



**The Catholic Parishes of Holy Souls' and
St Bernadette's, Scunthorpe and St Norbert's, Crowle
Mass Timetable for week beginning
First Sunday of Lent - 18th February 2024**

Parish Clergy: Canon Matthew Jakes and Deacon Sebastian Grab

Parish Priest: Canon Matthew **T:** 01724 844895 **E:** matthew.jakes@dioceseofnottingham.uk
Deacon: Deacon Sebastian **T:** 07706 622888
Polish Chaplain: Rev Krzysztof Kosciolk **T:** 01724 601087 **E:** k.kosciolk@pcmew.org
Email: stbernadettesashby@dioceseofnottingham.uk
Website: www.holysouls-scunthorpe.co.uk www.stbernadettesashby.org www.stnorbertscrowle.org.uk

www.facebook.com/stbernadettesashby



www.facebook.com/stnorbertscrowle

Date/Of the Day	Holy Souls	St Bernadette's	St Norbert's
Saturday, 17th Lenten Feria	-	3.15 pm Exposition and Confession 4.30 pm (Vigil) Mass Joe Murphy RIP	-
Sunday, 18th February 2024 First Sunday of Lent	10.00 am Mass Doris Hartley's Intentions	9.30 am Polish Mass Polish Priest's Intentions 11.30 am Mass Kathleen Dempsey RIP 1.45 pm Stations Stations of the Cross 3.00 pm Mass Syro-Malabar Mass	8.30 am Mass Mary Dillon RIP
Monday, 19th Lenten Feria	-	9.30 am Mass Fr Lim's Intentions	-
Tuesday, 20th Lenten Feria	9.30 am Mass In thanksgiving for God's blessings	-	-
Wednesday, 21st Lenten Feria	-	-	10.30 am Mass TBA
Thursday, 22nd The Chair of St Peter	-	-	-
Friday, 23rd Lenten Feria	-	9.30 am School Mass Mass at St Bernadette's School 6.00 pm Mass Charlie McGinlay RIP	-
Saturday, 24th Lenten Feria	-	3.15 pm Exposition and Confession 4.30 pm (Vigil) Mass Brendan Ladden RIP	-
Sunday, 25th February 2024 Second Sunday of Lent	10.00 am Mass Clarke Family Deceased	9.30 am Polish Mass Polish Priest's Intentions 11.30 am Mass Marie Hackshaw RIP 3.00 pm Stations Stations of the Cross	8.30 am Mass TBA

For Polish Mass Times at Holy Souls Church, please see the Polish bulletin at the back of Holy Souls Church, or visit www.facebook.com/parafia.polska.scun.link.grim

Pope Francis - Thought of the Week

'We must bring our wounds - those of our heart and soul - to Jesus. Let us put our miseries, fragilities, falsities, and fears at the feet of Christ. At Jesus' 'touch', the best parts of us are reborn: let us rediscover the joy of giving ourselves to others.'

The Pope's Prayer Intention for February 2024

For the terminally ill. We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.

Safeguarding Representatives

St Bernadette's: Janice Moran/Barbara Faulds 07513 725545
Holy Souls': -
Diocesan Safeguarding Coordinator:
 Rachael Campion 01159 539849

**A reflection from Pope Francis for the Year of Prayer
First Sunday of Lent**

The saints recognize that prayer is not always easy, for our human nature is frequently distracted or tempted by seemingly more important priorities. Many of the saints experienced long periods of spiritual dryness and even darkness. They teach us that the only response to these temptations is greater perseverance. In our daily efforts to persevere in prayer may we trust that our own spiritual combat, like that of Jacob and the angel (Genesis 28:16), will bear fruit in a deeper and more mature relationship with the Lord.

To read the full reflection and find more resources at dioceseofnottingham.uk/yearofprayer

Canon's Catechism - Ideas for Fasting

The Church sets us quite a low base for our fasting and abstinence. We are obliged by Canon Law in the Latin Rite (in England and Wales) to abstain from meat on all Fridays throughout the year and on Ash Wednesday. We are also to fast on Ash Wednesday and Good Friday. Fasting does not mean that we completely abstain from food on these days. We are allowed one normal meal and two light snacks (known as collations). The fasting rules do not apply to the sick or to those who are younger than 18 or older than 59. Abstinence rules only apply to those over 14 (Canons 1249 - 1253). It may be fruitful to go beyond this minimum requirement if we feel able to do so. For example, we could observe a stricter fast one day each week of Lent. We could also abstain from some food we enjoy, alcohol or tobacco. We might even decide to eat some food we dislike, knowing it is good for us such as more fruit or vegetables. Perhaps also we could borrow some ideas from the Christian East and progressively become stricter with our fasting as we go through Lent. In the East, the Christians start off quite lightly by abstaining from meat on certain days, then as the weeks of Lent go on they will abstain from oils, eggs and dairy products progressively. However we decide to fast, we must do so in a way that is right for our own personal circumstances, and our fasting must not inconvenience other people we live with or visit. Our fasting must be charitable and considerate of others and their routines.

In your charity please pray for

Catherine McCabe, Genowefa Wenhryniuk, Michael (Mike) Harrington and all who have died recently, may they rest in peace. *Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.* Please pray for their families at this difficult time; for those whose anniversaries occur at this time; for all who are sick and housebound and those who have no family to support them.

Stations of The Cross

This Sunday (18th) 1.45 pm in St Bernadette's Church.
 Next Sunday (25th) 3.00 pm in St Bernadette's Church.

Year of Prayer Podcast

The latest episode of the Diocese of Nottingham's Podcast *Encounter Prayer* is now live. Sr Susan Richert, a Presentation Sister working in our Diocese, leads us in meditative prayer. You can download or stream it from Apple Podcasts, Spotify, Google Podcasts and more or by visiting dioceseofnottingham.uk/yearofprayer

St Bernadette's Parish Centre Events

- **Bingo** - this Sunday, 18th, at 7.00 pm. Doors open 5.00 pm.
- **Refreshments and chat** - every week after the 11.30 am Sunday Mass.
- **Bible Study Group** - every Monday from 7.30 to 9.00 pm. Please bring your own bible.

St Bernadette's First Holy Communion

Weekly sessions commence next Wednesday, 21st February from 4.00-5.00 pm in the Parish Centre. Parents should, by now, have received the relevant information.

Upcoming Second Collections

CAFOD Fast Day on 25th February 2024

Holy Places of Palestine on Good Friday 29th March 2024.

The 100 Club

The first monthly draw for £100 will take place on Sunday, 25th February. Application forms are available at the back of each Church.

World Day of Prayer 2024

A service for everyone on Friday 1st March at 7.30 pm at Ashby Wesley Methodist Church. "I beg you, bear with one another in love."

Lenten Retreats

The Diocese is delighted to offer three retreats this Lent. As we celebrate the Year of Prayer and all of us look for ways to grow in our prayer life a retreat can be a fantastic way. The theme of all three retreats is the **Year of Prayer and Deepening your Prayer Life**. Each retreat day will run from 10 am to 4 pm:

Saturday 2nd March - Young Adults' Retreat (18-35) with Word on Fire - Holy Cross Leicester (Free)

Saturday 9th March - Women's Retreat (18+) - Holy Trinity, Newark (£12)

Saturday 23rd March - Men's Retreat (18+) - Mount Saint Bernard Abbey, Leicestershire (£12).

Please see the posters for more information, visit dioceseofnottingham.uk/events or email adult.formation@dioceseofnottingham.uk

Sponsored Walk

On 10th March Grazyna is doing a sponsored walk to raise funds for the Shrine in Poland which helps single mothers. If you wish to donate please visit <https://www.justgiving.com/crowdfunding/s-o-s-jestem-w-ciazy>

Extracts from The Bishop's Statement on Marriage

Marriage is a lifelong vocation of a man and a woman to a community of life and love open to children, and, between the baptized, it is a Sacrament. Aware of the many pressures today which can endanger family life, the Church is constantly concerned to make sure that those of you planning to marry are prepared as well as possible. We would like to remind those who wish to marry that it is important that a couple go to see their priest in good time before their wedding. Normally, at least six months' notice should be given. All couples marrying these days need the support of the local Church. In this way they will be strengthened in their preparation for marriage, in celebrating their marriage, and in living out their covenant with one another. We wish to thank all those married people who show such constancy and fidelity to their vocation of marriage. May their example inspire those planning to marry in the Church. *Copies of the statement are available at the back of church.*

A New Website

We are nearly ready to launch our brand new website that incorporates our three parishes of Holy Souls', St Bernadette's and St Norbert's. For the website to be successful we need to keep it fresh with up-to-date information and ideas. We are looking to expand our small team of volunteers from each parish to help maintain and run it. If you think this is something you can help us with please call John on 07760 200100 or Janice on 07773 251444.