

**Sacred Heart**  
Southend-on-Sea

 Sacred Heart of Jesus Church, Southend on Sea



**St John Fisher**  
Prittlewell

 St. John Fisher Catholic Church, Prittlewell

**Parish Priest: Fr Graham Smith**  
**The Presbytery, 418 Southchurch Road, Southend-on-Sea, Essex, SS1 2QB.**  
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**PARISH NEWSLETTER**

**Sunday 22<sup>nd</sup> March 2020 – Fourth Sunday of Lent (A)**

*Dear friends,*

Following the advice of the Catholic Bishops' Conference of England and Wales, there will be no public Masses or services until further notice.

I will be saying a private Mass everyday for the Mass intentions shown at the end of the newsletter. Our churches will remain open for private prayer at the times listed here

**Sunday:**

**Sacred Heart**

9.30-11.00 (9.00am to 11.00am from Sunday 29<sup>th</sup> March), 18.00-20.00

**St John Fisher**

10.00-12.00

**In the week:**

**Sacred Heart**

Monday, Wednesday, Thursday, Friday 9.00-11.00, 18.00-20.00

Saturday 10.00-11.00

**St John Fisher**

Tuesday, Thursday, Friday 11.00-12.00

**Confessions:** will be available on Saturdays from 10.00am to 10.45am at Sacred Heart and by appointment, please phone the presbytery to make an appointment.

**Baptisms, Weddings, First Holy communion and Confirmation,** will be deferred until we can gather once again in public.

**Funerals** will take place at the graveside or at a crematorium subject to the conditions, laid down by the authorities. Arrangements can be made for a Mass to celebrated later what congregations are allowed to gather.

**Anointing of the sick** If someone is at home, in imminent danger and needs a priest then please call 01702 465720.

If someone is in Southend hospital please ask the hospital to contact the Chaplain or if he cannot be contacted then call me on the parish number.

For all parish enquiries please call 01702 465720 or the parish mobile 07752 262951. We know this is an anxious and difficult time for everyone. Please make contact with us at any time if we can be of help in any way.

If you have access to the internet you can find further updates on our facebook pages "*Sacred Heart of Jesus Church, Southend on Sea*" and "*St. John Fisher Catholic Church, Prittlewell*" and on our website [www.catholicsouthend.org.uk](http://www.catholicsouthend.org.uk)

Each week our newsletter will continue to be uploaded onto our parish website [www.catholicsouthend.org.uk](http://www.catholicsouthend.org.uk) and emailed to people who have asked for it via email.

I am your priest and I am here for you. I will be praying for you all, for all your loved ones and especially for all those who work in our hospitals, hospices and care homes.

In the Gospel we hear that Jesus calmed the storm on the lake. The story of Jesus calming the storm should bring great encouragement and hope for all of us facing a storm in life. After preaching to large crowds near the Sea of Galilee, Jesus and his apostles took a boat to the opposite shore to find some time and solitude to rest. As they crossed the sea, a storm with winds so great that the apostles thought they would die. Jesus was below deck sleeping throughout the storm and the apostles rushed to wake him and ask why he

didn't care. Jesus woke and told the storm to be still and the winds stopped immediately. The apostles were shocked and still lacked faith that Jesus was the Son of God who "even the winds and water obey."

Jesus was resting in the boat while the disciples were trembling in fear. He rose up at their request and calmed the storm by speaking to the wind and the waves: "Peace, be still." He spoke peace and peace came, not only to the wind and the waves, but also to the people in the boat.

When we let the Prince of Peace arise in us and speak to the storm, things calm down.

May the Lord watch over you and protect you, With my love and prayers,

*Fr Graham*

## **Coronavirus**

If you come into our churches, please be sure to use sanitising hand gel on your way in and then ensure you keep the recommended "social distancing" (two meters or six feet) away from other people.

Please see the attached letter from The Catholic Bishops' Conference of England and Wales. As you will be unable to attend Mass and receive communion you may wish to pray an act of Spiritual Communion. In these emergency circumstances, and for as long as they last, the obligation to attend Mass on Sundays and Holy Days is removed. This is the teaching of the Church (Catechism of the Catholic Church 2181). This pandemic is the 'serious reason' why this obligation does not apply at this time. There are several places that are livestreaming and putting Masses on line. These include:

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| <p><a href="http://www.churchservices.tv/ilford">www.churchservices.tv/ilford</a><br/><a href="http://www.churchservices.tv/wickford">www.churchservices.tv/wickford</a><br/><a href="https://www.youtube.com/watch?v=mu4g5V9bjBE">https://www.youtube.com/watch?v=mu4g5V9bjBE</a></p> | <p>The Our Lady of Lourdes, Leigh-on-Sea and St Helen's, Westcliff Facebook pages.</p> |
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## **This is Mother's Day/ Laetare Sunday**

By this time, we have reached the middle of Lent, and mother, along with Mother Church, can celebrate Laetare Sunday. This was once known as Refreshment Sunday or the Sunday of the Golden Rose. You will only know how welcome that refreshment can be if you have really fasted. So beat up a big cake and trim it with roses. It was on this day that the Holy Father honored some Christian prince with the gift of a golden rose. The gift was a reward for merit and the roses on your cake will be such for your boys and girls. Then let us rejoice. Sing out, "Laetare." With your children rejoice.

This mid-point of Lent was celebrated in England as Mothering Sunday. Girls who worked as maids were always given a holiday in which to return to their homes. Poor and unhandy was the daughter who dared to come home to mother without a Mothering or Simnel Cake under her arm. This was mother's present and a good one, too.

Simnel Cake was an easy version of the Christmas plum cake which lost its plums in the ages of antiquity. It might not be a bad idea to present all our mothers with such a cake. I am sure they would enjoy them more than the tiresome carnations which always arrive as gifts on Mother's Day.

## **Offertory Contributions**

Some people have asked how they can continue to give their offering to the parish.

If you are able to, please either make an electronic transfer or set up a standing order to the Parish Bank account. The details are:

Bank = HSBC Brentwood High Street Branch

Account name = Catholic Church Southend-on-Sea, Sacred Heart

Account number = 91017500

Sort code = 40-13-22

Please make the reference (that will appear on our Bank Statement) "your name" followed by the reason for the payment eg "offertory", "hall hire".

If you are a member of the Gift Aid Scheme please let the Parish Office know that you are now making your offertory contribution by standing order.

## **Information for members of the Gift Aid Scheme**

Boxes of envelopes for the new financial year are now available in the porch. Please collect your box when next in church.

## **33 Days to Morning Glory – Prayer Retreat and Rededication of England as the Dowry of Mary - 29<sup>th</sup> March 2020**

You can keep up with the Retreat by watching EWTN at [https://www.youtube.com/watch?v=46h\\_ijZURP8&list=PL\\_9yaNCbB144\\_PNfO4PG8q8YRQHTe4Jfy&utm\\_source=Behold2020&utm\\_campaign=25ec80895c-EMAIL\\_CAMPAIGN\\_2020\\_02\\_13\\_06\\_44&utm\\_medium=email&utm\\_term=0\\_d5aa7295bf-25ec80895c-335364922](https://www.youtube.com/watch?v=46h_ijZURP8&list=PL_9yaNCbB144_PNfO4PG8q8YRQHTe4Jfy&utm_source=Behold2020&utm_campaign=25ec80895c-EMAIL_CAMPAIGN_2020_02_13_06_44&utm_medium=email&utm_term=0_d5aa7295bf-25ec80895c-335364922). You may also like to look at the "Behold 2020" Facebook page, which includes some useful information and updates.

**The Deanery Celebration of the Rededication of England as the Dowry of Mary planned for next Sunday (29<sup>th</sup> March at St Peter's, Eastwood) has been cancelled.**

### **Foodbank Urgent Appeal**

The Foodbank is currently experiencing exceptionally high demand and it is envisaged that demand will continue to rise. If you possibly can, please bring donations of tinned vegetables, tinned meat meals or long life milk to church. If you are unable to do this you may want to make a monetary donation to the Foodbank either by sending them a cheque (payable to Southend Foodbank and posted to Southend Foodbank, Friendship House, 484 Southchurch Road, Southend on Sea, SS1 2QA) or by a electronic bank transfer (Bank Name: Lloyds Bank plc. Account Name: Southend Foodbank. Sort Code: 30 65 22. Account No: 75600360).

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

### **Conference for people aged between 16 and 23**

The Knights of St Columba (KSC) invite young Catholic people, age 16 – 23 to a seminar at Hinsley Hall, Leeds to be held over the days 21<sup>st</sup> – 24<sup>th</sup> July 2020. The theme 'Being your Brother's Keeper'. Travel, accommodation and fees are paid by the KSC. Application forms can be obtained from KSC Head Office, 75, Hillington Road South, Glasgow G52 2AE or contact Brian Dillon 01702 213140 or [brian.dillon@blueyonder.co.uk](mailto:brian.dillon@blueyonder.co.uk)

### **40 Days for Life Lent Campaign**

40 Days for Life Lent Campaign outside the Buffer Zone (PSPO) around the Marie Stopes abortion centre in Ealing (nearest station, Ealing Broadway). TO JOIN THE VIGIL MEET ON THE GREEN BETWEEN MATTOCK LANE AND BOND STREET, EALING, TO AVOID BREAKING THE BUFFER ZONE. During 40 Days for Life campaigns 16,742 babies have been saved from abortion, 106 abortion centres have closedown and 196 abortion workers have quit their jobs. We still need people to come and join us in prayer each day between 8am and 8pm until Palm Sunday. Contact Sarah 07776 256838 or email [London40daysforlife@hotmail.com](mailto:London40daysforlife@hotmail.com) to let us know what times you can attend.

### **Three Vacancies at St Joseph's Catholic Primary School, Canvey Island**

Midday Assistant, Classroom Learning Support Assistant and Class room teacher. Details available from telephone 01268 683903

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### **Money**

Offertory – Sunday 15<sup>th</sup> March 2020

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### **Pauline Lilian Archard RIP**

Please pray for the repose of the soul of Pauline Archard who died on 3rd March. Her funeral will take place on Monday 6th April at Southend Crematorium, South Chapel at 11.00am.

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### **Daniel Clifford RIP**

Please pray for the repose of the soul of Daniel Clifford who died on 15th March. His funeral will take place on Wednesday 8th April at Southend Crematorium at 1.20pm.

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### **Sick Parishioners**

Please pray for our sick parishioners and friends, including; Charmaine Arnold, Christina Arnold, Marie Biner, Barbara Briggs, William Bryan, Eric Carpenter, Alfosina Carson, Richard Campbell-Carr, Margaret and Tom Cullen, June Deighton, Patricia and Richard Dixon, Patrick Doherty, Helen Escott, Harleigh-Jo Farrar, Roy Fitchew, Danielle Honeyands, Katrina Honeyands, Paul, Peter Hopkins, Bartley Igoe Jr, Teresa Igoe, Peter Last, Margaret Lee, Bernard Lovell, Jacqueline Lovett, Peter Murphy, Sheila Norris, Fr Liam O'Driscoll, David Raglan, Sister Marika Rebicsek, Anita Rogers, Christine Sach, Maria Scinto, Penny Stiles, Jenny Warren and Sally Wray.

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### **Rest in Peace**

Please remember and pray for those who have died, especially those whose anniversaries fall about this time: Kathleen Wildor, Elizabeth Linney, Richard Ardin, Anne Parker, George Frederick Richards, David Joseph Scinto, James Fitzpatrick, Canon Arthur Holmes, Hayley Cole-Wilkin, Toluwalolu Adebayo, Fr John Sherlock, Winifred Fairweather, Michael Curran, Catherine Curwood, Mgr Alfred Gilbey, Andrew Lovell, William Smart, Alfred Jackson, Albert Budden, Paul Bygrave and James Joseph McFall.

## 22<sup>nd</sup> March 2020 – Fourth Sunday of Lent (Divine Office Week 4)

**Entrance Antiphon: Rejoice, Jerusalem, and all who love her. Be joyful, all who were in mourning; exult and be satisfied at her consoling breast.**

### **First Reading: 1 Samuel 16: 1, 6 – 7, 10 - 13**

The Lord said to Samuel, 'Fill your horn with oil and go. I am sending you to Jesse of Bethlehem, for I have chosen myself a king among his sons.' When Samuel arrived, he caught sight of Eliab and thought, 'Surely the Lord's anointed stands there before him,' but the Lord said to Samuel, 'Take no notice of his appearance or his height, for I have rejected him: God does not see as man sees: man looks at appearances but the Lord looks at the heart.' Jesse presented his seven sons to Samuel, but Samuel said to Jesse, 'The Lord has not chosen these.' He then asked Jesse, 'Are these all the sons you have?' He answered, 'There is still one left, the youngest; he is out looking after the sheep.' Then Samuel said to Jesse, 'Send for him; we will not sit down to eat until he comes.' Jesse had him sent for, a boy of fresh complexion, with fine eyes and pleasant bearing. The Lord said, 'Come, anoint him, for this is the one.' At this, Samuel took the horn of oil and anointed him where he stood with his brothers; and the spirit of the Lord seized on David and stayed with him from that day on

### **Psalm: 22 response v 1**

**Response: The Lord is my shepherd; there is nothing I shall want.**

- 1 The Lord is my shepherd; there is nothing I shall want.  
Fresh and green are the pastures where he gives me repose.  
Near restful waters he leads me; to revive my drooping spirit.
- 2 He guides me along the right path; he is true to his name.  
If I should walk in the valley of darkness no evil would I fear.  
You are there with your crook and your staff; with those who give me comfort.
- 3 You have prepared a banquet for me in the sight of my foes.  
My head you have anointed with oil; my cup is overflowing.
- 4 Surely goodness and kindness shall follow me all the days of my life.  
In the Lord's own house shall I dwell for ever and ever.

### **Second Reading: Ephesians 5: 8 – 14**

You were darkness once, but now you are light in the Lord; be like children of light, for the effects of the light are seen in complete goodness and right living and truth. Try to discover what the Lord wants of you, having nothing to do with the futile works of darkness but exposing them by contrast. The things which are done in secret are things that people are ashamed even to speak of; but anything exposed by the light will be illuminated and anything illuminated turns into light. That is why it is said: Wake up from your sleep, rise from the dead, and Christ will shine on you.

**Gospel Acclamation: Glory to you, O Christ, you are the word of God! I am the light of the world , says the Lord; anyone who follows me will have the light of life. Glory to you, O Christ, you are the Word of God!**

### **Gospel: John 9: 1 – 41**

As Jesus went along, he saw a man who had been blind from birth. His disciples asked him, 'Rabbi, who sinned, this man or his parents, for him to have been born blind?' 'Neither he nor his parents sinned,' Jesus answered 'he was born blind so that the works of God might be displayed in him.

'As long as the day lasts I must carry out the work of the one who sent me; the night will soon be here when no one can work. As long as I am in the world I am the light of the world.'

Having said this, he spat on the ground, made a paste with the spittle, put this over the eyes of the blind man, and said to him, 'Go and wash in the Pool of Siloam' (a name that means 'sent'). So the blind man went off and washed himself, and came away with his sight restored.

His neighbours and people who earlier had seen him begging said, 'Isn't this the man who used to sit and beg?' Some said, 'Yes, it is the same one.' Others said, 'No, he only looks like him.' The man himself said, 'I am the man.' So they said to him, 'Then how do your eyes come to be open?' 'The man called Jesus' he answered 'made a paste, daubed my eyes with it and said to me, "Go and wash at Siloam"; so I went, and when I washed I could see.' They asked, 'Where is he?' 'I don't know' he answered.

They brought the man who had been blind to the Pharisees. It had been a sabbath day when Jesus made the paste and opened the man's eyes, so when the Pharisees asked him how he had come to see, he said, 'He put a paste on my eyes, and I washed, and I can see.' Then some of the Pharisees said, 'This man

cannot be from God: he does not keep the sabbath.' Others said, 'How could a sinner produce signs like this?' And there was disagreement among them. So they spoke to the blind man again, 'What have you to say about him yourself, now that he has opened your eyes?' 'He is a prophet' replied the man. However, the Jews would not believe that the man had been blind and had gained his sight, without first sending for his parents and asking them, 'Is this man really your son who you say was born blind? If so, how is it that he is now able to see?' His parents answered, 'We know he is our son and we know he was born blind, but we do not know how it is that he can see now, or who opened his eyes. He is old enough: let him speak for himself.' His parents spoke like this out of fear of the Jews, who had already agreed to expel from the synagogue anyone who should acknowledge Jesus as the Christ. This was why his parents said, 'He is old enough; ask him.'

So the Jews again sent for the man and said to him, 'Give glory to God! For our part, we know that this man is a sinner.' The man answered, 'I don't know if he is a sinner; I only know that I was blind and now I can see.' They said to him, 'What did he do to you? How did he open your eyes?' He replied, 'I have told you once and you wouldn't listen. Why do you want to hear it all again? Do you want to become his disciples too?' At this they hurled abuse at him: 'You can be his disciple,' they said 'we are disciples of Moses: we know that God spoke to Moses, but as for this man, we do not know where he comes from.' The man replied, 'Now here is an astonishing thing! He has opened my eyes, and you don't know where he comes from! We know that God doesn't listen to sinners, but God does listen to men who are devout and do his will. Ever since the world began it is unheard of for anyone to open the eyes of a man who was born blind; if this man were not from God, he couldn't do a thing.' 'Are you trying to teach us,' they replied 'and you a sinner through and through, since you were born!' And they drove him away.

Jesus heard they had driven him away, and when he found him he said to him, 'Do you believe in the Son of Man?' 'Sir,' the man replied 'tell me who he is so that I may believe in him.' Jesus said, 'You are looking at him; he is speaking to you.' The man said, 'Lord, I believe', and worshipped him.

Jesus said: 'It is for judgement that I have come into this world, so that those without sight may see and those with sight turn blind.'

Hearing this, some Pharisees who were present said to him, 'We are not blind, surely?' Jesus replied: 'Blind? If you were, you would not be guilty, but since you say, "We see," your guilt remains.'

**Next weekend: First Reading:** Ezekiel 37:12-14, **Psalm:** 129 response v7, **Second Reading:** Romans 8:8-11, **Gospel:** John 11:1-45.

# SPIRITUAL COMMUNION

*When unable to attend Mass*



✠ In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

OUR FATHER

### Collect

Let the power of the Holy Spirit come upon me, O Lord, I beseech thee: that he may both mercifully cleanse my heart and defend me from all adversities. Through Christ our Lord. Amen.

### The Epistle (Revelation 3:20)

Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.

### The Gospel (St. John 15:5)

I am the vine, ye are the branches. He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

*Take a moment to think of the failures of the past week; recall any sins you have committed since your last Communion and offer them to Christ.*

### Act of Contrition

O God, I am very sorry that I have sinned against thee who art so good. Forgive me for Jesus' sake, and I will try to sin no more.

### Act of Reception

In union, dear Lord, with the faithful at every altar of thy Church where thy blessed Body and Blood are being offered to the Father, I desire to offer thee praise and thanksgiving. I believe that thou art truly present in the Holy Sacrament. And since I cannot now receive thee

sacramentally, I beseech thee to come spiritually into my heart. I unite myself unto thee, and embrace thee with all the affections of my soul. Let me never be separated from thee. Let me live and die in thy love. Amen.

Come Lord Jesus, dwell in thy servant in the fulness of thy strength, in the perfection of thy ways, and in the holiness of thy spirit, and rule over every hostile power in the might of thy Spirit, and to the glory of thy Father. Amen.

May the Body and Blood of our Lord Jesus Christ preserve my body and soul unto everlasting life. Amen.

### Act of Praise and Thanksgiving

✠ Blessed, praised, and adored be Jesus Christ on his throne of glory in Heaven, and in the most Holy Sacrament of the Altar. Amen.

### Anima Christi

Soul of Christ, sanctify me;  
Body of Christ, save me;  
Blood of Christ, inebriate me;  
Water from the side of Christ, wash me;  
Passion of Christ, strengthen me;  
O good Jesus, hear me;  
Within thy wounds hide me;  
Suffer me not to be separated from thee;  
From the malicious enemy defend me;  
In the hour of my death call me,  
And bid me come to thee.  
That with thy Saints I may praise thee  
For ever and ever. Amen.

✠ In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

|                                      |  | Daily 33 Day Retreat Prayer  | Mass Intention for the Private Masses said by Fr Graham | Times Church open for Private Prayer   |                    |
|--------------------------------------|--|--|---|--|--------------------|
|                                      |  |  |   | Sacred Heart   | St John Fisher     |
| Saturday<br>21 <sup>st</sup> March   |  |  | <i>Patrick Monahan RIP</i>                              | (Confessions from<br>10.00am to<br>11.00am – in the<br>car park)<br><br>6.00pm to 8.00pm |                    |
| Sunday<br>22 <sup>nd</sup> March     | <b>Fourth<br/>Sunday of<br/>Lent (A)</b>                       | <i>Spend the day pondering Teresa’s Marian teaching as it is summarised by these three words: Thirst, Heart, and Covenant.</i>       | <i>Val Armitage RIP</i>                                 | 9.30am to 11.00am<br><br>6.00pm to 8.00pm  | 10.00am to 12 noon |
| Monday<br>23 <sup>rd</sup> March     | Monday of<br>the Fourth<br>Week of Lent                        | <i>Spend the day pondering John Paul’s Marian teaching as it is summarised by these three words: Mother, Entrust-acion and Mercy</i> | <i>James and Louisa Mary Twort RIP</i>                  | 9.00am to 11.00am<br><br>6.00pm to 8.00pm  |                    |
| Tuesday<br>24 <sup>th</sup><br>March | Tuesday of<br>the Fourth<br>Week of Lent                       |  | <i>Holy Souls</i>                                       |  | 11.00am to 12 noon |
| Wednesday<br>25 <sup>th</sup> March  | The<br>Annunciation<br>of the Lord                             |  | <i>Kirakyhidieva Gyulome RIP</i>                        | 9.00am to 11.00am<br><br>6.00pm to 8.00pm  |                    |
| Thursday<br>26 <sup>th</sup> March   | Thursday of<br>the Fourth<br>Week of Lent                      |  | <i>Mary and Patrick Greene RIP</i>                      | 9.00am to 11.00am  | 11.00am to 12 noon |
| Friday<br>27 <sup>th</sup><br>March  | Friday of the<br>Fourth Week<br>of Lent                        |  | <i>In thanksgiving – Barbara and<br/>Richard Briggs</i> | 9.00am to 11.00am<br><br>6.00pm to 8.00pm  | 11.00am to 12 noon |
| Saturday<br>28 <sup>th</sup> March   | Saturday of<br>the Fourth<br>Week of Lent                      |  | <i>Fr Joseph Pham RIP</i>                               | (Confessions from<br>10.00am to<br>11.00am – in the<br>car park)<br><br>6.00pm to 8.00pm |                    |
| Sunday<br>29 <sup>th</sup> March     | <b>Fifth<br/>Sunday of<br/>Lent (A)<br/>Laetare<br/>Sunday</b> |  | <i>Ellen “Mischa O’Sullivan”</i>                        | 9.00am to 11.00am<br><br>6.00pm to 8.00pm  | 10.00am to 12 noon |