

St Mary of the Annunciation Catholic Church

St Hugh
of Lincoln

NEWSLETTER

Forgiveness isn't easy

Do you find forgiving others difficult? Yet Jesus encourages us to forgive as He forgives. **So how?** Forgiving someone is not necessarily a **one-and-done deal**, nor is it easy work. **That's our first lesson.** Forgiving takes **time and effort**. But are there practical steps we can all take? Here are three that I find work.

Praying this set of **forgiveness prayers DAILY** opened my eyes to people and situations that had hurt me throughout my life. Once I was aware of that pain, I was able to work towards forgiving those people. Although I wasn't expecting to feel different, once I started this work, I felt a new lightness and freedom that I wasn't even aware I was missing. It was life changing, it can be for you too. Forgiveness isn't usually a **one-and-done deal**, however. It takes **daily work**, and **continual perseverance**. Due to our hardened hearts, we often have to forgive others for past hurts more than once. Also, as life continues, some people let us down or actively hurt us **again and again. Don't give up on them! God doesn't!**

For this and other reasons, I've noticed that my **"unforgiveness behaviours"**, for lack of a better term, can creep back into my life. So, I currently and regularly need to recommit to the work of forgiveness. Forgiving people and the work of forgiveness take work. Here's what I found has helped. **May it help you too.**

1st: SAY THE WORDS

The most **simple** and **concrete** step to take in forgiving someone is to say **out loud, "I forgive (this person)"**. It is straightforward, but not always easy. **Repeat this daily.** Find a time to make forgiveness part of your day. If you already have a daily time of prayer, slip it in there. If not, find a regular activity and time (brushing your teeth, a commute, walking the dog) to start including it. *Light a candle to Mary, she will help you.*

2nd: RECALL THE PAST

There may be hurt in your life that you have chosen **not** to think about and have actively pushed away somewhere back in the depths of your heart. **This is normal.** But you will need to do some **mental**



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Served by the Rosminians

Parish Priest

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On attachment

Fr David Jones, OLW

Safeguarding Rep

Jane Monaghan

01509 262123

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office@stmarys-rc.leics.sch.uk

Headteacher: Miss P Jordan

De Lisle College

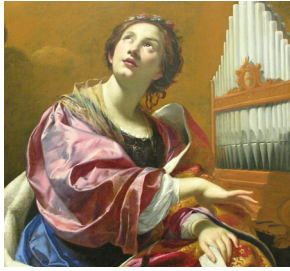
Thorpe Hill

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01509 268739

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Headteacher: Mr C Maher



St Cecilia

Please pray for those who are sick

for those who have recently died

May they rest in peace

and for those whose anniversaries occur at this time

Philip Bowler

Roger Galvin

Everard Hurt

Jean Woodcock

Tina Cassella

Carmela Giancola

Norah McKeown

Pat McLoughlin

Vincenzo Caruso

Lidia Buttarazzi

Michele Caggiano

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 16th Vigil Mass
6.00pm Gino Romano (RIP)

Sun 17th St Hugh of Lincoln (Feast)
9.00am Domenico & Teresa Petti (RIP)
11.15am Intention for the living
4.00pm Italian Mass

Mon 18th Dedication of the Basilicas of Ss Peter & Paul (Mem)
9.15am Roger Galvin (RIP, Anniversary)
6.30pm *Holy Hour for the defeat of the Assisted Suicide Bill*

Tues 19th Feria
9.15am Emily Houston (RIP)

Weds 20th Feria
6.30pm Holy Souls (Latin - Sung Requiem)

Thurs 21st The Presentation of the BVM (Memoria)
9.15am Vincenzo Caruso (RIP)

Fri 22nd St Cecilia (Memoria)
6.00-6.25pm *Confessions*
6.30pm Natalie Gillham (RIP)

Sat 23rd St Clement I (Memoria)
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:** Giuseppina Giorgio (RIP)

Sun 24th Christ the King (Solemnity)
9.00am Antonio & Giulia Palmieri (RIP)
11.15am Aislabie Harrison (RIP, Anniversary)
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

Tues 19th Bible Study - 7.00pm in the library

Thurs 21st RCIA - 7.00pm in the library

The annual Mass for the Bereaved will be on Tuesday 26th November at 6.30pm.

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work to let those painful experiences come to light. If you don't acknowledge hidden pain, you won't know what and who you need to forgive. First remember the hurt, acknowledge its presence and pain in your life, and then be able to say, **“So and so hurt me, but I forgive that person”**. *Say a Sorrowful Rosary for them and yourself.*

3rd: PREPARE YOURSELF DAILY

In the morning, think about your day and predict what moments will **frustrate** you and **disturb** your peace. For example, on a Wednesday, you might already know that your morning interactions with your coworker Natalie will tick you off, or that your afternoon time with your kids will make you impatient and want to snap at them, or that your husband will leave for his **boys' night**, leaving most responsibilities to you and causing some angst. *Ask Jesus to help and guide you. Say the Jesus prayer.*

You can then take a minute and prepare for those situations, practicing forgiveness **in advance** by imagining the encounter so you can think about how you could react better, and with more intentionality. This little preparatory examination of conscience may seem daunting, but it should only take a few minutes.

Then together let's keep practicing and don't forget, we need to ask Jesus to help us! And He will.

Fr David Jones OLV

Feast of St Hugh of Lincoln: The Bishop has decided that this Sunday, being the Feast of St Hugh of Lincoln, patron of our Diocese of Nottingham, the Masses celebrated in the Diocese this weekend will be that of the Feast of St Hugh of Lincoln, in place of the Thirty-third Sunday of the Year. This will affect the readings and prayers used at these Masses.

Fr Paul

Bishop Patrick is inviting all young adults across the diocese to 6.00pm Mass at Saint Barnabas Cathedral on Sunday 24th November. He will then join us for some social time afterwards. If you would like to support the Mass in some way – Altar Serving, Music, Welcome, etc – please contact charles.archer@dioceseofnottingham.uk

Young adults are invited to Sacred Heart Church, Leicester, on Thursday 28th November, starting from 6.00pm with a holy hour, followed by a talk at 7.00pm from Father Dave Cain, finishing with social time and compline.

Parish Christmas Fayre Saturday 23rd November

We need help with:

New/unwanted gifts for the raffle and tombola
Bottles for the bottle stall
Teddy bears and books in good condition

Jewellery

Bags of sweets

Items can be placed in the box by the Repository after each weekend Mass.

Thank you

Raffle tickets will be on sale after all weekend Masses from this weekend until the end of the Fayre.

Holy Hour, Monday 18th November, 6.30pm.

We will have a Holy Hour to pray that the Assisted Suicide Bill will be defeated in Parliament. I hope many of you will be able to attend. The Bill has its second reading in the House of Commons on **29th November.** *Fr Paul*

The Bishop's of England, Wales and Scotland have issued a statement in respect of the Assisted Suicide Bill currently before Parliament. Copies are available for you to take, and parishioners are once again urged to write to our local MP, Dr Jeevun Sandher, asking him to vote against this Bill.

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.

Book of Remembrance: The First Friday Mass is always celebrated for our deceased relatives and friends whose names are enrolled in our Book of Remembrance. If you wish to add any names, please fill in the sheet at the back of the church. If you have already added a name you don't need to do so again.

New Sunday Missals: Pre-ordered copies of the CTS Sunday Missal, with the new translation of the readings, will arrive by Advent; we will let you know as soon as they are here. Limited copies of the Hodder Sunday Missal will be available soon, at a discounted price of £13.00 (RRP £18.99). You can reserve your copy at the Repository.

From the Saints

"You only live once but if you do it right, once is enough."

St Francis Xavier (1506-1552)



The 'Walk with me' booklets with daily meditations for Advent are available. There is a suggested donation of £1.

Prayers for the Holy Souls, which you are invited to pray particularly during this month of November, are available at the back of the church for you to take.

A reminder that the new Lectionary, with the new translation of the Mass readings, comes into effect on the weekend of **Sunday 1st December**, the First Sunday of Advent.

Last Week's Finance

Collection: £738 (£155 gift-aided)

Standing orders: £829 @ 31/10 (£688 gift-aided)

Attendance: 616

Thank you

St Mary's bank account details for online donations

Bank: Lloyds

A/c name: St Mary of Annun Lough RCP

Sort code: 30-95-21

A/c no: 00481028

Alternatively, scan this QR code to donate securely from your phone

