

SACRED HEART PARISH

Catholic Diocese of Portsmouth
Reg. Charity No. 1199568



SEVENTH SUNDAY OF ORDINARY TIME

Year A

19 February 2023

Priest in Charge: Fr. Phillip Harris

Parish Administrator: Mrs Jan Hughes

Phone: 01256 577007/07719 012955

Website: www.sacredhearthook.org

Safeguarding Minister: Mrs Maggie Wood

PPC Chairman: David Brown

email: office@sacredhearthook.org

Facebook: facebook.com/sacredhearthook

email: safeguarding@sacredhearthook.org

via the parish office

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

St Vincent De Paul Society (SVP) now have a confidential mobile phone line to assist & help. 07434 773219.

Please note we now have CCTV Cameras around the premises for security purposes.

MASS TIMES

Daily Eucharistic Service at Maryfield Convent at 10:00am (Mon, Tues, Wed, Thurs & Fri)

Seventh Sunday of Ordinary Time

Saturday 18 February	6:00 pm	Mass	People of the Parish
Sunday 19 February	10.00 am	Mass	Alejandro Aliniab Senior RIP William George Roy Fletcher RIP

ASH WEDNESDAY

This is not a Holy Day of Obligation, but a special day of devotion, calling us to turn away from sin, joining Jesus our Brother and Saviour in His journey to Death to us, if we wish to the Glory of Resurrection.

Wednesday 22 February	10:00 am	Mass	Marie Simon RIP
	7:30 pm	Mass	

FIRST SUNDAY OF LENT

Saturday 25 February	6:00 pm	Mass	People of the Parish
Sunday 26 February	10.00 am	Mass	Sheena O'Halloran RIP

CONFESSIONS IN THE CHURCH

Saturday evening 5:15 pm - 5:45 pm

LITURGY OF THE WORD

7th Sunday in Ordinary Time

First Reading Leviticus 19: 1 - 2, 17 - 18

Responsorial Psalm: Psalm 102

The Lord is compassion and love.

Second Reading: 1 Corinthians 3: 16 - 23

Gospel Acclamation

Alleluia, alleluia!

If anyone loves me he will keep my word,
and my Father will love him,
and we shall come to him.

Alleluia!

THE SACRISTY

Is a place of prayer and contemplation and should be an oasis of calm, before and after Mass. The Priest and Servers need time and space in order to prepare them selves for The Holy Sacrifice of the Mass.

Please respect this and refrain from visiting the Sacristy in the last 15 mins before Mass.

WELCOME

A very warm welcome to all parishioners and visitors who join us, whether in our Church or via the live-stream. If you are new to the area, please register as a member of our Parish using the form on our website

DAY BY DAY

Please find the Lent 2023 Day by Day book in the porch The books cost £1, please put the money in the paper box in the wall of the church.

PLEASE PRAY FOR ALL THE SICK IN OUR PARISH

Lord, have all those who are unable to be with us at Mass in Your safekeeping as we remember:

Joan Coleman, Debbie Cavedon,
John Bone, Terry Wright, Mike Murch,
Fr Kevin Delaney, Fr Don Clement & Jacob Weston



ASH WEDNESDAY

Mass and distribution of Ashes

Wednesday 22 February 10 am and 7:30 pm in the Church

Ash Wednesday like Good Friday is a day when fasting is binding on all Catholics aged 18—60 yrs old, and abstinence is binding on all Catholics aged 14+. To fast is to noticeably reduce our food and drink intake; to abstain is to freely give up a particular food or entertainment.

MARYFIELD CONVENT

FAITH SHARING PRAYER MEETING

First Tuesday of the month

Next meeting—Tuesday 7th March 2023

10:30am in the tea room

MASS INTENTIONS

If you would like a Mass Intention, please contact Jan in the Parish Office on 01256 577007 or email: office@sacredhearthook.org for more information.

EXPOSITION OF THE BLESSED SACRAMENT

Divine Mercy chaplet followed by the Holy Rosary will take place in the Convent Chapel at 3pm on Fridays.
Everyone is welcome

WORLD DAY OF PRAYER

“I HAVE HEARD ABOUT YOUR FAITH”

Our local service will be held in Rotherwick Village Church on Friday 3rd March at 2 pm with refreshments afterwards
All are welcome

CAFOD SYRIA-TURKEY EARTHQUAKE APPEAL

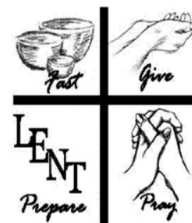
CAFOD is responding with support of provision of food, water, shelter, medical assistance & winter kits for survivors. Your donations in recent months have made that quick response possible. Let us join CAFOD in praying for our sisters & brothers affected by the earthquakes & the winter weather. For more details visit CAFOD's Syria Turkey Emergency Appeal online at <https://cafod.org.uk/give>

CAFOD Family Fast Day – Lent Appeal

CAFOD's **Family Fast Day** coming up on **Friday 3 March**
This Lent, your donations to CAFOD's Family Fast Day Appeal will help families fighting the climate crisis and ensure that our Church network can quickly respond to emergencies, like the recent earthquake in Syria and Turkey. Give today using the envelope or at cafod.org.uk/give and please join us in praying for CAFOD's development and emergency response work all over the world.

LENT 2023

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



During Lent we do not sing or say either the Gloria or the Alleluia, flowers do not decorate the Church and Baptisms are held over until Easter.

LENT 2023

“I know God will not give me anything I can't handle. I just wish that He didn't trust me so much” *‘Mother Teresa’*

Every Wednesday in Lent

7:00 pm The Way of the Cross in Maryfield Convent

Every Friday in Lent

12:00 noon *Stations of the Cross in the church followed by a Simple Lunch*

7:00 pm The Way of the Cross in Maryfield Convent

Every Sunday in Lent

4:00 pm The Way of the Cross in Maryfield Convent

LENTEN LUNCH AND STATIONS OF THE CROSS

Would you like to start your Lenten Journey with a weekly Lenten Lunch and Stations of the Cross?

Please join us on Friday 24th February and Friday 3rd, 10th, 17th, 24th and 31st March in the Church at 12 noon for Stations of the Cross and then in the hall for a simple Lunch. There is an optional lunch donation with proceeds going to CAFOD.

Please come along, bring a friend, everyone is welcome.

TURKEY & SYRIA EARTHQUAKES

Please keep in your prayers all those who have been affected by the recent earthquakes—those who have been killed or injured, those who are still missing and all those who are without a home, warm clothing, food and drink.

Please also keep in your prayers all their friends and relatives living elsewhere who are beside themselves with worry.

DONATIONS TO THE PARISH

The easiest way to make a donation to the Parish is Online at: www.sacredhearthook.org/donations or via our new contactless terminal located by the back of the Church. When writing cheques to Sacred Heart Parish please use the new payee name CDP Hook Sacred Heart. Many Thanks

BRITA'S TOILET ROLL APPEAL

Perhaps, through the year, when we buy our own toilet rolls, we could buy an extra pack for a low income struggling family? I am hoping this is something we can all easily support! Thank you as always, Brita “

FOODBANK CONTRIBUTION BOX

- Tins: Tinned Vegetables, Tinned Potatoes, Tinned Rice Pudding
- Packages: Long Life Fruit Juice, Mashed Potatoes, Coffee
- Household: Deodorants, Shampoo, Toothpaste, Hand Soap

FROM REDEMPTORIST PUBLICATIONS

The Lenten Journey by Fr Denis McBride C.Ss.R.

6 Week Retreat

Following Fr Denis's book **Journeying with Jesus: A Companion's Guide** the Lenten retreat takes you through a journey with Jesus from the wilderness to the cross. The planned journey for the six weeks is as follows:
1) In the wilderness; 2) At the well; 3) On the mountain;
4) Along the road; 5) At table; 6) On the cross
The goal of the Lenten retreat is to promote a conversation between Jesus' story and your own. Although you don't need the book to follow the retreat, it will prove very useful to have alongside you as a full resource. - Fr Denis

And for Children of Primary School age: Celebrate: RP Kid's Zone

A weekly video of the week's Gospel reading, a reflection and a final prayer. Children's Liturgy with the Sisters of St Joseph's. Fun, engaging and practical worksheets/ resources will also be provided to help children continue to practice their faith during this season.

<https://www.rpbooks.co.uk/celebrate-following-your-faith>

LONDON MARATHON

Andrea and her daughter are running the London Marathon again in April and are raising money for Children with Cancer UK again.

They are holding another curry night at the Hook Tandoori on Monday 20th February. Lots of food (starters/ popadoms, curry dishes, rice and naan breads) and a great raffle.

Tickets £22 per person. If you would like to join Andrea please contact Andrea 07823449333

Info about this cause can be found by scanning the QR code



FOR ALL OUR CATECHISTS, CORE GROUP AND FINANCE COMMITTEE MEMBERS

The CaFE (faithcafe.org) are offering the BELONG & BELIEVE course to our parishes. The course is free and downloadable and is a way of helping to refresh our communities and renew our mission. Fr Mark Hogan will be hosting an introductory online session on Zoom, for parish catechists and others in parishes wishing to lead this course on Monday 13th February from

7.30 – 9.00 pm. (The Zoom will open at 7.15 pm for introductions etc). The training will:

- give an overview of elements of the course
- provide an opportunity to listen to feedback from those who have seen the material
- confirm what the CaFE offer is
- help us see how the course can fit alongside the synodal process.

To register, please email Anna Pardoe at

evangelisationadmin@portsmouthdiocese.org.uk.

Anna will confirm your registration and send over the Zoom link before the session.

THE SIX HOLY HABITS

Just a reminder that Bishop Philip is inviting each one of us to develop and put into practice six holy habits for this time of change and deep personal renewal:

- to keep Sunday special, a family day, by attending Mass;
- to spend 5 minutes a day in prayer using the Scriptures;
- to do penance on Fridays, and to serve the poor and needy;
- every fortnight to make a Holy Half Hour before the Blessed Sacrament;
- to go to Confession once a month; and
- to join a small group for formation, prayer and fellowship. In the coming weeks in e-News, Bishop Philip will explore each habit in more detail

ADoRE Online spiritual mini-retreat morning

Saturday 25 February 10.00 am—1.00 pm

"Come, follow me –responding to the call of Jesus."

Guest speaker is Michelle Moran co-founder and leader of the Sion Community for Evangelism.

Conference speaker and former Chair of International Catholic Renewal. Starts with Mass at 10.00 and also includes Adoration, Prophetic sharing, Praise, Testimony and discussion. Please register for the Zoom meeting in advance at bit.ly/ADOREFEB2023

SALT AND GRIT BIN

Just a reminder that there is a salt and grit bin by the side of the disabled parking bays, for use when the car park area is icy.

DIOCESAN FORMATION FOR MISSION

1. **Communication Course:** 'Sending word, sharing the Word': 3 online sessions to help you communicate with confidence today and every day.

From parish newsletters to the pulpit, this course will give you the ability to communicate with confidence. Our communications expert will show you tools and techniques that are easy to learn and practical to use.

Here are the details:

<https://www.lightoftruth.uk/event-details/sending-word-sharing-the-word-2023-03-08-19-30>

2. if you're looking for a **focus for Lent**, the Dominican Sisters are running 6 online sessions explaining the sacrament of Reconciliation to adults through scripture and art, which will also serve as a Lenten retreat, every Tuesday evening during Lent. The details are here:

<https://www.lightoftruth.uk/event-details/reconciliation-anchoring-you-in-happiness-2023-02-28-19-30>

3. Finally, to mark the **60th anniversary of Vatican II Council**, the Dominican Sisters are launching a new monthly course to introduce the Council documents in a simple way, for everyone:

<https://www.lightoftruth.uk/event-details/follow-the-compass-vatican-ii-for-everyone-2023-02-24-19-30>

All our courses are free. Donations are welcome!

To find out more about everything we're currently offering click here: <https://www.lightoftruth.uk/join>

Wishing you every blessing, Sr Hyacinthe

CHARISM WORKSHOPS

Have you been through the Called and Gifted discernment process and found discerning your charisms difficult? Perhaps you've reached a certain point and found it difficult to go deeper or reach a conclusion. Or perhaps you're confident that you've discerned your charisms but have struggled to identify ways to use them?

This is not uncommon! So the Called and Gifted team in Portsmouth Diocese are offering two workshops on discerning and using charisms.

Pastoral charisms (Encouragement, Helps, Hospitality, Mercy and Pastoring), Tuesday 7 March 7:30-9:00

<https://www.eventbrite.com/e/pastoral-charism-workshops-tickets-519772602847>

Organisational charisms (Administration, Leadership and Service), Thursday 16 March 7:30-9:00

<https://www.eventbrite.com/e/organisational-charism-workshops-tickets-519789031987>

In addition, we hope to offer workshops on other charism groups in due course. The facilitators for each workshop will be Called and Gifted team members who have discerned the charisms being discussed.

In order to book a place on a workshop, you can book by clicking the links on the table above or please email

calledandgifted@portsmouthdiocese.org.uk and provide the following:

Name, Parish/location, Date/venue attended C&G teaching day OR date completed online videos, Which Workshop booking for, Charism(s) you want to explore further, Questions/issues you'd like to be addressed at the workshop
Bookings will be on a first come, first served basis, so please respond promptly if you're keen to attend.

THE WILD GOOSE COURSE - JOIN US!

The Wild Goose series is truly a work of the Holy Spirit. "Wild Goose" was a term that the ancient Celts had for the Holy Spirit. Join Fr. Dave Pivonka, TOR in this incredible 14-part video series which is awakening God's love and transforming power in the hearts of all who participate. Discover the Holy Spirit who has been revealed to us by Jesus Christ and who leads us to our heavenly Father. This adventure consists of Fr. Dave speaking on an attribute of the Holy Spirit, a practical application on how to respond to the Holy Spirit, and testimonies of people from across the country whose lives have been impacted by the Spirit of God. Shot in various locations from Niagara Falls to the California desert, The Wild Goose invites you to an encounter, or a renewed encounter, with the Holy Spirit! The course will be run online via Zoom from 7:30pm to 8:30pm - starting on Monday 6th February with breaks in-between for half-terms and bank holidays.

Each session will include small group discussions and thought-provoking insights to strengthen our relationship with the Holy Spirit. Join us on this

unforgettable journey! For a trailer, course details, dates, and information on how to register follow this link: <https://bit.ly/TheWildGooseCourse> alternatively you can contact Joan Kent at jkent@portsmouthdiocese.org.uk to register.

ANANIAS AND INTERCESSION TEAM

Liza Nahajski, Leader of our Ananias and Intercession (Pre-Discipleship) Team tells us about a new Zoom series on Monday evenings starting on Monday 13th March... Whatever your involvement in the life of the Church or with family or friends who are drifting towards or away from the church, you will almost certainly be having spiritual conversations from time to time. Ananias training helps develop an understanding of the spiritual journey and how generous listening, with greater awareness of another person's unique journey, can open people to growth.

We will be offering sessions on Zoom on Monday evenings, 7-9pm, starting on Monday 13th March. If you would like to know more, reserve a place or if you would like to organise sessions for a group in your parish contact lnahajski@portsmouthdiocese.org.uk. Please visit our webpage <https://www.sacredhearthook.org/journey-together>.