

**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 Genesis 2:7-9. 3:1-7

The Lord God fashioned man of dust from the soil. Then he breathed into his nostrils a breath of life, and thus man became a living being.

The Lord God planted a garden in Eden which is in the east, and there he put the man he had fashioned. The Lord God caused to spring up from the soil every kind of tree, enticing to look at and good to eat, with the tree of life and the tree of the knowledge of good and evil in the middle of the garden.

The serpent was the most subtle of all the wild beasts that the Lord God had made. It asked the woman, 'Did God really say you were not to eat from any of the trees in the garden?' The woman answered the serpent, 'We may eat the fruit of the trees in the garden. But of the fruit of the tree in the middle of the garden God said, "You must not eat it, nor touch it, under pain of death".' Then the serpent said to the woman, 'No! You will not die! God knows in fact that on the day you eat it your eyes will be opened and you will be like gods, knowing good and evil.' The woman saw that the tree was good to eat and pleasing to the eye, and that it was desirable for the knowledge that it could give. So she took some of its fruit and ate it. She gave some also to her husband who was with her, and he ate it. Then the eyes of both of them were opened and they realised that they were naked. So they sewed fig-leaves together to make themselves loin-cloths.

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

**PSALM**

Ps 50:3-6.12-14.17. R.cf.v3

**R) Have mercy on us, O Lord, for we have sinned.**

Have mercy on me, God, in your kindness. In your compassion blot out my offence. O wash me more and more from my guilt and cleanse me from my sin. **(R)**

My offences truly I know them; my sin is always before me. Against you, you alone, have I sinned; what is evil in your sight I have done. **(R)**

A pure heart create for me, O God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy spirit. **(R)**

Give me again the joy of your help; with a spirit of fervour sustain me. O Lord, open my lips and my mouth shall declare your praise. **(R)**

**SECOND READING**

A reading from the letter of St Paul to the Romans 5:12-19

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of 'law-breaking', yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law.

Adam prefigured the One to come, but he gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many

as an abundant free gift. The results of the gift also outweigh the results of one man's sin: for after one single fall came judgement with a verdict of condemnation, now after many falls comes grace with its verdict of acquittal. If it is certain that death reigned over everyone as the consequence of one man's fall, it is even more certain that one man, Jesus Christ, will cause everyone to reign in life who receives the free gift that he does not deserve, of being made righteous. Again, as one man's fall brought condemnation on everyone, so the good act of one man brings everyone life and makes them justified. As by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous. .

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

**GOSPEL ACCLAMATION**

Mt 4:4

**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!**

**GOSPEL**

Matthew 4:1-11

The Lord be with you.  
**And with your spirit.**  
A reading from the holy Gospel according to Matthew.  
**Glorify to you, O Lord.**

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, 'If you are the Son of God, tell these stones to turn into loaves.' But he replied, 'Scripture says:

Man does not live on bread alone  
but on every word that comes from the mouth of God.'

The devil then took him to the holy city and made him stand on the parapet of the Temple. 'If you are the Son of God' he said 'throw yourself down for scripture says:

He will put you in his angels' charge,  
and they will support you on their hands  
in case you hurt your foot against a stone.'

Jesus said to him, 'Scripture also says:  
You must not put the Lord your God to the test.'

Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. 'I will give you all these' he said, 'if you fall at my feet and worship me.' Then Jesus replied, 'Be off, Satan! For scripture says:

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

Then the devil left him, and angels appeared and looked after him.

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

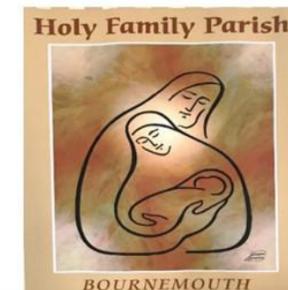
**One does not live by bread alone,  
but by every word that comes forth from the  
mouth of God.**

**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.

**THE PARISH OF THE HOLY FAMILY, BOURNEMOUTH**

incorporating the churches of Christ the King, Kinson & St Bernadette's, Ensbury Park



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**LENT** is a time when we seek opportunities for becoming more of the loving person God has created us to be.

In the penitential Rite of the Mass, this is our Act of Sorrow where 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 of the Mass 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 to say Sorry.

Unburdened, we implore God's forgiveness and place our trust in God's abiding mercy.

*During Lent, we are going to give more space for the Penitential Rite during the masses to allow us to focus...*



Dear Parishioners,

Today is the First Sunday in Lent.

We begin liturgically the season of Lent this week from Ash Wednesday onwards. We Catholics do honour the day with Fast and Abstinence, and imposition of ashes on our forehead. As Christian tradition and practice, we do prepare ourselves to celebrate the pascal mystery of Our Lord's death and resurrection by a penitential season of forty days. Penance is part of Christian philosophy of life which has to do with sin and conversion. To achieve the inner conversion there are traditional Lenten practices of prayer, charitable works and even fasting. Indeed, what we give up in during lent is a personal decision but should be related to the inner conversion to God. May this coming season of lent bring us abundant joy of inner peace and tranquillity derived from our conversion to God in love.

Today is the Rite of Election in the Diocese. A day for the gathering of all those who are engaged in RCIA, (Adult Catechism in preparation for their Baptism during Easter Vigil this year in our parishes). They are being remembered and prayed for them during this Holy Mass.

Let us join Pope Francis in his continued and untiring efforts to bring a peaceful solution to the present war in Ukraine. Vatican's secretary of relations with states Archbishop Paul Richard Gallagher spoke about the diplomatic actions of the Holy See to put an end to this terrible war. Behind this action, is the "initiative of the Holy Father" with his repeated "appeals for peace" in Ukraine.

**Reflection:**

Pondering the words of Jesus in his heart, St. Mathew meditates on the meaning of three typical temptations which constantly threaten Christianity:

1. God may not be used for one's own gain or profit..... (*turning stones into bread*);
2. Faith has nothing to do with the spectacular..... (*"throw yourself down"*);
3. Religion may not be mixed up with political power..... (*kingdoms displayed in their magnificence*).

Jesus answers with three quotations from the scripture. He will be faithful to his calling and not be swayed by these temptations. We who are the Church of this age and prone to these same temptations should keep in mind Our Lord's examples.

*Fr. Chacko*

Together , we are church, Together, we are community, Together, we are Christ

**POPE'S INTENTIONS**

*for March 2023*

For victims of abuse

We pray for those who have suffered from members of the church, may they find within the church herself a concrete response to their pain and suffering

[www.thepopevideo.org](http://www.thepopevideo.org)

**MASS**

**INTENTIONS**

Anyone can ask a priest to offer a Mass for several reasons:

for example, in thanksgiving, for the intentions of another person (such as on a birthday), or, as is most common, for the repose of the soul of someone who has died.

*We can never forget the infinite graces that flow from the Sacrifice of the Mass which benefit one's soul.*

If you would like a Mass offered for your intention, please speak to Fr Chacko

Mass request envelopes are at the back of church.

**Donations / offerings**

**ACCOUNT NAME:**

PRCDTR KINSON RC PARISH

**SORT CODE:** 51-81-20

**ACCOUNT :** 72768401

Please giftaid – [Details on front](#)



Please use this QR code to make donations to the Parish or use the card machine in the porch at CtK



**PLEASE PRAY FOR OUR PARISHIONERS**

Joeceyne Cotrel Kevin Moor Frances & Tony Herbert Sheila Shelley  
Les Netherton Frances Smith Anna Browne Tony Bateman

*Please contact the Parish Office for your prayer intentions*



DAY	CHURCH	TIME	CELEBRATION or FEAST DAY/ MEMORIAL
Sat 25	StB	6pm	Vigil Mass of the First Sunday of Lent <span style="float: right;">St Walburga</span>
Sun 26	CtK StB	9.30am 11am	Masses of the First Sunday of Lent <i>11am Mass Int: wellbeing of Margaret DeVekey</i>
Mon 27	StB	6pm 6.30pm	Adoration followed by Mass at 6.30pm <span style="float: right;">St Gregory of Narek</span>
Tues 28	CtK	9am	Adoration followed by Mass
Wed 1			NO MASS <span style="float: right;">St David—Patron of Wales <i>Diwrnod Gwledd Hapus</i></span>
Thur 2	CtK	9.30 am	Mass
Fri 3	CtK StB	9.30am 6.30 pm	Mass followed by Divine Chaplet Holy Hour <span style="float: right;">CAFOD FAMILY FAST DAY</span>
Sat 4	StB	6pm	Vigil Mass of the Second Sunday of Lent <span style="float: right;">St Casimir</span>
Sun 5	CtK StB	9.30am 11am	Masses of the Second Sunday of Lent



St Rita's Centre,  
Honiton, Devon

Lent Day of  
Recollection

## “HOLY SHROUD OF JESUS - ICON, RELIC, WITNESS”

Saturday 18<sup>th</sup> March 2023

9.30am – 4.00pm  
with

**FR. JOSE ROMERO OAR**

The day will begin with coffee/tea on arrival at 9.30am. First Talk will start at 10am, second talk will be at 11am. Exposition and Adoration of the holy Sacrament in silence will be at 12pm. Lunch will be served at 1pm, Mass at 2.45pm

Cost per person: £25.00 which includes lunch.

For further information & to register your name contact:  
St Rita's Centre Tel: 01404 42635; Email: [admin@stritascentre.org](mailto:admin@stritascentre.org) or  
<https://www.stritascentre.org/events-retreats-1/len-retreat-day-holy-shroud-of-jesus-icon-relic-witness>



To be able to provide a warm space for a few hours on a Monday and Friday morning, to have a cup of tea and company.

If you are able to help, however little, please speak to Madeleine. Maybe after dropping children to school, pop in? If you care for an elderly person, bring them too

We need more volunteers to run it for our community. Please think about it .

## CAFOD Family Fast Day – Lent Appeal

This Lent, CAFOD is supporting families with the skills and tools they've asked for to fight the climate crisis. In Bangladesh, 14 year-old Dristy and her mum Rupali are building seed beds and planting palm trees to protect their crops from flooding and cyclones. Give today to help families grow in strength to adapt to the climate crisis and also ensure CAFOD can quickly respond to emergencies, like the recent earthquakes in Turkey and Syria'. Envelopes will be given out this weekend to donate or at [cafod.org.uk/give](https://cafod.org.uk/give)

## “Enlightened by the Word of God”

4<sup>th</sup> March 2023 at Christ the King 10.00 – 12.00 (arrivals and coffee at 9.45)

Though our Readers have the responsibility and privilege of proclaiming the Word of God to those gathered for worship, liturgy isn't the work of just a few people. *Everyone who celebrates the liturgy has a role to play!* And the work we do together can change the world! In the Introduction to the Lectionary for Mass, we are reminded that when the Word of God is heard by those gathered, the Church is built up and grows, and God's Word is spread among the nations.

**So please come along and join our Parish Readers for a morning of reflection, input and sharing on the Word of God. The session will be guided by Fr Tony Pennicott from Bournemouth This is also an ideal opportunity for anyone interested in joining our team of Readers. We would like to see more of our young people taking part in this ministry.**

*See Sr Michele or Jenny Gunstone for more information, or just turn up on the day!*



Saturday 11th March 2023

A day for all the family & ages  
in Weymouth.

[www.stayawakejc.com](http://www.stayawakejc.com)

## WAR IN UKRAINE

A year has passed,  
we continue to pray  
for peace, Dear God