

# St Mary of the Annunciation Catholic Church

## 6th SUNDAY IN ORDINARY TIME

# NEWSLETTER

## Lent – the season of mercy and healing



### St Mary of the Annunciation Catholic Church

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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

Wednesday this week is **Ash Wednesday** and the beginning of the holy season of Lent and is a day of **fasting and abstinence**. Very often we see Lent as being a miserable time - forty days of guilt and restriction! But this is not how the Church sees it. It is actually a time of **mercy and healing**. God desires our salvation even more than we do ourselves.

Lent begins with the powerful sign of **ashes**. You kneel down at the communion rail and the priest marks your forehead with ashes in the Sign of the Cross saying, **“Remember man you are dust, and unto dust you shall return.”** These words are not meant to scare you. They are there to remind every human being, whatever their station in life, that this earthly life is fleeting, and one day we're all going to die. Without God we are nothing but dust, but with God we are **redeemed**.

In both the Old and the New Testament, ashes are a sign of **repentance**. From early on in the Church, ashes were put on the heads of **public sinners**, and for the whole of Lent they would carry out rigorous penances. Although **public penance** is no longer practiced, the tradition of putting ashes on the head has been retained, and since 1091, ashes are distributed to all, saint and sinner alike, because we are all sinners in some way or other, and therefore need to do penance. By accepting them we are confessing publicly, **“I am a sinner, and I need God's mercy, because I cannot save myself.”**

**Lent is a special time of grace**, and we are invited to reflect on our lives and see where we have fallen short. **Some useful questions** we might ask ourselves at this time are: What opportunities have I embraced to spiritually improve myself, and which ones have I missed? What bad habits have I fallen into and never bothered to correct? Have I fallen out with family members or friends, and if so,

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*The distribution of ashes; from a Medieval manuscript*

**Please pray for those who are sick**

**for those who have recently died:**

Edward Moson

Mark Walsh

*May they rest in peace*

**and for those whose anniversaries occur at this time:**

Elena Sepede

Rosina Matthews

#### **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 14th** **Vigil Mass**

*6.00pm Czeslaw Zurawski (RIP, Anniversary)*

**Sun 15th** **Sixth Sunday in Ordinary Time**

*9.00am Harry Harrison (RIP)*

*11.15am For the Parish*

*4.00pm Italian Mass*

**Mon 16th** **Feria**

*9.15am Constance Mavis Stanford (RIP)*

**Tues 17th** **Feria**

*9.15am Angelo & Maria Giorgio (RIP)*

**Weds 18th** **Ash Wednesday**

*9.15am Terence Foister (RIP, Anniversary)*

*12 noon Deceased Priests (Sung Latin)*

*6.30pm In Thanksgiving*

**Thurs 19th** **Lenten Feria**

*9.15am Felicidad Menzie (RIP)*

**Fri 20th** **Lenten Feria**

*11.30am Funeral Service: Mark Walsh RIP*

*6.00-6.25pm Confessions*

*6.30pm Intention for the living*

*7.10pm Stations of the Cross*

**Sat 21st** **Lenten Feria**

*10.30am Private prayer with Exposition of the Blessed Sacrament  
-12.30pm with Confessions 10.30-11.30am & Benediction 12.20pm*

*2.30pm Baptism*

*6.00pm Vigil Mass: For the Parish*

**Sun 22nd** **First Sunday of Lent**

*9.00am Pepito Cabarubias (RIP)*

*11.15am Andy Newbold (RIP)*

*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 17th** Bible Study - 7.00pm in the parish library

*Continued from front page*

have I tried to reconcile with them? How can I become more understanding of other people, and give the benefit of the doubt to those I judge harshly? Have I helped others out when I could, or have I ignored them? What can I do to deepen my prayer life and become more knowledgeable about my faith? Could I attend Mass more frequently in the week or Stations of the Cross on Friday evenings during Lent? Do I practice almsgiving according to my means? These are just a few things we should examine our consciences on, and where necessary, work on during Lent, but you can come up with plenty of others.

Finally, central to Lent, is the **Sacrament of Confession**. We shouldn't allow Lent to pass without making a **good confession**, because it really is **essential**. God is always waiting to pour out His mercy abundantly. No matter how long it has been, no matter what sins you have, now is the time to get rid of them and have a clean conscience. Don't let fear or embarrassment keep you from the healing grace that God desires to give you.

*Fr Paul Gillham, IC*

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**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.

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### **UCM Pilgrimage to Walsingham – Tuesday 7th July 2026**

We are looking forward to our 79th Annual UCM Pilgrimage to the National Catholic Shrine and Basilica of Our Lady at Walsingham. A £10 deposit per seat is needed to secure your place, as this pays for your entrance pass into Walsingham. Without a pass, entry isn't possible. Sadly, we had to cancel last year as not enough deposits were received by the deadline. To make sure this long-standing tradition can continue, we need sufficient £10 deposits by **15th May 2026**. This deadline is set externally and can't be extended. This year we've opened bookings to neighbouring parishes, so places may fill more quickly. The sign-up sheet and full details are at the back of church. We'd love to have you join us!

*Samantha Edwards: 07936 928370*

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**The next food bank collections will be on Saturday 28th February and Saturday 21st March** from 10.30 to 11.00am in the car park. Suggested items for donations are on the list on entry to the church. Thank you for your support *Jane and Bernard Monaghan*

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**This Wednesday is Ash Wednesday** and the beginning of Lent. It is a day of **fasting and abstinence**. Everyone is bound to abstain from meat. Catholics aged between 18 and 60 are bound to fast - this means one full meal and perhaps a little food a couple of times during the day. All Fridays throughout the year are days of abstinence.

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**There will be three Masses on Ash Wednesday**, at 9.15am, 12 noon (Sung Latin) and 6.30pm (Solemn Mass).

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**Extraordinary Ministers of Holy Communion Renewal Day 2026:**  
**St Joseph's Catholic Church, Leicester, 28th March 2026, 10:30am to 3:30pm.** Full details from Bernard Monaghan: [bernard.p.monaghan@btinternet.com](mailto:bernard.p.monaghan@btinternet.com)

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**Experienced carer looking for work in a private house:** Full care duties undertaken. Full driving licence. Last position held for 7.5 years. References available from previous employers. Please contact Vasilijs Medvedev: 07935 802281

## 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.

## Lent Evenings for Young Adults, Mondays from 23rd

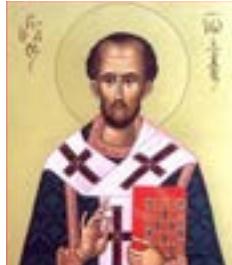
**February:** Join Young Adults from across the diocese online to enter more deeply into prayer this Lent with Sycamore's 'Learning to Pray this Lent'. Just bring yourself, a bible, and a hot drink of your choice (unless you're fasting!). With lots of practical tips, wisdom from the bible, stories from the saints, and advice about common difficulties people face when praying. To sign up head to: [www.dioceseofnottingham.uk/events/yasycamore](http://www.dioceseofnottingham.uk/events/yasycamore)

**Nottingham diocesan choir:** Anyone wishing to sing as part of the diocesan choir, in particular for the Chrism Mass on **Wednesday 1st April**, please fill in the online form at [bit.ly/diocesanchoir](http://bit.ly/diocesanchoir)

## From the Saints

*"Let the mouth fast from foul words and unjust criticism, for what good is it if we abstain from birds and fishes, but bite and devour our brothers."*

St John Chrysostom (ca 347-407)



**SPUC:** The next branch meeting will be on **Saturday 28th February** at 10 am in the hall (note change of day and time). All welcome.

**White Flower Appeal:** Thank you again for your wonderful generosity for the WFA. A total of £611 was raised.

**The 'Walk with Me' booklets with daily meditations for Lent are available at the back of the church. There is a suggested donation of £1 to cover costs.**

## Last Week's Finance

**1st Collection:** £838 (of which £118 was G/A)

**White Flower Appeal:** £611

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

**Attendance:** 733

*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

