

SACRED HEART PARISH

Catholic Diocese of Portsmouth
Reg. Charity No. 1199568



FIFTH SUNDAY OF LENT - Year B - 17 March 2024

Priest in Charge: Fr. John Chadwick

Parish Administrator: Mrs Jan Hughes

Phone: 01256 577007/07719 012955

Website: www.sacredhearthook.org

Office open Monday, Tuesday, & Friday mornings

email: office@sacredhearthook.org

Facebook: facebook.com/sacredhearthook

Safeguarding Minister: Mrs Maggie Wood

PPC Chairman: David Brown

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

Mass in the Convent on Monday mornings at 9:30am

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

Saturday 16 Mar	6:00 pm	Mass	Padriag Flynn RIP	
Sunday 17 Mar	10.00 am	Mass	Maura Kirby RIP	Live Streamed
Monday 18 Mar	9:30 am	Mass		In the Convent
Wednesday 20 Mar	10.00 am			In the Convent

PALM SUNDAY

Saturday 16 Mar	6:00 pm	Mass	Private Intention	
Sunday 17 Mar	10.00 am	Mass	Marie-Claude Lambin RIP	Live Streamed
Monday 18 Mar	9:30 am	Mass		In the Convent
Wednesday 20 Mar	10.00 am			In the Convent

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.

CONFESSIONS AND SACRAMENT OF THE SICK

Father John is available after Mass to celebrate Confessions or the Sacrament of the Sick. Please see Father after Mass if you require either of these sacraments.

REPOSITORY

Please check out our repository in the porch. If there is anything you would like please ask Cecile or the Parish Office.

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.

To set up a Standing Order, our bank account details are: Lloyds Bank A/C number 00880117: Sort Code: 30 93 04 Name: CDP Sacred Heart Hook (Please also use this for cheque payments)

ADORE spiritual mini-retreat

23rd March 10.00-1.00 "MADE HOLY BY JESUS - I no longer live but Christ lives in me." Including Mass, Adoration, Praise, Prayer for the gifts of the Holy Spirit and inspiring guest speaker **Jenny Baker**. Please register for the Zoom meeting in advance at bit.ly/ADOREMAR2024 More information at www.altonrenewal.com

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, Jacob Weston, Mike Murch, Charlie Carruthers, Fr Kevin Delaney, Fr Don Clement, Fr Paul Leonard, Ken Musgrave Patrica Ringrose-Voase, & David Xavier



REST IN PEACE

Please pray for the soul of Jean Williams RIP, who died on Sunday. Her funeral is on Thursday 4th April at 11:00am in Sacred Heart Church

Please keep her family and friends in your prayers

May her soul and the souls of all the faithful departed, through the mercy of God, Rest in Peace. Amen



WELCOME

A very warm welcome to all parishioners and visitors who join us. If you are new to the area, please contact the Parish office to register as a member of our Parish

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 themselves for The Holy Sacrifice of the Mass. Please respect this and refrain from visiting the Sacristy in the last 15 mins before Mass.

JOHN BONE RIP

Dear friends

I cannot thank you enough for all your condolences, kind thoughts and prayers during this time. I have been in a dark place hardly believing he has gone, but your kindnesses, thoughts and prayers have sustained me. It was lovely to see a full church at his funeral service. It showed how much he was thought of. Please keep your prayers up. You cannot imagine how they have helped me emerge from the dark place I have been in.

Thank you, thank you, thank you.

Mary Bone (and the family)

THE PRIESTS HOUSE

On Sunday morning after Mass there will be a Q and A session in the church. Please do come along and ask your question and we will do our best to answer it. If you are unable to attend please email your question to Jan and we will put all the questions and answers on the table at the back of church.

UCM MEETING

The next UCM meeting is on Saturday 6th April at 10:30 in the Hall.



LENT 2024

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

*The
Season
of
Lent*



Every Friday in Lent

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

Every Sunday in Lent

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

LITURGY OF THE WORD

Fifth Sunday in Lent

First Reading Jeremiah 31: 31-34

Responsorial Psalm: Psalm 50

A pure heart create for me, O God

Second Reading: Hebrews 5: 7 - 9

Gospel Acclamation

Glory to you, O Christ, you are the Word of God!

If a man serves me, says the Lord, he must follow me, wherever I am, my servant will be there too.

Glory to you, O Christ, you are the Word of God!

Gospel John 12: 20 - 30



MARYFIELD CONVENT

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

COME AND WATCH WITH ME

Visiting Our Lord in the Blessed Sacrament is one of the Six Holy Habits.

- Spending five minutes a day in prayer
- Attending Mass on Sunday
- Keeping Friday as a day of penance
- Paying a fortnightly visit to Jesus in the Blessed Sacrament
- Going to confession once a month
- Joining a small group for formation, prayer and fellowship

MARYFIELD CONVENT

FAITH SHARING PRAYER MEETING

First Tuesday of the month.

Next meeting—Tuesday 5th March 10:30am in the tea room

ADORATION FOR PEACE

Tuesday evenings 7:30—8:30pm

'LEANING INTO LENT 2024'

at the Hogget, London Road, Hook

<https://thehogget.co.uk/>

21st March 7-9pm - *Forgiveness, Life and Love.*

Dear Brothers and Sisters, just wanted to flag the above to you for your diaries. If you are anything like me, Lent creeps up seemingly out of nowhere every year to be met with little enthusiasm. This year I thought we could collectively take a little more time to gently lean into this Grace-filled season, so that we can be best placed to receive the Lord's blessings this Easter.

The evenings will be loosely framed around our faith set out in the Apostles Creed. We will spend a little time with God's Word, some input from me around the stated theme for the week. Then an interview with a surprise guest who will generously share something of their own faith journey with the rest of us.

Father John C

PASTORAL AREA RECONCILIATION SERVICE

The Pastoral Area Reconciliation Service will take place on Friday 22nd March at 7:30pm in St Bede's Church.



STATIONS OF THE CROSS AND LENTEN LUNCH

During Lent the UCM will be celebrating the Stations of the Cross in the Church at 12 noon on Friday followed by soup and bread in the Church Hall. Voluntary donations will be given to CAFOD. Everyone is invited, so please do come along and feel free to bring a friend, to both or either to the Stations or just lunch. The last date is Friday 22nd March

The Triduum - the 3 days

The Triduum is actually one service.

Please try and come to all

Thursday 28 March

MAUNDY THURSDAY

Mass of the Lord's Supper - **7:30 pm**

Adoration of the Blessed Sacrament

Friday 29 March

GOOD FRIDAY

Celebration of the Lord's Passion - **3:00 pm**

Saturday 30 March

HOLY SATURDAY – **8:00 pm**

Sunday 31 March

EASTER SUNDAY - **10:00 am**

CARITAS PORTSMOUTH

Caritas Appeal for Easter Eggs We will be collecting Easter Eggs again this year so that Caritas can share these out amongst families who would otherwise go without.

Thank you.

Wanting to Volunteer?

Caritas Portsmouth supports parishes and schools to become the 'church beyond walls' to help meet the needs in our local communities. Our volunteer team help make this happen, by running and supporting specific projects, promoting our work within the parish/community and fundraising so we can get new projects off the ground. We would be delighted if you would join us. Please visit our website (<https://caritas.org.uk/act/>) or email us at caritas@portsmouthdiocese.org.uk

Church Beyond Walls Workshop

We have put together a workshop to help guide parishes to start to answer the question 'What does Poverty look like in my pastoral area?'. Following the See-Choose-Act pathway the workshop gives a parish the opportunity to explore what poverty is and how it impacts people locally, consider what gaps in support exist in the community, what gifts and resources are available within the parish and then start to discern and plan a response in line with Catholic Social Teaching. Ideal for parishes or pastoral areas. Please pass on to any clergy or parish teams who are looking to start reaching out into the community and become the church beyond walls. For further information or to plan a workshop please get in touch with Jenny at caritas@portsmouthdiocese.org.uk.

Environmental Actions

This spring, Caritas is focusing on our need to Care for Our Common Home— how we can use our grounds to both increase biodiversity as well as saving water and energy. We are just finishing resources so watch out for updates on the Intranet and via admin news and please circulate to any interested groups and parishioners.



DIOCESAN RECRUITMENT

For details of all the latest job vacancies across the Diocese please click the link:

www.portsmouthdiocese.org.uk/about-us/other/jobs/

Fourth Sunday in Lent – 2024

The light of day. I was flat on my back in Bournemouth Hospital with lung problems when a young Registrar, about thirty, crouched down to whisper in my ear. “Mr Chadwick,” she said, “I have seen the answers to the health and lifestyle questionnaire. I am a bit perplexed. So, you drink alcohol occasionally? What’s that?”, she said pointing to my tummy. “That’s Beer!” she said abruptly. “No it’s not! It’s Guinness!” I said, not particularly proudly.

Nobody likes being exposed, especially our imperfections. Yet, as the doctor explained, it’s only when we tell the truth, in this case my health, that any remedial work can begin. And so it is with our souls, our spiritual lives. Jesus came not to condemn us, but to save us. Yet His saving work cannot begin until we start being honest about ourselves, which sparks the saving art of believing.

So, what does believing actually mean? It starts with making the decision, every day, to live in the truth. Am I prepared to acknowledge the reality of my life? Am I prepared to come into the light, to open my life up to God’s scrutiny? This is what Lent is all about. It’s about making ourselves vulnerable in God’s presence so He can save us, but we have a choice. I can choose to live in the light, knowing that my imperfections will be exposed, so the Divine therapy can begin. Or I can choose to stay in the darkness that is pride and falsehood; to refuse God’s saving help, to stand condemned. The Gospel starkly uses court room language, the verdict, to emphasise the gravity that is this decision.

What does this making ourselves vulnerable in God’s sight look like? Three examples. First, I have been in awe of our three mystery guests at the ‘Leaning into Lent’ sessions. Each has shared the reality of their journeys in faith, at some cost, to bless and inspire those listening in: Grace in action, if I ever saw it. Second, this week I had the privilege of hearing hours of Confessions at Bishop Challoner School. Young but honest hearts exposing their vulnerability to God’s mercy. Unbelievably inspiring! And third, those of you who have an ‘other half’, God has given that person to you precisely so that you can be truly you, as you are. There is a sense in which you are called to be each other’s confessor, a powerful channel of Grace and mercy.

One way or another, don’t waste the remaining time we have left this Lent. Why not come to Confession? This powerful Sacrament puts us in the way of the Father’s heart. It’s not about lists. It’s about love, honestly receiving the love of God who knows us better than we know ourselves, the God who wants to help us, who wants to save us.

John 3:14-21

Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, that everyone who believes may have eternal life in him.” For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him. Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God’s one and only Son. This is the verdict: Light has come into the world, but people loved darkness instead of light because their deeds were evil. Everyone who does evil hates the light and will not come into the light for fear that their deeds will be exposed. But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.

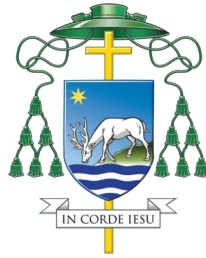
Fr John Chadwick

CLOSER TO CHRIST CAMPAIGN IN SACRED HEART, HOOK

You may have read in last week’s Closer to Christ Update Newsletter that £28,125 has now been pledged by 13 families in our church! I am grateful to those who have returned their forms, your generous support will help to provide for our clergy, from formation through to retirement and ensure our parish has the necessary funding for the future.

As we draw ever closer to Holy Week I am keen to ensure that we count all pledge forms towards our goal. Your payments do not need to start immediately, but your pledge acts as a simple promise and will be counted in our target. I would kindly request dropping back your forms either to the Parish Office or via post to the Campaign Office over the next week or so.

Fr. John Lee



PASTORAL LETTER FROM THE BISHOP
 appointed to be read
 in all churches and chapels of the Diocese of Portsmouth
 on 17th March 2024, the Fifth Sunday of Lent.
 REGULAR CONFESSION

Dearest Friends,

Today is the Fifth Sunday of Lent, when the Church's liturgical year undergoes a step-change. We now enter the period of Late-Lent or Passiontide. Indeed, next Sunday is Palm Sunday when we hear the Passion Narrative and when we begin Holy Week, commemorating the Lord's entry into Jerusalem.¹ These last days of Lent are a time to focus on Christ's suffering and death *for us and for our salvation*,² a time to meditate on the Gospel accounts of the Lord's crucifixion, a time to visit and re-visit the Stations of the Cross.³ A wonderful way of engaging with this, if you have not done so already this Lent, is to celebrate the Sacrament of Penance. Often in life, we can get tightly bound up by our sins and selfishness, closed to the healing power of God's love. This is the season when Jesus wants to set us free. So let us ask Him for the grace to make a good confession, that we may be liberated from whatever it is that holds us back from more truly loving God and loving our neighbour, and from becoming the kind of person the Lord wants us to be

Not so long ago on a parish visitation, a parishioner . said to me after Mass: 'Father, I hope you are not going to close our parish?' I said, 'No,' and looking at her for a moment, I added: 'It won't be me that closes your parish.' Our ten- year mission-plan *You Will be My Witnesses* is not about closing parishes but about renewing parishes, but that renewal starts personally with you and me.⁴ Holy people are major influencers. Take a woman called Mary Bojaxhiu.⁵ When at age 18 she joined the Sisters of Loreto, no one had any idea that she would one day preside over the fastest growing religious congregation in Church history. Today, she is known as St. Mother Teresa. There are 5000 Missionaries of Charity in 133 countries. They serve the poorest of the poor.⁶ They run homes for the dying, soup kitchens for the homeless, dispensaries, schools and orphanages. All of this came about through her relationship with God and through her selfless generosity. A truly holy person can really transform things. Our mission-plan is principally about helping each one of us to become more holy, people of deeper faith, more zealous disciples of Christ. By becoming holier ourselves, we become more missionary and, like fire, the Light of Christ will catch. This is why last year I proposed we all adopt Six Holy Habits: attending Sunday Mass, spending five minutes a day in prayer, keeping Fridays as a day of penance, paying a visit to Christ in the Blessed Sacrament, joining a small group for formation, prayer and fellowship, and going to Confession once a month or so.⁷ It's this last Habit that many find difficult: the Sacrament of Reconciliation.

Bear with me. Some people think they never sin, or never do anything wrong.⁸ Yet – leaving aside serious sins - they are not averse to a bit of gossip, bearing a grudge, criticising others or constantly thinking of 'Number One.' Others ask: Why confess to a priest, when in my head I can ask God for forgiveness directly? Yet, as we see with the Lord and the Apostles on Easter Sunday, sacramental confession and absolution is the way God wanted it.⁹ True, we can and we should pray to God for forgiveness, as we do at the start of Mass, but it's only in Confession that we can be certain that God has forgiven us and can receive a penance. The Sacrament is a concrete, tangible way to experience God's mercy, for when the priest absolves us, it is Christ Himself Who heals us.¹⁰ How often should we go? As soon as we can, if we are aware of serious sin.¹¹ Otherwise, I would recommend once a month or every two months.¹² It's like a regular check-up. It makes us accountable. It strengthens us against temptation. It brings advice from the priest about our spiritual life. What if we sin again in the same way? Some patterns of sin can be addictive. They take a long time to eradicate - and maybe we should be thankful we are not committing new sins.

So how do we make a good confession? After overcoming any inertia, fear or resistance, preparation is key: prayer to the Holy Spirit and a careful examination of conscience. You can find on the internet many examinations of conscience or use the helpful guide in the prayer-book *Lord I am not Worthy*.¹³ You need to be sorry for your sins, to ask God's forgiveness and to pray for the grace to avoid them in the future. Here is an Act of Contrition: "O my God, because You are so good, I am very sorry that I have sinned against You, but by the help of Your grace I will not sin again."¹⁴ St. John Vianney, the patron saint of parish priests, used to spend 18 hours a day hearing confessions and people came to him from as far away as England and America. He once said: "It is a beautiful thought, my children, that we have a Sacrament which heals the wounds of our soul!"¹⁵

In today's Gospel, the Greeks who approached Philip said: "Sir, we should like to see Jesus."¹⁶ We too would like to see Jesus, but sadly, it is our sins that cloud our vision. They weigh us down. They take away our joy and make us listless. And this is not to overlook the damage and hurt they do to others. No one can give the peace and serenity the Church gives through the Sacrament of Reconciliation. This is why I myself love going to Confession, and going often. So, even if you have not been for years, now is the time to come back, to give it a go, to approach the Heart of Jesus, rich in mercy and love. We prayed in the Psalm: "A pure heart create for me, O God." This week and next, let us make this prayer a reality by celebrating the Sacrament of Reconciliation and establishing a new habit in our lives: regular Confession. It will change everything. It will help you grow in holiness. It will prosper the renewal of the Church in our Diocese.

Thank you for listening.

In Corde Iesu
+Philip .
Bishop of Portsmouth

1 "On this day the Church recalls the entrance of Christ the Lord into Jerusalem to accomplish his Paschal Mystery" The Roman Missal. English Translation according to the Third Typical Edition (London, CTS: 2010) 297.

2 'Qui propter nos homines et propter nostrum salute descendit de caelis' Nicene Creed. This phrase first appears in the Anconatus (374) of Bishop Epiphanius of Salamis, and thereafter in many other credal formularies from the late 4th century: see DH 42

3 See Congregation for Divine Worship and the Discipline of the Sacraments Directory on Popular Piety and the Liturgy: Principles and Guidelines (London, CTS: 2002) 127-135.

4 See www.portsmouthdiocese.org.uk/our-mission/planning/ten-year-plan/ (November 2023)

5 For an authorised biography, see K. Spink Mother Teresa (San Francisco, HarperSanFrancisco: 1997)

6 M. Muggeridge Something Beautiful for God (London, HarperCollins: 1971) 105-113

7 See especially the Pastoral Letter for 18th December 2022, PL 32 The Year of the Holy Spirit: https://www.portsmouthdiocese.org.uk/wp-content/uploads/2022/12/PL32_Year_of_the_Holy_Spirit.pdf (March 2024)

8 Yet the apostle John says, "If we say we have no sin, we deceive ourselves and the truth is not in us" (1 John 1:8)

9 See John 20: 22-23. Jesus established this Sacrament on Easter Sunday: "the Lord .. principally instituted the sacrament of penance, when, being raised from the dead, He breathed upon His disciples, saying Receive ye the Holy Ghost, whose sins you shall forgive, they are forgiven them, and whose sins you shall retain, they are retained. By which action so signal, and words so clear, the consent of all the Fathers has ever understood, that the power of forgiving and retaining sins was communicated to the apostles and their lawful successors, for the reconciling of the faithful who have fallen after baptism" Council of Trent Doctrine on the Sacrament of Penance: DH 1670. The Catechism expresses it like this: "Individual, integral confession and absolution remain the only ordinary way for the faithful to reconcile themselves with God and the Church, unless physical or moral impossibility excuses from this kind of confession. There are profound reasons for this. Christ is at work in each of the sacraments. He personally addresses every sinner: 'My son, your sins are forgiven.' He is the physician tending each one of the sick who need him to cure them. He raises them up and reintegrates them into fraternal communion. Personal confession is thus the form most expressive of reconciliation with God and with the Church" (Catechism of the Catholic Church 1484)

10 There is a further and important point here. Every sin we commit, even the most secret, is an offence not only against God and against my own good, but against the Christian community of which I am a part. My sins and my faults always affect others. So, in confessing our sins to the priest and declaring our sorrow, we are also seeking implicitly the forgiveness of the Church. As Christians, it is never just 'me and God' but 'we and God.' Everything we are and everything we do, we do as members of Christ's Church.

11 "Individual and integral confession of grave sins followed by absolution remains the only ordinary means of reconciliation with God and with the Church" (Catechism of the Catholic Church 1497)

12 "Without being strictly necessary, confession of everyday faults (venial sins) is nevertheless strongly recommended by the Church. Indeed, the regular confession of our venial sins helps us form our conscience, fight against evil tendencies, let ourselves be healed by Christ and progress in the life of the Spirit. By receiving more frequently through this sacrament the gift of the Father's mercy, we are spurred to be merciful as he is merciful" (Catechism of the Catholic Church 1458)

13 A nightly examination of conscience helps: what to thank God for and what to say sorry to Him for. For an examination and also a simple guide on what to do, try: National Catholic Register Confession Guide: Examination of Conscience <https://www.ncregister.com/info/confession-guide-for-adults> (March 2024)

14 A Simple Prayer Book (London, CTS: 1986) 4

15 'A Catechism on Confession by St. John Vianney' on <https://acatholiclife.blogspot.com> (March 2024) 16 John 12: 2