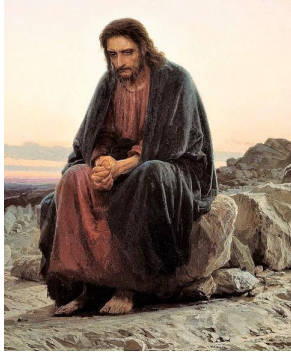


St Mary of the Annunciation Catholic Church

SECOND SUNDAY
OF LENT

NEWSLETTER

Fasting and Reparation



St Mary of the Annunciation Catholic Church

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Loughborough LE11 3AB
01509 262123
office@

stmarysloughborough.org.uk

Served by the Rosminians

Parish Priest

Fr Paul Gillham, IC

On attachment

Fr David Jones, OLW

Safeguarding Rep

Jane Monaghan

01509 262123

Parish Catholic Schools

St Mary's Primary

Hastings Street

Loughborough LE11 5AX

01509 212621

office@stmarys-rc.leics.sch.uk

Headteacher: Miss P Jordan

De Lisle College

Thorpe Hill

Loughborough LE11 4SQ

01509 268739

enquiries@delisle.leics.sch.uk

Headteacher: Mr C Maher

Lent is a time when we focus especially on **prayer, fasting and Almsgiving**. In times past, Lenten penances were much more rigorous. Today, there are only two fasting days left on the calendar. They are **Ash Wednesday** and **Good Friday** if you're between 18 and 59 years old. If you're sick or pregnant, there is no requirement to fast. However, if we are wise we will do more than the bare minimum.

In the Old Testament, the **prophet Jonah** preached to the Ninevites (Jonah 3), who fasted from all food and drink, and put on sackcloth and ashes to make reparation for their offences against God. As a result they were spared God's punishment. Due to our sins, God has every right to destroy us, and so we need to make reparation for them. Who knows what catastrophes we may be able to avert in our world by fasting and making reparation? This was the message of **Our Lady of Fatima**. The sins against the unborn alone, who are the most vulnerable in society, demands we do penance and make reparation.

We ought to be aware that the Church teaches that even after our sins have been forgiven in the **Sacrament of Confession**, God's justice demands we do penance to make reparation for them. **When mortal sins are absolved by the priest, although the eternal punishment of Hell is removed, we still have to make satisfaction for those sins.** Sin has a price and so penance must be done. Satisfaction or reparation can be done either in this life or in the world to come, hence **Purgatory**.

Fasting is not that difficult. If it is difficult it's because we don't practice it enough. It means one full meal in the day with two small snacks if needed, and no eating in between. **Abstinence** is to abstain from meat. All Fridays throughout the year are days of abstinence for those aged 14 and above, unless it happens to be a Solemnity, such as Christmas Day. We can also fast from things like TV, social media or the internet.

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St David

Please pray for those
who are sick

for those who have
recently died

Sr Anna Patricia
Elena Sepede

Czeslaw Zurawski
Czeslaw Szychowski
Kathleen Pagett
May they rest in peace

and for those whose
anniversaries occur at
this time

Linus Linkevicius
Zbigniew Czybai
Michael Warltire
Jan Wisniewski
Eva & Sophia Clery-Rigard
Margaret Jackson
Vivienne Ashleigh
Eddie Weightman
Antonietta Sacchetta
Anna Corbinzolu
Gary Clarke

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 24th Vigil Mass
6.00pm Greg Baker (RIP, Anniversary)

Sun 25th Second Sunday of Lent
9.00am For the Parish
11.15am Intention for the living
4.00pm **No Italian Mass**

Mon 26th Lenten Feria
9.15am Gerry O'Donoghue (RIP)

Tues 27th Lenten Feria
9.15am Vittorio Giorgio (RIP)

Weds 28th Lenten Feria
6.30pm Intention for the living (Ordinariate rite Mass)

Thurs 29th Lenten Feria
9.15am Intention for the living
12.15pm *Requiem Mass: Kathleen Pagett RIP*

Fri 1st St David, Patron of Wales (Feast) (First Friday)
6.00-6.25pm *Confessions*
6.30pm For our Deceased Relatives & Friends
7.10pm *Stations of the Cross*

Sat 2nd Lenten Feria (Five First Saturdays Devotion)
10.00am Constance Mavis Stanford (RIP) **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 3rd Third Sunday of Lent
9.00am Barbara Morrison (RIP)
11.15am Intention for the living
4.00pm Italian Mass

Rosary: Mon, Tues, Thurs after 9.15am Mass; Wed, Fri at 6.00pm; First Saturday of each month after 10.00am Mass

This week at St Mary's

Mon 26th First Confession Class - 4.15pm in the hall
Weds 28th UCM - 2.00pm in the hall

Continued from front page

Why must we fast? Our Lord speaks about fasting in the Gospels and He Himself fasted for **forty days and forty nights** in the desert (Matthew 4:2). It helps us to **order our lower passions**. If you can deny yourself something lawful, you will be in a much stronger position to deny yourself something unlawful. It also helps us to **atone for our sins**. Since sin is an over indulgence, we can begin to repair the damage by under indulging and denying ourselves. Fasting helps us to **pray better** and to be awake against the snares of the devil. It is interesting that Adam lost his battle with Satan by eating something which God had forbidden. He didn't fast from the fruit of the tree.

Satan also tried to tempt Our Lord with food by telling Him to turn stones into bread. And He replied, *"Man shall not live by bread alone, but by every word that proceeds from the mouth of God"* (Matthew 4:4). Be quite sure that during Lent Satan will try and tempt you to give up your fasting and self denial. But let's call on Heaven to help us remain strong in our resolutions, thereby making reparation for our sins and those of the world.

Fr Paul Gillham, IC

Lenten Chamber Concert, Friday 15th March, Nottingham

Cathedral: An evening of Lenten chamber music with the Cathedral Choir, the boys's and girls' choirs accompanied by the youngest professional Viol Consort in the UK. Tickets available online via the QR code which you can scan from the poster on the noticeboard, or from the Cathedral website: <https://www.stbarnabascathedral.org.uk/what-s-on/upcoming-events/>

Join the Diocesan Choir for the Chrism Mass (Wednesday 27th March), with a rehearsal on **Saturday 9th March**, 10.30am-1.00pm, in Saint Barnabas Cathedral, NG1 5AE. The Diocesan Choir is a friendly and supportive bunch of musicians and singers from across the diocese that gather to sing for special diocesan occasions and liturgies. All are welcome and no prior musical training is required. To sign up, please email cathedral@dioceseofnottingham.uk

The latest edition of the Diocesan E-Magazine was published on Ash Wednesday, featuring reflections, articles, and news from across the diocese, including NDCYS, CAFOD and Caritas. Read and subscribe to receive it directly via email at: www.dioceseofnottingham.uk/news

Stations of the Cross

There will be Stations of the Cross every Friday during Lent after the 6.30pm Mass, for which one may gain a Plenary Indulgence under the usual conditions: Confession, Holy Communion and Prayers for the Pope's intention.

Calling Catholic

Teachers: If you are a Catholic teacher working outside of Catholic education and would like to find out more about working in a Catholic school within the Diocese of Nottingham, a virtual information session will take place on **Monday 4th March from 7.00pm – 8.00pm**. More information can be found on the poster at the back of church, or contact Julie Sweeney at the Diocesan education Service: julie.sweeney@nottingham-des.org.uk

Last Rites does not mean

Last Minute! As soon as a person begins to be in danger of death because of illness, injury or old age, the time for anointing has surely already come. *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.

Lenten retreats: See the noticeboard at the back of church for details of two retreats taking place in the diocese during Lent. The first (for women) is on **Saturday 9th March** at Holy Trinity Parish in Newark, and the second (for men) is on **Saturday 23rd March** at Mount St Bernard Abbey. Webpage: dioceseofnottingham.uk/events.

LACY Walk for CAFOD - Sharing in the 'Big Lent Walk',

Sunday 17th March: All welcome to join a short walk starting from St Mary's, Countesthorpe Road, South Wigston, LE18 4PG at 2.00pm. For details email paulinepayne@hotmail.com.

The CAFOD envelopes will be collected this weekend.

From the Saints

"Properly speaking fasting consists in abstaining from food, but speaking metaphorically it denotes abstinence from anything harmful, and such especially is sin."

St Thomas Aquinas, 1227-1274



Grub Club: Regular and new families came together at Grub Club on Tuesday and Thursday last week.

As usual, great fun was had with the activities, and all sat down together to eat. 114 meals were served to 20 families.

Eileen Smith

Year of Prayer Podcast:

the latest episode of the Diocese of Nottingham's Podcast Encounter Prayer is now live. Sister Susan Richert, a Presentation Sister working in our diocese, leads us in meditative prayer. You can download or stream it from Apple Podcasts, Spotify, Google Podcasts and more or by visiting dioceseofnottingham.uk/yearofprayer



Scan to visit the parish website

Last Week's Finance

Collection: £798 of which £100 was gift-aided

Standing orders: £736 @ 31/01, of which £631 was gift-aided

Attendance: 545

Thank you
