

Our Lady of Light & Saint Osyth

“Do not be surprised that you fall every day; do not give up, but stand your ground courageously. And assuredly, the angel who guards you will honour your patience.”

~ St John Climacus ~

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“Do not be so sure of your forgiveness that you add sin to sin. ... Do not delay your return to the Lord, do not put it off day after day.”

~ Ecclesiasticus 5: 5,7 ~

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“Only prayer, silence and love are effective ... It is better to turn to the heart of other people through secret prayer than to their ears.”

~ St Porphyrios ~



“The more we have pondered on our faith which comes to us in words, the more we bring to prayer a spirit aware and alive. Rote prayer is not prayer at all. It is impossible to over-emphasize the importance of bringing to prayer the absolute truth of what we are and what God desires us to be. If we have never bothered to understand our faith, to read about it, to discuss it, then it is that uninterested person who comes to pray. Whatever we may like to think, how can we be giving real attention to God in prayer when for the rest of the time He seems to matter so little?”

~ Sister Wendy Beckett ~

National Shrine of Our Lady of Light, Spouse of the Holy Spirit

Parish Priest: Canon Peter Connor OFS

Parish Priest Email: ClactonCatholicChurch@gmail.com

Steward of the Gospel: Paul Twyford ~ email: paultwyford@btinternet.com

Parish website: www.ourladyoflight.uk ~ Diocesan website: www.dioceseofbrentwood.net

1 Church Road, Clacton-on-Sea, CO15 6AG, Tel: 01255 423319, Office email: clacton@dioceseofbrentwood.org

FIRST SUNDAY OF LENT ~ 10TH MARCH, 2019

Canon Peter Writes...

MESSAGE OF HIS HOLINESS POPE FRANCIS FOR LENT

Each year, through Mother Church, God gives us this joyful season of Lent when we prepare to celebrate with mind and heart renewed the Paschal Triduum of Christ's passion, death and resurrection. It is a journey of preparation to being conformed to Christ.

When we live as children of God, redeemed, led by the Holy Spirit and capable of acknowledging and obeying God's law, beginning with the law written on our hearts and in nature, we also benefit creation. When the love of Christ transfigures the lives of the saints in spirit, body and soul, they give praise to God. Through prayer, contemplation and art, they also include other creatures in that praise, as we see admirably expressed in the “Canticle of the Creatures” by Saint Francis of Assisi. Yet in this world, the harmony generated by redemption is constantly threatened by the negative power of sin and death.

Indeed, when we fail to live as children of God, we often behave in a destructive way towards our neighbours and other creatures and ourselves as well since we begin to think more or less consciously that we can use them as we will. Intemperance then takes the upper hand: we start to



“O sinner, be not discouraged, but have recourse to Mary in all your necessities. Call her to your assistance, for such is the divine Will that she should help in every kind of necessity.”

~ St Basil the Great

live a life that exceeds those limits imposed by our human condition and nature itself. Unless we tend constantly towards Easter, towards the horizon of the Resurrection, the mentality expressed in the slogans “I want it all and I want it now!” and “Too much is never enough”, gains the upper hand.

The root of all evil, as we know, is sin, which from its first appearance has disrupted our communion with God, with others and with creation itself, to which we are linked in a particular way by our body. This rupture of communion with God likewise undermines our harmonious relationship with the environment in which we are called to live, so that the garden has become a wilderness. Sin leads man to

consider himself the god of creation, to see himself as its absolute master and to use it, not for the purpose willed by the Creator but for his own interests, to the detriment of other creatures.

Once God’s law, the law of love, is forsaken, then the law of the strong over the weak takes over. The sin that lurks in the human heart takes the shape of greed and unbridled pursuit of comfort, lack of concern for the good of others and even of oneself. It leads to the exploitation of creation, both persons and the environment, due to that insatiable covetousness which sees every desire as a right and sooner or later destroys all those in its grip. Creation urgently needs the revelation of the children of God, who have been made “a new creation”. For “if anyone is in Christ, he is a new creation”. The path to Easter demands that we renew our faces and hearts as Christians through repentance, conversion and forgiveness, so as to live fully the abundant grace of the paschal mystery. Lent is a sacramental sign of this conversion. It invites Christians to embody the paschal mystery more deeply and concretely in their personal, family and social lives, above all by fasting, prayer and almsgiving.

Fasting, that is, learning to change our attitude towards others and all of creation, turning away from the temptation to “devour” everything to satisfy our voracity and being ready to suffer for love, which can fill the emptiness of our hearts.

Prayer, which teaches us to abandon idolatry and the self-sufficiency of our ego, and to acknowledge our need of the Lord and His mercy. **Almsgiving**, whereby we escape from the insanity of hoarding everything for ourselves in the illusory belief that we can secure a future that does not belong to us. And thus to rediscover the joy of God’s plan for creation and for each of us, which is to love Him, our brothers and sisters, and the entire world, and to find in this love our true happiness.

Dear brothers and sisters, the “lenten” period of forty days spent by the Son of God in the desert of creation had the goal of making it once more that garden of communion with God that it was before original sin. May our Lent this year be a journey along that same path, bringing the hope of Christ also to creation, so that it may be “set free from its bondage to decay and obtain the glorious liberty of the children of God”. Let us not allow this season of grace to pass in vain! Let us ask God to help us set out on a path of true conversion. Let us leave behind our selfishness and self-absorption, and turn to Jesus’ Pasch. Let us stand beside our brothers and sisters in need, sharing our spiritual and material goods with them. In this way, by concretely welcoming Christ’s victory over sin and death into our lives, we will also radiate its transforming power to all of creation.”

Saturday, 9 th March <i>St Frances of Rome</i>	10.15am 11.00am 1.30pm	<i>Stations of the Cross</i> Mass ~ Linda Madge Intentions (Brian & Family) Mass in Malayalam preceded by the Rosary
	4.00pm-4.40pm 5.00pm	CONFESSIONS & Adoration of the Blessed Sacrament Vigil Mass ~ Richard Kelly RIP (Cooper Family)
Sunday, 10 th March <i>First Sunday of Lent, Year C</i>	8.30am 10.30am	Mass ~ Christine Bidmead RIP & Family (John Bidmead) Mass ~ Mary Lance Ints (Kathleen & Ron) & All Parishioners
Monday, 11 th March <i>Blessed John Larke</i>	9.45am	Novena to Our Lady, Adoration of the Blessed Sacrament & Midday Prayer
	11.00am	Mass ~ Cyril McCarthy RIP (Sheila McCarthy)
Tuesday, 12 th March	*9.30am	Mass at St Clare’s ~ Dixon Family RIP ~ Parishioners Welcome
Wednesday, 13 th March		<i>No Mass or Exposition</i>
Thursday, 14 th March		
Friday, 15 th March <i>Lent Fast Day</i>	10.15am 11.00am	<i>Stations of the Cross</i> Mass ~ Barbara Clements Intentions (Brian & Family)
Saturday, 16 th March	9.45am-10.40am 9.45am 11.00am	CONFESSIONS Rosary, Adoration of the Blessed Sacrament & Midday Prayer Mass ~ George Chubb RIP (Rose)
	4.00pm-4.40pm 5.00pm	CONFESSIONS & Adoration of the Blessed Sacrament Vigil Mass ~ Mary Ward-Wilkinson RIP (Sister Carmel)
Sunday, 17 th March <i>Second Sunday of Lent, Year C</i>	8.30am	Mass ~ Colin Bruce Intentions (Eileen & Tom Murphy) & All Parishioners
	10.30am	Mass ~ Philip Killen RIP (Family)

SACRAMENT OF CONFIRMATION

If you are a practising Catholic (that is, you are coming to the Sunday or Saturday Vigil Mass every week), are of a certain age, are in good standing with the Church and are willing to attend all the sessions of the Parish Preparation Course necessary to receive the Sacrament of Confirmation later this year, please hand in, *in person*, to the parish priest the following details: 1. full name, 2. date of birth, 3. postal address, 4. email address, 5. telephone number and 6. name & address of the church in which you were Baptised and date of your Baptism, *by next Sunday, 17th March*. The first Session will take place on Saturday, 30th March at 2.00pm in the presbytery, 1 Church Road, and will last approximately 45 minutes. There is no upper age limit to receiving Confirmation.

TEA AND COFFEE are available after the Sunday morning Masses. Everyone is welcome.

PLEASE PRAY FOR THE REPOSE OF THE SOULS OF MARGUERITA BEADLE AND EILEEN WORMWOOD who were called from this life by Almighty God recently. Remember their families, too, in your prayers.

LENT FAST DAY Friday, 15th March, is our Lenten Fast Day, and next weekend, 16/17th March, there will be a **Second Collection to help support the work of CAFOD.**

Our Father, give us this day our daily bread and forgive us for the times when we take more than our share of the bread that belongs to all. Let us help You fill the starving with good things, not with scraps from our table. Teach us how to share what is not ours to keep. Clothe us with Your love that we may complete each good work You created us to do. Place in our hearts Your compassion for each starving child and use our little acts of love so that they starve no more. Amen.

~ Prayer from Mary's Meals ~

THE FEBRUARY BULLETIN of the Vision Document can be viewed at:

https://www.dioceseofbrentwood.net/wp-content/uploads/2019/02/3.Feb_.pdf

PILGRIMAGE TO WALSINGHAM We are planning to organise a parish coach trip on Saturday, 25th May to join with our Bishop as he leads the Annual Diocesan Pilgrimage to Our Lady's Shrine in Walsingham. Paul Twyford, our Steward of the Gospel, has kindly agreed to be responsible for taking names and fare money. If you wish to book a seat please let Paul know: Tel: 01255 688213 or email paultwyford@btinternet.com as soon as possible as we shall also be offering places to other members of our Colchester and Tendring Parish Partnership. Details of cost and times will be published later and the Pilgrimage is open to all ages.

GIFT AID ENVELOPES The envelopes for the new tax year starting on 6th April are now available at the back of the church, please collect them as soon as possible. If you pay income tax and do not yet belong to the gift aid scheme, please think about joining. The parish receives 25 pence from the Inland Revenue for every £1 you give to the parish. Contact Ann Hyde (01255 473676) or Canon Peter.

MISSIO APF RED BOX Please return your boxes for emptying. If you need them to be collected, telephone Jim 425339, Barbara 431746, Theresa 07824996677 or Anne 07854598442 The latest magazine is now available at the back of the church.

CHILDREN HELPING CHILDREN Please return the Cardboard Boxes ASAP to the church or at the next First Holy Communion Session.

PARISH LOTTERY Feb 23/24: Bonus Ball No 16. Orla Boland.

COLCHESTER LENT TALKS (with guest speakers) will be held at St James the Less and St Helens Church every Friday until 12th April at 7.30pm in Cardinal Bourne Hall, Priory Street. Admission Free. All are welcome.

THE DIOCESAN CATHOLIC CHARISMATIC RENEWAL SERVICE TEAM are organising A Day of Renewal themed 'The Love of Jesus' which will be held on Saturday 18th, May at Blessed Sacrament Parish, 116 Melbourne Avenue, Chelmsford, 10.00am-4.00pm. Our speaker will be Charles Whitehead and the day will finish with Mass at 3.00pm. Coffee and tea will be provided but please bring a packed lunch.

"If God seems slow in responding, it is because He is preparing a better gift. He will not delay us. God withholds what you are not yet ready for. He wants you to have a lively desire for His greatest gifts. All of which is to say, pray always and do not lose heart." ~ St Augustine

"One who fails to see in today's glorious liturgy the long-awaited appearance of the Victim, the Lamb fit to be offered in sacrifice, is still blind to the 'the light which shall give revelation to the Gentiles, the glory of God's people Israel' (Luke 2:32). It is only in the radiance of the Most Holy Eucharist that all becomes clear; it is only in the splendour surrounding the altar that all of us, poor blind folk, are, at last given eyes to see.

"See, then, and recognize the arrival of the Lamb in the temple. Confess the Holy Sacrifice of the Cross renewed and made present upon the altars of the Church from the rising of the sun until its setting. Partake of the adorable mysteries of the Flesh and Blood of the immolated Lamb. Become one victim with Him." ~ Dom Mark Kirby

Useful Local Contacts: SVP telephone 07955203405 HALL BOOKINGS 01255 688213/SaintCharlesHall@gmail.com

St Clare's Catholic Primary School Cloes Lane, Clacton CO16 8AG, 01255 425344, www.st-clares.essex.sch.uk

St Benedict's Catholic College Norman Way, Colchester CO3 3US, 01206 549222, www.stbenedicts.essex.sch.uk

~ Items for the Newsletter to be delivered to the presbytery or by email by 10.00am on Wednesday ~

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