

newsletter



11 February 2018

Sixth Sunday in Ordinary Time – Year B



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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Thank you for your weekly contribution to the parish. For 4 February the total was £422.07. With thanks, Finance Committee.

24 Hours for the Lord – 9 and 10 March

As part of our Lenten programme our parish is celebrating 24 Hours for the Lord.

It will begin on Friday 9 March at 11.00 am with Exposition. Fr. John will be available for the sacrament of

Reconciliation from 11.00 am till 12 midday on Friday.

Throughout the twenty-four hours there will be recitation of psalms on the hour, prayers of the Church and time to spend with the Lord in silent Adoration. The 24 hours of the Lord will close with prayers at 9.00 am on Saturday 10 March.

Please get involved by giving to an hour or more of your time to this celebration in the Year of Prayer and Vocation. A timetable for the twenty-four hours will be on display on the noticeboard in the coming weeks, please try to commit to a specific time when you can be in church.



Wednesday 14 February is Ash Wednesday and there will be Service of Ashes with Word and Communion at 9.30 am and Mass at 7.30 pm.

Readers, Eucharistic Ministers and Drivers for

Mass	This Sunday, 11 February	Next Sunday, 18 February
1 st Reading	Judith Latham	Fredrick Werrett
2 nd Reading	Pat Crowe	Una McAlinden
Eucharistic	Martin Stynes	Adrian Hamilton
Eucharistic	John Flanagan	Pat King
Driver	C.J.J. Gallagher	Louis Chadwick

Ash Wednesday – 14 February

Ash Wednesday is the first day of Lent, the season of preparation for the resurrection of Jesus Christ on Easter Sunday. It always falls 46 days before Easter and while it is not a holy day of obligation, all Catholics are encouraged to attend Mass to mark the beginning of Lent.

During Mass the ashes are distributed. Burning the blessed palms that were distributed the previous year on Palm Sunday makes the ashes. After the priest blesses and sprinkles the ashes with holy water, the faithful come forward to receive them. The priest or deacon dips his right thumb in the ashes and, making the Sign of the Cross on each person's forehead, says, 'Remember, man, that thou art dust, and to dust thou shalt return.'

The ashes that we receive are a reminder of our own sinfulness, and many Catholics leave them on their foreheads all day as a sign of humility.

The Church emphasises the penitential nature of Ash Wednesday by calling us to fast and abstain from meat. Catholics who are over the age of 18 and under the age of 60 are required to fast, which means that they can eat only one complete meal and two smaller ones during the day, with no food in between. Catholics who are over the age of 14 are required to refrain from eating any meat or any food made with meat on Ash Wednesday.

This fasting and abstinence is not simply a form of penance, however, it is a call for us to take stock of our spiritual lives. As Lent begins, we should set specific spiritual goals we would like to reach before Easter and decide how we will pursue them.

Adapted from <http://catholicism.about.com>



Mass Times at Sacred Heart

Sunday 11 February	9.00 am	Veronica Caperon, Recently Deceased,
Tuesday 13 February	9.30 am	Service of the Word and Communion
Wednesday 14 February	9.30 am	Service of Ashes with the Word and Communion
Wednesday 14 February	7.30 pm	Eileen Lightfoot, Recently Deceased Kathleen Tancred, Recently Deceased
Friday 16 February	10.00 am	Charlie and Elsie Barnett, Anniversary, RIP

CIRCLE OF PRAYER FOR FEBRUARY – CONSECRATED LIFE

Inspire all of your disciples to mutual love and giving, for vocations blossom in the good soil of faithful people. Instil those in religious life, parish ministries, and families with the confidence and grace to invite others to embrace the bold and noble path of a life consecrated to you. Bless young people with the gift of courage to respond to your call. Open their hearts to great ideals, to great things. *Pope Francis*

CHURCH CLEANING TEAM APPEAL

We are looking for volunteers to join the church cleaning rota. **SO FAR WE HAVE HAD NO RESPONSE AT ALL.**



The current team numbers have been depleted due to family commitments and ill health.

So that each team cleans the church once every ten weeks, we are looking for three new teams (teams generally work in pairs).

Please consider if you could offer your time. Speak to a friend/neighbour in church and volunteer together. The church can be cleaned on a weekday, in the evening or on Saturdays.

This is a vital but unseen role for our church. If you would like to discuss it further or put your name forward, please email Catherine Davies catherinedavies2010@icloud.com

All children who have received their first Reconciliation, the First Holy Communion sessions start on the 25 February. The first session will start after Mass with a brunch for children and their families. If your child did not do his/her reconciliation with us please email sacraments@sacredheartflitwick.co.uk



CHURCHES TOGETHER
IN AMPHILL AND
FLITWICK (CTA&F)

Prayer Spaces for Lent 2018

These are based on titles that Jesus gave himself as recorded in the Gospel of John – the 'I am' sayings
Below are the churches and their dates.

Date	Church	Theme
17 February	Amphill Methodist	'I am the resurrection and the life' John 11:25
24 February	Sts Peter and Paul's	'I am the bread of life' John 6:35
3 March	Flitwick Methodist	'I am the way the truth and the life' John 14:6
10 March	Sacred Heart	'I am the vine' John 15
17 March	Amphill Baptist	'I am the light of the world' John 8:12, 9:5
24 March	St Andrew's Amphill	'I am the good shepherd' John 10:11, 14

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

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

THEME FOR LENT

CONTEMPLATIVE OR CENTRING PRAYER

The Year of Prayer and Vocation calendar asks us to focus on the 'Consecrated Life' in February. Many orders of religious practise 'contemplative prayer' as part of their daily life, so we have taken as our Lenten theme their style of prayer. Often called Christian meditation or Centring Prayer this method of reflective prayer picks up the modern desire for mindfulness.



The method focuses on a universal spiritual wisdom, and a practice found at the core of all the great religious traditions, leading from the mind to the heart. It is a way of simplicity, silence and stillness. It can be practised by anyone, wherever you are on your life's journey.

In Christianity, this tradition of contemplation, the prayer of the heart became marginalised and often even viewed with suspicion. In recent times a major recovery of the contemplative dimension of prayer has been happening. Central is the rediscovery of how to pray in this way of meditation, in the Christian tradition.

Deacon Philip will lead the first four sessions from **20 February** starting at 7.30 pm. Each session will include a talk from the series created by Laurence Freeman, and an opportunity to take part in fifteen-minutes of contemplation.

The other sessions will be on 27 February and 6 and 13 March.

SOUP FOR SUDAN

Once again Lent is with us and on **Tuesday**



6 March (12 noon till 1.30 pm) the SVP invite you to a meal of soup and bread as we remember the suffering people of Sudan and South Sudan. They have endured war and famine for many years while the local SVP do their best to help in whatever ways they can. Both countries are desperately poor and the local SVP Conferences rely on outside support for their work. Come along for a simple meal as part of your Lenten preparation. There is no charge for the meal or for the fellowship – and ALL donations are sent to the SVP in Sudan.



CAFOD LENT FAST DAY FRIDAY 23 FEBRUARY

There will be an appeal on behalf of CAFOD at Mass next weekend. Collection envelopes and prayer cards will be distributed. The envelopes will be collected at Mass on 25 February.



Information

CONFESSION

Confession will be at 8.40 am on Sunday and at 9.45 am on Friday.

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

<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 10.30 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 at deaconphilip@sacredheartflitwick.co.uk

MASS INTENTIONS

For Mass intentions contact Suzanne Yates who will arrange for Fr. John or another local priest to say a Mass.

Tea and coffee will be available after Mass on Sunday. All welcome.



Mothers' Prayers will meet on Monday **12 February** at 7.30 pm at 80 George Street, Maulden. You are very welcome to join us to pray for your family intentions, in full confidentiality. Ring Sue Barley on 01525 634186. We meet fortnightly.



The sewing group will start again after Easter. For information contact Clare Bevan 01525 403 589.



CHARISMATIC PRAYER GROUP

This group will be meet on **14 February**. Please contact Nicky Paterson on 01525 750 654.

