

newsletter



11 and 12 March 2017

2nd Sunday of Lent – Year A



Catholic Parish of The Sacred Heart *Our Mission*

Through the power of the Holy Spirit we will be a parish renewed in our knowledge and understanding of the love of Jesus Christ, to enable each of us to fulfil our Christian mission



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The Distinguishing Marks of Lent – Fasting

Fasting is the most distinguishing practice of the season of Lent. On two days in Lent, Ash Wednesday and Good Friday, Catholics limit their eating to one full, meatless meal. On all the Fridays of Lent we abstain from meat.

Why do we fast? Our reasons find firm grounding in the Bible. When we fast, we follow holy example. Moses and Elijah fasted forty days before going into God's presence (Exodus 34:28, 1 Kings 19:8). They wanted to see God, and they considered fasting a basic prerequisite. We, too, wish to enter God's presence, so we fast.



Jesus fasted (Matthew 4:2). And since he needed no purification, he surely did this only to set an example for us. In fact, he assumed that all Christians would follow his example. 'When you fast,' he said, 'do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting' (Mt 6:16). Note that he did not say 'IF you fast' but 'when'.

And WHEN is now. In Lent, the Church extends the idea of fasting beyond the minimal skipping of meals, to a more far-reaching program of self-denial. Jesus said: 'If any man would come after me, let him deny himself ... daily' (Luke 9:23). So we give up something that we would ordinarily enjoy: sweets, alcohol, a favourite TV show, or the snooze alarm.

Fasting has its health benefits, but it's not the same as dieting. Fasting is something spiritual and far more positive. Fasting is a spiritual feast. It does for the soul what food does for the body. Fasting helps us to be detached from the things of this world. We fast, not because earthly things are evil, but precisely because they are good. They are God's gifts to us. But they are so good that we sometimes prefer the gifts to the giver. We practise self-indulgence rather than self-denial. We tend to eat and drink to the point where we forget God. Such indulgence is really a form of idolatry. It is what St Paul meant when he said, 'their god is the belly ... with minds set on earthly things' (Philippians 3:19).

Lent is a special season, but God wants these forty days to have a lasting effect on our lives.

Adapted from <http://www.catholiceducation.org>

CHURCHES TOGETHER IN AMPHILL AND FLITWICK (CTA&F)

As part of our Lenten programme each of the six churches that are part of CTA&F is organising a prayer spaces on six Saturdays in Lent based on themes from people Jesus encountered 'on the way' to the cross. Next Saturday **18 March** it will be at Ampthill Baptist from 10.00 am till midday. Below are the other churches, their dates and themes.



Date	Church	Theme
18 March	Ampthill Baptist	Ten lepers
25 March	Sts Peter and Paul's Flitwick	A blind man receive sight
1 April	Ampthill Methodist	Zacchaeus
2 April	St Andrew's Ampthill	Jerusalem: The entry and the crowds

You are welcome to attend all or some of these open churches.

We thank you for your weekly contribution to the parish. For 4 and 5 March the total was £521.00; this is £29.00 less than budgeted to meet the parish running costs. With thanks, Finance Committee.

A Latin Mass in the Traditional Rite will be celebrated at St Francis's Shefford on **Friday 17 March** at 7.30 pm

OUR LENTEN CONVERSATION 'OUR PARTICIPATION IN THE MASS' ABOUT SESSION 2 – GATHERING

Each week we are extending the Lenten conversation 'Our Participation in the Mass' to everyone in the parish through this short summary of the session. There are questions to ponder in the week ahead in order that everyone can grow in their appreciation of the jewel of the church – the Mass. Why not join us in person on Tuesday!

We gather in church for the Mass, coming from our own homes bringing together a whole host of life experience, in a variety of states of mind, body and soul. The aim of entering the large space of the church and the first few elements of the Mass are to bring us together as one body. The aim of the Introductory Rites is to establish communion among us all and prepare ourselves more fully to listen to the Word and to celebrate the Eucharist in a well-intentioned way.



The entrance hymn, the greeting, act of penance, the Lord have mercy, Gloria and opening prayer are all intended to open the celebration purposefully and to set the theme and scene for what is the unique event of this day. We are encouraged to open ourselves to everyone around us, as if this day is both the first time we meet and also the gathering of a family as if for a very special day or festival. By adopting this special feeling, we turn our hearts and minds towards being community and through our gestures and actions we are one body – moving and acting as one. The Church describes this state of unity as the place where everyone gathered can be fully, consciously and actively engaged in the liturgy. We can all be certain that as Jesus tells us 'when two or three come together in my name, there I am in your midst' (Matthew; 18:20).

Here are some questions to ponder this week...

- † *What does it mean to be a parish?*
- † *In what way are we a parish community?*
- † *In what ways do we express our unity in common prayer and actions?*
- † *What does it mean to be a people 'called together in Jesus Christ'?*

CAFOD LENT FAST DAY WAS FRIDAY 10 MARCH

The envelopes will be collected at Masses this weekend, 11 and 12 March.



STATIONS OF THE CROSS IN LENT

We are holding the Stations of the Cross during Lent this year. Each celebration will be led by a different parish group. The dates for the services are:

- † **Monday 13 March** at 2.00 pm led by the Sewing Group
- † **Monday 20 March** at 7.30 pm led Mothers' Prayers
- † **Thursday 30 March** at 7.30 pm led by Parish Pastoral Council

† **Monday 3 April** at 7.30 pm led by SVP
Please put these dates in your diaries and make the Stations part of your Lenten preparations.

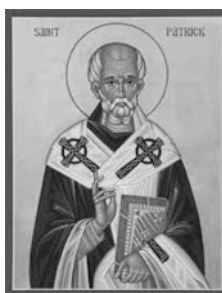
SVP Lenten Lunch

On Tuesday 14 March the SVP will again be serving a simple Lenten Lunch of soup and bread. The UN has just declared a famine in South Sudan where 100,000 people are facing starvation and 4.9 million people are in urgent need of food. Please come along between 12 noon and 1.30 pm to enjoy homemade soup and help the helpless. All donations will go to the SVP in Sudan and South Sudan where they are not only feeding the hungry but teaching and training the



Feast of St Patrick (385-461) – 17 March

He was born in Roman Britain around the end of the fourth century, and died in Ireland about the middle of the fifth century. As a missionary bishop, he endured many hardships and faced opposition even from his friends and fellow Christians. Nevertheless, he worked hard to conciliate, to evangelise, and to educate local chieftains and their families. He is remembered for his simplicity and pastoral care, for his humble trust in God, and for his fearless preaching of the gospel to the very people who had enslaved him in his



PLEASE NOTE! There is now a new stock of Mother's Day cards and Easter cards in the repository. There is also new first communion stock.



CHARISMATIC PRAYER GROUP

The next meeting is on **15 March** 7.30 pm till 9.30 pm. Contact Nicky Paterson on 01525 750 654.



The next meeting of the Sewing Group will be on **13 March** from **2.30 pm till 4.00 pm**. For information contact Clare Bevan 01525 403 589.



MOTHERS' PRAYERS

will meet on **20 March**. This meeting will be at the church for Stations of the Cross. Contact Sue Barley on 01525 634 186.



Tea and coffee will be available after 11.00 am Mass. All welcome



WHAT'S ON THIS WEEK IN OUR LENTEN PROGRAMME?

- **Monday 13 March** – Sewing Group to lead Stations of the Cross at 2.00 pm
- **Tuesday 14 March** – Soup for Sudan, 12 midday until 1.30 pm.
- **Tuesday 14 March** – Session 2 'Our Participation in the Mass' at 7.45 pm
- **Saturday 18 March** – Churches Together Prayer Space, at Amphill Baptist, 10.00 am till 12.00 noon

CIRCLE OF PRAYER FOR MARCH – CAFOD AND ITS WORK FOR JUSTICE

Fill the hearts of mankind with the fire of your love and with the desire to ensure justice for all. By sharing the good things you give us, may we secure equality for all our brothers and sisters throughout the world. May there be an end to division, strife and war. May there be a dawning of a truly human society built on love and peace.



INFORMATION

CONFESSION

Confession will be on Saturday evening at 5.30 pm and NEXT Wednesday at 7.00 pm.

PRAYER LINE

Please ring for intercessory prayer on 01525 634 186. We have some wonderful answers to prayers. Be assured of full confidentiality.

CARDS, GIFTS, etc.

Are available for sale in Sacred Heart church after Mass. All are priced. Please put money in the repository box at the back of the church.

SAFEGUARDING

For information contact Paula Bates on 07834 715 978 or safeguarding@sacredheartflitwick.co.uk

CHURCH NEWSLETTER ONLINE

at <http://www.sacredheartflitwick.co.uk>

IN HOSPITAL, SICK OR HOUSE-BOUND?

Please let us know of anyone who needs a visit or requires Holy Communion at home.

THE ST VINCENT DE PAUL GROUP meets every Monday at 7.30 pm. If you would like to join us or want more details or if you know of anyone who needs a visit, help with transport or any other need, contact John Flanagan on 01525 406 810.

LITTLE 'UNS

Meet every Friday 10.15 am to 11.45 am in term time, in the church hall. This is a group for babies and pre-schoolers. For further information please contact Deacon Philip on deaconphilip@sacredheartflitwick.co.uk.

MASS INTENTIONS

For Mass intentions contact Deacon Philip who will arrange for Canon Bennie or another local priest to say a Mass.

Mass Times at Sacred Heart

Saturday	11 March	6.00 pm	Doris Weighell, Recently Deceased, RIP
Sunday	12 March	11.00 am	John Doherty, Recently Deceased, RIP
Monday	13 March	9.30 am	Private Intentions
Tuesday	14 March		No Service
Wednesday	15 March	7.30 pm	Service of the Word and Communion
Thursday	16 March		No Service
Friday	17 March	9.30 am	Betty Mahony, Recently Deceased, RIP

Newsletter copy deadline – Tuesday midday. Newsletter contact: Suzanne Yates; 01525 840 661; suz_yates@btinternet.com

Readers, Eucharistic Ministers and Drivers for this week, 11 and 12 March		
Mass	6.00 pm	11.00 am
1 st Reading	Noreen Weighell	Pauline Chambers
2 nd Reading	Judith Latham	Ann Leatherland
Eucharistic Minister	Deacon Peter Hyde	Deacon Peter Hyde
Eucharistic Minister	Pat King	Catherine Davies
Driver		Kate Mansford
Readers, Eucharistic Ministers and Drivers for this week, 18 and 19 March		
Mass	6.00 pm	11.00 am
1 st Reading	Mary Brown	Una McAlinden
2 nd Reading	Siobhan Campbell	Mansford
Eucharistic Minister	Deacon Philip Pugh	Deacon Philip Pugh
Eucharistic Minister	John Flanagan	Anne Gadsden
Driver		William Doyle