



CATHOLIC CHURCH OF OUR LADY, ST JOHN'S WOOD

+ 1st Sunday of Lent, Year B - 18 February 2024

Westminster Roman Catholic Diocesan Trust: Registered Charity Number 233699



The Trinity of Lent

When asked by his parishioners what he's giving up for Lent, a priest I know often replies in jest, "Religion". But in a way he has a point. While the call is to fast and give something up as a sacrifice to unite ourselves in a particular way to Christ's 40 day fast in the desert, we are not meant to sit there in agony at the lack of chocolate, alcohol or nicotine in our bodies, nor with twitchy thumbs temporarily deprived of a 'phone or games console.

Rather, that extra time is to be used for the other two aspects of Lent—prayer and almsgiving. Pope Francis puts this beautifully in his message for Lent 2024: "Even more to be feared...are the idols that we set up for ourselves. We can become attached to money, to certain projects, ideas or goals, to our position, to a tradition, even to certain individuals. Instead of making us move forward, they paralyze us. For this reason, prayer, almsgiving and fasting are not three unrelated acts, but a single movement of openness and self-emptying, in which we cast out the idols that weigh us down, the attachments that imprison us. Then the atrophied and isolated heart will revive. Slow down, then, and pause!"

So while we have all "given something up", conscious that the devil will try to fill the hole in our lives, let's fill it ourselves. Perhaps start by downloading an app such as *Hallow* or *Universalis* or buying a prayer book from our well-stocked repositories. Then we could make more of a our morning offering or do a more detailed examination of conscience at the end of each day resolving to be better tomorrow. We could come to an extra Mass at lunchtime, of an evening or a Saturday morning and read a reflection on the day's readings online or in *Bible Alive* or *Walk with Me*. Or pray the Stations of the Cross alone or with our fellow parishioners, say a rosary a day or some other prayer like the *Angelus*. Thus our time "saved" in fasting is spent well for our own sanctification.

And, rather than giving just out of our excess to those in need through *CAFOD* or the Cardinal's Lenten appeal, why not start by putting aside and then giving exactly what we have saved by fasting? Thus the three disciplines will become one and make this a truly joyful season, not a white knuckle ride. Have a happy Lent! *Canon Kevin*

Mass Times

Sunday

6:00pm (Saturday)
9:00am (Sung), 10:30am (Sung Latin), 12:00 noon (Sung),
6:00pm

Weekdays

Monday, Tuesday, Wednesday:
10:00am
Thursday: 7:00pm
Friday & Saturday: 10:00am

Stations of the Cross

(During Lent)

Thursdays 6:15pm

Rosary

After weekday Mass

Exposition & Confessions

Saturday 10:30am—11:00am

Confessions

Saturday 5:15pm—5:45pm

Music for Sunday

- 235 Lead Us Heavenly Father, Lead Us
- 50 Forty Days and Forty Nights
- 227 Jesu, Lover of My Soul
- Morales *Missa Ave Maris Stella* (99-325)
- Gallus *Domine Iesu Christe*
- Rota *Emendemus in melius*

Sunday Readings

- Page 148
- Genesis 9:8-15
- Psalms 24:4-9, R cf v10
- 1 Peter 3:18-22
- Matthew 4:4

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Telephone: 020 7286 3214. Website: <https://parish.rcdow.org.uk/stjohnswood/>

Facebook: Our Lady's RC Church, St John's Wood
<https://www.facebook.com/ourladysiw>

Parish Clergy: Canon Kevin Jordan (kevinjordan@rcdow.org.uk)
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Parish Safeguarding Rep: Frances Uchea (stjohnswoodsg@safeguardrcdow.org.uk)
Director of Music: Martin Toyer (martintoyer@rcdow.org.uk)

The Parish Office will be closed to personal callers for the next few weeks. Kathleen, the Parish Administrator, will however be working remotely so please email any requests to: stjohnswood@rcdow.org.uk during office hours. Thank you for your understanding.

Tea & Coffee will not take place after the 9:00am Mass today. We look forward to welcoming you back next Sunday 25 February.

Evangelising post-Christian Britain. Monsignor James Shea, President of the University of Mary (Bismark, North Dakota) co-authored the extraordinary book *From Christendom to Apostolic Mission*. In a lively lecture on Tuesday 20 February at St James Church, Spanish Place, Marylebone, he will draw bridges between the different visions that the Church and the world have for our society, and suggest effective strategies to engage our own time and culture with the Gospel of Jesus Christ. The lecture will be followed by a Q&A and then refreshments will be available. Tickets £5 at: guild-ransom.co.uk/events

Stations of the Cross during Lent will take place every Thursday at 6:15pm before evening Mass.

CAFOD Family Fast Day/Lent Appeal. Family Fast Day is on Friday 23 February, a day when we eat simply and give generously. This Lent, your donations will help hardworking people like James the fisherman in Liberia with resources, tools and training to feed their families for good. Please use the envelopes in church or give online at: <https://cafod.org.uk/> Our parish CAFOD volunteers will speak after all Masses next weekend.

The Divine Mercy Apostolate, London is holding a Divine Mercy Lenten Retreat on Saturday 24 February from 1:30pm—4:30pm at St. Lawrence Church, 1 Hamilton Road, Sidcup Kent DA15 7HB. The Retreat will include teachings on the Message of Mercy, Stations of the Cross, Holy Mass, Hour of Mercy with Adoration and Benediction and Veneration of the Image of Merciful Jesus. Contact Millie on 07957 594 646 for more information. All are welcome.

First Holy Communion Programme continues on Saturday 24 February from 12:00pm—1:00pm in the parish hall.

Confirmation Programme continues on Sunday 25 February from 4:00pm—5:30pm in the parish hall.

Annual Mass of Thanksgiving for the Sacrament of Matrimony takes place at Westminster Cathedral, on Saturday 25 May at 2:30pm. The Cardinal is inviting 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 2024. If you are celebrating an anniversary, please email Kathleen at: stjohnswood@rcdow.org.uk with the following details: husband and wife's names, wedding date, full postal address and email (or telephone number, if no email) by Sunday 31 March.

Catholic Singles is an organisation which helps single Catholics of all ages over 18 years meet other single Catholics, either one to one or through social events. For information visit: <https://www.catholicingles.com/> or telephone 0161 941 3498.

Mass Intentions Thank you for your Mass intentions which are greatly appreciated. The Sacrifice of Christ brings our prayers right to the heart of the Father. There can be no greater gift for another person. If you would like one offered, please either take a Mass offering envelope from the church and place it in the collection or email Kathleen at stjohnswood@rcdow.org.uk. The offering suggested by the Diocese is £10 per Mass.

PARISH HALL DIARY			
<u>Day</u>	<u>Location</u>	<u>Time</u>	<u>Group</u>
Tuesday, Wednesday, Thursday	Upper Hall	9:30am-11:30am	Parents & Toddlers
Tuesday	Upper Hall	1:00pm-4:30pm	Over 50's
Wednesday	Upper Hall	1:00pm-2:00pm	Art Class
Thursday	Lower Hall	10:30am-12 noon	Creative Writing