

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

ST ANTONY'S CHURCH FOREST GATE
Seventh Sunday of the Year A - 19th February 2023

MASS INTENTIONS 18th–26th February 2023

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| Saturday 18th Feb 2023 | 6.30pm | (Vigil) 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 |
| Monday 20th Feria | 7.45am | Sr Sevaphine RIP |
| | 10.00am | Joe De Souza RIP Hilda Rowland RIP |
| Tuesday 21st Feria | 7.45am | Kevin McShane RIP Lena Marston RIP |
| | 10.00am | Victor Castelino RIP |
| | 8.00pm | St Antony's Novena |
| Ash Wednesday 22nd Day of Fasting & Abstinence St Antony's School Mass | 7.45am | Kathleen Maughan Intentions |
| | 10.00am | Paddy Larance RIP |
| | 7.30pm | Alice Ludwig |
| Thursday 23rd Thursday after Ash Wednesday | 7.45am | Seamus & Mary Intentions |
| | 10.00am | Merlina Bumanglag Thanksgiving Evarest E. Onyeakazi RIP |
| Friday 24th Friday after Ash Wednesday | 7.45am | Brian & Jean Briggs |
| | 10.00am | Angela & Joseph Bennici RIP |
| Saturday 25th Saturday after Ash Wednesday | 10.00am | Vincia Culzac RIP |
| | 6.30pm | Bridget Hehir RIP |
| Sunday 26th Feb 2023 First Sunday of Lent A | 8.30am | Roy Barker RIP |
| | 10.00am | Anne-Marie & Ignatius Moise RIP |
| | 12 Noon | People of Parish |
| | 3.00pm | Spanish Mass |
| | 4.30pm | Tamil Mass |
| | 6.30pm | Solemn Holy Hour |
| | 7.30pm | Mass |

Seven Tips for Lent

1. **Take an honest inventory of what you typically give up for Lent.** If what you give up makes you moody, grumpy and irritable all the time that's not good, don't do it. We have to ask ourselves and discern; are those little sacrifices really leading to a real transformative and spiritual growth in my life? So instead of giving up sweets or something, maybe go to bed 15 minutes later and spend 15 minutes meditating on the Word of God of the day and let it speak to your life and your circumstances. You will find the Word of God always bring forth fruit in our life.

2. **Ask the Lord to make this Lent a true spiritual wake-up call.** There is a real danger whether it be in the liturgy or just in our daily lives of just going through the motions. What John Paul II called *hollow ritualism*. It means we're no longer present to the one we love, whether it be to God or our loved ones.

3. **To live Lent with engaged expectations that something new and beautiful is being birthed into our life.** Let this Lent be like a new beginning for you. And new beginning is embedded into the very spirituality of these 40 days. I was once told by a rabbi that 40 is the symbolism of the 40 weeks in our mother's womb. 40 represents a period of growth, of incubation, of preparation, of maturation for a new birth, a new beginning, a new life. So there's a calling to live this period of Lent in anticipation of the beautiful new life and new birth that God can bring forth in our lives.

4. **That Lent is a time for us to stretch spiritually.** The word Lent comes from the same root as the English word *to lengthen, to stretch*. In the springtime the days are lengthening but it's also a very rich spiritual image. Lent is a time where we lengthen and stretch our times of prayer and compassion for others. The average Briton they say spends about two and a half hours every day on social media and news platforms. Give 10 of that 20 minutes to God or maybe say a rosary in that time?

5. **See Lent is a time of spiritual spring cleaning.** The beginning of Lent usually corresponds to that time in the gardens here where people are beginning to clear off the dead leaves, open up the soil. Why? So that growth and life can come for that. It's a wonderful analogy for the spiritual life, getting rid of all the muck and the barriers and the leaves and the roots and the whatever the dead matter that blocks our spiritual life. there's no better way of doing this than doing a proper and thorough confession during this time.

6. **See Lent is a time of renewing the theological virtues, faith, hope and love.** This is what Pope Francis invited us to do last year in his Lenten message and he said during this season of conversion; *“Let us renew our faith, draw from the living water of hope and receive an open heart the love of God which makes us brothers and sisters in Christ faith is the grace of God in our minds causing us to accept and to testify to the truth”*.

7. **Finally, take stock of your joy during the Lenten season.** Although Lent is definitely a solemn season it is also a season of joy. What is the sign that we're living Lent in the proper way, that is a transformative and spiritual moment? Our joy, the levels of our joy. Lent of course is a journey towards Golgotha with Christ but also a journey towards Easter, a journey towards the resurrection and the joy of the Resurrection. May the Lord bless your journey towards Lent.

The FIAT 40 Challenge – Lenten Effort for Catholic Women

Lent is a season to change your life! 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

ASCETICISM - Self Discipline

SISTERHOOD - Companions on the Journey

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.

In Person Today Sunday Bible Study February 19th - Open to All

Introduction to St Matthew's Gospel -

Today, 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 today) 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.

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.

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

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Parish Administrator: Marie Browne Tel: 020 8472 0433 :

Parish Youth Co-ordinator: Catherine Wallis-Hughes Tele: 07807348223.

St Antony's School: -T.020 8552 3670

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, 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.

Freedom in Christ Lenten Conference by Fr Angelus & Fr Michael, CFR on **Sat 25th Feb. 1-3pm at Our Lady of Compassion Church**, 555 Green St, Upton Park, E13 9BF. Come and see the Lord bring greater healing and freedom from the spiritual bondages people so easily fall into (e.g., sin, addictions, fear, anger, lust, fortune telling). Learn the five keys from Neal Lozano's Unbound Model of Deliverance and how to pray for freedom in the affected areas of bondage. Jesus wants to set us free from areas of bondage so that we can experience life more abundantly.

Job Vacancy: Walsingham House at Abbotswick are seeking to appoint a new Retreat Manager. If you have experience and a passion for Youth Ministry, and would like to help shape the retreat work of Walsingham House at Abbotswick then please see the website for more information (www.bcys.net/retreat-manager/) or email Claire Bailey, Director of Youth Ministry (clairebailey@dioceseofbrentwood.org) Closing date for applications is Monday 13th March 2023.

SVP Membership Support Officer (MSO) - The St Vincent de Paul Society would like to recruit an MSO for the Brentwood diocese. This is a part time role (15 hours per week) working as part of the SVP Membership Team to support member recruitment and development, provide general support for members and be the link between conferences and National Office. The role is home based but requires the ability to travel around the diocese to make appeals, work with conferences, attend meetings and meet with people where appropriate. Travel expenses are paid. For further information on salary, responsibilities and details on how to apply contact Lance Philpott, Head of Membership at lancep@svp.org.uk. Closing date for applications is Tuesday 28th February 2023.

Thank you for your continued support

- **online donations link:** <https://stream.seccomgroup.com/donations/saop>
- **Donations can be made parish web-site** www.stantonysforestgate.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**