



SACRED HEART PARISH

In The Diocese of Portsmouth
Reg. Charity No. 246871

1st Sunday of Lent

Year B

21 February 2021

Welcome to all our Parishioners and all who are joining us via the website or Facebook
Live streaming of the Mass this weekend is at 10am on Sunday
Website: <https://www.sacredhearthook.org/live>
Children's Liturgy will live stream at 11:30am on Sunday mornings

THOUGHT FOR THE WEEK

The word "repent", which we heard in today's Gospel, is derived from the Greek word metanoia, which means a change of heart, seeing things differently, a new direction, a fresh beginning. The Gospel writers tell us that it was after John the Baptist had been arrested that Jesus began his mission with the message, "Repent, and believe the Good News." Jesus prepared for this by spending time in the wilderness, where he was, in Mark's words, "tempted by Satan". Matthew and Luke give more details of his temptation, telling of how the devil tried to persuade Jesus to turn stones into bread, or to seek political power and influence, or to abandon his commitment to the Kingdom of God.

Our first two readings use images relating to water to convey the idea of a new start. The covenant between God and Noah, made after the great flood, is symbolised by the rainbow, which is itself caused by light refracting through water droplets. Through the water of baptism, referred to by Peter in his letter, we are saved by a pledge "made to God from a good conscience", not from fear. This is the repentance, the change of direction, which Jesus preached—going forward with joy, knowing that the Lord is with us.

Taken from The Living Word, Redemptorist Publications

SUSPENSION OF PUBLIC MASS ATTENDANCE

Father Paul with the help of members of the Parish Health and Safety team has made the sad decision to keep our church closed to public attendance.

Mass will be live streamed on Sunday mornings at 10am via FaceBook and our Website.

Please keep an eye on the website and newsletter for more updates.

STATIONS OF THE CROSS

This Lent please join us for a virtual Stations of the Cross. Thank you to Maggie and Emrys who have recorded the Stations of the Cross for us, you can find the recording on our website.

On Sunday 21st March please join us for a special Zoom Stations of the Cross, for more information please contact Jan on hello@sacredhearthook.org



POPE FRANCIS FEBRUARY PRAYER INTENTION

Violence Against Women—We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

Priest in Charge:

Rev. Paul Leonard

Parish Administrator:

Mrs Jan Hughes

Phone: 01256 577007/07719 012955

email: hello@sacredhearthook.org

Website: www.sacredhearthook.org

Facebook: [facebook.com/sacredhearthook](https://www.facebook.com/sacredhearthook)

Safeguarding Minister:

Mrs Maggie Wood

email: safeguarding@sacredhearthook.org

Sacred Heart Church, The Priests House, London Road, Hook, Hampshire RG27 9LA

Liturgy of the Word

1st Sunday of Lent

First Reading Genesis 9: 8 – 15

Responsorial Psalm:

Psalm 24: 4 – 9, response v 10

***Your ways, Lord are faithfulness and love
For those who keep your covenant.***

Second Reading: 1 Peter 3: 18 – 22

Gospel Acclamation

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 Mark 1: 12 – 15

LENT 2021

Lent is a time to prepare for Holy Week's commemoration of Our Lord's Passion, Death and Resurrection.



CHILDREN LITURGY LENT WORKSHOP.

SUNDAY 7th MARCH 21

Instead of our normal Children's Liturgy on this Sunday, we are planning a Lent workshop to help deepen our understanding of Lent. It will start at 11.15-12.15pm and will be Zoom (similar to the Advent workshop that we held in December) and if you are able to attend please let Jan Hughes know on hello@sacredhearthook.org. We will be sending out resources for this, by email, nearer the time.

If you have any queries or concerns, please do not hesitate to contact Maggie, Gill or Jan. we look forward to seeing you there!

WORLD DAY OF PRAYER

The World Day of Prayer this year will be different from any we have ever known.

All over the world, people will be worshipping on the day as usual but in unusual ways.

The Day of Prayer is not only a global event: it is also an important date in every local ecumenical calendar and so we will be live streaming the service from Sacred Heart Hook at 2pm on Friday 5th March. We have a few service books and if you live in Hook we can get one to you if you let us know asap. Email hello@sacredhearthook.org



PARISH DONATIONS

Dear Friends

If you would like to make a donation to the Parish, or set up a Standing Order, our bank account details are:
Lloyds Bank

Sort Code: 30 93 04

Account number 00880117

Name: PRCDTR Sacred Heart Hook

(Please also use this for cheque payments)

ONLINE OFFERTORY AND DONATIONS

An easy way to give online using your debit card has been set up on our website at

<https://www.sacredhearthook.org/donations>

Just click the button and follow the instructions.

Thank you so much for your generosity.

God bless. Fr. Paul

CAFE series - Let it be - Monday 26th April @ 7.30pm

Sacred Heart Church will be hosting another Cafe series course called Let it be which is about our Lady Mary. The cafe sessions involves watching a video and discussions in smaller groups. Here's the link to find out more - its a 5 weeks course it will end on 27th May. [Let It Be | CaFE - Catholic Faith Exploration](#)

If you are interested please do get in touch with Joan Kent on jkent@portsmouthdiocese.org.uk

Lenten Talk - Sr Valentina from Verbum Dei :

Thursday 4th March 7.45pm

Lent is time for renewal. Join us to learn how this time can help us to journey through this Pandemic. How the Pascal Mystery, Jesus' life, death and resurrection, can bring meaning to what we are living and make us bridges of hope.

If you would like to learn more please contact Joan Kent on jkent@portsmouthdiocese.org.uk

PRAYER BLANKETS

- can you lend us your skill and time?

Are you a keen knitter? Good at crocheting or sewing? The aim is to have a prayer blanket made by knitting individual squares which will then be pieced together to form a blanket / shawl which will be blessed by Fr Paul and sent to those in the parish who are sick or in need of some comfort. If you are interested to learn more please do reach out to Andrea at andrea.waldram@gmail.com.

URGENT request for any spare wool, please contact Andrea if you are able to help with knitting or wool.

CAFOD

CAFOD Lent Appeal. Abdella lives in an extremely remote and mountainous part of Ethiopia. It takes him ten hours a day to collect water. He says his life is being wasted as he has no time for anything else. Give today to reach vulnerable communities around the world with water and to provide other vital support. Donate online at cafod.org.uk/lent or phone 0303 303 3030 or by using a CAFOD envelope. You can also give via text. Text LENT 5 to 70460 to donate £5 or Text LENT 10 to 70460 to donate £10* or LENT 20 to 70460 to donate £20 .Many thanks for your support.

*Texts cost £10 plus one standard rate message you'll be opting in to hear more about CAFOD's work and fundraising via telephone and SMS. If you'd like to give £10 but do not wish to receive marketing communications, text LENTNOINFO to 70460.

Here is the link to a short film about Abdella that could be shown at livestream masses and on face book. Abdella film 2minutes 32 seconds [Lent Appeal 2021: Abdella's walk for water | CAFOD on Vimeo](#)