



## PARISH OF THE HOLY FAMILY

Millbrook

**Fr Benjamin writes ...**

This coming week we will mark the beginning of Lent with Ash Wednesday. I love Lent. This may or may not be the same for you, but for me, it's akin to having the opportunity to spend more time with a dear friend who is coming to see me. That friend has heard about all my woes and ills and having heard my plea "If you want to, you can cure me" (Mark 1:40) he replies as the Lord does to the leper in today's Gospel passage: "Of course I want to!" and comes to stay.

Lent is a good time to be cured – or at least try to be cured – of all those things which make us spiritually, and often physically, unwell. By being asked to pray, fast and give alms, we are first of all given a reliable way to think in God's way of offering ourselves for the good of others and placing God at the centre of that offering. We get to spend more time with God through the concerted effort to pray; we get to see Him more clearly by decluttering ourselves of the things we can do without through fasting, and we get to show Him to the world through acts of generosity and sacrifice. It is in these three ways our dearest friend and loving God comes to be with us and cures us – or rather, saves us.

Lent is full of opportunities to know and love God more deeply, and to serve others more joyfully. At the back of the church there is a sheet with suggestions of how to embrace the true spirit of Lent. There are also some suggestions in this Newsletter, taken from Bishop Philip's teaching on the 'holy habits' that we can adopt. The good thing about a habit is that it becomes a part of who we are, and so their influence goes beyond Lent to permeate throughout the rest of our lives. The Lord comes into our lives and He comes in order to stay. This is why Lent, and the practices within it, is so wonderful, because it can change us and help us to repent, to turn to God and be healed and saved by Him Who willingly comes to be with us.

**God bless you all this Sunday, and always**

### **Rosary and Benediction for Vocations 4pm Sunday**

We were blessed last Sunday to welcome newly ordained Fr David Bateman who joined us in offering thanksgiving for our priests and seminarians and for many more young men to listen to God's call. Please join us on Sunday evenings at 4pm for Rosary, Vespers and Benediction for Vocations.

### **ASH WEDNESDAY**

**Ash Wednesday is a day of fasting and abstinence:**

**One full meal (NO meat) is permitted, plus two small snacks that do not add up to a full meal. Fasting binds all from the age of 18 to 65 and abstinence from meat binds all from the age of 14.**

**First reading****Leviticus 13:1-2,44-46****The unclean man must live outside the camp**

The Lord said to Moses and Aaron, "If a swelling or scab or shiny spot appears on a man's skin, a case of leprosy of the skin is to be suspected. The man must be taken to Aaron, the priest, or to one of the priests who are his son.

'The man is leprous: hhe is unclean. The priest must declare him unclean; he is suffering from leprosy of the head. A man infected with leprosy must wear his clothing torn and his hair disordered; he must shield his upper lip and cry, "Unclean, unclean." As long as the disease lasts he must be unclean; and therefore he must live apart: he must live outside the camp.'

**Responsorial Psalm****Psalm 31(32):1-2, 5, 11****You are my refuge, O Lord; you fill me with the joy of salvation****Second reading****1 Corinthians 10:31-11:1****Take me for your model, as I take Christ**

Whatever you eat, whatever you drink, whatever you do at all, do it for the glory of God. Never do anything offensive to anyone—to Jews or Greeks or to the Church of God; just as I try to be helpful to everyone at all times, not anxious for my own advantage but for the advantage of everybody else, so that they may be saved. Take me for your model, as I take Christ.

**Gospel****Mark 1:40-45****The leprosy left the man at once, and he was cured**

A leper came to Jesus and pleaded on his knees: 'If you want to' he said 'you can cure me.' Feeling sorry for him, Jesus stretched out his hand and touched him. 'Of course I want to!' he said. 'Be cured!' And the leprosy left him at once and he was cured. Jesus immediately sent him away and sternly ordered him, 'Mind you say nothing to anyone, but go and show yourself to the priest, and make the offering for your healing prescribed by Moses as evidence of your recovery.' The man went away, but then started talking about it freely and telling the story everywhere, so that Jesus could no longer go openly into any town, but had to stay outside in places where nobody lived. Even so, people from all around would come to him.



## **Parish Notices**

### **Ideas for Lenten penance - 6 Holy Habits**

Still struggling to decide how to enjoy a holy Lent? Remember the Six Holy Habits:

- Spend five minutes a day in prayer
- Attend Mass on Sunday
- Keep Friday as a day of penance
- Pay a fortnightly visit to Jesus in the Blessed Sacrament
- Go to Confession once per month
- Join a small group for formation, prayer and fellowship

There is also a list of suggestions at the back of the Church.

### **RCIA**

Please pray for Huong, Luke, Naomi, Katherine, Trinh and Lorenzo who will be received into the Church this Easter.

### **Refreshments after Sunday Mass**

Tea and coffee will be available after 9am Mass in the Parish office. We hope that using the office will overcome concerns about using the Louis Suite and disturbing people attending the 1030 Mass. Please park considerately.

Refreshments after 1030am Mass. Please check the rota for the organisation of refreshments and please be considerate of others using the Louis Suite. Please supervise children and encourage them to play outdoors if they need to use up some energy. Thank you.

### **Planned Giving and Gift Aid**

“Planned Giving” helps the Parish to manage finances by knowing roughly how much income we will receive each month, to cover expenses such as electricity, gas and maintenance. Planned giving can be by means of regular offerings using numbered envelopes or by Direct Debit.

“Gift Aid” allows the Parish to reclaim from the Government tax which you have already paid (that is 25 pence for every £1 you give to the Church). To claim Gift Aid we must be able to show that the taxpayer authorises us to do so. If you pay UK tax and are willing to Gift Aid, please complete a Gift Aid Declaration form. The office will be contacting by email those who have previously signed GADs but for whom we do not have an updated Gift Aid form. Obviously Gift Aid can make a considerable difference to Parish income without costing parishioners any extra.

### **Social and Fundraising**

Enormous thanks to everyone for their hard work and donations towards the boiler fund to repair the Church heating. We have currently raised £4,500 towards our target of £25,000. Over the coming weeks you may see various workmen starting to remove an obsolete meter from the bell tower—this isn't related to the heating but needs to be done. We are still awaiting quotes for a new meter for the new Church boiler—pray hard!

# THIS WEEK AT HOLY FAMILY



## Holy Mass OF = Ordinary Form, EF = Extraordinary Form

Sun 11 Feb	<b>SIXTH SUNDAY IN ORDINARY TIME</b>	9.00 am (EF) 10.30 am (OF)	Gerald Liptrot (RIP) Thanksgiving - Virginia
Mon 12 Feb	<b>NO MASS TODAY</b>		<b>NO MASS TODAY</b>
Tues 13 Feb	<b>NO MASS TODAY</b>		<b>NO MASS TODAY</b>
Weds 14 Feb	ASH WEDNESDAY DAY OF FASTING & ABSTINENCE	9.15 am (OF) 7.30 pm (EF)	Fr Benjamin & People of the Parish Mary Porter (RIP)
Thurs 15 Feb	after Ash Wednesday	7.30 pm (EF)	Madeline Beard
Fri 16 Feb	after Ash Wednesday	9.15 am (OF)	Peter Nuoc Van Le, Peter The Van Le Peter Vung Van Le
Sat 17 Feb	after Ash Wednesday Vigil	9.15 am (OF) 6.30 pm (OF)	Thanksgiving—Agatha People of the Parish
Sun 18 Feb	<b>FIRST SUNDAY OF LENT</b>	9.00 am (EF) 10.30 am (OF)	Anthony Cecil wood (RIP) Ben & Gemma Nichols & family (int)

Please hand Mass intentions to Fr Benjamin, to Catherine, or place in the collection basket.

<p><b>Confessions (when there is Mass)</b>                  Saturday: 5.30—6.20 pm                  Monday &amp; Thursday: 6.45—7.20 pm                  Tuesday &amp; Friday: 8.30—9.10 am</p> <p><b>Eucharistic Adoration</b>                  Thursday 8.00 pm to Saturday 6.00 pm</p> <p><b>Rosary, Vespers &amp; Benediction for Vocations</b>                  Sunday: 4.00 pm</p>	<p><b>Groups/Activities</b> in the Louis Suite</p> <p><b>Sewing Group</b> - Tuesdays at 10.00am  <b>Gardening Club</b> -Winter Break  <b>Mother's Prayers</b> Wednesdays at 2.00 pm  <b>'Warm Space' Group</b> Thursdays 10am until 12.00 noon  <b>Lunch Group</b> Fridays, fortnightly at 12.00 noon:  <b>NEXT LUNCH: 16 February</b>  <b>Youth Group</b> 1st Saturdays 3-6pm  <b>Catholic Men's Group</b> 1st Saturdays at 7:30 pm</p>
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## DATES FOR YOUR DIARY

February	
2nd Candlemas—blessing of candles and procession	9th Social & Fundraising Committee Meeting
3rd St Blaise—Blessing of Throats (after Mass)	13th Pancakes!
9th Catherine Mercer (RIP) Requiem and Wake	14th Ash Wednesday

**THE CHURCH WILL REMAIN OPEN FROM 9AM UNTIL 6PM EACH DAY**

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