



# Our Lady Help of Christians

## Sixth Sunday in Ordinary Time

14<sup>th</sup> February, 2021

Fr. Harry Curtis, Parish Priest

(Also serving Sacred Heart, Blackbird Leys)

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Sunday, 14 <sup>th</sup> February <b>Sixth Sunday in Ordinary Time</b> <i>Day for the Unemployed</i>	<b>Sat evening Vigil: 5.30 pm</b> <b>Sun morning: 11.00 am</b>	Mary Clarke Anthony Raj
Monday, 15 <sup>th</sup> February	No Mass Today	
Tuesday, 16 <sup>th</sup> February	<b>No Mass Today</b>	
Wednesday, 17 <sup>th</sup> February <b>Ash Wednesday</b> <b>THE SEASON OF LENT BEGINS</b>	9.15 am Mass <b>5.00 pm Reception of Sean Smith</b>	The People of the Parish
Thursday, 18 <sup>th</sup> February	<b>12.00 noon Requiem Mass</b>	Sean Smith
Friday, 19 <sup>th</sup> February	6.00 pm Exposition & Benediction 7.00 pm Mass 7.30 pm Stations of the Cross	Heather McCann
Saturday, 20 <sup>th</sup> February	<b>Sat evening Vigil: 5.30 pm</b>	Lusia Freitas
Sunday, 21 <sup>st</sup> February <b>First Sunday of Lent</b> <i>Day of Prayer for Candidates for the Sacraments</i>	<b>Sun morning: 11.00 am</b>	The People of the Parish
Sacrament of Reconciliation: Friday, 6.00-6.45 pm		

Welcome to Our Lady Help of Christians for Mass today.

If you wish to join us for Mass from your home, we are now live and can be viewed at

<https://www.mcnmedia.tv/camera/our-lady-help-of-christians>

The Sanctuary Candle is burning this week for a Special Intention.

Our Lady's Candle is burning this week for deceased members of the Quinn Family.

St. Joseph's Candle is burning this week for the sick and the dying.

### Prayer at the end of Mass:

Hail, holy Queen, Mother of mercy, hail, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus, O merciful, O loving, O sweet Virgin Mary! *Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen*

Here is a prayer, **an Act of Spiritual Communion**, which you can say as you watch a Livestream Mass:

*"My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You."*

Please pray for the repose of the souls of Canon Giles Goward, Fr. Pat Joyce, Bernadette Gavin, Mary Lillis, Sean Smith, Philomena Gardiner and all who have died recently, and for all those whose anniversaries occur at this time Mgr. Joseph Vincent Healy, Mgr. Canon Peter W. Lawler, Canon William Roughan, Frs. Daniel Daly, Joseph Hogan, Charles Joseph O'Reilly, William Conefrey, Joseph Denis McEvilly, Timothy Healy, Terence McDonnell, Francis Jordan, Alexander McGavin and Francis Coyle, and also Reece Knott, Margaret (Peggy) Stone, David Barnes and Paddy Griffin. Eternal rest grant unto them, O Lord. May they rest in peace.

The Requiem Mass for Sean Smith will be on Thursday at noon, and Bernadette Gavin and Mary Lillis will have a joint Requiem Mass here at Our Lady's on Tuesday, 23<sup>rd</sup> February, at 10.00 am. Because of the pandemic, only family members may attend, but the Masses will be livestreamed for all to take part.

**Please pray for those we know who are sick, especially John Flanagan.** If you or family members are ill and you would like to ask for prayers on this newsletter, let me know (in writing, please). Thank you.



### Lent Begins Ash Wednesday

**Ash Wednesday.** Lent starts this Wednesday! Mass at Our Lady's will be at 9.15 am. Ashes will be distributed as a mark of sorrow for our sins and a reminder of our mortality.

**It is a day of fasting and abstinence** when everyone over the age of 14 should abstain from meat and those between 18-60 should also fast, taking only one meal and two lighter snacks.

Weather permitting, I shall burn palms after Mass today to make the ashes. **I invite you to write down your Lenten resolution and add it to the palms.** That way, when you receive your ashes on Wednesday you will be "sealed" with your own intentions.

**Ideas for Lent 2021.** Because of the pandemic we are limited in what we can do together, but here are a few suggestions:

1. **Parish Penance Service.** On Friday, 12<sup>th</sup> March, at 6.00 pm, with Mass at 7.00 pm.
2. **"Walk With Me" Booklets.** These are now available in the porch, cost £1, or whatever you can afford. The Lent calendars are free. The daily reflections are rooted in the Gospel from the daily and Sunday liturgy to help us on a journey of prayer and contemplation. It is a tool for evangelization and a way to encourage us to reach out to those who no longer practise their faith.
3. **"My Day By Day".** These small booklets are available in the porch (£1). They contain the Mass readings for each day of Lent to Maundy Thursday.
4. **Morning Prayer.** You are welcome to join me for Office of Readings and Morning Prayer of the Church each morning (except Wednesdays and Thursdays) at 8.00 through the live streaming.
5. **Stations of the Cross** each Friday in Lent, after the evening Mass.
6. **Cycle of Prayer.** During Lent we are asked to pray for these intentions: Candidates for the Sacraments; Women; the Needy and Hungry of the World; Penitents and Wanderers.
7. **Lectio Divina** (see below).
8. For your Lenten commitment you could take part in **CAFOD's Walk for Water Appeal.** Ask your friends to sponsor you to walk 10,000 steps a day: 10,000 steps a day - done your way. Every day. For 40 days. Go the distance this Lent and help to end water poverty. It doesn't matter how you do it, just as long as you put your heart and soul into it. Sign up now, raise money and do something different to fight poverty. Go to <https://walk.cafod.org.uk/>

**An Idea for Lent.** Would you like to try "*Lectio Divina*" during Lent? It is a Latin phrase, meaning "divine reading", and it is a way of praying with the Bible. We shall have to do it by Zoom, and I honestly don't know if that will work, but it is worth trying. We shall read the following Sunday's Gospel together and pray about it. It will last about half an hour and anyone is welcome. If you would be interested in trying it as part of a group please let me know. It will start on Monday 22<sup>nd</sup> February, 7.00 – 7.30 pm.

**COVID-19.** For your protection and that of everyone else, when you come to church, please wear a face-covering, sanitise your hands on arrival and departure, check in for the track and trace, and keep your distance from others who are not in your "bubble. Thank you.

**Annual Guild of St Stephen Mass.** Altar servers across the Archdiocese are invited to join the live streaming of the Guild of St Stephen Mass at St Chad's Cathedral at 10am on Saturday, 6<sup>th</sup> March. As part of the celebration servers (young and old, whether at home or in church, vested or not) are encouraged to send a picture of themselves holding their Guild Medal to [office@vocations.org.uk](mailto:office@vocations.org.uk) so the Vocations team can create a montage poster in lieu of the annual photo at Mass. **Please save the date and get involved!**

**Finance Committee.** There will be a Zoom meeting of the Parish Finance Committee at 8.00 pm this Thursday, 18<sup>th</sup> February.

**Echoes of God: Journeying with the word of God.** The next chapter in our 7-week course on the Bible, written by David McLoughlin is available. to take away, or go to <https://www.godwhospeaks.uk/the-god-who-speaks/focus/sunday-of-the-word-of-god/echoes-of-god-journeying-with-the-word-of-god/>

**Tailpiece:** A pious man who had reached the age of 105 suddenly stopped going to church. Alarmed by the old fellow's absence the parish priest went to see him. To his surprise he found him in excellent health, so he asked, "How come after all these years we don't see you at Mass anymore?" The old man looked furtive. "I'll tell you, Father," he whispered. "When I got to be 90 I expected God to take me any day. But then I got to be 95, then 100, then 105. So I figured that God is very busy and must have forgotten about me... and I don't want to remind Him."

**May God bless you throughout the Season of Lent.  
May He support you  
and all those who are dear to you  
Fr. Harry**