

**ENTRANCE ANTIPHON**

Cf. Ps 24: 15-16

**My eyes are always on the Lord,  
for he rescues my feet from the snare.  
Turn to me and have mercy on me,  
for I am alone and poor.**

**THE COLLECT**

O God, author of every mercy and of all goodness, who in fasting, prayer and almsgiving have shown us a remedy for sin, look graciously on this confession of our lowliness, that we, who are bowed down by our conscience, may always be lifted up by your mercy. 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 Exodus 3:1-8. 13-15

Moses was looking after the flock of Jethro, his father-in-law, priest of Midian. He led his flock to the far side of the wilderness and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in the shape of a flame of fire, coming from the middle of a bush. Moses looked; there was the bush blazing but it was not being burnt up. 'I must go and look at this strange sight,' Moses said 'and see why the bush is not burnt.' Now the Lord saw him go forward to look, and God called to him from the middle of the bush. 'Moses, Moses!' he said. 'Here I am' he answered. 'Come no nearer' he said. 'Take off your shoes, for the place on which you stand is holy ground. I am the God of your father,' he said 'the God of Abraham, the God of Isaac and the God of Jacob.' At this Moses covered his face, afraid to look at God.

And the Lord said, 'I have seen the miserable state of my people in Egypt. I have heard their appeal to be free of their slave-drivers. Yes, I am well aware of their sufferings. I mean to deliver them out of the hands of the Egyptians and bring them up out of that land to a land rich and broad, a land where milk and honey flow.'

Then Moses said to God, 'I am to go, then, to the sons of Israel and say to them, "The God of your fathers has sent me to you." But if they ask me what his name is, what am I to tell them?' And God said to Moses, 'I Am who I Am. This' he added 'is what you must say to the sons of Israel: "The Lord, the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you." This is my name for all time; by this name I shall be invoked for all generations to come.'

The word of the Lord.  
**Thanks be to God.**

**PSALM**

Ps. 102:1-4.6-8.11.R.v8

**R) The Lord is compassion and love.**

My soul, give thanks to the Lord,  
all my being, bless his holy name.  
My soul give thanks to the Lord  
and never forget all his blessings. **(R)**

It is he who forgives all your guilt,  
who heals every one of your ills,  
who redeems your life from the grave,  
who crowns you with love and compassion. **(R)**

The Lord does deeds of justice,  
gives judgement for all who are oppressed.  
He made known his ways to Moses  
and his deeds to Israel's sons. **(R)**

The Lord is compassion and love,  
slow to anger and rich in mercy.  
For as the heavens are high above the earth  
so strong is his love for those who fear him. **(R)**

**SECOND READING**

A reading from the first letter of St Paul to the Corinthians 10:1-6. 10-12

I want to remind you, brothers, how our fathers were all guided by a cloud above them and how they all passed through the sea. They were all baptised into Moses in this cloud and in this sea; all ate the same spiritual food and all drank the same spiritual drink, since they all drank from the spiritual rock that followed them as they went, and that rock was Christ. In spite of this, most of them failed to please God and their corpses littered the desert.

These things all happened as warnings for us, not to have the wicked lusts for forbidden things that they had. You must never complain: some of them did, and they were killed by the Destroyer.

All this happened to them as a warning and it was written down to be a lesson for us who are living at the end of the age. The man who thinks he is safe must be careful that he does not fall.

The word of the Lord.  
**Thanks be to God.**

**GOSPEL ACCLAMATION**

Mt 4:17

**Glory to you, O Christ, you are the Word of God!  
Repent, says the Lord,  
for the kingdom of heaven is close at hand.  
Glory to you, O Christ, you are the Word of God!**

**GOSPEL**

Luke 13:1-9

The Lord be with you.

**And with your spirit.**

A reading from the holy Gospel according to Luke.

**Glory to you, O Lord.**

Some people arrived and told Jesus about the Galileans whose blood Pilate had mingled with that of their sacrifices. At this he said to them, 'Do you suppose these Galileans who suffered like that were greater sinners than any other Galileans? They were not, I tell you. No; but unless you repent you will all perish as they did. Or those eighteen on whom the tower at Siloam fell and killed them? Do you suppose that they were more guilty than all the other people living in Jerusalem? They were not, I tell you. No; but unless you repent you will all perish as they did.'

He told this parable: 'A man had a fig tree planted in his vineyard and he came looking for fruit on it but found none. He said to the man who looked after the vineyard, "Look, here, for three years now I have been coming to look for fruit on this fig tree and finding none. Cut it down: why should it be taking up the ground?" "Sir," the man replied "leave it one more year and give me time to dig round it and manure it: it may bear fruit next year, if not, then you can cut it down."

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

**PRAYER OVER THE OFFERINGS**

Be pleased, O Lord, with these sacrificial offerings,  
and grant that we who beseech pardon for our own sins,  
may take care to forgive our neighbour.  
Through Christ our Lord.

**COMMUNION ANTIPHON**

Cf. Ps 83: 4-5

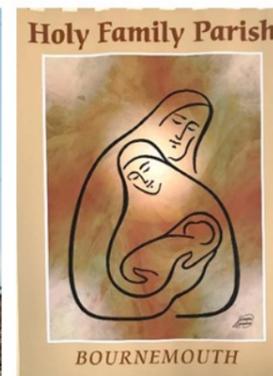
**The sparrow finds a home,  
and the swallow a nest for her young:  
by your altars, O Lord of hosts, my King and my God.  
Blessed are they who dwell in your house,  
for ever singing your praise.**

**PRAYER AFTER COMMUNION**

As we receive the pledge  
of things yet hidden in heaven  
and are nourished while still on earth  
with the Bread that comes from on high,  
we humbly entreat you, O Lord,  
that what is being brought about in us in mystery  
may come to true completion.  
Through Christ our Lord.

**3rd Sunday of Lent**

**20th March 2022**



**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: 'I Confess' – continued from the Liturgy Group**



*Sticks and stones may break my bones, but words can never hurt me.*  
This is a saying that we use when someone is unpleasant or critical. We say it to ourselves or aloud as a kind of self-defence. But is it true? Words can be very destructive. They can hurt very deeply and can lead others astray. If that is true for words, what about our thoughts? There are times when what and how we think can be wrong. Even our thoughts can be sinful. They can affect our behaviour in all kinds of ways. Our attitudes can prompt us to put into word or action all kinds of things we might regret.

*The 'I Confess' or 'Confiteor' leads us to remember this. It also reminds us that there are such things as sins of omission. To stand by and do nothing in the presence of great wrong is a sin. If we ignore the desperate pleading and needs of those who are helpless there is sinfulness in our inaction.*  
*As I say sorry it is important to admit wrongdoing 'in my thoughts and in my words, in what I have done and in what I have failed to do.' We say I confess admitting our own personal responsibility and that we can't blame it on someone else. As I stop & reflect at the beginning of the Penitential Act it is important to confront myself and realise I need to change.*

Also, we should think of the persons we speak to in this prayer. There is God who accepts us forgives us. There are Mary, the angels and the saints whose prayers we need and there is our neighbour. Inviting us to say this prayer the Church reminds us that our sins affect everybody. In fact, it is often those who are closest to us that we hurt the most. As we say the prayer we ask that others will pray for us and we hope that if we have hurt them they will forgive us.  
*(From the Liturgy Office of England and Wales)*

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

**After the Pandemic, now war.** Talking with Patriarch of the Russian Orthodox Church Patriarch Kirill, Pope Francis and the Patriarch agreed that “the churches are called to contribute to strengthening peace and justice”. “There was a time even in our churches, when people spoke of a holy war or a just war. Today we cannot speak in this manner. A Christian awareness of the importance of peace has developed. Wars are always unjust, since it is the people of God who pay. Our hearts cannot but weep before the children and women killed., along with all the victims of war. War is never the way. The Spirit that unites us asks us a shepherd, to help the people who suffer from war”.

Our parish is happy to be united with the suffering victims and refugees of war by our contributions in cash, kind and volunteering. Last week it was a pleasant sight to see the children of the Orchid Nursery, carrying their little gifts for the refugees making a beeline into the church and placing their little notes on the solidarity tree in the church. Thank you, little ones!!! God bless you all.”.

**AMORIS LAETITIA: Here are 10 things to know about the Pope's ground-breaking new document on the Family.**

4. All members of the family need to be encouraged to live good Christian lives. Much of “Amoris Laetitia” consists of reflections on the gospels and church teachings on Love, Family and Children. But it also includes a great deal of practical advice from the Pope, sometimes, gleaned from exhortations and homilies regarding the family. Pope Francis reminds married couples that a good marriage is “dynamic process” and that each side has to put up with imperfections. “Love does not have to be perfect for us to value it “ (122, 113). The Pope speaking as a Pastor, encourages not only married couples, but also engaged couples, expectant mothers, adoptive parents, widows as well as aunts, uncles, and grandparents. He is especially attentive that no one feels unimportant or excluded from God’s love.

**Reflection: The need of ongoing reform:** If you are in the process of growing, you are alive. As far as our physical condition is concerned, at a certain moment, we feel that the process of decay has set in. True, we can slow it down by keeping ourselves in good shape, and the whole industry is helping us to do so. But we cannot stop the process if getting old. It is different however of our growth as persons. We are most aware of our personal growth during the years of formation: students in school, engaged partners getting to know and love each other, religious during their novitiate. The key to a happy and meaningful life is to keep growing. Paul speaks of “maturing in Christ”. This is a lifetime job. Lenten season is a time of paying renewed attention to our growth as persons.

Am I approaching the design God has in mind for me? In the Liturgy today, we are confronted with Moses who experience God in desert, and the Lord Jesus speaking of reforming our lives. Reforming is not an instant happening. It is an ongoing process. Am I growing as a person? May you all stay safe and have a blessed Season of Lent.

*Fr Chacko*

**PRAYER FOR PEACE**

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

We pray for peace and  
laying down of weapons,  
we pray for all those who  
fear for tomorrow, that your  
spirit of comfort would  
be 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

**PARISH PASTORAL COUNCIL (PPC)**

Did you know that our parish had a pastoral council?  
Do you know what it is for? Who is a part of it? What they  
do? How you might become a member?

After Mass this weekend there will be a few words from  
one of the members, the current Chair, Michael Stead,  
which should provide answers to these questions.  
Other members will also speak about other aspects of the  
PPC's work over the next few weeks

**SYNODAL 'walking together' group**

There are plans to hold two Vigils for peace, the first on  
3rd April at St B's, the other after Easter at  
CtK. More details to follow..

The plan is to engage the wrong in the world  
with prayer and hope; with wisdom and  
compassion. We know the love that Christ wants us to show  
to the world, now is the time to be a beacon of that love in  
our community, for each other, and for our neighbours.

There will be an invitation going out to Catholics and non-  
Catholics, believers and non-believers in our community, to  
share our journey in being the blessed peacemakers that  
Jesus calls out to in the Sermon on the Mount. Join in this  
Vigil for Peace with the power of the Holy Spirit.



**St Joseph (March 19th)**



Memorare to  
St Joseph

Remember,  
O most  
Chaste  
Spouse of  
the Virgin  
Mary,

that never was it known that  
anyone who fled to thy  
protection, implored thy help,  
or sought thy intercession was  
left unaided.

Inspired by this confidence, I fly  
unto you, my spiritual father, and  
beg your protection.

O Foster Father of the Redeemer,  
despise not my petitions, but in  
your goodness hear & answer  
me. Amen

DAY	CHURCH	TIME	CELEBRATION or FEAST DAY
Sat 19	St B	6pm	Vigil Mass of <b>The Third Sunday of Lent</b> <i>St Joseph Spouse of the Blessed Virgin Mary</i>
Sun 20	CtK St B	9.30am 11am	Masses of <b>The Third Sunday of Lent</b> <i>Mass Intention: Joseph Mitchell RIP</i>
Mon 21	St B	6pm 6.30pm	Stations of the Cross followed by Weekday Mass of the Monday of the third week of Lent
Tues 22	CtK	9am 9.30am	Exposition of the Blessed Sacrament Weekday Mass
Wed 23	CtK	9:30am	Weekday Mass
Thurs 24	CtK	9am 9.30am	Exposition of the Blessed Sacrament Weekday Mass
Fri 25	CtK	9.30am 11.30am	Weekday Mass followed by the chaplet of Divine Mercy & adoration Stations of the Cross <i>The Annunciation of the Lord</i>
Sat 26	St B	6pm	Vigil Mass of <b>The Fourth Sunday of Lent</b>
Sun 27	CtK St B	9.30am 11am	Masses of <b>The Fourth Sunday of Lent</b> <i>MOTHERING SUNDAY</i>

### Stations of The Cross

This devotion of walking with Jesus on His last journey allows us to pause and reflect in these last moments of our Lord and to remind us of the sacrifice He made for us. By praying the 'way of the cross', we follow 14 stations in the form of sculptures/ engravings and as we journey with Him in imaginative prayer, we reflect on whatever is going on in our lives today— our own sufferings, stress, unjust, sadness and what maybe is happening to others .

At each station, we pause and reflect through meditation on the scene before us and think about how it reflects our own journey/ life? That though Jesus' sacrifice, we find comfort and strength.

Pope Francis (July 2013) *Do you want to be like Pilate who did not have the courage to go against the tide to save Jesus' life? Do you wash your hands and look away? Or are you like Simon of Cyrene, who helped Jesus to carry that heavy wood or like Mary who was not afraid to accompany Jesus all the way to the end?*

*This Lent? Come journey with the Lord—Fridays at 11.30am at CtK and Mondays at 6pm at StB*

#### 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.



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



**Clocks go forward 1 hour on Sat 26**

#### SINGING GROUP

If you would like to be part of the singing group that will help lead the singing during Holy week, please come to the next practice on Friday 25th March at 7pm at Ctk. No experience needed, just a desire to sing to the Lord.



**Fridays at 12pm— after the stations of the Cross,**

**Lunch of soup and roll will be served in the presbytery.**

**Donations to CAFOD**

#### £ £ £ £ £ PARISH COLLECTIONS

The new gift aid envelopes for 2022-2023 are at the back of the churches— any questions, please contact Christine Elie.

Please consider giftaid if you pay tax. The parish really does benefit!

If you would like to receive the newsletter via email— please contact the parish office

### KEEP PRAYING WITH US THIS LENT

For online family Lent calendar, stations of the Cross and Lent prayers, go to [cafod.org.uk/prayers](http://cafod.org.uk/prayers)