



Our Lady Help of Christians

First Sunday of Lent

21st February, 2021

Fr. Harry Curtis, Parish Priest

(Also serving Sacred Heart, Blackbird Leys)

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Sunday, 21 st February First Sunday of Lent <i>Day of Prayer for Candidates for the Sacraments</i>	Sat evening Vigil: 5.30 pm Sun morning: 11.00 am	Lusia Freitas <i>The People of the Parish</i>
Monday, 22 nd February <i>Feast of the Chair of St. Peter, Apostle</i>	No Mass Today	
Tuesday, 23 rd February <i>Optional Commemoration of St. Polycarp, Martyr</i>	10.00 am Requiem Mass	Bernadette Gavin and Mary Lillis
Wednesday, 24 th February	No Mass Today	
Thursday, 25 th February	No Mass Today	
Friday, 26 th February CAFOD Lent Fast Day	6.00 pm Exposition & Benediction 7.00 pm Mass 7.30 pm Stations of the Cross	The Salesian Sisters
Saturday, 27 th February	Sat evening Vigil: 5.30 pm	The People of the Parish
Sunday, 28 th February Second Sunday of Lent <i>Day of Prayer for Candidates for the Sacraments</i>	Sun morning: 11.00 am	George Rhodes (Anniversary)
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 Clare & Robert Curtis (Wedding Anniversary).

Our Lady's Candle is burning this week for a Special Intention.

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

St. Don Bosco's Candle is burning this week for the Sisters at Elmthorpe Convent.

A Liturgical Note: During Lent we do not say the Gloria during Mass on Sundays, nor the joyful word "A*****A!" There are no flowers decorating the altar or the lectern, and the statues in the church will be veiled from the 5th Sunday of Lent (Passion Sunday) until Holy Saturday. We shall save it all up and let rip with sound, light and colour at the Easter Vigil when we celebrate the Resurrection.

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."

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Please pray for the repose of the souls of **Bernadette Gavin, Mary Lillis, Sean Smith, Philomena Gardiner, Bridget Willoughby** and for the souls of all who have died recently, and for all those whose anniversaries occur at this time: Bishop Joseph Francis Cleary, Canon Sean McTernan, Frs. Sean Farrell, James Wharton, Michael McCabe, Martin Meagher, John Collins, James Cooney, Vincent Kennedy, George Brewster and George Henry Tarrant, and also Jack McGrath, John Joseph Quigley, Francesca Iwanczak, Eddie Kelly, Joseph Roddy and George Simpson. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace.

Bernadette Gavin and Mary Lillis will have a joint Requiem Mass here at Our Lady's this Tuesday, at 10.00 am. Because of the pandemic, only family members may attend, but the Masses will be livestreamed for all to take part. Bridget Willoughby's funeral will be here on Monday, 22nd March, at 10.00 am

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.

To help people like Abdella
Text LENT to 70460
to donate £10 to CAFOD's Lent Appeal
Or visit cafod.org.uk/give



CAFOD Catholic Agency for Overseas Development

CAFOD Lent Fast Day, this Friday, 26th February.

Can you make a special effort to help others who are in need? CAFOD are asking us to give something to help vulnerable communities

around the world

with water and to provide other vital support. Donate online at cafod.org.uk/lent or by using a CAFOD envelope. You can also give via text. Text LENT to 70460 to donate £10. (*Texts cost £10 plus one standard rate message you'll be opting in to hear more about CAFOD's work and fundraising via telephone and SMS. If you'd like to give £10 but do not wish to receive marketing communications, text LENTNOINFO to 70460. For more info, please see CAFOD's Privacy Policy: cafod.org.uk/Legal-information/Privacy-notice*)

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. 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/>

Parish Penance Service. On Friday, 12th March, at 6.00 pm, with Mass at 7.00 pm.

"Walk With Me" Booklets. These are 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.

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.

Stations of the Cross each Friday in Lent, after the evening Mass.

Lectio Divina. Would you like to try "*Lectio Divina*" by Zoom during Lent? It is a Latin phrase, meaning "divine reading", and it is a way of praying with the Bible. 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 please let me know and make sure that I have your email address. It will start this Monday evening, 7.00–7.30 pm.

COVID-19. 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".

Induction. According to Canon Law, a Parish Priest should be "inducted" into his new parish. Normally it would be a chance for a celebration in church, followed by a party. Unfortunately, we can't do that at present, but there will be a service of Induction at 6.00 pm on Friday, 19th March – the Feast of St. Joseph – when the Dean, Canon Mervyn Tower, with "introduce" me to the parish. I hope that many of you will be able to attend.

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, 6th 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 so the Vocations team can create a montage poster in lieu of the annual photo at Mass. **Please save the date and get involved!**

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: Sometimes you overhear snippets of other people's conversation and you don't know whether to laugh or cry. For example, a woman was overheard in one of the City stores saying: "You know the day I mean, dear. The one after Christmas Eve."

May God bless you and those you love throughout the Season of Lent.

Fr. Harry