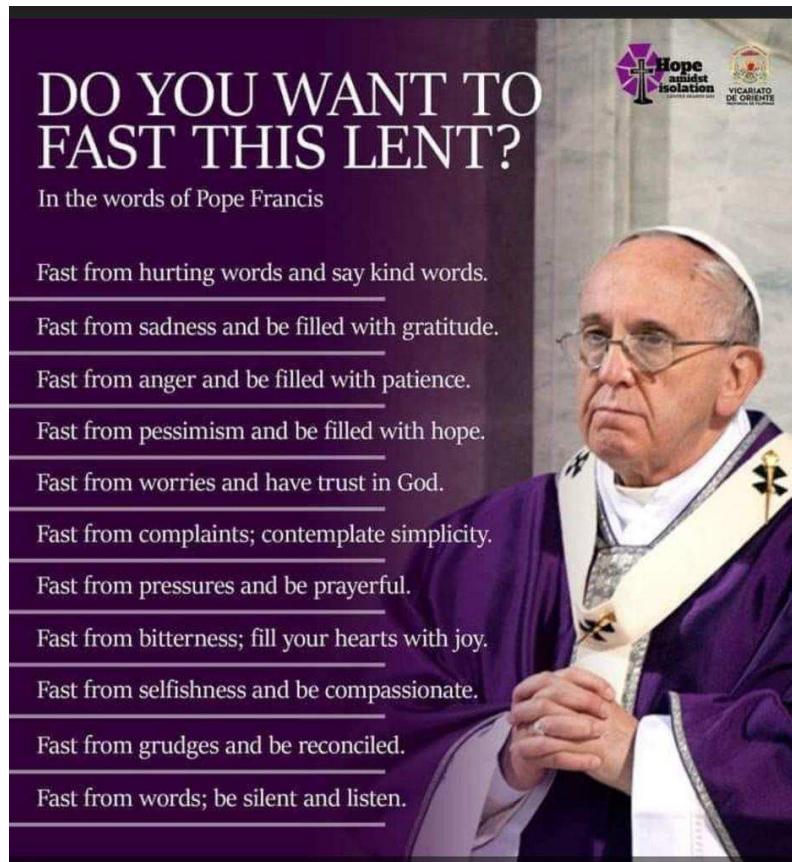
**18th March:**

**God's covenant with the Prophets** "I will make a new covenant with the house of Israel and the house of Judah".

## **"WHAT ARE YOU GIVING UP FOR LENT?"**

It's a question a lot of people will be asked over the next few days. If you want to improve your health, perhaps giving up alcohol, chocolate or cigarettes is something you are considering. In his Lenten message this year, Pope Francis wants us to focus on improving our hearts and that even more than giving up chocolate or alcohol, we fast from indifference towards others. "Indifference to our neighbour and to God also represents a real temptation for us Christians. Each year during Lent we need to hear once more the voice of the prophets who cry out and trouble our conscience."

See below the suggestions from Pope Francis about what we should 'give up' and what we should 'do more of'.



## **OTHER WAYS TO PREPARE DURING LENT**

During Lent we prepare ourselves for the Great Three Days: Maundy Thursday, Good Friday and Holy Saturday (1st - 3rd April). Below are some suggestions for how we can prepare:

- **Use the prayer and reflection resources available**  
The 'My Day by Day' booklet, with daily reflections and prayers is available in the church lobby (£1 per copy) If you are unable to come to the church and would like to receive a copy at home, please ask a friend to pick one up for you or contact the parish office.
- **Come to Mass during the week**  
There is Public Mass at 10.00am on Thursdays and Fridays.
- **Accompany the Exposition of the Blessed Sacrament online**  
On Mondays after the 10.00am Mass there is Exposition of the Blessed Sacrament and Praying of the Rosary. Both the Mass and adoration can be followed on our YouTube channel.
- **Follow the Stations of the Cross online**  
Every Friday during Lent at 7.30pm, starting on Friday 19th February, follow the Stations of the Cross with Fr. Agustin online via our YouTube channel.

## CARDINAL'S LENTEN APPEAL 2021

Cardinal Nichols thanks you for your generous support for the Cardinal's Lenten Appeal, especially throughout 2020 and the unprecedented events of the year.

Your donations help fund initiatives in parishes, schools and charities in four mission areas that are more critically needed than ever, as the Church supports those in need through the pandemic.



**Marriage and Family Life:** enriching and supporting marriages, the essential building block of society and the Church. This service has given additional counselling and support to couples facing challenges of sharing home and work-life space with each other and their children, and also gave guidance to engaged couples whose marriage plans were thwarted.

**Youth and Evangelisation:** supporting young people, the future of the Church, as they grow in their relationship with God and deepen their Catholic faith. As we emerge from the pandemic these services will be looking for more ways to engage our young people who have missed opportunities to engage in their faith and in the life of the Church.

**Caritas Westminster:** putting our faith into action by serving poor, lonely and marginalised people.

**Education Service:** supporting schools as they play an increasingly vital role in society.

Over the past year, many of our schools have become true community hubs, witnessing to God's love for all. This year, the Cardinal is asking us to think about families who are struggling to put food on the table. Sadly, poverty is deepening across our Diocese and as people have lost their jobs and livelihoods, the need for foodbanks and supermarket vouchers has accelerated. The number of foodbanks throughout the Diocese quadrupled in 2021! Through your generosity we're continuing to provide food for those people most in need, and finding ways to meet their basic needs.

Please take a donation leaflet as you leave Mass today (available in the lobby). You can use the envelope to make your donation or by using the QR code which you can scan with a phone camera to make your donation online. Alternatively, you can visit [www.CardinalsLentenAppeal.org.uk](http://www.CardinalsLentenAppeal.org.uk).

Thank you for your generosity.

<<<<<<>>>>>>

## CAFOD'S LENTEN APPEAL 2021

Family Fast Day - Friday 26th February



This week our parish is marking CAFOD's Family Fast Day, a day on which we are invited to pray, fast and give to help people like Abdella. Abdella lives in an extremely remote and mountainous part of Ethiopia. It takes him ten hours a day to collect water. He says: "I am wasting my life. I am a young man; I should be doing something else." Your gifts today will help vulnerable communities around the world have access to clean water and provide other vital support.

You can donate **online** at: [www.cafod.org.uk/give](http://www.cafod.org.uk/give)

You can also easily give **via text**: Text LENT 5 to 70460 to give £5  
Text LENT 10 to 70460 to give £10  
Text LENT 20 to 70460 to give £20

**By telephone:** Call 0303 303 3030 to donate

\*Texts cost £10 plus one standard rate message and you'll be opting in to hear more about our work and fundraising via telephone and SMS.

If you'd like to give £10 but do not wish to receive marketing communications, text LENTNOINFO to 70460.

For more information, please see our Privacy Policy: [cafod.org.uk/Legal-information/Privacy-notice](http://cafod.org.uk/Legal-information/Privacy-notice)

**By cash or cheque:** If you are unable to donate using the methods above and would like to donate by cash or cheque, there is a collection box in the lobby for your donations. Cheques should be made payable to 'CAFOD'.

If you are a UK Tax Payer and would like to Gift Aid your cash or cheque donations, please pick up a special CAFOD envelope available in the lobby.

### CAFOD Prayer for Lent

Loving God,  
we hear your call  
to all who thirst  
for a brighter future:  
come to the water.

Pour out your Spirit upon us  
and lead us to walk  
alongside one another.

Let a desire for change  
well up within us.  
May we overflow with  
compassion and love.

And as a stream  
wears away stone,  
may we reshape  
our world together  
to reflect your kingdom  
of hope for all.  
Amen

## **LENT FOR YOUNG PEOPLE**

### **Message from Cardinal Vincent**

Cardinal Vincent has recorded a special message for young people for this Lent.

To watch the video, click on the link below or search in your internet browser for 'cardinal's Lent message for young people'

[Cardinal Vincent Nichols message for young people - Lent 2021 - YouTube](#)

### **What do you know about Lent?**

Have a go at the short quiz on the Diocese of Westminster Youth Ministry website, which you can access via the link below or by searching for 'Diocese of Westminster youth ministry'.

[What do you know about Lent? - Diocese of Westminster Youth Ministry \(dowym.com\)](#)

### **Calendar for Lent**

For the very young, there are copies of the 'Walk With Me' Calendar for Lent' in the lobby.

The calendar is a colourful, fun resource to encourage young children to get involved and count the days of Lent in anticipation of Easter Sunday.

## **CONFIRMATION PROGRAMME 2021**

Registration is open for the next Confirmation programme.

**Young people in Year 8 or above**, who feel ready to prepare for this Sacrament, can apply.

Please note that the programme will start later than usual this year due to the current situation.

If you would like to apply, please contact the parish office by email: [perivale@rcdow.org.uk](mailto:perivale@rcdow.org.uk) or telephone: **0208 997 3164**

## **FIRST RECONCILIATION & HOLY COMMUNION PROGRAMME 2021**

We will soon be starting this year's programme.

Next week, an email will be sent to those parents who have already registered for the programme, with important information and an invitation to attend a **Parent's Meeting via Zoom on Monday 1st March at 6.30pm**. Please look out for this email next week.

Please note that applications for this year have now closed and we cannot accept any new applications.

## **MARGARET TAYLOR RIP**

For those who remember William 'Bill' Taylor, sadly his wife Margaret passed away on Thursday 11th February. We pray for Margaret, her family and friends at this time.

*Eternal rest grant unto her, O Lord, and let perpetual light shine upon her.*

## **LITURGY TIMES THIS WEEK**

Saturday	20	Mass	6.30pm	Teresa Karmali RIP Kathleen O'Mahoney RIP George dos Remedios RIP
Sunday	21	Mass	9.30am	Jayden Kirby RIP David Byrne RIP (Anniv)
-		No Mass	11.30am	
Monday	22	Private Mass	10.00am	Gilma Restreto Quiroz & Family
Tuesday	23	Private Mass	10.00am	Mairead Wedgworth RIP
Wednesday	24	No Mass		
Thursday	25	Mass	10.00am	Maria Gambone RIP Generoso Mascariello RIP
Friday	26	Mass	10.00am	Arzelina Noronha RIP Bridie McGovern RIP
Saturday	27	Mass	6.30pm	Wieslaw Bronikowski RIP Alcinda Ramos RIP
<b>2nd SUNDAY OF LENT - B</b>				
Sunday	28	Mass	9.30am	Frank Goveas RIP Leonard Cabral RIP
		No Mass	11.30am	

**Confession:** By appointment only during the current lockdown.

## **COVID VACCINE AGED 70 OR OVER**

The rollout of the vaccine is progressing at a great pace. If you are aged 70 or older and

have not yet received your first dose of the vaccine and would like to, you can now contact the NHS.

A national booking system is available online or you can call 119 free of charge between 7.00am - 11.00pm.

**Please pray for:** William Swords, Gigi Reale, Jo Dearlove, Małgorzata Myrkwa, Terril Park, George Brum, Chris Keeffe, David Newbert, Teresa Oatway, Stephen Connellan, Stanley Cummins, Avit Castillo, Avelina Pelaez Siddiqi, Marlene Lock, Michael Delaney, Maria Wales, Suzanne Acton, Carl Bryan,

**for those who died recently:** Margaret Taylor, José Fernandes, Eugene Garcia, Teresa Warner and Michael Murray (brother of Charlie Murray), **and for those whose anniversaries occur about this time:** James Dempsey, William de Noronha, Michelle Moraes, Kathleen Stocker, Nora O'Neill, Maria Felisa Wood, Kevin Connellan, Jesus Alvint Castillo, John Boyle, Tommy Cummings, James Hughes, Julia Caulfield, Josef Sautschak, Pat Galvin, Bridie McGovern and Imre 'Jim' Horvath.