

**First reading** Genesis 9:8-15 ·

'God spoke to Noah and his sons, 'See, I establish my Covenant with you, and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you: everything that came out of the ark, everything that lives on the earth. I establish my Covenant with you: no thing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again.'

God said, 'Here is the sign of the Covenant I make between myself and you and every living creature with you for all generations: I set my bow in the clouds and it shall be a sign of the Covenant between me and the earth. When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh.'

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

**Responsorial Psalm**

*R: Your ways, Lord, are faithfulness and love for those who keep your covenant.*

Lord, make me know your ways. Lord, teach me your paths. Make me walk in your truth, and teach me: for you are God my saviour. *R:*

Remember your mercy, Lord, and the love you have shown from of old. In your love remember me, because of your goodness, O Lord. *R:*

The Lord is good and upright. He shows the path to those who stray, He guides the humble in the right path, He teaches his way to the poor. *R:*

**Second reading** 1 Peter 3:18-22 ·

Christ himself, innocent though he was, died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a small group of eight people 'by water', and when God was still waiting patiently, that these spirits refused to believe. That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God's right hand, now that he has made the angels and Dominations and Powers his subjects.

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

**Gospel Acclamation**

**Said— 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!**

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

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

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

**Gospel** Mark 1:12-15

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

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.**

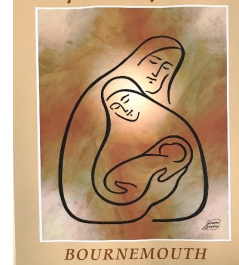
LET US PRAY: **Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ Our Lord. Amen.**

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

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



Holy Family Parish

**The Penitential Rite of the Mass during Lent**

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

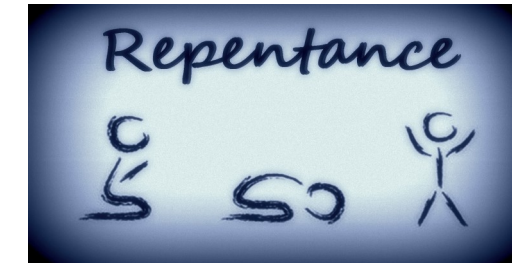
In this 'Act of Sorrow' we become aware of how our way of being in the world frequently casts a shadow over God's presence dwelling within us, causing hurt and harm to others.

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.

Throughout Lent, more space and reflection will be given for the Penitential Rite of the Mass to allow us to focus...



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

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**Parish Secretary: Madeleine Hughes Parish Office Hours: Mon, Tues & Fri 8am—1pm**

**Plymouth Diocesan Trust Registered Charity No: 213227**

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Dear Parishioners

Today is First Sunday of Lent !!!

**Lent:** Soon Spring is at our doorstep. Lent means Spring where it gives a new birth and beginning to everything in our life, including our spiritual life.

Our Diocesan Administrator Canon Paul Cummins encourages us to place a renewed focus on the three 'pillars' of prayer, fasting and almsgiving, and provides insights into how we can put this into practice in our daily lives this sacred season. <https://www.youtube.com/watch?v=3Q7536a7Oyc>

**CAFOD FAST DAY :** 23<sup>rd</sup> Friday is Cafod fast Day. During this Lent this year Caritas Diocese of Plymouth has created a Lent Calendar to suggest ways in which we can use this time for prayer, reflection and action as the service of the poor. Just a few small actions each week can make a positive difference.

<https://www.plymouth-diocese.org.uk/lentcalendar->

**My Retreat Days :** I had a very fruitful retreat giving me sufficient strength and rest both physically and spiritually. It was at the Vincentian Retreat Centre, Divine UK, Ramsgate. Thanks for your prayerful support.

**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". He has asked us to reflect on the documents of Second Vatican Council especially Sacrosanctum Concilium, Dei Verbum, Lumen Gentium and Gaudium et Spes. And he exhorted us to focus on Prayer, the Lord's Prayer. We will be putting forth bits of reflections on the Lord's Prayer every week, and of course we continue reading the scriptures. Each day's chapter below;

17 <sup>th</sup> February Sunday	Leviticus 8-9
18 <sup>th</sup> February Monday	Leviticus 10-11
19 <sup>th</sup> February Tuesday	Leviticus 12-13
20 <sup>th</sup> February Wednesday	Leviticus 14-15
21 <sup>st</sup> February Thursday	Leviticus 16-18
22 <sup>nd</sup> February Friday	Leviticus 19-20
23 <sup>rd</sup> February Saturday	Leviticus 21-22



Pope Francis asked us to as preparation for the Holy Year to refresh our prayer, especially to appreciate the use of "Our Father". St. Thomas Aquinas wrote " The Lord's Prayer is the most perfect of prayers...In it we ask not only for all the things we can rightly desire, but also the sequence that they should be desired. This prayer not only teaches us to ask for things, but also in what order we should desire them"

**Reflection:** *Jesus went to Galilee and preached "Now the right time has come and the Kingdom of God is near. Turn from your sins and believe in the Gospel" (Mk. 1: 14)*

The movie "An Officer and a Gentleman" concerns a selfish young man who wants to be a naval flight officer. He is totally self-centred. A tough drill sergeant sees through him and makes it a point to challenge him with every test and ordeal in the books. In the process of meeting these tests, the young man discovers his soul and undergoes a change of heart . He graduates from boot camp not only an office but also a gentleman. It is this kind of discovery of soul and change of heart that Jesus invites us to make in today's reading.

*What does it mean to find one's soul?*

*Conscience is the walkie-talkie set by which God speaks to us* ( James J Metcalf )

*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. Please consider your offering for our church, our parish...



**PLEASE PRAY FOR OUR PARISHIONERS**

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



DAY	CHURCH	TIME	CELEBRATION or FEAST DAY/ MEMORIAL
Sat 17	StB	6pm	Vigil Mass of the First Sunday in Lent
Sun 18	CtK StB	9.30am 11am	Masses of the First Sunday in Lent
Mon19	StB	6pm	The Way of the Cross followed by Mass at 6.30pm
Tues20	CtK	9am	Adoration followed by Mass at 9.30am
Wed21			NO MASS
Thur22	CtK	9.30am	Mass
Fri 23	CtK StB	9.30am 7pm	Mass followed by the Way of the Cross The Way of the Cross—adoration & prayer
Sat 24	StB	6pm	Vigil Mass of the Second Sunday in Lent
Sun 25	CtK StB	9.30am 11am	Masses of the Second Sunday in Lent



*Cafod family Fast Day Appeal -Lent collection at masses next week (24/25 February)*

This lent, your donations to CAFOD's Family Fast Day appeal will help hard working people like James the fisherman in Liberia with resources, tools and training to feed their families for good. You can use the envelope or go online at [cafod.org.uk](http://cafod.org.uk) and please join us in praying with James that our sisters and brothers around the world have what they need to feed their families

Following the success last year of the Parish Big Lent Walk, it is planned to do it again on Saturday 16th March!!

Put it in your diary and wait more information.....



HAPPY BIRTHDAY  
Fr Chacko  
on 20th February



SPIRITUS youth group  
Meeting on Tuesday 20th Feb  
6pm at StB

**Lent 2024**

**The Way of the Cross (Stations of the Cross)**

Mondays at 6pm at StB before Mass

Fridays after 9.30am Mass at CtK

Friday 7pm at StB

**Lent Reflection & Reconciliation Service**

Thursday 21st March 7pm at StB

**Palm Sunday** (24th March) 10am at CtK

**Maunder Thursday** (28th March) 7.30pm at CtK

**Good Friday** (29th March) 3pm at CtK

**Easter Vigil** (30th March) 7.30pm at CtK



**Corpus Christi Catholic Primary School, BH5 2BX SEMH Lead (Social, Emotional and Mental Health)**

The Governors are seeking to appoint an SEMH Lead. We welcome interest from a candidate with an interest or background in education and children's mental health, to manage provision for pupils with social, emotional and mental health needs. In this role, you will work alongside the Inclusion Leader and the DSL (Designated Safeguarding Leader) to provide an alternative curriculum to meet the specific social and emotional needs of individual children. More information is available on the school website [www.cccpschool.co.uk/vacancies](http://www.cccpschool.co.uk/vacancies)