



ST JOSEPH'S and HOLY FAMILY – **HANDS – FACE - SPACE**

The Presbytery, Hope Road, Sale, M33 3BF Tel: 0161 973 1615

Email: info@sjhfc.co.uk and Parish Website: www.sjhfc.co.uk

Parish Priest: Father Stephen Woolley

Retired Priest, Father David Peters and Permanent Deacon, Reverend John Hamilton

Mass Times and Intentions for – FIRST SUNDAY OF LENT – 21st February 2021

Saturday 20th February	6.00 pm	Ged McNulty	
Sunday 21st February FIRST SUNDAY OF LENT	9.00 am 10.00 am HF 11.00 am 5.30 pm	Alan Lloyd (3rd Ann. 18.2) Stan Dobbins (12th Ann.) In gratitude for blessings received People of the Parish	
Monday	9.30 HF 10.00 am	NO MASS Jim Quine (Requiem)	The Chair of St. Peter
Tuesday	9.30 am 12 noon	William & Leonora O'Brien James Monaghan (B'day Rem.)	St. Polycarp
Wednesday	9.30 am HF 9.30 am	NO MASS Fr. John Kevin Ashton (B'day Rem 16.2)	Ferial
Thursday	9.30 am HF 12 noon 7.00 pm	Priest's Intention Eileen Howells NO MASS	Ferial
Friday	9.30 HF 9.30 am 7.00 pm	Kitty McCaul Nancy Diver Stations of the Cross (live streamed only)	Ferial
Saturday	12 noon	Lawrence Tully	Ferial 11.00am-12 noon Adoration SJ
Saturday 27th February	6.00 pm	Bill Edmondson (B'day Rem.)	
Sunday 28th February SECOND SUNDAY OF LENT	9.00 am 10.00 am HF 11.00 am 5.30 pm	Malachy Concannon Nnena Robinson (B'day Rem.) David Cleary People of the Parish	

SACRAMENT OF CONFESSION
11.00am – 12 noon Saturdays,
observing social distancing.
Or by appointment

**SACRAMENTS OF
BAPTISM & MARRIAGE**
By arrangement with
Father Woolley

LAST WEEK'S OFFERING
Collection over week /weekend
ending 7th February 2021
SJ £830.37 HF £144.00

What Is Lent All About?

Many of us would confess that we're not quite sure what Lent is all about. We know it's about doing difficult stuff, like giving up chocolate. We know that Lent is about growing closer to God, but can giving up chocolate really get us closer to God? To understand Lent, we need to look to the wilderness story which we are told on the first Sunday of Lent every year. Every year on the first Sunday of Lent we are told how Jesus went into the wilderness for forty days to fast and to reflect on the job he was about to do here on Earth. We are told how he was confronted with temptation and how he overcame it. There are three elements to this story. Jesus withdrew from worldly distractions and fasted, he reflected on who and what he was about, and he overcame temptation. The problem is, we all seem to latch onto the first bit of the story about fasting and forget the two more important elements. Jesus reflected on the importance of the ministry he was about to undertake and he refused to be swayed from it. This is the important bit. This is how we need to understand and live our next forty days.

At this time of year we are asked to 'repent'. We are asked to turn away from things in our lives that are not working well or are wrong. That will be different for all of us, so we need to sit down in a quiet space and work out what we need to do. Next we need to identify the barriers that stop us making those changes. Withdrawing from worldly comforts might be part of this barrier which is where fasting or giving up TV might come in. Lastly we need to resist the temptation to give up on plans to change ourselves and the world around us, and that's the hardest bit of all.

Often temptation comes as a fairly harmless choice or even as an attractive or intelligent option. How harmless does it seem to sip half a glass of wine when you're supposed to be quitting. How harmless does it seem to 'borrow' a little cash from the office tea fund ... you can always pay it back later.

There's a lot of talk about what is classed as a temptation and what isn't. In the context of the first Sunday of Lent, a temptation is anything that takes you further away from God. If having an extra cream cake takes you further away from God, then it's a temptation ... if having an extra cream cake has nothing to do with your relationship with God then it's totally unimportant. When it comes to temptation, a simple rule of thumb is to ask yourself in each of your daily decisions, "Will this decision bring me nearer to God or take me further away?" Knowing who you are and what you are trying to achieve in life not only helps you to identify your temptations, but also gives you a reason and strength of character when it comes to resisting. Today is the day we start giving the devil a hard time. Tempted?

Entrance Antiphon : **When he calls to me, I will answer him; I will deliver him and give him glory, I will grant him length of days.**

Responsorial Psalm : **Your ways, Lord, are faithfulness and love for those who keep your covenant.**

Gospel Acclamation : **Praise to you, O Christ, king of eternal glory! Man does not live on bread alone, but on every word that comes from the mouth of God. Praise to you, O Christ, king of eternal glory!**

Communion Antiphon: **One does not live by bread alone, but by every word that comes forth from the mouth of God.**

Year B

Genesis 9: 8-15

Psalms 24

1 Peter 3: 18-22

Mark 1: 12-15

Parish Safeguarding Officer: Deirdre Peden

Diocese of Shrewsbury is a registered charity No. 234025

FATHER STEPHEN WRITES

With the new Lockdown communal worship is currently still permitted. However, the guidance does state that those who are regarded as being at increased risk should be strongly discouraged from attending 'faith gatherings' – in our case, the celebration of Mass. I, as your Parish Priest, fully support this advice.

If you have received a letter to self isolate or are among those at increased risk through age or medical condition, please remain safe and, if you can, be united with those in church through the online Mass. Also, if you are not part of the above groups, but feel anxious / worried about being in groups of people then my advice would be the same.

The important thing must be to

STAY SAFE – STAY WELL!

Lent started with three wonderful Masses on Ash Wednesday with large numbers, both in church and joining us on line.

During Lent I would like to invite the children in the parishes to send in pictures of either the Last Supper or Good Friday with Jesus on the Cross. All those that I receive will be put in the Sacred Heart chapel.

I hope all your Lenten promises are going well. I have made a start on my 100 mile bike journey. Please pray for dry and sunny weather as I hate the rain! More updates next week. Please don't forget if you want to sponsor me there are forms at the back of church and I would always welcome other cyclists who wish to join me – socially distanced of course.

PRAYER FOR SPIRITUAL COMMUNION

If you are following Mass on any of the social media live streaming, Father Woolley suggests that, during the silence after Communion, everyone prays this prayer.

My Jesus, I believe that you are present in the Most Holy Sacrament of the Altar.

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 at least spiritually 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. Amen

HOME SUPPORT - SVP

Please do continue to notify the SVP of anyone you know who may need help, whether that is just a regular phone call, help with shopping, lifts to hospital/for vaccinations, or provision of essential household items that they cannot afford to replace.

Please speak to Father Woolley, one of the SVP members or phone their dedicated line
07942 670277.

PRAYER TO ST. JOSEPH

Glorious St. Joseph, who was chosen by Almighty God to be the foster-father of the Word made flesh, the comforter of His most holy Mother, the faithful co-operator among men in His greatest design, obtain for me to do in all things the Will of the Father, to cherish in my heart the mysteries accomplished in the person of the Son, and by the abundant graces of the Holy Spirit to persevere, pure of heart and chaste of body, in the service of God.

LENT 2021

Obviously this year, things are still not back to normal so this will have an effect on what we can do for our Lenten journey. Sadly there will be no extra early or evening Lent Masses, Lent Course at Holy Family, and Lent Day of Recollection and the Stations of the Cross at Pantasaph, North Wales. All of these devotions and Masses we will have once again when it is safe to gather together.

However, there are Stations of the Cross on Friday evenings at 7.00pm. At the moment these are live streamed only. The later Stations will follow the government advice following the Prime Minister's announcement on Monday. Depending on that advice we may be able to open the Stations for people to attend.

On Saturday mornings, between 11.00am and 12 noon at St. Joseph's there will be Adoration of the Blessed Sacrament followed by the 12 Noon Mass. All are invited to spend a little time before the Lord at this anxious time for everyone.

CAFOD IN LENT

Lent Fast Day is next Friday 25th February this year.

Envelopes are available in church this weekend.

Abdella lives in an extremely remote and mountainous part of Ethiopia. It takes him ten hours a day to collect water. He says his life is being wasted as he has not time for anything else.

Some of our parishioners are walking alongside Abdella this Lent by having walked 10,000 steps yesterday (Saturday) or even challenging themselves to walk 10,000 steps, every day, for 40 days.

See opposite for how Father Stephen is setting his own challenge to support CAFOD this Lent.

To donate to your parish team please type in the link <https://www.justgiving.com/fundraising/saint-joseph-and-holy-family-cafod-groups> to your browser. If you have any questions or need any help to access, please email cafod.sjh@gmail.com or, only if you don't have email, phone 962 6274.

COMMENDED TO GOD

We hold in loving memory and prayers **Jim Quine, James Benson, Kathleen Bridge** and **Jean Gill** who have died recently. May they rest in peace. We extend to their families and friends our deepest sympathy at this sad and extremely difficult time.

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

Fast from hurting words and say kind words.
Fast from sadness and be filled with gratitude.
Fast from anger and be filled with patience.
Fast from pessimism and be filled with hope.
Fast from worries and have trust in God.
Fast from complaints and contemplate simplicity.
Fast from pressures and be prayerful.
Fast from bitterness and fill your hearts with joy,
Fast from selfishness and be compassionate to others.
Fast from grudges and be reconciled.
Fast from words and be silent so you can listen.

CAFOD CHRISTMAS FUN RUN

Sincere thanks to the runners and walkers and the sponsors for your tremendous generosity – the 37th CAFOD Christmas Fun Run / Walk raised £2900 – all proceeds to CAFOD's work wherever there is need especially for those affected by Covid-19 – Certificate is on notice board in narthex.