



What should I do for Lent?

Lent is a season in which we join Our Lord on His forty-day 'retreat' in the desert. There, He fasted and prayed. For us, too, this season is marked by prayer, fasting, and also almsgiving. It would be great to do one thing for each of these during Lent. Here are some suggestions:

Prayer: Why not commit to an extra time of prayer at home each day, or come to Mass one day during the week? Join us for Stations of the Cross (Sundays 3pm) or Morning Prayer (weekdays 7:45am). Spend a bit of extra time with God this Lent!

Fasting: This could be eating less, giving up a particular type of food for Lent. Maybe come along to the Lenten lunches on Fridays after Mass – forego your normal meal for a simple bowl of soup and piece of bread. Or you could give up something else: TV or internet; your smartphone; something else which provides a distraction from the important things of our lives. Make a bit of extra space for the Lord and for others!

Almsgiving: Find ways of giving to others: maybe extra money to charity, or time offered to someone in need – a relative or neighbour who needs a bit of extra support. Maybe make a donation to the homeless, to CAFOD or ACN, or another organisation that can help those who are suffering.

So: three goals for Lent: prayer, fasting and almsgiving. **What will you do?**



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

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 – Mass Book Page 137

Office: Psalter Week 4; Sundays: Year B; Weekdays: Year 2 / of Lent

Date	Time	Occasion	Intention/Details	
Saturday 10 th	6pm (vigil)	SIXTH SUNDAY IN ORDINARY TIME	Terry Cairns RIP	
	7pm (vigil)		<i>NeoCatechumenal Way</i>	
Sunday 11 th	9:30am		Thanksgiving to Our Lady	
	6pm		People of the Parish	
Monday	9:15am		Our Lady of Lourdes	Keith Spruce RIP
	5:15pm			<i>Mass in hospital chapel</i>
Tuesday	7pm		Terry Ryan RIP	
Wednesday	9:15am	ASH WEDNESDAY	Jack Burton RIP	
	7pm		For Penitents	
Thursday	9:15am		Brenda Campbell RIP	
Friday	12noon		Lucy & Albert Fleming RIP	
Saturday 17 th	10am	FIRST SUNDAY OF LENT	Kathleen Murphy RIP	
	6pm (vigil)		Mary Sinnott RIP	
	7pm (vigil)		<i>NeoCatechumenal Way</i>	
Sunday 18 th	9:30am		Carmine Torlo RIP	
	6pm		People of the Parish	

LATELY DEAD: Please remember in your prayers **Gladys Bee**, whose funeral will be at the crematorium on Monday 19th February, and all who have died recently.

EXPOSITION OF THE BLESSED SACRAMENT

Monday-Friday 7-8am; Saturday 10:30am-12noon (for priestly vocations)

MORNING PRAYER OF THE CHURCH: Wednesday-Friday 7:45am

CONFESSIONS: Saturday 11am-12noon, and on request.

STATIONS OF THE CROSS: Sundays 3pm during Lent.

ROSARY: Mysteries of Light prayed after 9:15am Mass, and before 12noon Mass on Fridays. These prayers are offered for the protection of life at all stages.

ANGELUS: said at 12noon on Fridays, at the start of Mass.

ANNIVERSARIES: Peter Whelan, Veronica Jolly, Anne Dias, Margaret Davies, Dorothy Hayes, Maureen Rooney, Rhoda Myerscough, Georgette Mullen, Peter Newsome, Eva Sergeant, Eleanor Mangan, Patrick Eager, Helen Hesketh, Richard Counsell, Jean Kirby.

POPE'S PRAYER INTENTIONS FOR FEBRUARY: That those who have material, political or spiritual power may resist any lure of corruption.

ASH WEDNESDAY: This Wednesday is Ash Wednesday, the start of Lent. Mass at 9:15am and 7pm. Please make every effort to come and start this season well.

STATIONS OF THE CROSS: Sundays at 3pm during Lent.

MORNING PRAYER OF THE CHURCH: Weekdays, 7:45am during Lent.

WALK WITH ME prayer books for Lent available after Mass: one per family.

LENTEN LUNCHESES: Fridays during Lent, after lunchtime Mass. A simple bowl of soup and a bread roll. Donations welcome for the Syrian families we support.

OUR LADY OF LOURDES: Feast this Monday. Patroness of our Diocese and a day of prayer for the sick. Mass at 9:15am in church and 5:15pm in the hospital.

CONFIRMATION: Children in school Year 6 or above are eligible to be confirmed in June. Please collect a letter and enrolment form from the narthex this weekend.

CTS BOOK CLUB: We are starting a monthly book club using a different CTS booklet each month. First meeting is after evening Mass on Sunday 11th March. The booklet for this month is called 'Living fruitfully: Generosity'. A good one for Lent! Copies will shortly be available to anyone who's interested in coming along.

CHURCH ENTRANCE: As work continues outside the narthex, the side chapel will continue to be used as the entrance during the week. It won't be for long!

FIRE ALARM: The church is now fitted with a fire alarm, with sensors and manual call points by the doors. If the alarm sounds, **please only exit the church via the emergency doors: do not try to leave via the narthex**, as this will be screened off.

CENACOLO COLLECTION: this weekend, 10th/11th February at all Masses. Please leave items in the porchway of the presbytery (house) at Mass times only.

FOOD BANK COLLECTION: Next weekend (17th/18th).

200 CLUB: If you would like to join or would like more numbers, please contact Anthony Donlan, tel: 01772 713046; Email: anthony@donlan.eu

NARTHEX PLOTS: One or two people have asked – so we will reopen it for a limited period. Forms are available inside the narthex.

GLIMPING GOD: Six sessions at Soul Space (92 St Thomas' Road), 7-8:30pm, beginning Tues. 13th Feb. Email: soulspace92@outlook.com or call 07722 572753.

CAFOD LENT MEETING: OLSE Parish Centre, Ash Wednesday, 2pm-3:30pm. Speaker: Livison Chipatiso, CAFOD's Programme Officer in Zimbabwe.

WOMEN'S WORLD DAY OF PRAYER: Friday 2nd March, 2pm at Our Lady & St Edward's. Theme: 'All God's Creation is Very Good: Praying for Suriname'.

LAST SUNDAY: Attended: 508; Collection: £1,218.30; Thank you.

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

Day	Time	What?	Where?
Monday	7:30pm	Journey in Faith	Chapel
Tuesday	7:30pm	Marriage Preparation (5)	Parish Hall
Wed-Fri	7:45am	Morning Prayer of the Church	Church
Friday	12:30pm	Lenten Lunch	Parish Hall
Saturday	10:30am	Spanish Class	Parish Hall
Sunday	3pm	Stations of the Cross	Church
	7pm	Anointed/Sent Youth Groups	Parish Hall

Advance Diary Dates

6th March: Social Committee 7.30pm

13th and 20th March: Lent Talks – the Sacraments in Scripture, 7:30pm

Further ahead and further afield...

OUR LADY OF LOURDES DIOCESAN MASS: St John Vianney's Church, Glastonbury Ave, Blackpool this Monday at 6.30pm with Anointing of the Sick and Marian Procession. Followed by refreshments.

HEALING SIGNS & WONDERS: Cor et Lumen Christi Conference 3rd – 4th March in Manchester. Visit www.coretlumenchristi.org for more information.

SCHOOL CHAPLAIN VACANCY: At Cardinal Allen High School, Fleetwood, starting in May this year. Visit www.cardinalallen.co.uk for more information.

PILGRIMAGE TO LINDISFARNE (Holy Island): for young adults (20s and 30s), 4th - 8th April 2018. Two days of walking in the beautiful Northumberland Countryside along St Cuthbert's Way, followed by a day on Holy Island and a visit to Durham Cathedral. Opportunity to walk, pray and relax! Organised by the FCJ sisters. For more information, contact Sr Lynne FCJ at lynnefcj@hotmail.com

Parish Novena to Our Lady of Lourdes

O Mary Immaculate, who appeared to St Bernadette at Lourdes, teaching her a way of prayer and penance and assuring her of your motherly care, assist us with your maternal intercession.

Watch over our families, our parish and our diocese,

that as communities of faith we may grow in love of God and of one another.

Pray to God, that He may grant help in times of need, consolation in times of sorrow and rest in times of joy.

Teach us to love your Son and to follow Him without reserve. Amen.