

St Margaret Mary Parish



Middle Road,
Park Gate,
SO31 7GH
Tel: 01489 572797

Parish Priest - Rev. Peter Hart

Website: www.stmm.org.uk

Email: parkgate@portsmouthdiocese.org.uk

Safeguarding Team: Please see notice in the Porch

TIMES OF MASSES & INTENTIONS

Sunday 10th March, 2019

1ST SUNDAY OF LENT

Year C, Page 153

Sunday	1ST SUNDAY OF LENT
	8.00am A special Intention
	10.15am Ruid De Groot, RIP
	5.50pm STATIONS OF THE CROSS
	6.30pm People of the Parish
Monday	<i>Lent Feria</i>
	9.30am Holy Souls, (Walford)
Tuesday	<i>Lent Feria</i>
	9.30am No Intention
Wednesday	<i>Lent Feria</i>
	9.30am Emeric Roy, RIP, (Eccles)
Thursday	<i>Lent Feria</i>
	9.30am Stephen Opoku welfare
Friday	<i>Lent Feria</i>
	9.30am No intention
	1.00pm Requiem for Joyce Redding
Saturday	<i>Lent Feria</i>
	9.30am Anna Mathew, RIP, (Mathew)
	5pm-6pm ADORATION & CONFESSIONS
Sunday	SECOND SUNDAY OF LENT
	8.00am Colin Mudy, RIP, (Mudie)
	10.15am Mary Navesy RIP (Raimont)
	5.50pm STATIONS OF THE CROSS
	6.30pm People of the Parish
	Confessions: After Saturday Morning Mass. By request or appointment at any time.

1st Sunday of Lent

Entrance Antiphon;

When he calls on me, I will answer him; I will deliver him and give him glory, I will grant him length of days.

Responsorial Psalm;

Be with me, O Lord, in my distress.

Gospel Acclamation;

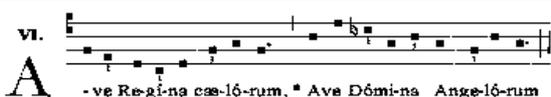
Praise to you, O Christ, king of eternal glory!

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!

Communion Antiphon:

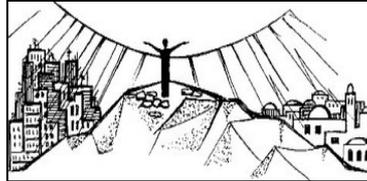
One does not live by bread alone, but by every word that comes forth from the mouth of God.



1ST SUNDAY OF LENT

10th March, 2019

As with each First Sunday of Lent the Gospel tells of Jesus temptation in the wilderness; as we begin the journey of



Lent, during which we will consider our lives as members of the Church, we look to the example of Jesus when it comes to dealing with temptation. Choosing to follow God's path is the first characteristic of the Christian: this is underlined in the two other readings, which outline the two "creeds" or statements of belief - one of Israel and one of the Christian.

Both of them emphasise "believing in the heart and confessing with the lips": both creeds underline the Salvation that God has achieved - for Israel it was freedom from Egypt, for the Christian freedom from death in Jesus.

"Jesus was led by the Spirit through the wilderness and was tempted there."

MARION ANTIPHON FOR LENT

Ave Regina Caelorum

**Hail, Queen of the heavens,
hail, Lady of the angels.**

Root of our salvation

**and our gateway to heaven,
the light of the world was born to you.**

**Be joyful, Virgin of glory,
most beautiful of all in heaven.**

**We greet you now, true beauty –
pray for us to Christ.**

V. Let me praise you, O sacred Virgin.

R. Against your enemies give me strength.

V. Let us pray:

**Grant to us, O merciful God,
protection against our weakness,
that we who remember the holy Mother of God,
by the help of her intercession,
may rise from our sinfulness,
through the same Christ our Lord. Amen.**

LENTEN REFLECTION

St. Luke recounts that after receiving Baptism from John, "Jesus, full of the Holy Spirit, returned from the Jordan, and was led by the Spirit for forty days in the wilderness, tempted by the Devil"

There is a clear insistence on the fact that the temptations were not just an incident on the way, but were rather the consequences of Jesus' decision to carry out the mission entrusted to him by the Father: to live, to the very end, his reality as the beloved Son who trusts totally in him.

Christ came into the world to set us free from sin and from the ambiguous fascination of planning our life while leaving God out. He did not do so with loud proclamations but rather by fighting the tempter himself, until the Cross.

This example applies to everyone: the world is improved by starting with oneself, changing, with God's grace, everything in one's life that is not going well.

Pope Benedict XVI

WEEKLY BIBLE READINGS:

Monday, Leviticus 19:1-18; **Tuesday**, Isaiah 55:10-11;

Wednesday, Jonah 3:1-10; **Thursday**, Esther 4:17;

Friday, Ezekiel 18:21-28; **Saturday**, Deuteronomy 26:16-19;

Catholic Quote

Receiving the Eucharist means adoring Him whom we receive. Only in this way do we become one with Him, and are given, as it were, a foretaste of the beauty of the heavenly liturgy. The act of adoration outside Mass prolongs and intensifies all that takes place during the liturgical celebration itself.

-Pope Benedict XVI



Journey to the Foot of the Cross - 10 Things to Remember For Lent

1. Remember the formula. The Church does a good job capturing certain truths with easy-to-remember lists and formulas: there are 10 Commandments, 7 sacraments, 3 persons in the Trinity. For Lent, the Church gives us almost a ready slogan—Prayer, Fasting and Almsgiving—as the three things we need to work on during the season.
2. It's a time of prayer. Lent is essentially an act of prayer spread out over 40 days. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with him.
3. It's a time to fast. With the fasts of Ash Wednesday and Good Friday, meatless Fridays, and our own personal disciplines interspersed, Lent is the only time many Catholics these days actually fast. And maybe that's why it gets all the attention. "What are you giving up for Lent? Chocolate? Alcohol? Cakes?" It's almost a game for some of us, but fasting is actually a form of penance, which helps us turn away from sin and toward Christ.
4. It's a time to work on discipline. The 40 days of Lent are also a good, set time to work on personal discipline in general. Instead of giving something up, it can be doing something positive. "I'm going to exercise more. I intend to pray more. I'm going to be nicer to my family, friends and work colleagues."
5. It's about dying to yourself. The more serious side of Lenten discipline is that it's about more than self-control – it's about finding aspects of yourself that are less than Christ-like and letting them die. The suffering and death of Christ are foremost on our minds during Lent, and we join in these mysteries by suffering, dying with Christ and being resurrected in a purified form.
6. Don't do too much. It's tempting to make Lent some ambitious period of personal reinvention, but it's best to keep it simple and focused. There's a reason the Church works on these mysteries year after year. We spend our entire lives growing closer to God. Don't try to cram it all in one Lent. That's a recipe for failure.
7. Lent reminds us of our weakness. Of course, even when we set simple goals for ourselves during Lent, we still have trouble keeping them. When we fast, we realize we're all just one meal away from hunger. In both cases, Lent shows us our weakness. This can be painful, but recognizing how helpless we are makes us seek God's help with renewed urgency and sincerity.
8. Be patient with yourself. When we're confronted with our own weakness during Lent, the temptation is to get angry and frustrated. "What a bad person I am!" But that's the wrong lesson. God is calling us to be patient and to see ourselves as he does, with unconditional love.
9. Reach out in charity. As we experience weakness and suffering during Lent, we should be renewed in our compassion for those who are hungry, suffering or otherwise in need. The third part of the Lenten formula is almsgiving. It's about more than throwing a few extra pennies in the collection plate; it's about reaching out to others and helping them without question as a way of sharing the experience of God's unconditional love.
10. Learn to love like Christ. Giving of ourselves in the midst of our suffering and self-denial brings us closer to loving like Christ, who suffered and poured himself out unconditionally on cross for all of us. Lent is a journey through the desert to the foot of the cross on Good Friday, as we seek him out, ask his help, join in his suffering, and learn to love like him.

LENTEN CONFESSIONS, ADORATION

AND STATIONS OF THE CROSS

During Lent there will be an hour of Adoration and Confessions from 5-6pm -- on the **16th; 23rd; 30th March, and 13th April.** Stations of the Cross are before the Sunday evening Mass at **5.50pm**

ANNIVERSARIES MASS

Are you celebrating a 25th, 30th, 40th, 50th, 60th or anniversary over 60 years? If so Bishop Philip would like to invite you to a Mass of celebration. This will take place at St Bede's church in Basingstoke on **Saturday 6th July 2019 at 11am.**

It is a wonderful occasion to celebrate and witness to Marriage.

If you would like to come, please visit the Cathedral website <http://www.portsmouthdiocese.org.uk/anniversaries/> and complete the on-line form, Or send an email to anniversaries@portsmouthdiocese.org.uk

Please note this address is not monitored daily and you may have to wait for a reply, so please be patient.

If you do not have access to the internet, please contact the Parish office, who will have the form you need to complete.

To help celebrate the occasion please could you provide a **COPY** of your Wedding photograph, you can upload it when you complete the form online. Alternatively scan and send via email to above email address.

Again if you have no access to the internet you can post a **COPY** along with completed form by post to the following address: St Bede's Parish Office, Popley Way, Basingstoke RG24 9DX

Please mark envelope Significant Wedding Mass

Can you help? Can you sing?

Can you sing? Are you a musician? Would you be willing to help at the Chrism Mass this Holy Week? The Chrism Mass is at 11am in the Cathedral on 16th April. Chris Olding has generously agreed to be the Director of Music for this year.

Besides the organ, we're hoping this time to have a small orchestra and music group, alongside an ad hoc choir of volunteers from across the diocese. The music this year will be a blend of old and new, but with an emphasis on beauty – only the best for the Lord. A practice will be held a couple of weeks before the Mass, probably in the Eastleigh area.

If you would be willing to help or want further information, please email Martin Ryan who is helping with registration.

mryan@portsmouthdiocese.org.uk

CAFOD Lent family fast day is an opportunity to support our brothers and sisters overseas who are in need. On Friday 15th March can you eat a simple meal so that others can simply eat? There will be a collection on Sunday, March 17th

Prayer to the Sacred Heart of Jesus

O most holy heart of Jesus, fountain of every blessing,
I adore you, I love you, and with lively sorrow
for my sins I offer you this poor heart of mine.

Make me humble, patient, pure and wholly obedient to your will. Grant, Good Jesus, that I may live in you and for you.

Protect me in the midst of danger. Comfort me in my afflictions. Give me health of body, assistance in my temporal needs, your blessing on all that I do, and the grace of a holy death. **Amen.**

Please remember in your prayers

Mary Salter, Helen Worstmann,

Aileen Hopkins, Jim Brown, Oliver Russell, Irene Hollywood, Pat Juke, Joseph Dolan, Siobhan Jefferies, Irene Otter, Marion Celand, Samantha Donohoe, Pat & Hugh Cooke, Josie Cutcliffe, Eileen Parsons, Maria & John Marvao, Michelle Gray, Kol Thelis, Thomas McCartney, Pat Elward, Mamie Allen, Netta Tracy, June Paris, John Kinneavy, Susan Bolton, Natalie Mahon, Jeanne Key, Kazyz Madeley, Joseph Chisholm, Anne-Marie Mooney.

MARY, HEALTH OF THE SICK, PRAY FOR THEM