

PARISH OF THE ENGLISH MARTYRS Goring Way

9.03.2025

Father Liam O'Connor, 37 Compton Avenue,

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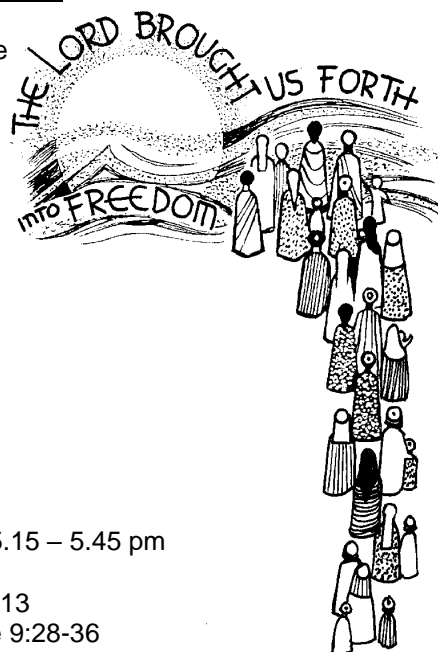
Deacon Gary Bevans 01903 503514

Safeguarding Rep. Anne Niven 01903 242624

Arundel & Brighton Diocesan Trust is a Registered Charity No: 25287

The First Sunday of Lent

Saturday	8 th	5.15 pm	Rosary for Peace & Justice in Gaza & Ukraine
		6.00 pm	Frances Boylan RIP
Sunday	9 th	8.15 am	The Parish
		10.30 am	Intention of James Winton
		3.00 pm	Holy Hour
Monday	10 th	9.30 am	Holy Souls
Tuesday	11 th	9.30 am	Frances Boylan RIP
		7.00 pm	Choir Practice
Wednesday	12 th	9.30 am	Holy Souls
Thursday	13 th	9.30 am	Intention of T. Moloney
Friday	14 th	9.30 am	Holy Souls
		10.00 am	Stations of the Cross
Saturday	15 th	6.00 pm	Intention of Misha Smith
Sunday	16 th	8.15 am	The Parish
		10.30 am	Roger Davis RIP



SATURDAY: Reconciliation: 10.15 – 10.45 am and 5.15 – 5.45 pm

TODAY'S READINGS: Deuteronomy 26:4-10; Paul Romans 10:8-13; Luke 4:1-13

NEXT WEEK'S READINGS: Genesis 15:5-12, 17-18, Philippians 3:17-4:1, Luke 9:28-36

COLLECTIONS: Church: £505 Thank you for your generosity

Next Friday is CAFOD Lent Fast Day, a day of prayer for the hungry and needy of the world. Please take a special envelope and return it, enclosing your donation, at the second collection next Sunday, remembering to fill in the attached Gift Aid form if you are a tax-payer. When you give up something on Fast Day and share what you have, you prove that poverty is not inevitable. Please see Note 3

PLEASE REMEMBER IN YOUR PRAYERS: Elaine C, Pope Francis, Richard Wells, Natasha, Henry Allen, David Hall, Baby Ava Lily Jaswal, David Steadman, Paul & Veronica Williams, Shirley Bradbury, Brian Johnstone, Terence Wheeler, Mirille Byrne, Peter Honiball, David Lancaster, Jim Simpson, Camilla Jane, Michelle Dielt, Helen Gillespie, Harold Forrest, Maria Brooks, Tony & Kathleen Kearney, Lola Samengo-Meehan, Maureen House, Joan Wand, Samuel Bezants, Glenn, Helena & Vittorio Villa, Lena, Sienna Coates, Brian Caplin, Valerie Halley, Pat Duggan, John Smith, Ian Threlfall, Mary Murphy, Noel & Brenda Peazold, Mary Wessel, Gordon Milne, Alfred Deacon, Roni Horstead, Ronnie Tyler, Michaela Finn, Winifred Lyons, Yvette Allen, Kerry McStravick, Lydia Van Melsen

2. THOSE WHO HAVE DIED RECENTLY: JANICE O'BRIEN and those whose anniversaries occur about now: Rosina Curtis, Julian Mokrski, Alfonso Dibiasse, Elsie Phelan, Maurice Brunet, Mary Ellis, Rene McGrath, Anne Soper, Charlie Gillespie, Delia Evans, Annie Mather, Natalie Citterio, Tony Towers, Catherine McGoohan, James Brownlee, Frances Money, Elizabeth Hastie, Anthony Canneaux, Kathleen Kearney. *May they rest in peace and rise in glory.*

3. CAFOD LENT APPEAL - FAMILY FAST DAY. Please donate to our Family Fast Day parish collection to be a pilgrim of hope with CAFOD this Jubilee Year. You will be supporting communities suffering the impacts of war, poverty and climate change to find solutions and hope. Please use the CAFOD envelope in church, donate on line at cafod.org.uk/envelope or call 03033 033030

4. THE LENTEN ALMS BOX is in the front porch next to the main door. The proceeds are sent to the Contemplative Orders of women in the Diocese

5. THE BIG LENT WALK to raise money for CAFOD. The idea is to walk 200 km during Lent – not necessarily all at the same time! You can do this by yourself or join with others but note how far you walk each day and you might be very surprised at just how far that is. Make sure you arrange to be sponsored before you start. For further information contact <https://cafod.org.uk/news/uk-news/dermot-o-leary-supports-cafod-s-big-lent-walk>

6. TAKE A VISIT TO THE REPOSITORY. We now have a selection of Mother's Day, St Patrick and Easter cards in the shop, together with the beautiful handmaid cards, raising money for the Parish Project in Kalingalinga

7. YOUNG ADULT JUBILEE PILGRIMAGE TO ROME: Join our pilgrimage for young adults aged 18-30 to celebrate the special Jubilee year. Celebrate with other like-minded people, as we travel to the beautiful city of Rome for opportunities to hear from, and pray with, Pope Francis on the theme of Hope. E: lizzie.wakeling@abdiocese.org.uk for information. **CLOSING DATE 31 MARCH**

8. EXTRAORDINARY MINISTERS OF HOLY COMMUNION, [often known as Eucharistic Ministers]. New ministers are required within the parish for this very important ministry, and you are invited to speak to Father Liam about taking on this role. No previous experience is necessary as all training will be given

9. MARY'S MEALS COLLECTION POINT is one of the small boxes under the notice board to the right in the Front Porch. It now costs £19.15 to feed one child for a year! Your donations will always be much appreciated

10. TURNING TIDES: WINTER WARMER WISHLIST - Warm/Compact Sleeping Bags, Pop Up Tents, Waterproof & Rain Resistant Jackets, Thermals, Flasks/Insulated Mugs, Joggers/Hoodies & T-Shirts, Gloves, Socks, Boxers (NEW), Head Torches, Shampoo, Body Wash, Body Wipes, Deodorant, Many thanks to those who are so generous in their donations throughout the year. It is much needed and appreciated

Father Liam says: Easter Sunday this year is almost as late as it can be. It is on 20th April. It can only ever be a week later and it can be four weeks earlier. Easter is the high point of the Church's year. All Christian churches are agreed on that but unfortunately, they are not agreed on the date of its celebration. The Orthodox churches have always used a different system than churches in the West for calculating the date of Easter. But this year, coincidentally, all Christian churches have Easter on the same day. How wonderful and fitting it would be if they made a habit of doing so. They might! The date of Easter varies from year to year because it is based on the date of the Jewish Feast of the Passover, which has quite a complicated method of calculation. The saving events of the Lord's death and resurrection took place at the time of the Passover.

Because of the importance of Easter, Christians have set aside – almost from the beginning – a period of preparation. This period is, of course, called Lent and we celebrated the beginning of Lent last Wednesday. The word 'Lent' comes from an old English word 'Lenten' meaning Spring. The season of Lent more or less coincides with the season of Spring in our part of the world. The Latin word is 'Quadragesima' meaning forty as it lasts forty days, recalling the forty days fast of Jesus in the desert. The Latin name may be more difficult to pronounce but it is more appropriate for all parts of the world who celebrate Spring at different times of the year from us.

The length of Lent has varied. In the third century it was three weeks. Fasting was a later addition and there was no fast on Sundays. Lent begins always in a Wednesday so that there are forty days of fasting when we include Maundy Thursday, Good Friday and Holy Saturday. These three special days just before Easter are called the Sacred Triduum (from the Latin for 'three days'). They are not part of Lent but they are part of the fast. They are so special that they form a distinct Season of the Church's year. There are only two obligatory fast days in the year now – Ash Wednesday and Good Friday. They are also the only two days when we are obliged to abstain from meat. The number forty is counted from Ash Wednesday to Holy Thursday – before the Mass of the Last Supper. Sundays are not counted as they were never fast days.

A day of fasting is one where we eat less than we ordinarily do and it applies to those in good health between the ages of 18 and 60. The stipulation regarding abstaining from meat applies to those who enjoy good health and have completed their 14th year. We are encouraged to do some work of penance on Fridays throughout the year but life usually imposes its own penances!

We are sinners and must atone for our sins so we are required to do penance. From the eleventh century public penance fell into disuse but the custom was retained of placing ashes on our heads on Ash Wednesday to remind us of our mortality. Lent is a special time to reflect on our need for God's mercy as we prepare to renew our baptismal promises at Easter and celebrate Christ's saving work. We are especially encouraged to pay more attention to the ancient practices of prayer, fasting and almsgiving.

The gospel reading on the First Sunday of Lent is always the temptations of Jesus in the desert. On the Second Sunday it is always on the Transfiguration of Christ. Our Sunday Gospels this year come from St Luke. Even though the gospel for the Fifth Sunday in Lent is ascribed to John, most scripture scholars are convinced that it was written by Luke. It is the incident of the woman who was caught in the act of adultery. Many of the early Christians felt that Jesus was portrayed as so merciful to her that it was omitted from many translations of the bible and eventually was inserted into John's Gospel where it seemingly does not belong. Jesus was indeed more forgiving than many of his followers believed him to be. That is truly a great Lenten insight to give us all heart! And Luke, even more than the other evangelists, delights in emphasizing the mercy of Jesus.

At this time, four years ago, COVID struck. During the lockdown many people made noble efforts to ensure that those more vulnerable than themselves were safe. Thank God that crisis has passed but there are many people who still need our help. Maybe Lent may be a good time to renew our watchfulness and care for one another. Above all Lent is a call to us to give more attention to the Lord – to raise our minds and hearts to him in prayer. Jesus is our best friend. It is important that we tell him this and that we thank him for his love for us. Otherwise, we allow a distance to grow between us. Lent is meant to be a Spring-time in our relations with God and one another. It holds out the hope that we can be inspired by the new vitality and life we see in the wonders of nature unfolding around us!