

Living Lent during lockdown

Here are a few of the ways in which, as individuals and as a parish, we can mark the season of Lent this year:

Almsgiving: We seek out opportunities to give money to charity or time to help those in need. Even a phone call to someone who is lonely – this is giving!

Fasting: We deny ourselves some food or luxury during Lent, and so remind ourselves that our deepest need is for God, not material things.

Private Prayer: During Lent we should all try to make a little more time for quiet prayer with God. The church is open for one hour each day – call in and pray here, or, if you can't, find a quiet corner at home where you can be with the Lord.

Stations of the Cross: Each Sunday, 3pm in church and online. An opportunity to meditate on our Lord's last journey, in which He shows such deep love for us.

Attending weekday Mass: You can come to Mass Monday-Saturday morning without booking. Why not try to come a little more during Lent?

Confession: There will be extra times of confession each week. This sacrament is also available by appointment.

Talks: There are a couple of online talks in the parish during Lent - Tuesday 9th March, on the Passion Narrative in St Mark's Gospel, 7:30pm; Tuesday 23rd March, on the liturgy of Holy Week, also at 7:30pm.

Spiritual Reading: Pick up a good spiritual book and feed your soul during Lent!

Today's Readings

The first reading outlines the measures taken to protect the community against leprosy – measures which come at great cost to those who are infected. In the Gospel, one such man is healed by Jesus and restored to the community and to worship. In the second reading, St Paul encourages us to take him as our model.

Parish Priest: Fr Andrew Allman **Deacon:** Rev. Fred Sanderson (retired)

Presbytery: Sharoe Green Lane, Fulwood, Preston, PR2 9HH

Tel: 01772 719604 email: enquiries@saintclares.co.uk

www.saintclares.co.uk Social Media: @StClareFulwood

Lancaster RC Diocesan Trustees Registered – Registered Charity No. 234331

St Clare's Primary School – Headteacher: Mrs A. Charnley

Tel: 01772 787037 Fax: 01772 787016 email: head@st-clares.lancs.sch.uk

MASSES THIS WEEK

Office: Psalter week 2; Sundays: year B; Weekdays: year 1, week 6, then of Lent

Morning Mass is livestreamed each day and will be available for viewing later in the day on our YouTube channel. All information and links at www.saintclares.co.uk

Date	Time	Occasion	Intention/Details
Saturday	6pm (vigil)*	SIXTH SUNDAY IN ORDINARY TIME	Special Intention
Sunday 14 th	9:30am*		Sarah Ann Cottam RIP
	11:30am*		Patrick Gallagher RIP
	6pm*		People of the Parish
Monday	9:30am		Kath RIP and Ken Wilding
Tuesday	9:30am		Terry Cairns RIP
Wednesday	9:30am	ASH WEDNESDAY	Titti de Petris RIP
	6pm		<i>Liturgy of the Word</i>
	7:30pm		<i>Liturgy of the Word</i>
Thursday	9:30am		Tom Hartley RIP
Friday	9:30am		Ints Marie Culshaw
Saturday	9:30am	FIRST SUNDAY OF LENT	Bill, Julie and Andrew Noble RIP
	6pm (vigil)*		May & Bill Hargreaves RIP
Sunday 21 st	9:30am*		Frank RIP & Anne Machin
	11:30am*		Bishop Patrick O'Donoghue RIP
	6pm*	People of the Parish	

*** These Masses can only be attended by those who have booked in advance.**

LATELY DEAD: Please pray for all who have died recently.

SACRAMENT OF RECONCILIATION: Friday 5-6pm, Saturday 11am-12noon and on request.

STATIONS OF THE CROSS: Sundays in Lent 3pm in church and live on YouTube.

ROSARY: Prayed after 9:30am Mass, Monday-Friday.

ANNIVERSARIES: Rhoda Myerscough, Georgette Mullen, Peter Newsome, Eva Marie Sergeant, Eleanor Mangan, Patrick Eager, Helen Hesketh, Richard Counsell, Jean Kirby, George Livesey, Keith Foster, Maud Melling.

POPE'S PRAYER INTENTIONS FOR FEBRUARY: We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

ASH WEDNESDAY: Mass will be celebrated at 9:30am; there will also be a Liturgy of the Word at 6pm and again at 7:30pm, all with distribution of ashes in a Covid-secure way. You do not need to book for any of these services. The church will not be open for private prayer on Wednesday afternoon. This is a day of fasting and abstinence, meaning that we eat only one main meal and a light collation, and abstain from alcohol, sweet foods and luxuries. Those who are elderly or unwell are exempt from fasting.

WHAT ARE YOU DOING FOR LENT? See front page.

CONFESSIONS will also be available this Friday, 5-6pm, as well as on Saturday.

CHURCH OPENING: Under the current lockdown, the church remains open. Please do not mix with others when visiting, including outside after Mass.

YOUNG PEOPLE: Contact us for details of online events for young people, and see the back page for details of some of the online work of our diocesan youth service.

CAFOD BIG WALK FOR WATER: Water is the theme of this year's Lent Fast Day. In addition to the normal Fast Day collection, CAFOD asks us all to do a "Big Walk for Water" on 20 February, individually or in COVID bubbles, seeking sponsors and/or making personal donations. Anyone who would like to pledge to do 10,000 COVID-secure steps every day during Lent is asked to contact stephen.garsed@gmail.com or ring 717376 for further details.

FOOD BANK: Donations may be left in the house porchway at any time. Demand is increasing, with over 200 food parcels being distributed each week. There is currently need for: toilet rolls, tinned potatoes, tinned fruit, coffee and soap powder. They also collect used stamps.

CTS 2021 SUNDAY MISSAL: Now available for just £1.99, direct from CTS. Click here for details: <https://www.ctsbooks.org/product/cts-sunday-missal-2021/>

CATHOLIC NEWSPAPERS: We are no longer supplying the Universe/Catholic Times in the parish. These are available to order directly from the publisher (www.thecatholicuniverse.com or 0161 820 5722).

LIVING THE PASCHAL MYSTERY TODAY: An online retreat day, on Zoom, offered by Hynning Hall. Voluntary contribution of £10 or £15. Please contact Sr. M Bernard on hynningbookings@yahoo.co.uk or 01524 732684 before Thursday 18th February if possible.

THE DRAMA DISPLAYED: A free series of online talks examining the key moments of salvation history, with the aid of great works of art. At 7:30pm every second Thursday, to 25th March. For info and registration: <https://christianheritagecentre.com/events/the-drama-displayed/>

Events this week (occasional/one-off events in bold type)

Day	Time	What?	Where?
Every day	Anytime	Food Bank Collection	House Porch
Sunday 14 th	3pm-4pm	Adoration of the Blessed Sacrament	Church
Mon-Tue, Thur-Fri	5-6pm	Adoration of the Blessed Sacrament	Church
Monday	7:30pm	Parish Pastoral Council	Zoom
Tuesday	7:30pm	Fabric and Finance Committee	Zoom
Saturday	11am	Adoration of the Blessed Sacrament	Church
Sunday 21 st	3pm	Stations of the Cross	Church and YouTube

A prayer of spiritual communion

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

Lancaster Diocese Youth Service during lockdown

Our diocesan youth service, based at Castlerigg Manor, is organising various online during the lockdown Please pass the details on to anyone who may benefit.

RISE // Online Youth Group - Our first online Youth Group launches on March 11th. It's free of charge and open to anyone in Years 7 to 9. Every other Thursday from 7pm to 8pm. www.castleriggmanor.co.uk/riseonline

Online Study Days for Adults - Our first study day will be on Saturday March 13th. Father Michael Docherty will be talking to us about Salvation History. Tickets £5. 1pm to 5pm. www.castleriggmanor.co.uk/study

Overflow (Online Group for 18-30s) // Connecting young adults. [Sign up...](#)

Youth Mental Health First Aid (online) // We are offering a HUGE reduction on our normal price. Tickets are just £95, for this two day course accredited by MHFA England. Your chance to learn how to spot the warning signs of poor mental health and how you can help. The Mental Health equivalent of learning CPR! [Book...](#)

ENGAGE // Online Youth Ministry Course - The second run of the ENGAGE course starts on March 16th. The course is aimed at people starting out in Youth Ministry or people who've been around a while and want to learn a little more. Earlybird price £48 until February 10th. www.castleriggmanor.co.uk/engage