

# OUR LADY OF LOURDES CHURCH In NEW MILTON

Catholic Diocese of Portsmouth

15 Mount Ave, New Milton. BH25 6NT.

Parish priest: *Father George Ngwa*



**6<sup>TH</sup> SUNDAY IN ORDINARY TIME YEAR "B" 14<sup>TH</sup> FEBRUARY 2021**

## **Lent, A Journey Back To The Self – A Season Of Grace**

It is Lent again come February 17<sup>th</sup> this year. Lent as we know, is a Christian tradition that is observed by many denominations. It is the hallowed forty-day period of sacrifice leading up to Jesus' death and Resurrection. During Lent, Orthodox Christians, Catholics and some Protestants prepare for Holy Week by fasting, praying, and reconciling with the Lord. These forty days are a wonderful time to journey back to ourselves and rethink everything and to allow ourselves to take up our crosses as Christ once did.

It is a season of the year when millions of Christians undertake a spiritual battle focus on strengthening their relationship with God. Many people choose to observe lent through a combination of prayer, simple living, fasting and repentance in preparation for Easter. It is a period of 40 days beginning on Ash Wednesday and lasting through Holy Saturday. Ash Wednesday begins the season as we fast and get ashes on our forehead, or head this year, as a visible sign of penance. The ashes are applied by a priest or deacon or someone designated by the Church, to represent the dust from which God made us. The priest may explain, "Remember that you are dust and to dust you shall return."

The duration of forty days represents the time Jesus spent in the wilderness preparing for his ministry. Many will go through the motions and celebrations of Lent and Easter. However, we like to take a moment to reflect on what this season really means to us. How does preparation during Lent better us as human beings? What can we do to spiritually strengthen our relationship with God?

The season concludes with the celebration of Easter. On Easter, we celebrate the resurrection and rebirth of Jesus as he rose from the dead three days after being killed, thus defeating evil for ever.

### **How can you strengthen your relationship with God during Lent?**

**Fast and Abstain.** All Catholics aged fourteen and older are asked to abstain from meat on Lenten Fridays, though fish is allowed to be eaten. Additionally, Catholics aged 18-59 are obliged to fast on Ash Wednesday, Good Friday, and all Lenten Fridays, meaning that only one full meal may be eaten in the day. Some people should definitely *not* fast (the pregnant or the elderly, for example). If fasting isn't a reasonable option for you, fast from something other than food. Make sure it's something that's a challenge so you can feel the sacrifice you're making.

The most common and recognized way to celebrate Lent is to give up something special to you, like your phone or email, watching TV or eating chocolate, during the season. In this way, many Christians feel that they are making a tangible sacrifice to reflect on the depth of the sacrifice Christ made for us. Some believe that fasting helps to keep the focus on God during the season. Other Christians feel that it makes them look forward to Good Friday and the celebration of Easter, Christ's victory over sin and death.

**Spiritual Discipline-** As another way to prepare for Easter, you may choose to add additional prayers, Bible studies or another spiritual discipline to your routine. Some may decide to go on a spiritual retreat to deepen their faith in God.

**Focusing on Your Spirituality** - Decide on your Lenten sacrifice. Lent is a season of solemnity and sacrifice commemorating Jesus' exodus into the desert; our sacrifice is a reminder of the sacrifice of self Jesus made to save us from our sins. Because of this, it is a Lenten tradition to sacrifice something for these 40 days.

- ✓ Think about all the trivial things in your life that shift your focus away from God. Do you find that you dedicate more time to sending text messages and posting status updates than to prayer and time with God? Do you have a habit of eating junk food excessively? What is something your life could do without?

**In addition to sacrificing something, include something special in your Lenten routine.** Giving up chocolate or Facebook for 40 days is great, but why not do something positive, too, instead of just removing the negative? Resolve to be more mindful of others' needs, spend more time with your family, pray more, and forgive old grudges.

- ✓ Some families decide to set aside their spare change during these 40 days and do something with that money. Either donate it to the church or to a local charity, or spend it on goods for those in need. It's a nice touch to this season, focusing on those that don't have anything to sacrifice in the first place.

**Attend Mass/Liturgy as often as possible.** In addition to weekly Sunday service, it's good to go to church frequently, especially during Lent. Lent reminds us that we come from dust and to dust we shall return. Many traditions often have an additional mass or service, and attendance at these services is a good way to participate in Lent. The services can give extra encouragement to stay focused on the reason for making lenten sacrifices.

**Celebrate the Sacrament of Reconciliation** - Reconciliation, or Confession, is a wonderful way to turn away from sin and reunite yourself with Christ. If you don't already, try getting into the habit of going to Confession on a regular basis. The Catholic Church has made it obligatory that all the faithful receive the sacrament of Penance at least once a year and once during the season of Lent, though it's recommended that you attend Confession at least once a month if possible. Your church probably offers weekly confessional services, if not more, during this time of year. If you're not sure when to go, check the newsletter schedule or just make a quick phone call and schedule private confessions any time.

**Spend time on devotions** - Devotions are a great way to put yourself in the right mindset for Lent. The Church highly encourages Adoration of God in the Blessed Sacrament or the veneration of the Blessed Virgin and the saints and other devotions. This Parish (or your local parish probably) has regular Eucharistic Adoration, where you can go to sit or watch online or through live streaming and engage in deep prayer, in the presence of the Blessed Sacrament. To practice veneration, you could say a decade of the Rosary daily, or pray to your patron saint.

- ✓ Any prayer, so long as it means something to you, is a step in the direction God intended. If you have a prayer you have grown up with, that speaks to you, resolve to spend more time focusing on what it truly means and how you can embody that prayer in your everyday life. A prayer book or the of psalms and other prayers that can improve your prayer life. So by giving it more structure and direction this will foster a spirit to pray and deepen your conversation with God.

**Take time for self-examination and reflection.** Christmas and Easter are times of happiness and joy; while the preceding and succeeding seasons are cheery and bright, the same cannot be said about Lent. It is a time of simplicity and solemnity. It is a time to reflect on your dependence on God's mercy and your understanding of faith. Take moments during this time to think about how you embody Christ's love.

**Take something on.** While many people choose to give harmful things up for Lent, you could use the season to help you build *good* habits. You could promise to be more patient and kinder toward your neighbour, or you could plan to help the needy. Whether you choose to sacrifice or to adopt new, strengthening habits, you should allow your Lenten promises to help you grow in faith and virtue.

- ✓ In addition to bettering your own life, take this time to build habits that better the lives of others. Volunteer at a hospital or shelter, or simply get more active in your church by offering services needed during this time of covid-19.
- ✓ **Promote a communal almsgiving project.** Many communities choose to partake in something like Cancer research etc, during this season, offering help to those communities that are in need. Any charity in the area can be the basis of your project. All you need to do is get yourself on board. This is the perfect time to focus on bettering the world, just as Jesus did.

Fr. George Ngwa

**ANNOUNCEMENTS**

## HOLY MASS BOOKING ON LINE DURING CORONAVIRUS PANDEMIC

As the whole country is now in Lock Down it will still be necessary to restrict the number of parishioners in

Church for each Mass to approximately 45, which means that you will need to book your place in advance. We now have an “on-line” booking system in place, which you can find by going onto our website at

<https://www.nfwp.org.uk> - (scroll down left-hand column to CORONAVIRUS: Welcome to Our Lady of Lourdes, New Milton and click on CORONAVIRUS: How to book a seat for Mass). Alternatively the Links for Sundays in February are:-  
21st February 2021- <https://forms.gle/yStw6efsp8VpXdLh9>  
8th February 2021 - <https://forms.gle/JAENMABixsHhEcpZ8>

If anybody does not have the facility to book on line, would they please contact Lizzie in the Parish Office on either a Wednesday or Friday between 12:00 noon and 3:00 p.m. Obviously, with the escalation of Covid cases nationally, things might change at any time, so we will try to keep you updated as soon as is possible!

**FINANCIAL SUPPORT during the COVID PANDEMIC.** Whether or not you are a Gift Aider and you would like to continue supporting your Church through this difficult time, you may wish to organise a Standing Order arrangement with your bank to pay your collection directly into our Church bank account. Details as follows: - Lloyds Bank - Sort Code 30-93-04, Account No: 00883116, Account Name – PRC DTR New Milton. Or you may prefer to give your donation directly to the Office. Thank you! If you do decide to pay money directly into our Bank Account, it would be very helpful for our Treasurer if you could write what it is for in the Reference Box when paying on line, i.e. Church donation, Intention, Cafod etc.

**ASH WEDNESDAY** - This Wednesday – 17<sup>th</sup> February, is Ash Wednesday and the beginning of Lent. There will be a Holy Mass, as usual, at 10.00 a.m. and an afternoon service at 4.00 p.m. for the distribution of ashes. Due to the Pandemic Fr. George will say the Formula for the Distribution of Ashes once only and proceed to sprinkle ashes over the heads of parishioners in silence, in order to keep to the restrictions of Covid-19.

This Lent, **CAFOD** invites you and the whole Catholic community of England and Wales to join the Big Walk for Water [Join the Big Walk for Water! | CAFOD](#) virtual event on Saturday 20<sup>th</sup> February. We are asking everyone to walk in solidarity with those who have to walk to collect water each day like Abdella from Ethiopia. You can walk 5 miles or just around your garden but please walk so that we can make this an event to create awareness of water poverty and to raise funds for those living in poverty around the world.

If you are a keen walker could you Walk for Water as a personal Lenten challenge by walking 10,000 steps a day, every day, for 40 days to raise funds for CAFOD's Lent appeal. Find out more at <https://cafod.org.uk/Fundraise/Walk-for-Water> Please contact Jo for more information [portsmouth@cafod.org.uk](mailto:portsmouth@cafod.org.uk) 30 seconds walk for water promotion [Walk for Water: Sign up, get fit, change someone's life | CAFOD on Vimeo](#)

**REQUIEM MASSES** Sadly we have lost 2 members of our Church community – Lisa Yapit and John Williams. Lisa's Funeral will take place on Tuesday 16<sup>th</sup> February at 12.15 p.m. Please remember Lisa and John and their families in your prayers. May they rest in peace and rise in glory!

**LENDING LIBRARY** We are setting up a collection of books in the Church Hall for parishioners to borrow. We have quite a selection of fiction but are looking for any religious books that you may have finished with and are prepared to donate to our library. Thank you! Lizzie

**LETTER FROM THE MINISTRY OF HOUSING, COMMUNITIES & LOCAL GOVERNMENT** – Lord Greenhaigh, Lord Bethel & Nadhim Zahawi MP have written to Faith Leaders to express the importance of faith communities at this time, “Our faith communities are essential to the lives of millions across the country. Your continued resilience, innovation, compassion and support to people of all faiths and none is recognised across our different ministerial responsibilities, and something we are all grateful for”. This statement shows that the Government acknowledges our contribution to society during the Pandemic. I want to express my thanks against to the volunteers who clean and steward to ensure our Church remains open and safe.

**6<sup>TH</sup> SUNDAY IN ORDINARY TIME YEAR B 14<sup>TH</sup> FEBRUARY 2021**

Sunday Vigil	13	2021 Feb.	Vigil Mass of the 6 <sup>th</sup> Sunday in Ordinary Time Year B	18:00 Holy Mass - <i>Captain Sir Tom Moore (Thank you! RIP)</i>	
Sunday	14	Feb.	SIXTH SUNDAY IN ORDINARY TIME Year B	08:00 Holy Mass – <i>Julia Shanaghy (Repose of the Soul)</i> 10:00 Holy Mass - <i>Fr. George (God’s Blessing &amp; Protection against Covid)</i>	
Monday	15	Feb.	Monday of the 6 <sup>th</sup> Week In Ordinary Time Year B		
Tuesday	16	Feb.	Tuesday of the 6 <sup>th</sup> Week in Ordinary Time Year B	12:15 Requiem Mass for Lisa Yappit No Evening Mass	6:00-7:00 p.m. Rosary, Benediction
Wednesday	17	Feb.	BEGINNING OF THE SEASON OF LENT ASH WEDNESDAY Year B	10:00 a.m. Holy Mass – <i>The Churcher Family (health &amp; wellbeing)</i>  16:00 Mass for Distribution of Ashes - <i>Cathy Pickles (RIP)</i>	
Thursday	18	Feb.	Thursday after Ash Wednesday Year B	10:00 a.m. Holy Mass – <i>Brigid Horan (RIP)</i>	6:00-7:00 p.m. Rosary, Benediction
Friday	19	Feb.	Friday after Ash Wednesday Year B	09:30 Stations of the Cross 10:00 Holy Mass – <i>Mary Adams (thanksgiving for her life – RIP)</i>	6:00 – 7:00 p.m. Rosary and Benediction
Saturday	20	Feb.	Saturday after Ash Wednesday Year B	10:00 Holy Mass -	
Saturday Vigil			Vigil Mass of the 1 <sup>st</sup> Sunday in Lent Year B	18:00 Holy Mass – <i>Lisa Yapit (Rest in Peace lovely Lady)</i>	
Sunday	21	Feb.	FIRST SUNDAY OF LENT YEAR B	8:00 - Holy Mass – <i>Marta Kaminska (Birthday Intention)</i> 10:00 – Holy Mass - <i>Baby Michael Murphy (50<sup>th</sup> Anniversary RIP)</i>	

**Friday 26<sup>th</sup> Feb. is “LENTEN FAST DAY” - Next Weekend: Collection (Optional) for CAFOD**

**Your continued financial support during these very challenging times would be very much appreciated**

**Parish priest: Father George Ngwa**

email: [gngwa@portsmouthdiocese.org.uk](mailto:gngwa@portsmouthdiocese.org.uk) Emergency mobile: **07475753040**

**Parish office: 01425 614968** [ololnewmilton@portsmouthdiocese.org.uk](mailto:ololnewmilton@portsmouthdiocese.org.uk)

Hall Bookings suspended during the Pandemic.

**Secretary: Lizzie Davies**– Office Hours 12.00h to 15.00h Wednesday & 10.00h to 13.00h Friday

Our Parish Live Streaming: <http://churchservices.tv/newmilton> Website: [www.nfwp.org.uk](http://www.nfwp.org.uk)

**Safeguarding Minister: Tony Harwood Tel: 01425 511 952 or email [hughharwood314@hotmail.co.uk](mailto:hughharwood314@hotmail.co.uk)**

**PRAYER FOR THE RENEWAL OF OUR DIOCESE – ( to be said at home even with Church closure).**

O Sacred Heart of Jesus, we beg you to change us, to convert us and to make us holy. Fill us with a deeper faith, hope and love for you. Send into our hearts the cleansing fire of the Holy Spirit and powerfully renew all the clergy, religious and laity of our Diocese. Unite us in love and respect for one another and unify us as your one, holy people. Grant us a new passion and zeal for the Catholic Faith, for Mission, Outreach and Service. Help us to proclaim your Gospel generously to the poor and needy that many more souls may be saved by finding their way to you in your Church. May Mary Immaculate help us. May St. Edmund of Abingdon and Blessed Pier Giorgio Frassati pray for us. Amen

Prayer to St. Michael the Archangel - St Michael, the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God cast into hell Satan and all the evil spirits who wander through the world seeking the ruin of souls - AMEN