



Sacred Heart Church, Oxford

Sixth Sunday in Ordinary Time

14th February, 2021

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Sunday, 14 th February Sixth Sunday in Ordinary Time <i>Day for the Unemployed</i>	9.00 am 6.00 pm	<i>The People of the Parish</i> <i>Lucas Da Silva - RIP</i>
Monday, 15 th February	9.15 am	<i>Mary Lillis - RIP</i>
Tuesday, 16 th February	No Public Mass Today	
Wednesday, 17 th February Ash Wednesday THE SEASON OF LENT BEGINS	7.00 pm	<i>The People of the Parish</i>
Thursday, 18 th February	<i>6.00 pm Exposition & Benediction</i> <i>7.00 pm Mass</i>	<i>Jose (Thanksgiving)</i>
Friday, 19 th February	No Public Mass Today	
Saturday, 20 th February	No Public Mass Today	
Sunday, 21 st February First Sunday of Lent <i>Day of Prayer for Candidates for the Sacraments</i>	9.00 am <i>5.15 pm Stations of the Cross</i> 6.00 pm	<i>Alfin Geovanio Martins</i> <i>Osvaldo Da Silva RIP</i>
Sacrament of Reconciliation: Thursday, 6.00-6.45 pm		

Welcome to Sacred Heart Church for Mass today,

Please pray for the repose of the souls of Canon Giles Goward, Fr. Pat Joyce, Bernadette Gavin, Mary Lillis, Sean Smith, Philomena Gardiner and all who have died recently, and for all those whose anniversaries occur at this time. Mgr. Joseph Vincent Healy, Mgr. Canon Peter W. Lawler, Canon William Roughan, Frs. Daniel Daly, Joseph Hogan, Charles Joseph O'Reilly, William Conefrey, Joseph Denis McEvilly, Timothy Healy, Terence McDonnell, Francis Jordan, Alexander McGavin and Francis Coyle, and also William Tobin, Henrique Mgungwe, Jim McNally and Thomas Dermot Moran. Eternal rest grant unto them, O Lord. May they rest in peace.

There will be a Requiem Mass at Our Lady's for Sean Smith at noon this Thursday. Bernadette Gavin and Mary Lillis will have a joint Requiem Mass at Our Lady's on Tuesday, 23rd February, at 10.00 am. Because of the pandemic, only family members may attend, but the Masses will be livestreamed for all to take part.

Please pray for John Flanagan and all those we know who are sick. If you or family members are ill and you would like to ask for prayers on this newsletter, let me know (in writing, please). Thank you.

Mass at Home. You are welcome to Sacred Heart for Mass, but if you wish to join us for Mass from your home, we can Zoom the Mass to you. Alternatively, you could watch the Mass on Saturday, 5.30 pm, and/or Sunday, 11.00 am from Our Lady's where we are now live and can be viewed at <https://www.mcnmedia.tv/camera/our-lady-help-of-christians>

Here is a prayer, **an Act of Spiritual Communion**, which you can say as you watch the Mass at home:

"My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You."

Prayer at the end of Mass:

Hail, holy Queen, Mother of mercy, hail, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus, O merciful, O loving, O sweet Virgin Mary! *Pray for us, O holy Mother of God*, that we may be made worthy of the promises of Christ.



Lent Begins Ash Wednesday

Ash Wednesday. Lent starts this Wednesday! Mass at Sacred Heart will be at 7.00 pm. Ashes will be distributed as a mark of sorrow for our sins and a reminder of our mortality.

It is a day of fasting and abstinence when everyone over the age of 14 should abstain from meat and those between 18-60 should also fast, taking only one meal and two lighter snacks.

Weather permitting, I shall burn palms after Mass today to make the ashes. **I invite you to write down your Lenten resolution and add it to the palms.** That way, when you receive your ashes on Wednesday you will be “sealed” with your own intentions.

Ideas for Lent 2021. Because of the pandemic we can't do much together, but here are a few suggestions:

- Parish Penance Service.** On Thursday, 18th March, at 6.00 pm, with Mass at 7.00 pm.
- “Walk With Me” Booklets.** These are now available in the porch, cost £1, or whatever you can afford. The Lent calendars are free. The daily reflections are rooted in the Gospel from the daily and Sunday liturgy to help us on a journey of prayer and contemplation. It is a tool for evangelization and a way to encourage us to reach out to those who no longer practise their faith.
- “My Day By Day”.** These small booklets are available in the porch (£1). They contain the Mass readings for each day of Lent to Maundy Thursday.
- Morning Prayer.** You are welcome to join me for Office of Readings and Morning Prayer of the Church each morning (except Wednesdays and Thursdays) at 8.00 streamed from Our Lady's.
- Stations of the Cross** each Sunday afternoon in Lent, at 5.15, before the evening Mass.
- Cycle of Prayer.** During Lent we are asked to pray for these intentions: Candidates for the Sacraments; Women; the Needy and Hungry of the World; Penitents and Wanderers.
- Lectio Divina.** Would you like to try “*Lectio Divina*” during Lent? It is a Latin phrase, meaning “divine reading”, and it is a way of praying with the Bible. We shall have to do it by Zoom, and I honestly don't know if that will work, but it is worth trying. If you would be interested in trying it as part of a group please let me know and we can set it up for Monday evenings for about half an hour, starting at 7.00 pm.
- For your Lenten commitment you could take part in **CAFOD's Walk for Water Appeal**. Ask your friends and parishioners to sponsor you to walk 10,000 steps a day: 10,000 steps a day - done your way. Every day. For 40 days. Go the distance this Lent and help to end water poverty. It doesn't matter how you do it, just as long as you put your heart and soul into it. Sign up now, raise money and do something different to fight poverty. Go to <https://walk.cafod.org.uk/>

Rachel and Phoebe Walk for Water/CAFOD. This Lent Rachel and Phoebe are taking on the Walk for Water Challenge. Rachel will be walking (with a bit of running) 10,000 steps a day for 40 days to raise money for CAFOD's work around the world. Phoebe will be coaching Rachel. Please support us if you can, and follow us. For updates and photos: <https://walk.cafod.org.uk/fundraising/rachel-and-phoebe-walk-for-water>. If you are interested in doing this challenge also, email rachel.breward@gmail.com

COVID-19. For your protection and that of everyone else, when you come to church, please wear a face-covering, sanitise your hands on arrival and departure, check in for the track and trace, and keep your distance from others who are not in your “bubble. Thank you.

Annual Guild of St Stephen Mass. Altar servers across the Archdiocese are invited to join the live streaming of the Guild of St Stephen Mass at St Chad's Cathedral at 10am on Saturday, 6th March. As part of the celebration servers (young and old, whether at home or in church, vested or not) are encouraged to send a picture of themselves holding their Guild Medal to office@vocations.org.uk so the Vocations team can create a montage poster in lieu of the annual photo at Mass. **Please save the date and get involved!**

Ask your MP to sign a parliamentary motion calling on the Government to introduce new guidance on foetal pain. A new parliamentary motion (EDM 1340) is calling on the Government to introduce new guidance on foetal pain. The evidence that babies can feel pain in the womb, and during many abortions, highlights the humanity of the unborn child and provides another important reason to introduce legislation to protect the unborn child from abortion. Right To Life UK have set up an easy-to-use tool which makes it simple to contact your MP. It only takes 30 seconds using this easy-to-use tool. This tool can be accessed by visiting this link: www.righttolife.org.uk/FetalPainMotion

Echoes of God: Journeying with the word of God. The next chapter in our 7-week course on the Bible, written by David McLoughlin is available. to take away, or go to <https://www.godwhospeaks.uk/thegod-who-speaks/focus/sunday-of-the-word-ofgod/echoes-of-god-journeying-with-the-word-of-god/>

Tailpiece: A pious man who had reached the age of 105 suddenly stopped going to church. Alarmed, the parish priest went to see him. To his surprise he found him in excellent health, so he asked, “How come after all these years we don't see you at Mass anymore?” The old man looked furtive. “I'll tell you, Father,” he whispered. “When I got to be 90 I expected God to take me any day. But then I got to be 95, then 100, then 105. So I figured that God is very busy and must have forgotten about me... and I don't want to remind Him.”

May God bless you throughout the Season of Lent and all those who are dear to you. Fr. Harry