St Mary of the Annunciation Catholic Church FIRST SUNDAY OF LENT NEWSLETTER



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Conquering our temptations

The Church and the saints teach us **temptations to sin** come from three sources: **the world, the flesh and the devil**. In today's Gospel, we hear St Matthew's account of Our Lord being tempted by the devil in the wilderness (Matt 4:1-11). But Our Lord, being God, could only be tempted **externally**, meaning only by the world and the devil, not the flesh. They could tempt Him from the outside, but could never affect His mind and His will. But Our Lord allowed Himself to be tempted in order to show us how we should act in times of temptation. The most important thing is always to try and resist the first impulse of sin when it rears its ugly head. The **enemy is more easily conquered if you immediately refuse him entry into your mind.**

However, when we've spent years trying to fight our sinful inclinations through prayer and strong resolutions, it can be most discouraging when we repeatedly fall into these sins over and over again, and it might make us think that temptations are impossible to conquer. It can even make people think they are not destined for Heaven, which is a serious error. These are the tactics the devil uses to resign us to sinning and to despair. Such thoughts are totally wrong. **It is absolutely certain that God wishes everyone to be saved** (1 Tim 2:4). This is why He became man in the Person of JESUS Christ and poured out His Precious Blood for us on the Cross. Having gone through this out of love for us, how could He ever deny us the graces necessary for salvation?

So never be discouraged. **Repeated falls do not mean God has abandoned us**. If we do everything we can to be faithful, He will not deny us the help we need. If you fall, humbly ask His forgiveness because He understands our weaknesses. Our Lord also said we must forgive others not seven times, but seventy times seven (Matt 18:22), meaning always. If God expects this of us, He will surely always be merciful when we sincerely repent of our sins.

So why does God allow us to fall time and time again? We can never know His mind exactly, but it could be for a number of reasons. Perhaps we don't put up a strong enough fight, or maybe we don't

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St David

Please pray for those who are sick

for those who have recently died

Sr Mary Assunta Peter Wyss *May they rest in peace*

and for those whose anniversaries occur at this time

Michael Warltire Jan Wisniewski Margaret Jackson Vivienne Ashleigh Eddie Weightman Antonietta Sacchetta Anna Corbinzolu Gary Clarke Lillian Sweeney Ingeborg Cox Cliff Brookes

PLEASE NOTE

Due to government regulations regarding personal data (UK-GDPR), we are not able to publish name details of Mass intentions for the living in this online version of the newsletter.

MASS INTENTIONS AT ST MARY'S

Sat 25th	Vigil Mass
6.00pm	Greg Baker (RIP)
Sun 26th	First Sunday of Lent
9.00am	In Thanksgiving to the Sacred Heart
11.15am	Domenico Romano (RIP)
4.00pm	Italian Mass
Mon 27th	Lenten Feria
9.15am	Intention for the living
Tues 28th	Lenten Feria
9.15 <i>am</i>	For the Parish
Weds 1st	St David, Patron of Wales (Feast)
6.00-6.25pm	Parish Rosary
6.30pm	Pope Benedict XVI (RIP) NO PUBLIC MASS
Thurs 2nd	Lenten Feria
9.15am	Margaret Barson (RIP)
Fri 3rd	Lenten Feria (First Friday)
6.00-6.25pm	Confessions
6.30pm	For our Deceased Relatives and Friends
7.10pm	Stations of the Cross
Sat 4th	Lenten Feria (Five First Saturdays Devotion)
10.00 <i>am</i>	Intention for the living PUBLIC MASS
10.30am	Private prayer with Exposition of the Blessed Sacrament
-12.30pm	with Confessions 10.30-11.30am & Benediction 12.20pm
6.00pm	Vigil Mass: For the Parish
Sun 5th	Second Sunday of Lent
9.00am	Deceased of the Monaghan & Kenyon Families
11.15am	Cliff Brookes (RIP, Anniversary)
2.30pm	Baptism
4.00pm	Italian Mass

This week at St Mary's

Mon 27thFirst Confession Class - 4.15pm in the HallTues 28thBible Study - 7.00pm in the LibraryPlease note there is no Latin Mass on Wednesday 1st March.

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pray for the grace and avoid the near occasions of sin, allowing ourselves instead to be in dangerous situations. Or maybe we are proud and He wants to teach us humility and that we must rely on Him for everything. On the other hand, St Philip Neri (1515-95) said, "Do not grieve over the temptations you suffer. When the Lord intends to bestow a particular virtue on us, He often permits us first to be tempted by the opposite vice. Therefore look upon every temptation as an invitation to grow in a particular virtue and a promise by God that you will be successful, if only you stand fast."

So this Lent, let us renew our resolutions. We mustn't lose confidence in God. If we persevere in our struggles against sin and back them up by constant prayer, He will deliver us at precisely the time He knows is best.

Fr Paul Gillham, IC

Musicians' Training Day at St Mary's: Saturday 11th March, 10am-5pm: A day of talks, seminars and practical workshops for all parish musicians (either active or wanting to start/improve). Followed by Mass and concert with the cathedral choir at the 11.15am Mass on Sunday 12th March. To sign up contact cathedralmusic@dioceseofnottingham.uk.

The Knights of St Columba are holding their next quiz in Sacred Heart Parish Hall at 7.30pm on Saturday 11th March 2023, with all profits from the evening going to a fund to for Angel Lynn, the 19 year old daughter of one of Sacred Heart's parishioners, who was left with severe injuries on the A6 in 2020. The cost remains at \pounds 7 a head, \pounds 3 for children and students, to include a cheese supper, wine and soft drinks. If you would like to come please call Will Holland on 07811 353 248. This helps with the catering.

Grub Club: During the school half term Grub Club opened on Tuesday and Thursday. We served over 125 hot meals to 31 families which equals 85 children and 38 adults plus around 20 volunteers. There was also a wide range of activities on offer for the children. The children came from 8 schools and 2 nurseries in Loughborough. Can I say a huge "thank you" to those volunteers from St Mary's who helped with the activities or in the kitchen. Grub Club will be open again at Easter, Spring half-term and during the summer holidays. If you would like to become a volunteer please email Frank at frankfay1@hotmail.com. No experience necessary, just a willingness to help others. Frank Fay

Can you help the Parish?

As you will appreciate, any parish needs a number of volunteers to help undertake the many liturgical functions and to carry out other responsibilities which are required by the Diocese and are often made necessary by the laws and administrative regulations. Without a significant number of volunteers to help carry out these voluntary tasks, no parish could function.

We have been most fortunate over many years to have had a significant number of parishioners willing and able to carry out these tasks, but since the Covid-19 pandemic, some have had to stand down and have not yet been replaced. Moreover, changing requirements have made it necessary to seek volunteers to carry out new tasks.

We very much need volunteers with experience in the following areas: health and safety, book keeping, cash handling, cleaning services, premises management, fundraising.

If you are able to help in any way, please let me know. Thank you. *Fr Paul*

Prayer for vocations to the priesthood and religious life

Leader:	Please kneel for our prayer for vocations. Let us ask
	God to give worthy Priests to His Holy Church and
	Brothers and Sisters to Religious Orders.
All:	O God, we earnestly beseech You to bless this
	diocese with many priests, brothers and sisters, who
	will gladly spend their entire lives serving Your Church
	and making You known and loved.
Leader:	Bless our families. Bless our children.
All:	Choose from our homes those who are needed for
	Your work.
Leader:	Mary, Queen of the Clergy!
All:	Pray for us. Pray for our priests and religious. Obtain
	for us many more. Amen.

Prayer to Saint Michael

Holy Michael, the Archangel, defend us in the day of battle. Be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God thrust down to hell Satan and all the wicked spirits who wander through the world for the ruin of souls. Amen.

Everyday Miracles of Lourdes in Conversation with Marlene Watkins. When you feeling like you're drowning in the day to day life, overwhelmed by memories and hurt, miracles are happening, and can happen to you. Come and hear Marlene Watkins speak about her new book 'Everyday Miracles of Lourdes' and learn how God still heals his people today through the intercession of the Lady in the Grotto. Nottingham Cathedral Hall's Ellis Room (NG1 5AW) on **Thursday 2nd March, 7.30pm – 9.00pm**. More details can be found at: https://www.youtube.com/watch?v=-dTMdioFC7I

Family Fast Day: Your donations to CAFOD's Family Fast Day Appeal next Friday 3rd March will help families fighting the climate crisis and ensure that our Church network can quickly respond to emergencies, like the recent earthquake in Syria and Turkey. Give today using the envelope available at the back of the church or at cafod.org.uk/give and please join us in praying for CAFOD's development and emergency response work all over the world.

From the Saints

"Virtue is nothing without the trial of temptation, for there is no conflict without an enemy, no victory without strife." (Pope St Leo the Great, died 461)



Keeping Lent with

Matthew: Exploring this year's Gospel with Fr David. Tuesdays at 7pm through Lent. Bring your Bible and come and join in.

Lent 'Walk with Me' booklets: These popular booklets with daily meditations are available for you to take from the back of the church. There is a suggested donation of £1.

Stations of the Cross:

Every Friday during Lent, there will be Stations of the Cross after the 6.30pm Mass, with the exception of **Friday 17th March**. Mass that day will be at 6.00pm followed by a Deanery Exposition of the Blessed Sacrament and Confessions (five priests will be available) concluding with Benediction at 8.00pm.

Last Week's Finance 1st Collection: £905 of which £195 was gift-aided

Aid to the Church in Need (Syrian Earthquake disaster): $\pounds 629$ (Total raised: $\pounds 1312$)

Standing orders: £793 @ 31/01, of which £648 was gift-aided

Attendance: 469 (Ash Wednesday: 465) *Thank you*

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