St Mary of the Annunciation Catholic Church

SECOND SUNDAY OF LENT

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NEWSLETTER

The Seven Deadly Sins

There are things in this world that wound the body, but there are other things that wound the soul. The saints were very aware of **seven spiritual diseases** which are the root of many other sins. They are called the **"Seven Deadly Sins"**. St Thomas Aquinas called them the **"Capital Sins"**, because they are the head (caput) from which other sins flow. To reflect on them is a very good way to prepare for your Lenten Confession. Let's go through them briefly.

1. **PRIDE:** The root of all sin. The fall of Lucifer began with pride. **It is an inordinate love of our own importance.** We can recognise our own gifts, but they come from God. Pride says, "I did all this myself." Pride doesn't like correction and doesn't like Confession. **Humility is the remedy** – acknowledging that everything we have is received, and when you confess, don't give excuses for your sins.
2. **AVARICE:** also called greed, is the **obsessive love of possessing things** and in thinking that happiness depends on your next purchase from Amazon! It can also be jealousy over someone else's possessions and success. **The remedy is generosity.** Make one financial sacrifice during Lent which will make you feel the pinch a little, and spend time with people who can't repay you.
3. **LUST:** *"the disordered desire for sexual pleasure, isolated from its procreative and unitive purpose"* (Catechism of the Catholic Church, # 2351). **Lust distorts our ability to see others as persons** and not as objects for our gratification. **Remedies are to remove sources of temptation from our phones and computers, and to practice custody of the eyes**. And fast in small ways to strengthen your self-control. Never negotiate with these temptations, or you will become a slave to them.
4. **ENVY:** This is **sadness at the happiness of another**. It can be feeling annoyed at another's success instead of being grateful.

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Saturday Commem: Ss Perpetua and Felicity

Please pray for those who are sick

for those who have recently died:

Michael Abbot
Felice Zollino
Edward Moson
May they rest in peace

and for those whose anniversaries occur at this time:

Anna Corbinzola
Gary Clarke
Mario Mancini
Elsie Smith
Ingeborg Cox

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 28th	**Vigil Mass**	
6.00pm	Pat Newby (RIP)	
Sun 1st	**Second Sunday of Lent**	
9.00am	For the Parish	
11.15am	Anna Maria Mrowiec (RIP)	
2.30pm	*Baptism*	
4.00pm	Italian Mass	
Mon 2nd	**Lenten Feria**	
9.15am	Mario Mancini (RIP, Anniversary)	
Tues 3rd	**NO MASS**	
Weds 4th	**Lenten Feria**	
6.30pm	Holy Souls (Latin)	
Thurs 5th	**Lenten Feria**	
9.15am	Intention for the living	
Fri 6th	**Lenten Feria**	*First Friday*
1.00pm	*Requiem Mass: Felice Zollino RIP*	
6.00-6.25pm	*Confessions*	
6.30pm	For our Deceased Relatives & Friends	
7.10pm	*Stations of the Cross*	
Sat 7th	**Lenten Feria**	*Five First Saturdays Devotion*
10.00am	Bartholomew Wilson (RIP)	
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 8th	**Third Sunday of Lent**	
9.00am	Fr David Jones (GE)	
11.15am	Muriel Lewin (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

Mon 2nd	First Confession Class - 4.15pm in the parish hall
Tues 3rd	Catch Up Cafe - 2.00-4.00pm in the parish hall
Tues 3rd	Bible Study - 7.00pm in the parish library

Please note there will be no Mass this Tuesday

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In Genesis (4:1-16), Cain was envious of his brother Abel. God accepted Abel's offering and not his, so Cain murdered him out of jealousy. We can be envious of other people's careers, marriages, academic success, homes, cars and talents. **The remedy is charity** – to deliberately will the good of another, and to recognise that you may have gifts that they don't. And always remember, you can't take any material possessions with you when you die.

5. **GLUTTONY**: This is usually associated with taking too much food, but it's more than that. **It is also an excessive attachment to comfort**. It includes constant entertainment, avoidance of sacrifice and always choosing ease. **Small acts of self denial** and not eating between meals help overcome this.
6. **ANGER/WRATH**: There is such a thing as **righteous anger**, as Our Lord demonstrated when He threw the money-changers out of the Temple (Matt 21:12-17). **But wrath is uncontrolled anger and the desire for revenge**. Social media doesn't help with this, because **people often write terrible and harsh things**. When we don't keep this in check, it can develop into real bitterness. **Patience is the remedy and so is forgiveness** - which is not weakness, but strength under control.
7. **SLOTH:** This is not mere laziness. **It is spiritual apathy** which includes putting off prayer, not going to Confession, being casual about attending Mass and delaying your duties. **Remedies are being faithful in small duties**, and praying even when you don't feel in the mood.

None of these sins require extraordinary talent to correct – only perseverance and grace. Remember the saints were not free from these struggles either, but they were faithful in perseverance.

Fr Paul Gillham, IC

Extraordinary Ministers of Holy Communion

Saturday 14th March: A gathering for Extraordinary Ministers at **Sacred Heart of Jesus, Park Road, Loughborough**. Holy Hour on the theme of 'The Redeemer', 2.00pm to 3.00pm, followed by an opportunity for Confession.

Saturday 28th March: Extraordinary Ministers Renewal Day 2026, 10.30am-3.30pm, at **St Joseph's Catholic Church, Leicester.** Further details from bernard.p.monaghan@btinternet.com.

Volunteer required

As many will know, a team of volunteer counters record the donations made in the offertory plate each week. Another volunteer oversees the tasks undertaken by the counters and deposits the donations in a local bank.

The volunteer who has very kindly undertaken the overseeing/bank depositing role for a number of years would now like to withdraw gradually and eventually hand over full responsibility for these tasks.

If anyone is willing to take this role on, could they please let me know? The work can be undertaken in 2-3 hours a week and may ideally suit someone who is partly or fully retired.

Thank you very much.

Fr Paul

Safeguarding: Parents/ Carers of Altar Servers and Young people attending Children's Liturgy. Young people under the age of 18 will soon be receiving Parental Consent and Code of Conduct forms. These are for families to sign and return to either Fr Paul, Fr David or Jane Monaghan PSR. Safeguarding is the responsibility of everyone and St Mary's endeavours to act with due diligence.

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.

An online Lent Retreat with Newman, guided by Father George Bowen, designed to help Catholics to go deeper into the Gospels of Lent through the preaching of Saint John Henry Newman, at: www.youtube.com/playlist?list=PLITo3ifsRMurBVMGBzCliUnuqrTIusKlA

Lenten Reflection: Tuesday 24th March, Saint Wilfrid's Church, Coalville (LE67 3JB) and Thursday 26th March, Sacred Heart Church, Loughborough. Join Father Jonathan Cotton in a reflection through slides, music, and prayers on **The Seven Last Words of Jesus**. Both evenings begin at 7.00pm, and conclude at 8.30pm with refreshments.

CAFOD Famiy Fast Day envelopes will be collected this weekend.

From the Saints

"The recollection of an injury is ... a rusty arrow and poison for the soul."

St Francis of Paola (1416-1507)

Grub Club was open on Tuesday and Thursday during half term. There was a range of activities and plenty of food for everyone who attended. We served 95 meals over the two days though attendance was reduced on Thursday because Ramadan had started. I would like to say a huge "thank you" to all our volunteers in the kitchen and upstairs in "activities". Without their support Grub Club couldn't run.

Eileen Smith

Last Week's Finance

Collection: £933 (of which £184 was G/A)

Standing orders: £894 @ 31/1 (of which £710 was G/A)

Attendance: 750

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