

## Ten Tips for a Good Lent (and Beyond)

### PRAYER

1. **Daily Prayer**  
Have a regular prayer rule for morning and evening prayer.
2. **Worship and Participation in the Sacraments**  
Attend Mass receiving Holy Communion regularly and go to Confession.
3. **Daily Reading**  
Be inspired by the lessons of the Holy Scripture, as set for daily Mass, and the lives of the Saints of the Church.
4. **The Rosary and the Jesus Prayer**  
Say a decade of the Rosary every day and repeat the Jesus Prayer (*Lord Jesus, Son of God: have mercy on me a sinner*) whenever possible.

### FASTING

5. **The Liturgical Cycle of the Church**  
Follow the seasons of the church and participate in the fasts and feasts of the Church.
6. **An Orderly Life**  
Set priorities and reduce the stress and friction caused by a hurried life. Give full attention to what you are doing at the moment.
7. **Taming the Passions**  
Overcome your habits, attachment to your likes and dislikes, and learn to practise the virtues.

### ALMSGIVING

8. **Giving**  
Give generously of your time, talents, and money.
9. **Putting Others First**  
Free yourself from your selfishness and find joy in helping others.
10. **Spiritual Fellowship**  
Spend time regularly with other Christians for support and inspiration.



St Edmund Campion Deanery, Old Berkshire-  
Thames ISIS Pastoral Area

## EAST HENDRED CATHOLIC PARISH

St Mary's Church, East Hendred  
St Patrick's Church, East Ilsley

hendred@portsmouthdiocese.org.uk  
Parish Priest: The Revd Mgr Andrew Burnham  
01235 835038 or 07976 437979  
aburnham@portsmouthdiocese.org.uk

<b>Sunday 23<sup>rd</sup> February</b>	<b>SUNDAY 7[A]</b> <b>Mass: 9.30am St Mary's</b> <b>Mass: 11.15am St Patrick's</b> <b>Mass: 6pm St Mary's</b>	Weekday Lectionary: Cycle 2 Psalter: Week 3 [green] Pro populo
Monday 24 <sup>th</sup> February	<i>Feria: Of Week 7</i> Mass: 9.15am St Mary's	[green]
Tuesday 25 <sup>th</sup> February	<i>Feria: Of Week 7</i> Mass: 9.15am St Mary's	[green]
Wednesday 26 <sup>th</sup> February	<b>ASH WEDNESDAY</b> <b>DAY OF FASTING AND ABSTINENCE</b> Morning Prayer [ <i>Lent Week 4</i> ]: 9am St Mary's [ <i>ecumenical</i> ] Confessions: 9.30am St Mary's School Mass with the Imposition of Ash: 11am St Mary's Mass with the Imposition of Ash: 8pm St Mary's	[purple] Pro populo
Thursday 27 <sup>th</sup> February	<i>Lent Feria: after Ash Wednesday</i> Mass: Adoration: 11.45am Mass: 12.15pm St Mary's	[purple]
Friday 28 <sup>th</sup> February	<i>Lent Feria: after Ash Wednesday</i> Mass: 8.30am Hendred House Chapel Adoration: 3pm Hendred House Evening Prayer: 5pm St Augustine's [ <i>ecumenical</i> ]	[purple] Holy Souls
Saturday 29 <sup>th</sup> February	<i>Lent Feria: after Ash Wednesday</i> Mass at English Martyrs', Didcot, and St John Vianney Wantage	[purple]
<b>Sunday 1<sup>st</sup> March</b>	<b>FIRST SUNDAY OF LENT [A]</b> <b>Mass: 9.30am St Mary's</b> <b>Mass: 11.15am St Patrick's</b> <i>Confirmation Parents: 4.30pm St Mary's</i> <b>Mass: 6pm St Mary's</b>	Psalter: Week 1 [purple] Pro populo
<b>Confessions:</b> 8.45am Sunday and after weekday Mass (St Mary's) and after 11.15am Sunday Mass (St Patrick's), or by appointment. <a href="http://www.hendredcatholicparish.org.uk">www.hendredcatholicparish.org.uk</a>		

## THIS WEEK AND LOOKING AHEAD

### DIOCESAN DAY OF REPARATION FOR THE SINS OF SEXUAL ABUSE

On **Sunday 1st March**, the first Sunday in Lent, Bishop Philip invite us to join him for a 'Day of Prayer of Communal Reparation' for the sins of sexual abuse by members of the Church at the Cathedral in Porstmouth, beginning at 8am. Bishop Philip will be leading the day with Fr Dominic Allain and Antonia Moffat from the organisation *From Grief to Grace*, a program of spiritual and psychological healing for anyone who has suffered sexual, physical, emotional or spiritual abuse in childhood, adolescence or adulthood. See the full programme at the porch Board or visit [www.porstmouthdiocese.org.uk](http://www.porstmouthdiocese.org.uk)

### TUESDAY LUNCHTIMES IN LENT

Discussions on 'The Living Word?'. Light lunch (please bring contribution of soup). Monks Hollow, Newbury Road, East Hendred. 12 noon till 14.00. Contact Mary Harrison 01235 833584. All welcome.

### GATHERING TOGETHER IN CHRIST

In chapter 15 of John's gospel, Jesus tells his disciples, 'This is my commandment, that you love one another as I have loved you' and 'if the world hates you, be aware that it hated me before it hated you'. At our next meeting on **Tuesday, March 3rd**, we shall be discussing and praying about these sayings and the other teaching Jesus gives, shortly before his arrest and his death. We meet in the parish rooms from 7.30 to 8.30 – 9.00pm. All are welcome. If you wish to learn more, contact Denis Smith; 01235 765564; [djbm.smith@ntlworld.com](mailto:djbm.smith@ntlworld.com).

### ECUMENICAL PRAYER IN LENT

We continue with Wednesday Morning Prayer (9am) at St Mary's and Friday Evensong (5pm) at St Augustine's. Come and join us! On Palm Sunday the East Hendred Churches will have a joint Procession (10am and on Good Friday there will be a joint Good Children's Workshop at Snells' Hall (10.30am) and Stations of the Cross (12 noon).

### SPIRITUAL ENRICHMENT LECTURE

The Centre for Applied Carmelite Spirituality invites you to the Lecture: "Empowered to Forgive: Bringing Healing to Relationships" by Fr Liam Finnerty, OCD. It will be on **March 7th** at the Carmelite Priory of St John of the Cross., Boars Hill, Oxford. OX1 5HB. For further information and booking, please contact 07849 96572, [whatson@oxcacs.org](mailto:whatson@oxcacs.org) or visit [www.oxcacs.org](http://www.oxcacs.org)

### PARISH COLLECTION

Last Sunday's collection was £957.44 of which 84.00% was Gift aided.

### FORTHCOMING SECOND COLLECTION

**22nd March:** Clergy Assistance Fund

**NEWSLETTER** | Please send all notices for next week's Newsletter to [hendred@portsmouthdiocese.org.uk](mailto:hendred@portsmouthdiocese.org.uk) by **Wednesday 10 am**. Please see noticeboard at St Mary's for changes of service times made since the Newsletter went to press.

Find us on  

## WE REMEMBER IN OUR PRAYERS

### BAPTISM AND WEDDING ANNIVERSARIES

Those whose anniversaries fall at this time.

### THE SICK AND THOSE IN NEED

*Sr Catherine, Mary Wallace, Brenda Paddon, Jadvyga Adasko, Angus Clark, Karen Greig, Kitty Teasdale, Mary Mc Nichol, Katherine Eyston, Andrew Gunn, Elizabeth Gunn.*

### THE FAITHFUL DEPARTED

Those who have died recently, especially: *Brian Mulford* and those with anniversaries at this time: *Fanny Shanks, Charles Eyston, Donato Giacomia, Arthur Robert Langley, Agnes Winifred Yardley, Mary Rush.*

**HOLY FATHER'S FEBRUARY PRAYER INTENTION** - We pray that the cries of our migrants brothers and sisters, victims of criminal trafficking, may be heard and considered.

### READERS AND USHERS NEEDED FOR THE 6PM MASS

The 6pm Mass is a popular addition to the services at St Mary's. It would though benefit from some volunteers for reading and ushering. It would be good for these duties to be taken on by those who are candidates for confirmation and their families. If you would be able to volunteer please contact Richard Stone at [richardandfiona@hotmail.com](mailto:richardandfiona@hotmail.com)

### PILGRIMAGES KNOCK SHRINE, IRELAND

Celebrating the feast of St. Patrick. **16th March 2020**. £599.00 per person sharing. Price includes flight, all transfers, 4 nights in Knock House Hotel with breakfast and dinner. Contact Patricia on 01268762278 or 07740175557, email [knockpilgrimages@gmail.com](mailto:knockpilgrimages@gmail.com). Knock Pilgrimages is a member of the Travel Trust Association and is fully protected by ATOL T7613.

**MEDJUGORJE IRISH CENTRE ✖ April—October 2020:** 7 Night Stay and Airport Shuttle service from Dubrovnik or Split for **€266** per person sharing. Call us for further info and book the dates that suit you. Tel 01 4434510 or email [reservations@medirishcentre.com](mailto:reservations@medirishcentre.com)

**LOURDES ✖** Portsmouth Diocesan Pilgrimage to Lourdes with Bishop Philip from **15 -19 July 2020**. Cost £695 per person sharing. Call Sue on 07780 221686 or email her at [lourdes@portsmouthdiocese.org.uk](mailto:lourdes@portsmouthdiocese.org.uk) Volunteer should also contact Sue, a Youth pilgrim is £545 pp and rooms are shared with three others.

**SOUTHERN ITALY & PADRE PIO ✖** Father Des Connolly, will be leading a pilgrimage to Southern Italy from **Sunday 16 - Friday 21 August 2020**. For more information please call Gill from Tangney Tours on 01732 886666.

### COFFEE AFTER MASS

Please join us for a cup of coffee at St Mary's Parish Rooms. There is coffee after Mass at St Patrick's on the first Sunday of the month.