

10th March 2024

The fourth Sunday of Lent

First reading 2 Chronicles 36:14-16,19-23

All the heads of the priesthood, and the people too, added infidelity to infidelity, copying all the shameful practices of the nations and defiling the Temple that the Lord had consecrated for himself in Jerusalem. The Lord, the God of their ancestors, tirelessly sent them messenger after messenger, since he wished to spare his people and his house. But they ridiculed the messengers of God, they despised his words, they laughed at his prophets, until at last the wrath of the Lord rose so high against his people that there was no further remedy. Their enemies burned down the Temple of God, demolished the walls of Jerusalem, set fire to all its palaces, and destroyed everything of value in it. The survivors were deported by Nebuchadnezzar to Babylon; they were to serve him and his sons until the kingdom of Persia came to power. This is how the word of the Lord was fulfilled that he spoke through Jeremiah, 'Until this land has enjoyed its sabbath rest, until seventy years have gone by, it will keep sabbath throughout the days of its desolation.'

And in the first year of Cyrus king of Persia, to fulfil the word of the Lord that was spoken through Jeremiah, the Lord roused the spirit of Cyrus king of Persia to issue a proclamation and to have it publicly displayed throughout his kingdom: 'Thus speaks Cyrus king of Persia, "The Lord, the God of heaven, has given me all the kingdoms of the earth; he has ordered me to build him a Temple in Jerusalem, in Judah. Whoever there is among you of all his people, may his God be with him! Let him go up."

The Word of the Lord **Thanks be to God**

Responsorial Psalm

R: O let my tongue cleave to my mouth if I remember you not!

By the rivers of Babylon there we sat and wept, remembering Zion; on the poplars that grew there we hung up our harps. **R:**

For it was there that they asked us, our captors, for songs, our oppressors, for joy.

'Sing to us,' they said, 'one of Zion's songs.' **R:**

O how could we sing the song of the Lord on alien soil?

If I forget you, Jerusalem, let my right hand wither! **R:**

O let my tongue cleave to my mouth if I remember you not! If I prize not Jerusalem above all my joys! **R:**

Second reading Ephesians 2:4-10

God loved us with so much love that he was generous with his mercy: when we were dead through our sins, he brought us to life with Christ – it is through grace that you have been saved – and raised us up with him and gave us a place with him in heaven, in Christ Jesus. This was to show for all ages to come, through his goodness towards us in Christ Jesus, how infinitely rich he is in grace. Because it is by grace that you have been saved, through faith; not by anything of your own, but by a gift from God; not by anything that you have done, so that nobody can claim the credit. We are God's work of art, created in Christ Jesus to live the good life as from the beginning he had meant us to live it.

The Word of the Lord **Thanks be to God**

Gospel Acclamation

Said— Praise to you, O Christ, king of eternal glory!

Sung— Glory to you, Word of God, Lord Jesus Christ (x2)

God loved the world so much that he gave his only Son: everyone who believes in him has eternal life.

Praise to you, O Christ, king of eternal glory!

Glory to you, Word of God, Lord Jesus Christ (x2)

Gospel John 3 14-21

Jesus said to Nicodemus: 'The Son of Man must be lifted up as Moses lifted up the serpent in the desert, so that everyone who believes may have eternal life in him. Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life.

For God sent his Son into the world not to condemn the world, but so that through him the world might be saved. No one who believes in him will be condemned; but whoever refuses to believe is condemned already, because he has refused to believe in the name of God's only Son. On these grounds is sentence pronounced: that though the light has come into the world men have shown they prefer darkness to the light because their deeds were evil. And indeed, everybody who does wrong hates the light and avoids it, for fear his actions should be exposed; but the man who lives by the truth comes out into the light, so that it may be plainly seen that what he does is done in God.' The Gospel of the Lord **Praise to you Lord Jesus Christ**

THE ANGELUS to be said at the end of 11am Mass

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit. Hail Mary...

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word. Hail Mary...

V. And the Word was made Flesh.

R. And dwelt among us. Hail Mary, ...

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

LET US PRAY: **Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ Our Lord. Amen.**

The fourth Sunday of Lent

10th March 2024

THE PARISH OF THE HOLY FAMILY, BOURNEMOUTH

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



Holy Family Parish



The day's theme comes from the entrance antiphon reflecting on Isaiah 66:10-11: "Rejoice, Jerusalem, and all who love her. Be joyful, all who were in mourning; exult and be satisfied at her consoling breast."

Laetare is the first word — meaning "rejoice" — in the Latin text. On Laetare Sunday (as similarly with the Third Sunday of Advent's Gaudete Sunday) the Church expresses hope and joy in the midst of our Lenten fasts and penances. Call it pink — or, more fittingly, rose — this change in colour indicates a glimpse of the joy that awaits us at Easter, just before we enter into the sombre days of Passiontide.

Laetare Sunday is the Church's way of giving us a "shot in the arm" as we approach the darkness and horror of the days through Good Friday and Holy Saturday. It's an opportunity to savour and keep in the back of our minds what awaits us on Easter Sunday — the reality that Jesus Christ is risen from the dead, and that our hearts will always be filled with joy!

Being aware of traditions and customs assists us in celebrating the beauty of our faith. As you can see, there is much associated with even a nondescript day like the Fourth Sunday of Lent — not to mention the rest of the season, or the 50 days of Easter and beyond. Take advantage of the richness of our Catholic traditions.

Michael R. Heinlein is editor of Simply Catholic.

Together we are Church, together we are community, together we are Christ

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Dear Parishioners

Today is Fourth Sunday of Lent !!!.

Second Scrutiny Sunday for those receiving adult baptism in the Diocese during this easter. This year we have only one for RCIA who will receive baptism sometime in May. Let us keep all of them in our prayers.

Laetare Sunday :This Sunday is also called Laetare Sunday. This Fourth Sunday in Lent marks the halfway point in Lenten season. The name comes from the Entrance antiphon for today's Mass "Laetare Jerusalem" "Rejoice O Jerusalem"

Mother's Day : Addressing the participants of an International Conference titled "Women in the Church, builders of humanity" Pope Francis addressed them saying " "The Church needs to keep this in mind, because the Church is herself a woman, a daughter, a bride and a mother". Every year we take a day to show our love and appreciation for the most special , hard working and irreplaceable of people – the one known simply as Mum. We thank God today for our Mums and pray for them today that they may ever be blessed. We remember all our Mums in the parish with a big "THANK YOU " for being there for us.

9th March Sunday	Numbers 24-25
10th March Monday	Numbers 26-28
11th March Tuesday	Numbers 29-30
12th March Wednesday	Numbers 31-32
13th March Thursday	Numbers 33-34
14th March Friday	Numbers 35-36
15th March Saturday	Deuteronomy 1

Jubilee Year: Pope Francis has called the Church across the world to be preparing for the 2025 as an year of Jubilee with the theme "Pilgrims of Hope". We will be putting forth bits of reflections on the Lord's Prayer every week.



The Lord's Prayer. "Thy Kingdom Come, Thy will be done on Earth" Just imagine this Lord's prayer is said in different languages, different cultures and countries, people and nations at every moment of our life. I remember to ask everyone to recite Our Father during the mass in one's own language during our Pentecost day celebration. And we all enjoyed the feeling of the Apostle on Pentecost Day..."though we were all different yet one in unison". Even while we say this beautiful prayer we are aware of the struggle between doing God's will and doing our own...or we struggling to make the two ends meet in our life. Yes, Jesus teaches that it's the way we are made actively engaged in the God's plan of salvation (cf CCC2822).

Reflection: *The Jesus said "God loved the world so much that He gave His only Son so that everyone who believes in Him may not die but have eternal life". (Jn 3:16)*

Neil Miller strikes a positive note when he writes in the *Christian Science Monitor*:" If tenderness were rare instead of normal, wouldn't newspapers give it headlines:

Mother cherishes family – Blind person helped across street. Blind Person helped across street = Prisoner's visited – Destitute people cared forand on and on?" But thanks to Jesus' coming on earth. "Such events are not news they are as common and as beautiful as dandelions".

What is one thing that I see happening in today's world that fills me with new hope for the future? Speak to Jesus about it..

"I don't think of all the misery but of the beauty that still remains" (Anne Frank)

Fr Chacko

GIFT AID The Parish needs funds and by gift aiding your contributions, it makes a huge difference. Please complete a form at the back of church and return it to the office.



If you would like to pay by standing order/ direct debit, there are forms to set this up at the back of the church. You may wish to make an offering via the Parish QR code

DAY	CHURCH	TIME	CELEBRATION or FEAST DAY/ MEMORIAL
Sat 9	StB	6pm	Vigil Mass of the Fourth Sunday in Lent <i>St Frances of Rome</i>
Sun10	CtK StB	9.30am 11am	Masses of the Fourth Sunday in Lent LAETARE SUNDAY
Mon 11	StB	6pm	The Way of the Cross followed by Mass at 6.30pm
Tues 12	CtK	9am	Adoration followed by Mass at 9.30am
Wed 13			NO MASS <i>11th Anniversary of the election of Pope Francis</i>
Thur 14	CtK	9.30am	Mass
Fri 15	CtK StB	9.30am 7.15pm	Mass followed by the Way of the Cross The Way of the Cross—adoration & prayer
Sat 16	StB	6pm	Vigil Mass of the Fifth Sunday in Lent
Sun17	CtK StB	9.30am 11am	Masses of the Fifth Sunday in Lent

Lent 2024

The Way of the Cross

Mondays at 6pm at StB
Fridays after 9.30am Mass at CtK
And Fridays 7.15pm at StB



Lent Reflection & Reconciliation Service

Thursday 21st March 7pm at StB

Palm Sunday (24th March) 10am at CtK

Maundy Thursday (28th March) 7.30pm at CtK

Good Friday (29th March) 3pm at CtK

Easter Vigil (30th March) 7.30pm at CtK

Grand mission & Holy Week Malayalam Services 2024

22 March 5-9pm at CtK
23 March 2-9pm (for children)

Palm Sunday 2-9pm at CtK

Maundy Thursday 9am at CtK

10-11pm silent prayer

Good Friday 9am at CtK

Easter Vigil 10.30pm at CtK

Everyone is welcome to any of these services



Saturday 16th March Parish BIG LENT WALK

If you haven't done so yet, please put your name down on the sheets at the back of church if you can be part of this event in any way next weekend



Volunteers needed to have a foot washed on Maundy Thursday—please put your name on the list at the back of church



Loving God, as a mother gives life and nourishment to her children, so you give life and care for your Church. Bless these women, as we celebrate this day in their honour. May they be strengthened as Christian mothers. Let the example of their faith and love shine forth. May the example of Mary, mother of Jesus, inspire them to live their vocation as Christian mothers and call their children to faith. Guide and protect them in challenging times and help them to continue to trust in you all the days of their life. Grant this through Christ our Lord. Amen.

PARISH QUIZ

WHEN?
23 March @
7.15pm in StB

WHAT?

8 rounds — March is St Davids & St Patricks so there will be a Celtic twist! Enjoy the fun!

Contact Mike
07519932238
malaika13@yahoo.co.uk



PLEASE PRAY FOR OUR PARISHIONERS



Noel Harris, Sheila Shelley
Margaret Simpson,
Tony Bateman,
Les Netherton, Anna Browne,
Frances Smith, Margaret Place
Jocelyne & Peter Cotrel,
Frances & Tony Herbert,
The Carter family

The love of Our Mother Mary.....
Reflect today on the feelings and thoughts and inner experiences of the mother of God as she painfully witnessed the scourging and mockery of her Son.

Enter into the stream of Immaculate love that flowed from her heart , quenching the temptation toward hate.

Reflect especially upon any ways that you have experienced the mistreatment of another, Know that our Blessed Mother also stands at this cross of yours whether you have been mistreated or have yourself mistreated someone else. Seeing all that you feel and experienced. She stands at your side with a mothers love, her heart overflowing into yours.

