

ENTRANCE ANTIPHON

When he calls on me, I will answer him;
I will deliver him and give him glory,
I will grant him length of days.

Cf. Ps 90:15-16

THE COLLECT

Grant, almighty God,
through the yearly observances of holy Lent,
that we may grow in understanding
of the riches hidden in Christ
and by worthy conduct pursue their effects.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.

FIRST READING

A reading from the book of Deuteronomy

26:4-10

Moses said to the people: 'The priest shall take the panner from your hand and lay it before the altar of the Lord your God. Then, in the sight of the Lord your God, you must make this pronouncement:

"My father was a wandering Aramaean. He went down into Egypt to find refuge there, few in numbers; but there he became a nation, great, mighty, and strong. The Egyptians ill-treated us, they gave us no peace and inflicted harsh slavery on us. But we called on the Lord, the God of our fathers. The Lord heard our voice and saw our misery, our toil and our oppression; and the Lord brought us out of Egypt with mighty hand and outstretched arm, with great terror, and with signs and wonders. He brought us here and gave us this land, a land where milk and honey flow. Here then I bring the first-fruits of the produce of the soil that you, Lord, have given me." You must then lay them before the Lord your God, and bow down in the sight of the Lord your God.'

The word of the Lord.
Thanks be to God.

PSALM

Ps. 90:1-2.10-15.R.v15

R) Be with me, O Lord, in my distress.

He who dwells in the shelter of the Most High
and abides in the shade of the Almighty
says to the Lord: 'My refuge,
my stronghold, my God in whom I trust!' **(R)**

Upon you no evil shall fall,
no plague approach where you dwell.
For you has he commanded his angels,
to keep you in all your ways. **(R)**

They shall bear you upon their hands
lest you strike your foot against a stone.
On the lion and the viper you will tread
and trample the young lion and the dragon. **(R)**

His love he set on me, so I will rescue him;
protect him for he knows my name.
When he calls I shall answer: 'I am with you.'
I will save him in distress and give him glory. **(R)**

SECOND READING

A reading from the letter of St Paul to the Romans 10:8-13
Scripture says: The word, that is the faith we proclaim, is very near to you, it is on your lips and in your heart. If your lips confess that Jesus is Lord and if you believe in your heart that God raised him from the dead, then you will be saved. By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: those who believe in him will have no cause for shame, it makes no distinction between Jew and Greek: all belong to the same Lord who is rich enough, however many ask for his help, for everyone who calls on the name of the Lord will be saved.

The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION

Praise to you, O Christ, king of eternal glory!
Man does not live on bread alone
but on every word that comes from the mouth of God.
Praise to you, O Christ, king of eternal glory!

Mt 4:4

GOSPEL

Luke 4:1-13

The Lord be with you.
And with your spirit.
A reading from the holy Gospel according to Luke.
Glory to you, O Lord.

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' But Jesus replied, 'Scripture says: Man does not live on bread alone.'

Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, 'I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours.' But Jesus answered him. 'Scripture says:

You must worship the Lord your God,
and serve him alone.'

Then he led him to Jerusalem and made him stand on the parapet of the Temple. 'If you are the Son of God', he said to him 'throw yourself down from here, for scripture says:

He will put his angels in charge of you
to guard you,

and again:

They will hold you up on their hands
in case you hurt your foot against a stone.'

But Jesus answered him, 'It has been said:

You must not put the Lord your God to the test.'

Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

Give us the right dispositions, O Lord, we pray,
to make these offerings,
for with them we celebrate the beginning
of this venerable and sacred time.
Through Christ our Lord.

COMMUNION ANTIPHON

Mt 4:4

**One does not live by bread alone,
but by every word that comes forth from the mouth of God.**

PRAYER AFTER COMMUNION

Renewed now with heavenly bread,
by which faith is nourished, hope increased,
and charity strengthened,
we pray, O Lord,
that we may learn to hunger for Christ,
the true and living Bread,
and strive to live by every word
which proceeds from your mouth.
Through Christ our Lord.



PARISH OF THE HOLY FAMILY, BOURNEMOUTH

Incorporating the churches of Christ the King, Kinson & St Bernadette's, Ensbur Park
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The Penitential Rite of the Mass during Lent – from the Liturgy Group

Lent is the time when we seek opportunities for becoming more of the loving person God has created us to be. Throughout this Lent more space will be given for the Penitential Rite of the Mass. In this 'Act of Sorrow' we become aware of how our way of being in the world frequently casts a shadow over God's presence dwelling within us, causing hurt and harm to others. Though we are spiritual beings, we frequently fall short of what God desires for us, and of what we would wish from our 'better selves.'

The Penitential Rite gives us the opportunity to pause and stand in humble silence together before God; to acknowledge how we have obscured the divine love within us, and the ways we have rejected, or been blind to the goodness of God present in others, and in all living things. Unburdened we implore God's forgiveness and place our trust in God's abiding mercy.

This Lent, we are going to give more space for the Penitential Rite during the Masses to allow us to focus.

REPENTANCE

PARISH OF THE HOLY FAMILY, BOURNEMOUTH

NEWSLETTER ARTICLES to michellecarroll5@aol.com 07902541195

Dear Parishioners,

After the Pandemic, now war. A Ukrainian volunteer, working with a relief agency, Olga Bilichenko made a special appeal "Please pray for us. Ukraine is really in a very difficult situation, and the only thing we hope for is for common prayer and that God gives us a miracle, that God gives us peace, - not the politician's peace – but His peace".

Thank you to all for your generosity for Ukraine—God bless you all. We continue to pray for peace as we did on Ash Wednesday and lit our peace candle at both churches during the masses.

Fr Chacko



God of peace and Justice, we pray for the people of Ukraine today.

We pray for peace and laying down of weapons, we pray for all those who fear for tomorrow, that your spirit of comfort would near to them. We pray for those with power over war or peace, for wisdom, discernment and compassion to guide their decisions.

Above all, we pray for all your precious children, at risk and in that you would hold and protect them.

We pray in the name of Jesus, the Prince of Peace. Amen

Holy Family Parish Walking Together – Our Next Steps

Thank you to everyone who has been able to engage with the Walking Together Listening Process so far.

The journey continues: on Saturday 26th February Sister Michele and Michael Stead from Holy Family Parish attended a diocesan event at St Mary's in Poole. This was the next part of the process as the diocese gathers in the many comments and takes them towards the Synod called by Pope Francis. It was an encouraging event. Some clergy, including Bishop Mark, were there but solely as a listening presence. There was a spirit of honesty in the room. Many constructive points were made, some difficult views were aired, and several people who had come along doubting the authenticity of the process, left feeling reassured that it was genuine. Others, already positive though needing support and encouragement, left energised by the spirit of community.

This is by no means a one-way street and coming back to the parish, the new Walking Together Team, so far comprising Glenn Carroll, Jenny Gunstone, Sister Michele, Sister Rosie, and Michael Stead met on Tuesday 1st March in the Parish Room, at Saint Bernadette's. Their overall task is to plan how Holy Family Parish will respond to the words spoken and written in trust by parishioners. Several themes are beginning to emerge. It is clear that parishioners want our parish to step up and provide spiritual nourishment, to be more welcoming and inclusive, and to respond to the genuine pastoral needs of 2022 and beyond. There always need to be changes and improvements in the way that we do things. Our mission, with others, is to ensure those changes and improvements happen and keep happening. Communication is a key element in this. At our meeting we reflected on a reading from St John's Gospel, where Jesus, after his resurrection, told the disciples to throw their empty nets over the other side of the boat – he knew the fish were there. We too must seek to put our nets into the water where the Holy Spirit directs us.

Over the next few weeks, the Walking Together Team will be sharing the feedback from the parish Listening Process. We hope we can achieve this in a timely manner, so that parishioners have faith in the genuineness of what is being done. If you have any questions to ask, or comments to offer, please get in contact in whatever way you like, perhaps speak to one of the group at Mass, contact the Parish Office, or send an e-mail to michele.totman@susc.org or saint.michael@hotmail.co.uk At Tuesday's meeting we felt an invitation from the Holy Spirit for the Parish to be a place where we can all be beacons of God's love. To risk over-stretching the metaphor, we need to switch on lights that have fallen into disuse, to replace some bulbs and to polish some dusty lampshades! Then with determination, the lights can shine more brightly in our parish community.

DAY	CHURCH	TIME	CELEBRATION or FEAST DAY
Sat 5	St B	6pm	Vigil Mass of The first Sunday of Lent
Sun 6	CtK St B	9.30am 11am	Masses of The first Sunday of Lent
Mon 7	St B	6pm 6.30pm	Exposition of the Blessed Sacrament followed by <i>St Perpetua & St Felicity</i> Weekday Mass
Tues 8	CtK	9am 9.30am	Exposition of the Blessed Sacrament <i>St John of God—patron of nurses, the sick, heart patients, printers & booksellers</i> Weekday Mass
Wed 9			<i>NO MASS</i> <i>St Frances of Rome</i>
Thurs 10	CtK	9am 9.30am	Exposition of the Blessed Sacrament Weekday Mass
Fri 11	CtK	9.30am	Weekday Mass followed by the chaplet of Divine Mercy & adoration CAFOD Lent Fast Day—the needy and hungry of the world
Sat 12	St B	6pm	Vigil Mass of The Second Sunday of Lent
Sun 13	CtK St B	9.30am 11am	Masses of The Second Sunday of Lent

Sunday 13th March—Special prayers and thanks for the 9th Anniversary of the election of Pope Francis .

**JESUS AND ME
(JAM)**

Next session
Tuesday 8th March
(Years 4-6)
5.45pm – 7pm
in CtK lounge

Contact Carmel
07946764409

STATIONS of the CROSS



FROM 11TH MARCH,
every Friday after mass @CtK
every Monday 6pm @StB

CHACKO'S



Sunday 6th March
after 9.30am Mass
Come & join us for coffee

**ANYONE
FOR LUNCH?**

Friday 11th March at 12pm
there will be soup and a roll
served from the presbytery.
Come and Join us

Donations to CAFOD

CAFOD

They are providing food, blankets and warm clothes to families who have been forced to leave everything behind. Whatever you can give today will help us reach more families with urgent assistance. Please continue to pray for our sisters and brothers in Ukraine. Your support today will have a direct impact on the people of Ukraine. You can donate today directly on the CAFOD website.

<https://cafod.org.uk/News/Emergencies-news/Ukraine-crisis>

**CAFOD FAMILY FAST DAY
LENT APPEAL**

Every child should grow big and strong. Family Fast day is Friday 11th March, a day when we eat simply and give generously to support people around the world with expert training in growing and making healthy food. Your small act of love this Lent will make a big difference to many communities affected by extreme hunger and children suffering from malnutrition. You can donate using a CAFOD envelope during mass or visit cafod.org.uk/lent



KEEP PRAYING WITH US THIS LENT

For online family Lent calendar, stations of the Cross and Lent prayers, go to cafod.org.uk/prayers