

CONFESSIONS Saturday after morning mass until 11:15am and
before the vigil mass from 5:30-6:15pm

ST ANTONY'S CHURCH FOREST GATE
Sixth Sunday of the Year A - 12th February 2023

MASS INTENTIONS 11th–19th February 2023

Saturday 11th Feb 2023	6.30pm	(Vigil) People of the Parish
Sunday 12th Feb 2023 6th Sunday of the year A	8.30am	Barbara Brockie RIP
	10.00am	Pauline Reay Thanksgiving
	12 Noon	Yetunde Muda Intentions
	3.00pm	Spanish Mass
	6.30pm	Solemn Holy Hour
Monday 13th Feria	7.45am	Jerry Bliss Intentions
	10.00am	Doris Tucker & Margaret Anthony RIP Doraswami Family RIP
Tuesday 14th SS Cyril Monk and Methodius	7.45am	John, Helen & Dina Intentions
	10.00am	Pauline Reay RIP
	8.00pm	St Antony's Novena
Wednesday 15th Feria	7.45am	Elizabeth Janseen RIP
	10.00am	P P Devassy RIP Ambrosia Salguet RIP
Thursday 16th Feria	7.45am	Kathleen Webb RIP
	10.00am	Jim Duggan RIP
Friday 17th Feria	7.45am	Patrick Galvin RIP
	10.00am	Kathleen Wilson Intentions
Saturday 18th Feria	10.00am	Joseph Etienne RIP
	6.30pm	Devathi Rajsooriar RIP
Sunday 19th Feb 2023 7th Sunday of the year A (Day for the unemployed)	8.30am	Alice Simpson RIP
	10.00am	Monica Chikezie/Nwosu & Family Intentions
	12 Noon	People of Parish
	3.00pm	Spanish Mass
	6.30pm	Solemn Holy Hour
	7.30pm	Mass

We pray for the SICK of our Parish, Families & Friends– and all at home or in hospital, and all who care for our sick.

The First Reading this Sunday is from Sirach 15:15–20: The eyes of God see all he has made.

The **Responsorial Psalm** is **Psalm 119:** Happy are those who walk in the way of the Lord. This week's

Second Reading is taken from **1 Corinthians 2:6–10:** God has revealed this wisdom to us through the Spirit.

Our Sunday **Gospel Reading** is **Matthew 5:17–37:** I have not come to abolish the law and the prophets but to fulfil them.

Matthew continues the Sermon on the Mount with a three-part instruction by Jesus on the Way of Life in the kingdom of heaven. Today's reading is part one and deals with the Law. Part two deals with worship and religious practice and contains the Lord's Prayer. Part three deals with trusting God and deeds of loving service to our neighbour.

The Law condemned murder. Jesus condemns anger. The Law condemned adultery. Jesus condemns even lustful looks. As Jewish Christians who had always been faithful to the Law Matthew's community need a way to understand the difference Jesus and the kingdom he brings have made. They affirmed that God had always been at work in history through "the Law and the prophets." But God's work goes beyond that to be embodied by the Messiah who reveals the definitive will of God. The written scriptures and their interpretation in tradition are surpassed by Jesus whose life and teaching are the definitive revelation of the will of God.

Turkey and Syria Earthquake Appeal
There will be a second collection today

Let us pray together for the people of Turkey and Syria who have been hard hit by the earthquakes. May we continue to pray for those who have lost their lives, as well as the injured, family members, and rescuers.

May our concrete aid sustain them in the midst of this appalling tragedy. Amen.

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The FIAT 40 Challenge – Lenten Effort for Catholic Women

Lent is a season to change your life! Last week we spoke about a call to a men's Lenten campaign. This week we are calling all the women in the parish. Jesus went into the desert for forty days to prepare for his public ministry. This Lent, we too can journey into a desert and change our life by letting go of distractions and drawing closer to God.

The Three Elements of Fiat 40

Accepting the challenge of Fiat 40 means a commitment to these three challenges throughout the season of Lent;

PRAYER - Drawing Closer to Christ

Building a strong relationship with God requires communication through prayer.

The prayer challenge includes; 20-60 minutes of daily prayer, daily gospel ...

ASCETICISM - Self Discipline

Many comforts, pleasures, and luxuries distract us from connecting with God.

Asceticism is the act of sacrificing or denying these sensual pleasures in order to better focus on our spiritual needs. Among these challenges ... No desserts & sweets, no alcohol, no social media

SISTERHOOD - Companions on the Journey

The Fiat 40 challenge would be impossible without the support of friends. Your sisters will help maintain accountability, and they will provide support through prayer and conversation, meeting once a week.

The pre-Lenten gathering will be on Tuesday February 21st at 7pm. On that evening Sister Emelda will explain what this journey is all about. I hope you can join us on this journey.

Fr John's surgery will be on Tuesday 14th February between 4pm-5pm for anyone who would like to meet with him.

The next Baptismal Preparation Course will be on Saturday 25th February 2023 which begins at **12.00 Noon promptly.** Parents who wish to have their children Baptised must attend a Baptismal Preparation course. You will be asked to provide a copy of your Baptismal certificate and also your Godparents Baptismal/Confirmation Certificate .

In Person Sunday Bible Study February 19th - Open to All – Introduction to St Matthew's Gospel

On Sunday February 19th, right after 12 noon mass, we will gather in person at 1:30pm in St Clare's Hall (there will not be an online program that day) and when we gather, after tea and coffee, Father John will give an introduction to the Gospel of this year A, *The Gospel of Matthew*. Who Matthew was, who he wrote to, how he wrote his Gospel and the structure and major themes of this Gospel. All are welcome, new comers as well as golden oldies, I hope you can join us.

Lent 2023 - Men's Lenten Journey 2023

I invite all the men of the parish to join us on our Lenten effort this year. Join us, the men of the parish, on this adventure.

We will gather on Monday February 20th 7pm at the Hudson Bay for a *last hurrah*, before the great Lenten journey together begins and then every Saturday morning during Lent we will gather to share and pray together.

Lent 2023 is a spiritual exercise that will help you to enter into this penitential season more fully. We will spend 40 days in the wilderness with Jesus, joined to his own prayer, asceticism, and fraternity with his disciples. We follow in his footsteps to become ever more conformed to him.

The disciplines of Lent 2023 will draw us into the Lenten spirit through regular daily prayer and the removal of obstacles to our spiritual growth, such as attachment to food and drink, technology, and comfort. If you have done Exodus 90 in the past, this will be a great way to continue to grow in its principles. It will provide an excellent introduction to the prayer, asceticism, and fraternity that brings us to freedom. And once this Lenten journey is complete, we will join up with our brothers just finishing Exodus 90 and enter together into a joyful celebration of the Easter Season.

The main disciplines include;

- ◆ *Daily time of Prayer and Spiritual reading*
- ◆ *Fasting and abstinence on Wednesdays and Fridays*
- ◆ *Cutting back on internet and mobile phone and TV use*
- ◆ *No Alcohol*
- ◆ *No sweets/ desserts*
- ◆ *Physical exercise and healthier life style (Don't worry, no cold showers this time around)*
- ◆ *Weekly fraternity meeting*

Walk with Me Booklets—A Journey of Prayer for Lent 2023—are **now available to purchase in the Holy Shop/Repository.** *“The Lenten Walk with Me invites us to rediscover the Psalms, just as the disciples did as they walked together on the road to Emmaus.” Cardinal Nichols*

*Masses are often booked at least 16 weeks in advance. We **CANNOT** contact you to let you know when Massed will be celebrated, this is published in the weekly newsletter a week in advance, which is also available on the parish website.*

Thank you for your continued support

- **online donations link:** <https://stream.seccomgroup.com/donations/saop>
- **Donations can be made parish web-site** www.stantonsforestgate.com
- Payment direct into the parish bank account using online banking
- **Catholic Church Forest Gate St Antonys: Acc No: 11390953 /Sort Code: 40-13-22**
- **Contactless using QR Codes located around the Church**