

OUR LADY OF LOURDES CHURCH in NEW MILTON

Catholic Diocese of Portsmouth

15 Mount Ave, New Milton. BH25 6NT

Our Parish live streaming: <http://churchservices.tv/newmilton>

Website: www.nfwp.org.uk

Church opening hours 7am to 7pm.



1ST Sunday in Lent

Year A

5th March 2017

THE SEASON OF LENT - OUR HOLY JOURNEY

Lent is a solemn season in our Catholic liturgical calendar. It is a time of reflection and sacrifice that prepares us to observe the sacrifice of Jesus on the Cross and celebrate His resurrection at Easter. We Catholics are required to observe fasting not only during Ash Wednesday and Good Friday, but throughout the entire season of lent.

Refraining from normal meals on fast days reminds us of the sacrifice of Jesus on the cross. This keeps our minds and hearts focused on the reasons Lent is observed in preparation for Easter Sunday. Fasting is also a form of penance. Observing fast days during Lent is a way for Christians to acknowledge their sins and do penance for them. Many people are growing in the awareness that fasting is a more effective form of penance than specific prayers because the physical effects of fasting serves as a tangible reminder of why they are fasting. Alongside fasting and other personal sacrifice during the Lenten season to strengthen their individual faith, many people use this opportunity to get rid of a bad habits

Thus, for the Christian, fasting is the only means by which man recovers his true spiritual nature. In order for fasting to be effective, then, the spirit must be a part of it. Christian fasting is not concerned with losing weight. It is a matter of prayer and the spirit. and because of that, because it is truly a place of the spirit, true fasting may well lead to temptation, and weakness and doubt and irritation. In other words, it will be a real fight between good and evil, and very likely we shall fail many times in these battles. But the very discovery of the Christian life as "fight" and "effort" is an essential aspect of fasting.

CHRISTIAN TRADITION CAN NAME MANY REASONS FOR FASTING:

1. From the beginning, God commanded some fasting, and sin entered into the world because Adam and Eve broke the fast and ate from the tree God told them not to.
2. For the Christian, fasting is ultimately about fasting from sin.
3. Fasting reveals our dependence on God and not on the resources of this world.
4. Fasting is an ancient way of preparing for the Eucharist—the truest of foods.
5. Fasting is preparation for the reception of grace in all the sacraments.
6. Fasting is a means of saving resources to give to the poor.
7. Fasting is a means of self-discipline, especially in the virtue of chastity, and the restraining of the appetites.
8. It reduces the excessive accumulation of “fat” in our soul in the form of evil tendencies and evil habits (spiritual obesity).
9. It gives us additional moral and spiritual strength.
10. It offers us more quality time to be with God in prayer and meditation.
11. It encourages us to share our food and goods with the needy.
12. “There is joy in the salutary fasting and abstinence of Christians who eat and drink less in order that their minds may be clearer and more receptive to receive the sacred nourishment of God's word, which the whole Church announces and meditates upon in each day's liturgy throughout Lent” (Thomas Merton).
13. We are to lead a life of penance because, it is the model given by Jesus.
14. It was his teaching: “If any one wishes to follow me, let him deny himself, take up his cross and follow me” and “Try to enter through the narrow gate.”
15. Theological reasons: a) it removes the weakness left by sin in our souls, b) it pays the temporary debt caused by sin, and c) it

makes our prayers more fruitful.

PRAYERFUL FASTING AS FOUND IN THE BIBLE:

We are to do prayerful fasting:

- ✓ by following the example of Jesus before his public ministry, (Mt. 4:1-4)
- ✓ b) by imitating the king and the people of Nineveh (Jon 3:7), who fasted in sackcloth pleading for mercy from the Lord God; / of the Syrian King, Ben Hadad (I Kgs 20:31-34), who did not fast, but wore sackcloth and begged Israel's King Ahab for his life); / of Queen Esther who fasted, begging God to save her people (Est 4:16); / of the soldiers of Judas Maccabaeus who fasted so greatly they felt too weak to fight (1 Mc 3:17); / and of St. Paul who regularly Fasted and even said; True fasting is "tearing one's heart and returning to God" with true repentance for one's sins. It is "breaking unjust fetters, freeing the oppressed, sharing one's bread with the hungry, clothing with the naked and home with the homeless, and not turning away from the needy relatives".

Lent also means giving up many things that does not help us grow towards Christ, so as to have the spiritual focus that is required for the season. For instance:

GIVE UP grumbling! Instead, "In everything give thanks." Constructive criticism is OK, but "moaning, groaning, and complaining" are not Christian disciplines.

GIVE UP 10 to 15 minutes in bed! Instead, use that time in prayer, Bible study and personal devotion.

GIVE UP looking at other people's worst points. Instead concentrate on their best points. We all have faults. It is a lot easier to have people overlook our shortcomings when we overlook theirs first.

GIVE UP speaking unkindly. Instead, let your speech be generous and understanding. It costs so little to say something kind and uplifting. Why not check that sharp tongue at the door?

GIVE UP your hatred of anyone or anything! Instead, learn the discipline of love. "Love covers a multitude of sins."

Lenten Lunches

Lenten lunches will be served in the Hall on Fridays during Lent Each lunch will consist of soup, roll and butter, cheese and a piece of fruit. Cost £3.50. Served from 12.00 – 1.30pm. Look forward to seeing you all there. **Robin Bantin.**

Stations of the cross: Tuesdays of Lent at 6:30 p.m. followed by Holy Mass at 7:00 p.m and Fridays of Lent at 9:30 a.m. followed by Holy Mass at 10:00 a.m. No exposition on those days.

There are some Walk with Me Lenten daily readings still available for £1.00. in the sacristy on the counter. Please leave money in the container provided. Thank you. There are only a limited number. Perhaps if you would like an extra thing to do for Lent instead of giving something up they are for you!

STOP PRESS! PALS . Those members booked for our monthly lunch this Tuesday 7th March be at venue 12.00 for 12.30. Thank you. Jane 01425 501126

CANCELLED Parish Council Meeting Thursday 9th March- now the following Thursday 16th March

GIVE UP your worries and anxieties! Instead, trust God with them. Anxiety is spending emotional energy on something we can do nothing about: like tomorrow! Live today and let God's grace be sufficient.

GIVE UP TV one evening a week! Instead, visit some lonely or sick person. There are those who are isolated by illness or age. Why isolate yourself in front of the "tube?" Give someone a precious gift: your time!

GIVE UP buying anything but essentials for yourself! Instead, give the money to God. The money you would spend on the luxuries could help someone meet basic needs. We are called to be stewards of God's riches, not consumers.

GIVE UP judging by appearances and by the standard of the world! Instead, learn to give up yourself to God. There is only one who has the right to judge, Jesus Christ.

Fr George Ngwa

More Lenten Refreshment. Starting Monday 6th March Mondays at 12.45 cuppa soup and 1.00 pm spiritual food. The Mystery of Jesus' Passion. **Listen** to a CD, which is a commentary by Frances Hogan on St Matthew's Gospel. 45 minutes. A course of 10 sessions in the Church Hall. Johanna

Saint of the Week- St Dominic Savio

St Dominic was born on 2 April 1842 in the province of Turin, in northern Italy, to humble but very devout Christian parents. While still a boy he decided to become a faithful imitator of Jesus Christ and avoid anything that would distance him from the Lord. At the age of 7 he made his First Holy Communion and at 12 became a spiritual son of John Bosco. Under the personal direction of this great Salesian saint, Dominic became a tabernacle for the Lord and a model and example of God's love for all people. With his life style he was an apostle and missionary of Jesus.

Those who met him said he was not small in stature but rather frail and thin. He preferred to listen rather than speak. Humble and respectful towards all, he

had a natural gift for settling arguments and quarrels which, at that age, often arose among his companions.

His sole interest was God and how to lead others to use all their strength to serve him. What he lacked in physical strength was compensated by his moral stature, courage and acceptance of God's will whatever it might be. The first biography of Dominic was written by his teacher Saint John Bosco and those pages led to many vocations.

Dominic died at the age of 15 on 9 March 1857. He was canonised by Pope Pius XII in 1954. (taken from Vatican website / Pontifical Society for Holy Childhood)

Sr Hyacinthe Requests. This Lent, join our Wednesday Gospel Webinar, every Wednesday from 7 to 8 pm, to discover the depths of the Sunday Gospel. Find out more about God, about yourself and about the Church. Take the time to ponder the Word of God and to ask the questions you cannot ask in church during the homily! You can join the webinar wherever you are, from a computer with a good internet connection and the sound turned up. Here are a few steps to join the webinar:

1. Register: <http://www.portsmouthdiocese.org.uk/formation/webinar>
2. You will receive a confirmation email, and reminder emails after that.
3. On Wednesday at 7pm, join the webinar by clicking on the link in your confirmation/reminder email.

PLEASE NOTE. There are plenty of little wallet sized yellow cards about this at the back of the church. Thank you.

Thank you. Jane has found a volunteer to sort out the Pascal Candle stand and the missing cross above the Station of the Cross.

Please support if you are able. The New Milton Civic Service is on Sunday 12th March 3-4pm at the Ashley Baptist Church. Thank you.

Pope Francis' Prayer Intentions for MARCH 2017

Support for Persecuted Christians. That persecuted Christians may be supported by the prayers and material help of the whole Church.

O Jesus, I offer you my prayers, works, joys and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, the reparation for sin, and the reunion of all Christians. I offer them for the intentions of our bishops and of all the Apostles of Prayer, and in particular for those recommended by our Holy Father the Pope this month. Amen

What is the process in the preparation of the prayer intentions? The faithful from around the world suggest papal prayer intentions to the international office of the Apostleship of Prayer in Rome. Through prayerful discernment the Apostleship selects a large number of them and submits them to the Vatican for further selection, with the Pope making the final selection. The Vatican then entrusts to the Apostleship of Prayer the official set of monthly prayer intentions, which the Apostleship then translates into the major world languages and publishes in print and digital formats. (from Apostleship of Prayer website)
For Lent, please consider joining in this Apostleship of prayer if you are not already.

Volunteers wanted to help STOP THE TRAFFIK Portsmouth build and host the UN.GIFT box street installation at Gunwharf on 17-19th March to raise awareness about modern slavery in our city. For more information please attend one of our training sessions on 2nd or 7th March at St. Jude's Church, Southsea starting at 7:30pm, or contact portsmouthactgroup@gmail.com

Sun 5 th Mar	First Sunday of Lent	First Sunday in Lent Sat Vigil Mass 6pm- <i>Pro Defunctis</i> 10.00 Holy Mass- <i>Missa Pro Populo</i>	Coffee in the Hall after Mass on Sundays
Mon 6 th Mar		No Mass	12.45- 2pm Cuppa soup and CD- a Commentary on The Mystery of Christ's Passion. Living Rosary Group meeting in Hall 5.45pm
Tues 7 th Mar	Today is also the memorial of SS Perpetua and Felicity	18.30 Stations of the Cross 19.00 Holy Mass- <i>Thanksgiving to the Sacred heart of Jesus for favours and blessings received through the intercession of Our Lady of Lourdes</i>	
Wed 8 th Mar	Today is also the memorial of St John of God	9.00 Exposition, 9.30 Rosary, 9.50 Benediction, 10.00 Holy Mass- <i>John Bedwell RIP 1st Anniversary</i> 16.00- Indian Holy Mass of the Syro-Malabar Rite	Rosary intentions for the sick of the Parish.
Thur 9 th Mar	Today is also the memorial of St Frances of Rome	9.00 Exposition, 9.30 Rosary, 9.50 Benediction, 10.00 Holy Mass- <i>George Kovari RIP</i>	Rosary intentions for peace in the world. Choir practice after Mass
Fri 10 th Mar		9.30 Stations of the Cross 10.00 Holy Mass- <i>Dennis Buckley RIP</i> 5.30- 6.30 Indian Community Stations of the Cross	Lenten lunches from 12-2pm in Hall 5pm Holy Communion Classes in the hall
Sat 11 th Mar		9.30 Chaplet of Divine Mercy and veneration of relic of St Sister Faustina, 10.00 Holy Mass- <i>unbooked</i> Second Sunday of Lent Vigil Mass 6pm- <i>Jean Harwood RIP</i>	.
Sun 12 th Mar	2 nd Sunday of Lent	10.00 Holy Mass- <i>Breed Buckley RIP</i>	Coffee in hall after Mass

Purple. A dark colour, "the gloomy cast of the mortified, denoting affliction and melancholy". Liturgically it is the colour of Advent and Lent, the seasons of penance and preparation.(universalis.com) There is only a change of colour for feast days during Lent not memorials.

Collections for 26th February Loose. £307.47 and gift aid (envelopes only) £280.50. Thank you very much for your continued support of the Church. There is a Second Collection this week for CAFOD

For enquires about Baptisms and Weddings please contact the office for forms, and for funerals please discuss dates first with the funeral directors.

Readers 4/5th March

Sat: B Coyne T Gearey

Sun: S. Ramsay, J Thomas

EMHC 4/5 March

Sat: M Yon J Bryer C d'Espagnac

Sun: Akhil Joseph J Nichols G Mambo

Readers 11/12th March

Sat: A Nash P Thorpe

Sun: P Caffyn C Barrett

EMHC 11/12th March

Sat: K Dempster T Gearey B Dempster

Sun: S Salinger A Caneda P Clarke

Sacrament of Reconciliation After Wednesday and Saturday morning Mass and before Sat Vigil Mass at 5.45pm and on request.

Parish Priest: Father George Ngwa:

email: gngwa@portsmouthdiocese.org.uk.

Emergencies only: mobile 07475753040

Parish Office: Mrs Johanna Thomas:

lolnewmilton@portsmouthdiocese.org.uk

tel. 01425 614968;

**OFFICE HOURS Wed and Fri: 10.45 am – 12 noon;
Safeguarding: Katherine Dempster Tel. 01425 611643**

Health and Safety: Lorenzo Bandonill

Hall Booking: via Parish Office

The Chrim Mass will be held on Tuesday 11th April at St John's Cathedral in Portsmouth. If you would like to join the volunteer choir for the Mass, please [e-mail](#) Chris Olding with your name, parish and voice (Soprano / Alto / Tenor / Bass) It's helpful if you can read music but no previous experience is necessary. Rehearsal Saturday 1st April at St Bede's Church, Basingstoke, starting at 11am. Thank you.