

CONTACT DETAILS - PRESBYTERY

Priest/Pastor: Fr Jim Teeling (Currently on Sabbatical)

Parish Administrator : Fr Paul Jenkins

Address: Church of the Sacred Heart, 63 West Street, Sittingbourne, Kent ME10 1AN

Telephone: 01795 472619 - **Parish email:** sittingbourne@rcaos.org.uk

Parish Website: www.rcsittingbourne.org.uk

Sunday 10 March

First Sunday Of Lent

- | | |
|-------------|--|
| 5.00pm(Sat) | Mass - George Anthony Gozo RIP |
| 9.30am | Mass - Bill Devine RIP |
| | School Mass |
| 10.30am | Tea & Coffee in the O'Sullivan Centre
(Minister:Rose) |
| 11.00am | Mass - People of the Parish |
| 12noon | Baptism - Leon Bobowski |

Monday 11 March

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| 10.00am | Eucharistic Service in Convent |
| 7.00pm | Adoration |

Tuesday 12 March

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| 10.00am | Mass in Convent - Intentions of Philomena |
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Wednesday 13 March

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| 10.00am | Mass in Church - Myrna Hengafeld RIP |
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Thursday 14 March

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| 10.00am | Mass in Convent - Pritte Fernandes RIP |
| 7.00pm | Adoration |

Friday 15 March

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|-------------|---------------------------------|
| 10.00am | Mass in Church - Kate Frost RIP |
| 7.00-7.30pm | Adoration |
| 7.30pm | Stations of the Cross |

Saturday 16 March

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| 10.00am | Mass in Convent - Private Intentions OC |
| 13.30pm | Children's Reconciliation Service in Church
(All Parishioners are welcome to attend) |

Sunday 17 March

Second Sunday Of Lent

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|-------------|--|
| 5.00pm(Sat) | Mass - People of the Parish |
| 9.30am | Mass-Deceased Members-Hollister Family |
| 10.30am | Tea & Coffee in the O'Sullivan Centre
(Minister:Rose) |
| 11.00am | Mass - Janet Neill RIP |

Let Us Pray

In consideration of the new General Data, names of our sick Parishioners will no longer be listed. Please continue to pray for those who are sick in the Parish and a Mass will be offered at one of the Sunday Masses once a month.

We remember all who have recently died.

COLLECTIONS

FIRST COLLECTION

3 March 2019 £640.13 of which £440.70 was gift aided

SECOND COLLECTION

Last weekend - Poor Parishes - £156.46
This weekend - Building Fund

STANDING ORDERS FOR FEB £678.00

Thank You and God Bless

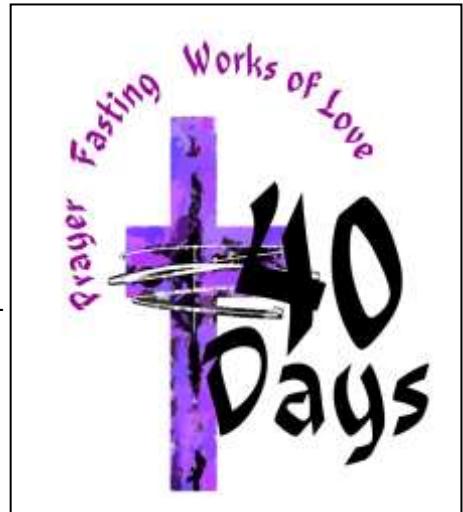
This week's Minister of Church Cleaning is:

Mrs Bunce

Beyond Giving Up Chocolate: Going Deeper in Lent

From the time we were children, our first question for Lent was often, “What are you giving up for Lent?” Giving something up for these 40 days is a custom that, when we were younger, helped us enter into the season with a sense of purpose and a greater awareness.

As adults, we might want to consider looking at Lent in a deeper way. We are probably much more settled into our behaviours and patterns of life and sometimes giving up something is where we begin -- and end -- our reflections on Lent. It can be tempting to say “I am giving up chocolate” or beer or even all sweets and all alcohol. But without more reflection, it can become simply a way I show God how strong I am. It is more about me than any conversation with God.



Lent isn't simply about us “giving up” something. The real grace is when we recognize that Lent is a season in which God wants to give us something. God wants to help us transform our lives and make us more free as people -- not just freer with God, but in the way we live our lives and love our families.

It is much easier for us to simply choose something to give up -- then we can dismiss Lent! “I am giving up TV for Lent.” “I am giving up movies... Snacks... pop.” We give it up and exercise our willpower for 40 days to prove to ourselves and to God that we can do it. And at the end of Lent we can return to what we gave up.

But this year we might reflect and ask the deeper question: What is God inviting me to change this Lent? How do I know what God might be stirring in me? I begin by listening to the movements in my heart. Where am I feeling uncomfortable with the choices I am making? With the things I have done? With the habitual ways I respond? The Lord will be speaking to me in those small nagging moments of discomfort in my heart.

It might be that we know deep down that we drink too much and that giving up alcohol would make us less irritable each night. Then giving up alcohol would be the right thing. Asking what we would like to change about ourselves this Lent requires a little reflection. What pattern of behaviour in my life needs changing? What do I need more of in my life? Patience? Unselfishness? More loving behaviour toward my spouse or children?

But each of us can think of something that gets in the way of our being loving and self-sacrificing. Too often the ordinary conflicts, divisions and difficulties in our family life result from simple selfishness on my part. I choose to fight. I choose to defend my opinion. I choose to use things I know about my partner, my children, my parents against them. I choose to hurt them.

The results of that behaviour are never good and always divisive. We can imagine a Lenten practice in which each of us would tell members of our family – those whom we have most offended in these ways -- that we are sorry and ask them to help us to work with us to bring more unity and peace to our family life.

We can ask: What would it cost me to change this behaviour? What would it mean if I didn't walk around my family acting crabby all the time? What if I decided to be much more loving and patient with my spouse this Lent? What if I did decide to "give up" something really destructive in my life, like alcohol, pornography or on-line friendships? As I reflect, I might realize that changing a particular way I live is coming to me as a call from God and I don't have to do it alone. God is moving my heart to reflect on these changes and God will remain faithful and help me to stay open to the grace being offered to me for change.

I need help. It may be something that I don't want to change or acknowledge. I don't think I can change it. But that's where talking to God can make the difference. I am not doing this alone; I am doing it with God.

When I look at challenges with my spouse, I might discover that one of the barriers to communication in my marriage is that I interrupt and disagree. In some place in my head I know that is an annoying habit, but I am not free enough to simply listen without objecting. Maybe I am unable to receive what my spouse says without coming to the conclusion that my spouse is wrong. What if sharing a different point of view was not about winning an argument but to advancing communication between us?

In asking God for help, we might ponder one of the many healing gospels, like Mark 2: 1-12. In this story, a group of friends carried a mat with a paralyzed man to Jesus, who was teaching inside a house. So many people crowded around the outside of the house that the friends were unable to get the mat inside. So they went up to the roof and moved aside the tiles and lowered their friend on the mat to Jesus below. The words to this gospel say that the friends on the roof had "broken through" the tiles to lower their friend into the house for healing. Their breakthrough led directly to the healing.

Where do we need a breakthrough? What is the barrier that keeps us from asking for healing? In our own lives, we need to break through our denials, defensiveness and our unwillingness to look at ourselves. Discovering what the barrier is in my life is critical. If we don't know what the barrier is, these weeks of Lent are a great time to reflect upon it. When we identify the barrier, we have made the breakthrough. That's when Jesus can heal us of it.

Why is this a good Lenten penance? Because it gets my attention where I live every day. It allows God's grace into my soul and into the place where my real life exists. That's where Jesus stands with me every day, waiting for me to be lowered from the roof so he can touch me and heal me.



CHILDREN'S RECONCILIATION SERVICE

There will be a Reconciliation Service in the Church on Saturday 16th March at 1.30pm, this service is particularly for all children taking part in the Sacrament of First Holy Communion in May, however all Parishioners are welcome to come along. There will be at least one Priest in addition to Fr Paul to hear confession. As this service is taking place that there will be no 4pm reconciliation for this week.

CONGRATULATIONS & WELCOME

We warmly welcome to the Parish Family, Leon Bobowski who receives the Sacrament of Baptism this Sunday.

GIFT AID ENVELOPES

For those of you who are Gift Aiders, your new box of envelopes will be available to collect from the Parish Office after Mass next weekend or from the Office during office hours in the following week. Anyone who is not currently a registered Gift Aider and wishes to register please contact the Parish Office for the relevant form. The Parish get an extra 25p from the Government for each £1 you donate!!

A LITTLE BIT OF GOOD NEWS TO SHARE WITH YOU:

Every two years the largest Catholic youth event in England and Wales takes place at the SSE Arena, Wembley. The event is called Flame. This year the event took place on Saturday 3rd March. Over 8,000 young people attended. They were accompanied by priest, parish volunteers, catechist and 25 Bishops. The day involved input from world-class speakers, music, drama, and prayer. The day concluded with Eucharistic Adoration led by Cardinal Vincent Nichols. I think the impact of this youth event - Flame2019 is portrayed very beautifully in this email, which the organisers received on the following Sunday afternoon. The boy's name is anonymised, and we do not know where in the country he is from; every other word is as we received it:

Hi

I hope you don't mind me getting in touch. I wanted to thank you for organising Flame and share something for your encouragement. Our son, *****, went to the event with his school.

He struggles with his mental health, having self-harmed many times, and has thought about ending his life. When asked to describe himself, he has often said he's a mistake and worthless. He's on medication for depression. When we picked him up from the coach yesterday night, and chatted about the day, he said... 'Mum, I am not a mistake. I just have to find what it is that God has made me for.' ...wow...

We wondered with him that it was no mistake he went yesterday, and he said, 'no, I think God made me go.'

God has obviously spoken powerfully to this young man through the day. We continue to pray that God would keep on working in his life, transforming him through the power of the Holy Spirit. Our Gospel - Good News is so much needed in our world.

CONTACT DETAILS - PARISH OFFICE

Parish Clerk: Mary Ann Vowles

Parish Secretary: Sue McGoldrick/Kathy McClean

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Bishops' Conference Website: www.catholic-ew.org.uk

Safeguarding Officer: safeguardingshc@mail.com 07896 947477