

Sacred Heart
Southend-on-Sea



St John Fisher
Prittlewell

Parish Priest: Fr Graham Smith

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PARISH NEWSLETTER

Sunday 3rd March 2019 – Eighth Sunday of the Year (c)

Dear Friends

Why do Catholics put Ashes on our heads on Ash Wednesday? "Excuse me, you've got some dirt on your head." Every year someone says that to me on Ash Wednesday. Maybe it has happened to you too. In the past it used to frustrate me, but in recent years I have come to see it as a great opportunity to evangelise, to share with someone about the most important person in my life: Jesus Christ. Over forty passages in the Bible associate ashes with mourning and grief. In Old Testament times people used ashes as a sign of repentance. They would sit in ashes, roll around in them, sprinkle them upon their heads, or even mingle them with their food and drink.

Ash Wednesday begins Lent, a time when we stop and assess how we're doing in our walk with God. Lent helps us identify spiritual areas in which we can grow and sinful areas that we need to avoid. To repent, put simply, means to turn away from sin and turn toward God. We use ashes as an outward expression of our need to begin again.

Fr Graham

Lent 2019

Stations of the Cross During Lent

There will be ample opportunities to pray the Stations of the Cross in our parish during Lent. They will be on Saturday (straight after 9.00am Mass at St John Fisher) and on most Sundays (4.00pm at Sacred Heart). On Sunday 17th March we will join the community of St Luke's Anglican Church (St Luke's Rd, Southend-on-Sea SS2 4AB) at 4.00pm for an ecumenical celebration of this devotion at 4.00pm. On Sunday 7th April the community from St Luke's will join us at Sacred Heart.

Confession During Lent

Please make a special effort to go to Confession during Lent. Confessions are available at St John Fisher after the Saturday morning Mass, at Sacred Heart on Saturday mornings from 10.00am to 10.45am. Additionally, confession will be available for half an hour before each of the Saturday evening and Sunday morning Masses.

There will be a Deanery Reconciliation Service on Wednesday 10th April at 7.30pm at St Helen's Catholic Church, Milton Road, Westcliff, SS0 7JP.

Exposition of the Blessed Sacrament and Benediction

Exposition will continue to be held at Sacred Heart on Thursday evenings straight after the 6.30pm Mass. During Lent it will also be held at St John Fisher, straight after the Wednesday 10.00am Mass.

Parish Lent House Groups

We will be holding Lent House Group meetings on weekdays during Lent from Monday 11th March as follows:

Mondays at 7.30pm in Swanage Road. Telephone 01702 615932.

Tuesdays at 5.00pm in Manner's Way. Telephone 07853 634046

Wednesdays at 7.00pm in Brunswick Road. Telephone 07837 215757

Thursdays 1.30pm in Beaufort Street. Telephone 07757 484187

Fridays at 2.00pm at St John Fisher Church Hall. (No need to telephone in advance.)

Please ring the telephone shown above for the exact location.

Deanery Lent Talks at Nazareth House (111 London Road, Westcliff)

These will take place in Nazareth House on Wednesdays at 7.30pm as follows:-

13th March – Fr Angelus Houle, "Spiritual warfare"

27th March – Mark Lambert, "the Culture of Life vs the Culture of Death"

3rd April – Fr Andrew Forsys, "The healing power of Confession"

10th April – Fr Jeff Woolnough, “Mary at the foot of the Cross”

40Acts

If you who would like to receive a Lenten challenge via email each day during Lent, please register on the 40 Acts website 40acts.org.uk

Please retain the last page of this newsletter which lists our Lent Activities

Ash Wednesday

This coming Wednesday is Ash Wednesday. Mass will be at Sacred Heart at 9.30am (with the children and staff from Sacred Heart School) and at St John Fisher at 7.30pm.

Stella Dawson Child Friendly Prayer Group – Ash Wednesday

Members of the Prayer Group will be attending the 9.30am Mass at Sacred Heart on Ash Wednesday (6th March) and will then gather for tea and coffee in the hall afterwards. Everyone is welcome to join them.

Ash Wednesday and Good Friday – Days of Fast and Abstinence

Two days in the year – Ash Wednesday (6th March this year) and Good Friday – are given a special penitential character by the Church’s tradition of “fast and abstinence” on these days.

“Abstinence” means that we do not eat meat on these days (this is the same traditional penance that is encouraged for every Friday of the year). Vegetarians could consider cutting out dairy products or some treats as a way of taking part in the spirit of abstinence. Abstinence from meat on Fridays is expected of every adult Catholic (age 14+).

“Fasting” means that we eat only one main meal, although it is acceptable to have one or two light snacks to replace the other main meals that are not eaten. The practice of fasting on these two days is expected of every adult Catholic (age 18-58) who does not have a medical need to eat more.

These disciplines remind us of the special nature of Good Friday and Ash Wednesday and they unite our prayers and fasting with other Catholics throughout the world.

Southend Foodbank – AdLent Calendar Appeal

The Foodbank are launching their Lent AdLent Calendar Appeal. They are asking families or groups to follow the calendar and try to donate the item listed for each day of Lent. Copies of the Calendar are available in the porch. Donations can either be left in the Church porch or taken to the Foodbank Warehouse during the times shown on the Calendar.

Faith Study Group

The next meeting will be on Thursday 7th March at 1.30pm. For further details please call Sandy Stidston on 01702 467188. Everyone is very welcome.

Baptism Preparation

The next Course for parents and expectant parents who wish to have a child baptised at Sacred Heart or St John Fisher will be on Monday 13th May at 7.00pm in Sacred Heart Hall. Please pick up a form from the church porch to register for the course and request the Baptism. **Please note that in order for a child to be baptised, at least one of the parents must be a baptised catholic and a copy of the parent’s baptism certificate must be attached to the application for the child’s baptism. Parents are expected to attend a Preparation Course prior to the baptism of each of their children.**

Sacred Heart Film Club Presents – The Wife (Cert 15)

Saturday 9th March at 7.00pm in Sacred Heart Hall. A wife questions her life choices as she travels to Stockholm with her husband, where he is slated to receive the Nobel Prize for Literature. Glen Close stars – will she finally win an Oscar for this performance? Bacon rolls will be available (first come – first served).

Sacred Heart Breakfast Club – Saturday 23rd March

Come and enjoy Breakfast (cereal, full cooked breakfast, toast and marmalade, tea or coffee) and learn more about NSPCC. All proceeds will go to this compassionate charity. Breakfast is at 10.00am and the speech at 11.00am. Adults £5 and children £2.50. Tickets from Sandy Rand on 07875 124159.

Southend Churches Winter Night Shelters

Thank you for all of the generous donations received so far. We now have enough of everything for the foreseeable future and so we ask that you hold off from bringing any more donations – we will let you know if and when we need more.

Collections of items for HARP, Southend Foodbank and the Night Shelter

	Dates	Priority Items
HARP	2 nd – 3 rd March	Coffee and sugar
Foodbank	9 th and 10 th March	Tinned potatoes
Winter Night Shelter	Nothing currently needed (thank you for all of the donations so far!)	

Coffee and Cake - St John Fisher

Please join us next Sunday, in the hall after Mass, for homemade cakes, sausage rolls and filter coffee. As our coffee and cake morning precedes the CAFOD Lent Fast Day, all monies raised will be sent to CAFOD.

CAFOD Lent Fast Day

CAFOD's Family Fast Day this Lent is an opportunity to support our brothers and sisters around the world.

Drought, floods and storms are having a devastating impact on our global family. Like Mahinur from Bangladesh. She makes a living from fishing but a drought last year killed all the fish, and she's struggling to support her disabled husband and son.

On Friday the 15th March can you eat a simple meal in solidarity and give what you save to help people like Mahinur?

Through CAFOD's global Church network – one of the largest networks in the world – your support can reach to the ends of the earth. Thank you.

CAFOD – St John Fisher

Gifts in Wills are CAFOD's biggest source of supporter income. These special gifts can pay for a third of their international development work. Whilst this may sound like a significant source of income, CAFOD only receive gifts from 300 supporters each year. Many people have not thought about the idea of including a gift in their Will. Can you imagine the potential of even a small increase in this kind of support?

CAFOD offer a free Will writing service that anyone can use. You are not obliged to leave a legacy to CAFOD if you use this service. Details of this service and information on other questions that are frequently asked are on the CAFOD board in the porch.

Parish Craft Club

The Craft Club runs every Tuesday in Sacred Heart Hall from 11.00am to 2.00pm. A £2.00 attendance fee includes light refreshments. So whether you are a craft expert, a beginner or just fancy a cup of tea and a chat, please come along. All are welcome. For more information, please contact Maddy on 07837 215757.

Cat Flap – free to anyone who wants it

Nearly new, well loved "magnet" cat flap up for grabs – please see Fr Graham for details.

Lost Property in St John Fisher Church

There are currently lots of "lost property" items in St John Fisher Church. Please check through the wicker basket in the porch and remove any items that are yours.

DBS Forms – St John Fisher

I would appreciate all forms to be completed and returned to me by Sunday 17 March at the latest. Please speak to me if you are experiencing any problems. Thank you.

Charmaine

***** Around the Deanery, Diocese and Beyond *****

Events at Walsingham House at Abbotswick

Lent retreat for young people; if you are school year 10-13 and would like some peace and space to prepare for Holy Week, along with the joy of being on retreat with our magnificent Walsingham House at Abbotswick Team, then join us for the Lenten retreat 8pm Tuesday 9th – 3pm Thursday 11th April. £35 includes accommodation and meals. Details & booking at www.bcys.net/events

Sponsored sleepout; can you give one night of your life to change nights for others next winter? Since November hundreds of people in Essex and East London have found warmth, food and shelter in church halls and other projects supported by our church. Could you get sponsors (anything from £10 to £1000 – every penny helps) and sleep outside for one night to help support this work next winter? Sleepout Fri 12th-Sat 13th April, in the grounds of Walsingham House at Abbotswick. Full details at www.bcys.net/events.

"Be still in the presence of the Lord" – for adults, a long weekend of peace, stillness, prayer and reflection From Friday to Monday 9th – 12th or 23rd – 26th August. A simple programme of morning and evening prayer, Mass, Adoration and Reconciliation; all optional, use your time as you wish. Maximum of 18 people. All rooms en-suite. £200 single room, £250 twin room, for three nights' accommodation and all meals. Email josephbeattie@dioceseofbrentwood.org or call 01277 373959 and ask for Joe.

Lenten Talks at St Theresa's Rochford – 'The Ten Commandments Through the Eyes of the Catechism'

This is a series of talks hosted by St Teresa's Church (109 Ashingdon Road, Rochford, SS4 1RF) and led by Fr Gerry which will take place on Tuesdays 19th March, 26th March and 2nd April. Talks will commence at 8pm (following 7.30pm Mass.) Refreshments provided. All very welcome.

London 40 Days for Life Pre-Campaign Hour of Prayer

Lead by Monsignor Keith Newton, 6pm-7pm Tuesday 5th March, Outside Marie Stopes abortion centre, 108 Whitfield Street, London W1T 5BE (nearest tube: Warren St – Northern/Victoria lines) Through God's Grace 40 Days for Life have saved the lives of over 15,000 babies from abortion. Sarah 07776 256838 email London40daysforlife@hotmail.com

Diocesan Catholic Charismatic Renewal Service – A Day of Renewal

This day with the theme 'The Love of Jesus', will be held on Saturday 18th May at Blessed Sacrament Parish, 116 Melbourne Avenue, Chelmsford from 10am until 4pm. The speaker will be Charles Whitehead and the day will finish with Mass at 3.00pm. Coffee and tea will be provided but please bring a packed lunch.

Brentwood Catholic Children's Society (BCCS) Vitality London 10K run

BCCS has places for this Run which is on Whitsun Bank Holiday, Monday 27th May. It has a lovely atmosphere and takes in many of London's iconic landmarks, finishing in front of Buckingham Palace with all the event facilities, food and entertainment close by in Green Park. For each place, we ask for a pledge to raise a minimum sponsorship of £100 before Gift Aid. For further information, please contact Julie at jabbott@bccs.org.uk or 07912 277413.

Is God Calling You to be a Priest?

There is a monthly vocations group for those who would like to find out more about a possible vocation to the priesthood. There will be a talk, time of prayer and some food. The sessions take place at St Edmund of Canterbury church, 9 Traps Hill, Loughton, IG10 1SZ. Tuesdays: 5/3; 2/4; 7/5; 4/6; 2/7. Please contact Fr Mark Swires, Vocations Promoter for more information: vocprom@dioceseofbrentwood.org

Josephine Liggitt RIP

Please pray for the soul of Josephine Liggitt who died on 23rd February. Her funeral service will be on Tuesday 12th March at 3.40pm at Southend Crematorium.

Money

Sunday 24^h February 2019 Offertory Collection

£1136.25

Sick Parishioners

Please pray for our sick parishioners and friends, especially; Valerie Armitage, Charmaine Arnold, Christina Arnold, Marie Biner, Guilda Brett, Barbara Briggs, William Bryan, Eric Carpenter, Alfosina Carson, Richard Campbell-Carr, Patricia and Richard Dixon, Pamela Dobson, Patrick Doherty, Helen Escott, Harleigh-Jo Farrar, John Fiore, Roy Fitchew, Danielle Honeyands, Katrina Honeyands, Peter Hopkins, Bartley Igoe Jr, Teresa Igoe, Maria Kintu, Peter Last, Margaret Lee, Bernard Lovell, Jacqueline Lovett, Sheila Norris, Sister Marika Rebicsek, Anita Rogers, Maria Scinto, Geraldine Stephens, Jenny Warren and Sally Wray.

Rest in Peace

Please remember and pray for those who have died, especially those whose anniversaries fall about this time: Thomas Griffiths, Doris Laguna, Marie Richardson, Reg Serjeant, Marcy Cooksey, Francis Wallace, Leslie Paterson, Edward McFall, Fr Francis Hastings, Margaret Moynihan, John James Culkin, Sheila Stubbs, Peter Joseph McCarthy, Donovan Smith, John Turner, Mary Jackson, Violet Potter, Rudolph Hinds, Ted O'Connor, Mgr Canon Patrick O'Donnell, Fr Brian Galvin, Terrence Butt, Bret Stones, Grace Looker, Thomas Ryan, Shiela Christie, May Joy, Tony King, Roman Oraczko, Amelina Bacon, Matilda Furst, George helmer, Nancy Kellehar, Fr Malachy Kelly, Sarah Isaacs, James Rowland-Hill, Edward Hamilton, John Fitzgerald, Edith Wakefield, Dorothy Oliver, Julia Champney, Elsie Husbands, May Parker, William Duffield, Grace Denton, Edna Chapman, Eileen Norris, William Horvers and Alla Mischa.

Mass Text for 2nd March 2019 – Eighth Sunday in Ordinary Time (C)

(Divine Office Week 4)

Entrance Antiphon: The Lord became my protector. He brought me out to a place of freedom; he saved me because he delighted in me.

First Reading: Ecclesiasticus 27:4-7

Psalm: 91:2-3, 13-16 response cf v2

It is good to give you thanks, O Lord

- 1 It is good to give thanks to the Lord to make music to your name, O Most High,
To proclaim your love in the morning and your truth in the watches of the night.
- 2 The just will flourish like the palm tree and grow like a Lebanon cedar.
- 3 Planted in the house of the Lord they will flourish in the courts of our God
Still bearing fruit when they are old, still full of sap, still green, to proclaim that the Lord is just.
In him, my rock, there is no wrong.

Second Reading 1 Corinthians 15:54-58

Gospel Acclamation: Alleluia, alleluia. Open our heart, O Lord, to accept the words of your son. Alleluia!

Gospel: Luke 6:39-45

Communion Antiphon: I will sing to the Lord who has been bountiful with me, sing psalms to the name of the Lord Most High.

Readings for the First Sunday in Lent:

Deuteronomy 26:4.10, Psalm 90:1-2, 10-15 response v 15, Romans 10:8-13, Luke 4:1-13

Masses and Services	Sacred Heart	St John Fisher
Saturday 2 nd March	5.30pm <i>Intentions of Vanda Horton</i>	
Sunday 3 rd March	(9.00am Polish Mass) 11.00am <i>Paul Gunn RIP</i>	9.00am <i>People of the Parish</i> (11.30am Mass in the Syro Malabar Rite)
Monday 4 th March	9.00am <i>James and Louisa Mary Twort RIP</i>	
Tuesday 5 th March	Feria	
Wednesday 6 th March	Ash Wednesday 9.30am <i>Eileen Lovas RIP</i> (followed by refreshments in the hall hosted by the Stella Dawson Child Friendly Prayer Group)	7.30pm <i>Kathleen Horvers RIP</i>
Thursday 7 th March	Thursday after Ash Wednesday 6.30pm followed by Exposition of the Blessed Sacrament and Benediction <i>Very Rev Canon Joseph Whitfield RIP</i>	
Friday 8 th March	Friday after Ash Wednesday 12 noon <i>Intentions of Tessa McGregor</i>	
	2.00pm Tea, Cake and Reflection In St John Fisher Hall	
	(7.00pm Polish Mass and Stations of the Cross)	
Saturday 9 th March	Saturday after Ash Wednesday 10.00am to 10.45am Confessions	9.00am followed by Stations of the Cross <i>Intentions of the Cook family in Australia</i>
Saturday 9 th March	First Mass of Sunday <i>John Mullally RIP</i>	
Sunday 10 th March	(9.00am Polish Mass) 11.00am <i>Don and Florence Fell RIP</i> 12.30pm Baptism <i>Dominik Gido</i> 4.00pm Stations of the Cross	9.00am <i>People of the Parish</i>

Additional Activity for Lent 2019

Saturday 9 March	9.30am Stations of the Cross at St John Fisher (immediately following the 9.00am Mass)
Sunday 10 March	4.00pm - Stations of the Cross at Sacred Heart
Monday 11 March	7.30pm - Lent House Group - Swanage Road
Tuesday 12 March	5.00pm - Lent House Group - Manner's Way
Wednesday 13 March	7.00pm - Lent House Group - Brunswick Road 7.30pm - Deanery Lent Talk - Nazareth House
Thursday 14 March	1.30pm - Lent House Group - Beaufort Road
Friday 15 March	2.00pm - Lent House Group in St John Fisher Hall
Saturday 16 March	9.30am Stations of the Cross at St John Fisher (immediately following the 9.00am Mass)
Sunday 17 March	4.00pm - Ecumenical Stations of the Cross at St Luke's Anglican Church
Monday 18 March	7.30pm - Lent House Group - Swanage Road
Tuesday 19 March	5.00pm - Lent House Group - Manner's Way
Wednesday 20 March	10.30am - Exposition of the Blessed Sacrament and Benediction at St John Fisher (immediately following the 10.00am Mass) 7.00pm - Lent House Group - Brunswick Road
Thursday 21 March	1.30pm - Lent House Group - Beaufort Road
Friday 22 March	2.00pm - Lent House Group in St John Fisher Hall
Saturday 23 March	9.30am Stations of the Cross at St John Fisher (immediately following the 9.00am Mass)
Sunday 24 March	4.00pm - Stations of the Cross at Sacred Heart
Monday 25 March	7.30pm - Lent House Group - Swanage Road
Tuesday 26 March	5.00pm - Lent House Group - Manner's Way
Wednesday 27 March	10.30am - Exposition of the Blessed Sacrament and Benediction at St John Fisher (immediately following the 10.00am Mass) 7.00pm - Lent House Group - Brunswick Road 7.30pm - Deanery Lent Talk - Nazareth House
Thursday 28 March	1.30pm - Lent House Group - Beaufort Road
Friday 29 March	2.00pm - Lent House Group in St John Fisher Hall
Saturday 30 March	9.30am Stations of the Cross at St John Fisher (immediately following the 9.00am Mass)
Sunday 31 March	4.00pm - Stations of the Cross at Sacred Heart
Monday 1 April	7.30pm - Lent House Group - Swanage Road
Tuesday 2 April	5.00pm - Lent House Group - Manner's Way
Wednesday 3 April	10.30am - Exposition of the Blessed Sacrament and Benediction at St John Fisher (immediately following the 10.00am Mass) 7.00pm - Lent House Group - Brunswick Road 7.30pm - Deanery Lent Talk - Nazareth House
Thursday 4 April	1.30pm - Lent House Group - Beaufort Road
Friday 5 April	2.00pm - Lent House Group in St John Fisher Hall
Saturday 6 April	9.30am Stations of the Cross at St John Fisher (immediately following the 9.00am Mass)
Sunday 7 April	4.00pm - Stations of the Cross at Sacred Heart (with the community from St Luke's)
Monday 8 April	7.30pm - Lent House Group - Swanage Road
Tuesday 9 April	5.00pm - Lent House Group - Manner's Way
Wednesday 10 April	10.30am - Exposition of the Blessed Sacrament and Benediction at St John Fisher (immediately following the 10.00am Mass) 7.00pm - Lent House Group - Brunswick Road 7.30pm - Deanery Lent Talk - Nazareth House 7.30pm - Deanery Reconciliation Service at St Helen's Westcliff
Thursday 11 April	1.30pm - Lent House Group - Beaufort Road
Friday 12 April	2.00pm - Lent House Group in St John Fisher Hall
Saturday 13 April	9.30am Stations of the Cross at St John Fisher (immediately following the 9.00am Mass)
Sunday 14 April	4.00pm - Stations of the Cross at Sacred Heart