

# Our Lady Help of Christians

(Diocese of Portsmouth – Registered Charity No.246871)

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## Fifth Sunday of Ordinary Time

The Youth Club will lead us in the 10.30 Mass today.

Please note that the Confirmation Session this week is on

Wednesday 10<sup>th</sup>, from 6.30 – 8.30 in the Narthex.

### Mass Intentions for the week beginning

#### Sunday 7 February 2010

Saturday	6.00pm	Ann Croombs (Intention).
Sunday	8.30am	Maurice Sugg RIP.
	10.30am	People of the Parish .
Monday	9.30am	John Molloy RIP
Tuesday	9.30am	Dave Pearce RIP.
Thursday	9.30am	Pearse Dawson RIP
Friday	9.30am	Deceased of Hall & Campbell families and Patricia Cameron RIP.
Saturday	9.30am	Michael Forrest RIP and deceased Family and friends of Pat Forrest.
<b>Saturday Vigil Mass:</b>	6.00 pm:	Elizabeth Madden RIP.
<b>Sunday</b>	8.30am	People of the Parish.
	10.30am	Kay Marley RIP

#### Masses not celebrated in the Parish Church

Anthony Leakey, the Parishioners.

#### Mass and events beginning 8 February 2010

##### Prayer of the Church - Psalms Week 1.

Monday	8	Mass of the Fifth Week in Ordinary Time. 7.30 RCIA Meeting in the Narthex. Theme: <i>Sacraments of Baptism &amp; Confirmation</i> 8.00 SVP Meeting in the Parish House
Tuesday	9	Mass of the Fifth Week in Ordinary Time.
<b>Wed'day</b>	<b>10</b>	<b>Morning Prayer and Eucharistic Service.</b>
Thursday	11	Mass of Our Lady of Lourdes (Memorial). <b><u>Today is World Day of Prayer for the Sick.</u></b>
Friday	12	Mass of the Fifth Week in Ordinary Time.
Saturday	13	Mass of Our Lady on Saturday.

#### **Sunday 14 Sixth Sunday of Ordinary Time.**

This Weekend 13/14 February Collection (Optional) for Cabrini Children's Society. *There are some Cabrini Gift Aid envelopes on the table in the Narthex if you wish to use them.*

**Wednesday 17 is Ash Wednesday and the beginning of Lent.**

#### **Chinese New Year – the Year of the Tiger**

##### **TWO special Masses for the occasion.**

Sat.13 at 16.45 : St Mary's Church, Bellvue Road, Aldershot.

Sun.14 at 11.00: Holy Angels Church, Ash Church Road, Ash.

**ALL are very welcome! Red is the Chinese auspicious colour.**

#### **DATES FOR YOUR DIARY**

February 2010

- 15: 7.30 – 9.15** Rite of Election 'rehearsal' at OLHC.  
**17:** Ash Wednesday.  
**20:** Rite of Election at Portsmouth Cathedral.  
**22: 7.30** Lenten Talk on John Paul II given by Fr John Dickson SDB.  
**24: 7.30 pm** Parish Seder Meal in the Hall.  
**26:** CAFOD Lenten Fast Day. (50 Anniversary of the Fast Day).  
**March**  
**8:** Women's World Day of Prayer.  
**11:** 2.00pm Mass for the Senior Parishioners  
**April**  
**4: Easter Sunday**  
**May**

**25:** 7.00pm Confirmation in our Pastoral Area.

**June**

**20: First Holy Communion.** Two sessions - 10.30 and 2.30pm.

**July**

**24/25:** Annual Mission Appeal for the Sacred Heart Fathers and the Brothers of Bethanram.

**The Talent Show scheduled for 20 March has been cancelled.**

#### **YOUR PARISH CHOIR NEEDS YOU**

Where are you? – all you men and ladies who sang with us so heartily at Midnight Mass. Please come back to us – and anyone else who wants to sing at the Easter Triduum. There is some beautiful music to enhance our worship – but only **IF** enough voices come forward to help us out at this important time in our Christian Calendar.

**Practices are on Thursdays, at 7.30 pm.**

*SINGING IS GOOD FOR YOUR HEALTH AND WELLBEING – SO GIVE IT A TRY!*

#### **Fast and Abstinence**

Now that we are approaching the Season of Lent it is appropriate that we reflect on the three great forms of participation:

##### **PRAYER, FASTING AND ALMSGIVING.**

What is the teaching of the Church on Fasting and Abstinence? According to Canon Law the days and times of penance for the universal Church are:

- *Each Friday* of the whole year, commemorating the death of Christ on the first Good Friday,
- *the season of Lent* – from Ash Wednesday to midday on Holy Saturday – itself the immediate preparation for the celebration of the Resurrection on Easter Sunday.

Abstinence refers to refraining from eating meat or meat products on Ash Wednesday and Good Friday. Those are the two mandatory days but it doesn't mean that one is not encouraged to abstain on other days. Catholics bound by this rule are individuals between the age of fourteen and the end of their life. The law of fasting (namely partaking of one full meal and two smaller meals on Ash Wednesday and Good Friday) starts at the age of 18 until the beginning of their sixtieth year. Consideration of health should be an aspect of all this. Of course those not covered by these prescriptions are encouraged to practise some other form of penance.

#### **Services on Saturday morning**

9.15	Morning Prayer of the Church
9.30	Holy Mass
10.00 - 10.40	Sacrament of Reconciliation/Confessions
10.00 - 11.00	Adoration of the Blessed Sacrament

#### **Doing one's best**

There has to be something reassuring in today's readings insofar as we are reminded that God is not looking for perfection but rather willingness to try to do better. Isaiah puts forward reasons why he's not the one to speak but his mouth is touched and a voice is found. Paul feels unworthy to be even named apostle but accepts the name since he believes in trying and rooting himself in the gospel he has heard. The fishermen gave what they had to give, the use of their boat, in order for Jesus to speak to all gathered and ready to listen. It's all about making an effort, being willing to try and hoping for the best.

#### **Let us pray for the Sick**

Debbie de Bono, Mary Brady, Dominic Clark, Elizabeth Pearce, Joan Schieder, Claire Hilder, Anthony Leakey, Julie Hall, Ellen Hack, Ruth Taylor, Grace Bilyard, Nora O'Connor, Bernard Shiels, Grace May, Mary O'Connor, Delphine Lannon, Jack Pollicutt, Ann Croombs and all the names in the **Petition Book.**

#### **We pray for our deceased parishioners**

Elizabeth Sheehan, Maurice Sugg, Antoni Rylak, Ethel Mary Strode, Hannah Andi-Patin, Claire Stone, Louis Thompson, Anne Thompson, Eva Ryan, Blanch Cairns, John Wintermeyer, Antoinette Sammut, Maria Dudley, Eugenia Neumark, Annie Walker.

*May they Rest in Peace*