

ENTRANCE ANTIPHON

**Of you my heart has spoken: Seek his face.
It is your face, O Lord, that I seek;
hide not your face from me.**

Cf. Ps 26:8-9

THE COLLECT

O God, who have commanded us to listen to your beloved Son, be pleased, we pray, to nourish us inwardly by your word, that, with spiritual sight made pure, we may rejoice to behold your glory. 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 Genesis 15:5-12. 17-18

Taking Abram outside the Lord said, 'Look up to heaven and count the stars if you can. Such will be your descendants' he told him. Abram put his faith in the Lord, who counted this as making him justified.

'I am the Lord' he said to him 'who brought you out of Ur of the Chaldeans to make you heir to this land.' 'My Lord, the Lord' Abram replied 'how am I to know that I shall inherit it?' He said to him, 'Get me a three-year-old heifer, a three-year-old goat, a three-year-old ram, a turtledove and a young pigeon.' He brought him all these, cut them in half and put half on one side and half facing it on the other; but the birds he did not cut in half. Birds of prey came down on the carcasses but Abram drove them off.

Now as the sun was setting Abram fell into a deep sleep, and terror seized him. When the sun had set and darkness had fallen, there appeared a smoking furnace and a firebrand that went between the halves. That day the Lord made a Covenant with Abram in these terms:

'To your descendants I give this land, from the wadi of Egypt to the Great River.'

The word of the Lord.
Thanks be to God.

PSALM

Ps. 26:1.7-9.13-14.R.v1

R) The Lord is my light and my help.

The Lord is my light and my help;
whom shall I fear?
The Lord is the stronghold of my life;
before whom shall I shrink? **(R)**

O Lord, hear my voice when I call;
have mercy and answer.
Of you my heart has spoken:
'Seek his face.' **(R)**

It is your face, O Lord, that I seek;
hide not your face.
Dismiss not your servant in anger;
you have been my help. **(R)**

I am sure I shall see the Lord's goodness
in the land of the living.
Hope in him, hold firm and take heart.
Hope in the Lord! **(R)**

SECOND READING

A reading from the letter of St Paul to the Philippians 3:17-4:1

For shorter form, read between brackets []

My brothers, be united in following my rule of life. Take as your models everybody who is already doing this and study them as

you used to study us. I have told you often, and I repeat it today with tears, there are many who are behaving as the enemies of the cross of Christ. They are destined to be lost. They make foods into their god and they are proudest of something they ought to think shameful; the things they think important are earthly things. [For us, our homeland is in heaven, and from heaven comes the saviour we are waiting for, the Lord Jesus Christ, and he will transfigure these wretched bodies of ours into copies of his glorious body. He will do that by the same power with which he can subdue the whole universe.

So then, my brothers and dear friends, do not give way but remain faithful in the Lord. I miss you very much, dear friends; you are my joy and my crown.]

The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION

Mt 17:5

**Glory and praise to you, O Christ!
From the bright cloud, the Father's voice was heard:
'This is my Son, the Beloved. Listen to him!'
Glory and praise to you, O Christ!**

GOSPEL

Luke 9:28-36

The Lord be with you.

And with your spirit.

A reading from the holy Gospel according to Luke.

Glory to you, O Lord.

Jesus took with him Peter and John and James and went up the mountain to pray. As he prayed, the aspect of his face was changed and his clothing became brilliant as lightning. Suddenly there were two men there talking to him; they were Moses and Elijah appearing in glory, and they were speaking of his passing which he was to accomplish in Jerusalem. Peter and his companions were heavy with sleep, but they kept awake and saw his glory and the two men standing with him. As these were leaving him, Peter said to Jesus, 'Master, it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah.' — He did not know what he was saying. As he spoke, a cloud came and covered them with shadow; and when they went into the cloud the disciples were afraid. And a voice came from the cloud saying, 'This is my Son, the Chosen One. Listen to him'. And after the voice had spoken, Jesus was found alone. The disciples kept silence and, at that time, told no one what they had seen.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.**PRAYER OVER THE OFFERINGS**

May this sacrifice, O Lord, we pray,
cleanse us of our faults
and sanctify your faithful in body and mind
for the celebration of the paschal festivities.
Through Christ our Lord.

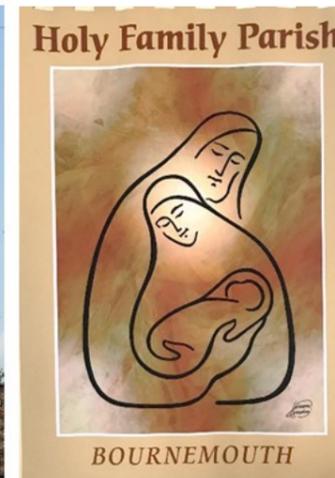
COMMUNION ANTIPHON

Mt 17:5

**This is my beloved Son, with whom I am well pleased;
listen to him.**

PRAYER AFTER COMMUNION

As we receive these glorious mysteries,
we make thanksgiving to you, O Lord,
for allowing us while still on earth
to be partakers even now of the things of heaven.
Through Christ our Lord.



PARISH OF THE HOLY FAMILY, BOURNEMOUTH

Incorporating the churches of Christ the King, Kinson & St Bernadette's, Ensbury Park
Plymouth Diocesan Trust Registered Charity No: 213227

The Penitential Rite / Act of Sorrow – continued (from the Liturgy Group)

The priest invites everyone present to acknowledge their sins in order to prepare themselves to celebrate the sacred mysteries of the Mass. Here we acknowledge our faults and failings. We come clean together that we haven't always lived as we should. Extenuating circumstances, a bad day, don't let us off the hook: with humility we confess that we're still struggling and need God's help in overcoming the weakness of our humanity.

After the priest's invitation, there is a moment of silence to reflect on what we've done or omitted before we perform a penitential act together. During Lent we are extending this time in order to enter more deeply into this period of reflection. There are three different formulas of the Penitential Rite, one of which includes the "I confess", also known as the *Confiteor*

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, ...

By reciting this prayer together, we acknowledge before God and before our family and friends that we have sinned. We have all sinned, we encourage each other to come clean, knowing we're not alone. Sin isolates us from God and from others, and repentance helps us to start reuniting with our fellow believers again in a holy way.

The *Confiteor* makes a point of helping us say we've done something wrong, and it helps us examine ourselves when we think everything is okay. Everyone in a variety of areas of spiritual growth can find some room for improvement, and the need to ask for forgiveness. We pray for each other for divine forgiveness, and we ask the entire Church, on earth and in heaven, to help us and to help others. This reminds us that conversion is not something we can do on our own. We not only need human help but divine help as well.



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PARISH OF THE HOLY FAMILY, BOURNEMOUTH

NEWSLETTER ARTICLES to michellecarroll5@aol.com 07902541195

Dear Parishioners, Today, we are on the Second Sunday in Lent.

After the Pandemic, now war. Cardinal Parolin says “It is unacceptable, no matter the reason” especially hearing the bombing of a Paediatric hospital in Ukraine by Russians. He speaks out for the Church, its solidarity with the suffering people due to war. Our parish together with the Kerala Catholic Community in Dorset has been generous in reaching out to the refugees from Ukraine in Poland by their generous offerings of cash and kind, and even sparing their time at the Bournemouth warehouses preparing food loads to polish boarders.

May God bless them all and we continue to pray for God’s mighty intervention to stop the war.

AMORIS LAETITIA:

Here are 10 things to know about the Pope’s ground-breaking new document on the Family.

3. Divorced and remarried Catholics need to be more fully integrated into the church. How? By looking at the specifics of their situation, by remembering “mitigating factors”, by counselling them in the “internal forum”, (that is in private conversations between the priest and the person or couple) <https://www.msn.com/en-gb/feed> and by respecting that the final decision about the degree of participation in the church is left to a person’s conscience (300,305). The reception of Communion is not spelled out here, but that is a traditional aspect of “participation” in church’s life). Divorced and remarried couples should made to feel part of the church. “They are not excommunicated and should not be treated as such, since they remain part” of the church. (243).

Reflection: *While Jesus was praying, His face changed its appearance, and His clothes became dazzling white.....Peter said to Him, “Master, how good it is that we are here!! 9:29,33*

Spiritual writers sometimes speak of a “Moment of Grace”. It’s a moment when the border between Heaven and Earth appear to fade for brief second. It’s a moment when, for a split second of time God’s presence touches our lives deeply. It’s a moment when we are blessed with a faint glimpse of eternity and God’s glory. Such a moment graced Peter, James and John in today’s reading. They were never the same after it.

Can I recall a “moment of grace” or something akin to it – in my life? What triggered it? Love? Prayer?

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



ST PATRICK—PATRON of IRELAND (March 17th)

Born in England, Patrick was kidnapped by Irish pirates at about 14 and taken to Ireland as a slave. Ireland was a country of druids and pagans but Patrick, whose father was a deacon, turned to God. After 6 years, he managed to escape.

Patrick saw a vision a few years later of a man who came to him with a letter headed ‘the voice of the Irish’ and as he read it, he said he felt the Irish people were calling him to help them. It prompted him to study for the priesthood and after time, he became a Bishop and sent to Ireland to take the Good news.

He is well known for using the shamrock to explain the trinity and thus converting thousands from paganism to Christianity.

After 40 years of preaching all over Ireland, and converting thousands he died on March 17th 461AD. He never forgot his time in slavery and how he had put his trust completely in God and in doing so, was not afraid of anything.

He wrote a poem of his faith and trust which is well known today— ‘The Breastplate’

Christ be within me, Christ behind me, Christ before me, Christ beside me, Christ to win me, Christ to comfort and restore me, Christ beneath me, Christ above me, Christ inquired, Christ in danger, Christ in hearts of all that love me, Christ in mouth of friend and stranger.

DAY	CHURCH	TIME	CELEBRATION or FEAST DAY
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 <i>9th Anniversary of the election of Pope Francis</i>
Mon 14	St B	6pm 6.30pm	Stations of the Cross followed by Weekday Mass
Tues 15	CtK	9am 9.30am	Exposition of the Blessed Sacrament Weekday Mass
Wed 16	CtK	9:30am	<i>Weekday Mass</i>
Thurs 17	CtK	9am 9.30am	Exposition of the Blessed Sacrament Weekday Mass <i>St Patrick Patron of Ireland</i>
Fri 18	CtK	9.30am 11.30am	Weekday Mass followed by the chaplet of Divine Mercy & adoration Stations of the Cross
Sat 19	St B	6pm	Vigil Mass of The Third Sunday of Lent <i>St Joseph Spouse of the Blessed Virgin Mary</i>
Sun 20	CtK St B	9.30am 11am	Masses of The Third Sunday of Lent

Fasting this Lent - Pope Francis

Fast from hurting words & say kind words
 Fast from sadness & be filled with gratitude
 Fast from anger & be filled with patience
 Fast from pessimism & be filled with hope
 Fast from worries & have trust in God
 Fast from complaints & contemplate simplicity
 Fast from pressures & be prayerful
 Fast from bitterness & fill your hearts with joy
 Fast from selfishness & be compassionate
 Fast from grudges & be reconciled
 Fast from words & be silent
 and listen.



STATIONS of the CROSS



Fridays 11.30am@CtK
 Mondays 6pm @StB



Chacko's Cafe has been open for 6 months following Covid closure and Janet would like to thank everyone who has supported the Cafe and for their generosity.

The total raised since is £408.15p. Fr Chacko will be pleased to pass this onto his community in Tanzania. Next one is April 3rd.



If you would like to be added to the prayer list for the parish to pray for you, please let Madeleine know.

Small acts of love

Generous God, we thank you and we praise you, for we are surrounded by your abundant gifts.

The table you have laid is piled high and yet too many people are turned away from the feast.

Work through us so that as the tiny acorn becomes the mighty oak, our small acts of love may grow bringing hope of a world transformed where all may eat their fill.

Amen

Donations to CAFOD

ANYONE FOR LUNCH?

Friday's at 12pm
 soup & a roll served in the presbytery.

£
 PARISH COLLECTIONS
 Please set up a direct debit if you can.
 If you pay tax, please Giftaid, it means so much more for the parish. contact Christine Elie



CAFOD FAMILY FAST DAY LENT APPEAL

Family Fast day is Friday 11th March
 You can donate using the CAFOD envelope during mass or visit cafod.org.uk/lent

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>

KEEP PRAYING WITH US THIS LENT

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