

Services During the Week

(Each weekday, Morning Prayer will be at 09.10 am.)

Sat 10 Feb 5.00 pm 6.00 pm	Vigil for the 6th Sunday in Ordinary Time <i>Holy Hour with Exposition and Confessions</i> <i>Mass Johnny Byrne. Intention</i>
Sun 11 Feb 08.00 am 10.30 am	The 6th Sunday in Ordinary Time <i>Mass Our Parish Community</i> <i>Mass Francis Britto. RIP Anniversary</i>
Mon 12 Feb 09.30 am	Weekday in Ordinary Time <i>Mass CWL Intentions</i>
Tues 13 Feb 09.30 am	Weekday in Ordinary Time <i>Mass Dermot O'Leary. RIP Anniversary</i>
Wed 14 Feb 09.30 am 7.30 pm	Ash Wednesday <i>Mass Mrs Francis O'Leary. Intentions</i> <i>Mass In Reparation For Abortion</i>
Thurs 15 Feb 09.30 am	Weekday of Lent <i>Mass Fr Paddy Wholey. RIP</i>
Frid 16 Feb 09.30 am 7.30 pm	Weekday of Lent <i>Mass Michael Fitch. RIP</i> <i>Stations of the Cross</i>
Sat 17 Feb 5.00 pm 6.00 pm	Vigil for the 1st Sunday of Lent <i>Holy Hour with Exposition and Confessions</i> <i>Mass Laurence McGlynn. RIP</i>
Sun 18 Feb 08.00 am 10.30 am	The 1st Sunday of Lent <i>Mass Our Parish Community</i> <i>Mass Dan, Teresa & Nick Reidy. Intentions</i>

RECONCILIATION (CONFESSION) AND EUCHARISTIC ADORATION

Unless otherwise stated, there is a Holy Hour every Saturday from 5 pm, during which time the priest will be available in the Reconciliation Room to hear confessions. Confessions are also available on request after weekday Masses or whenever Fr Matthew is in the Presbytery, or by appointment at any time.

PARISH NEWSLETTER

St Teresa's Catholic Church

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Parish Priest: Fr Matthew Bemand-Qureshi

THE 6TH SUNDAY IN ORDINARY TIME (YEAR B) - 11 FEBRUARY 2018



This Wednesday is Ash Wednesday, the first day of Lent. It is also St Valentine's Day – but since going out for a romantic meal isn't really in the spirit of a day of fasting and abstinence*, there is always the option of doing that on Shrove Tuesday instead. Someone on the internet suggested (in jest I assume) that priests could mark people's foreheads with a heart rather than a cross to honour both occasions. Valentine's day is nowadays a pretty secular occasion – St Valentine was a 3rd century martyr but little is known about him and he no longer has a feast day in the liturgical calendar – but romantic love is not a bad thing to celebrate in itself. However, the world's understanding of love is often focused on emotion and attraction – again, not bad things in themselves – rather than the decision to give oneself totally to another and seek their good above one's own personal fulfilment. The cross is actually the best symbol we have to illustrate the truly sacrificial love which we are called to imitate. So – no ash love-hearts here this Wednesday, simply the call to repent and believe in the gospel, accompanied by the supreme sign of love and sacrifice.

Lent is not like 'Dry January' (or even 'Veganuary') – going without something in order to make up for a period of excess, or to improve one's health, or simply to prove one can manage without something. It is above all an invitation to self-denial – not only in the sense of denying ourselves

something we would like, but in a much deeper sense of denying ourselves the central place in our lives that properly belongs to God. In Lent, self-denial, almsgiving and prayer all go together and help us refocus our lives on what truly matters: love of God and love of neighbour. The paradox is that, whether in our family life, or in our relationship with God, denying ourselves and giving ourselves totally to another is actually a better path to true joy and fulfilment than prioritising our own immediate pleasure. A good Lent helps us discover that truth and enables us draw closer to the one who gives us everything.

This Lent, in view of the Eucharistic Congress taking place in September in Liverpool, I invite all of us to a deeper reflection on the gifts God has given us and especially the gift of the eucharist, and then in Eastertide to reflect on the gift we can make to God in return. Each week during Lent therefore the Newsletter article will explain a little about what happens during Mass, focusing on those small details which sometimes pass us by. In Eastertide I will then provide some information about the different ways in which you can support this parish community and ensure a vibrant future for St Teresa's.

Finally, don't forget that 'Shrove' is an old-English word for penance not pancakes – pancakes are good, but going to confession is the best way to get Lent off to a good start!

*Just to be clear, Ash Wednesday and Good Friday are two days in the church's year when there is a rule of **Fasting and Abstinence** for all Catholics, except where this would be injurious to one's health. **Fasting** here refers specifically to a significant reduction in the amount we eat (over 60's are officially exempt), whereas **Abstinence** means going without meat (as is the general rule for Fridays throughout the year). Children are officially exempt from both (though one could introduce them at least to abstinence), and common sense applies in cases of genuine medical requirements.

God Bless you all

Fr Matthew

Parish - Regular Notices

SICK AT HOME OR IN HOSPITAL: If anyone is seriously ill at home or is in hospital, it is most important to let Fr Matthew know so that the sick person may receive the spiritual help of the sacraments. Relatives or friends should also inform the Catholic Chaplain of the hospital concerned (*at King George Hospital, 8590 9026; at Queen's Hospital, 01708 447761; at Whipps Cross Hospital, 8520 5877*).

PRAYERS FOR THE SICK: Please pray for Dyllis Barrie-Dangerfield, Ciara David, Tyrone Foster, Greg Gallagher, Catherine Hunt, Bridie Jones, Luis Lai, Joan Marshall, Ann Mathew, Chris McNamara, Amanda Monroe, Agnes Osei-Minkah, Giuseppe Palumbo, Lawrence Pereira, Kathleen Reynolds, Tony Sheridan, Maureen Springham and Theopillai Stanislaus. Also, the sick Priests of the Diocese - Frs Tom Jordan & Martin Nott. (*Please help keep this list up-to-date: if you or a family member is included in this list and you feel that this is no longer necessary, or if you wish to add a name to this list, please contact the Parish Office*).

ANNIVERSARIES FOR FEBRUARY: Alice Baker, Louisa Burrell, John Coveney, William Curtis, Daniel Dalziel, Stephen Delaney, Patrick Denihan, Catherine Griffin, John Griffin, Arthur Hance, Yvonne Inije, Hugh Jordan, Ruby London, William Murphy, Dermot O'Leary, Jai Ramcharan, Mary Steel, Rose Valentine, Margaret Wendon and Tom Wilkins.

BAPTISM PREPARATION: If you are expecting a baby or have a baby for baptism in the next couple of months, please contact Helen Mac Mahon on 020 8590 9981 who will help you make the appropriate arrangements.

MASS REQUESTS: Special envelopes for this purpose are available at the back of Church. Please use one for each request and place your donation within it.

CHURCH HALL: The Church Hall is available for bookings by Parishioners and non Parishioners alike. Please contact Sid on 07887983310 for bookings and conditions.

REFRESHMENTS AFTER 10.30 AM MASS ON SUNDAY: Tea & coffee will be available in the Hall after Mass. Please do come along.

Parish – Meetings this Week

- Sunday:** KSC in the Pastoral Centre at 9.00 am.
Monday: Catholic Women’s League in the Pastoral Centre at 7.30 pm.
Tuesday: Coffee Morning Group in the Pastoral Centre after Mass.
Legion of Mary in the Pastoral Centre at 7.30 pm.
Prayer Group in the Church at 7.30 pm.

Parish – In & Around

ASH WEDNESDAY: Mass will be celebrated (with imposition of ashes) **at 9.30 am and 7.30 pm on this coming Wednesday (14 February)**. You are reminded that Ash Wednesday is day when we are expected to abstain from meat, and (unless this would be detrimental to your health) to fast by eating a smaller quantity of food than normal.

THANK YOU: We would like to pass on our sincere thanks to our friends at St Teresa’s for all the prayers, good wishes, cards and generous gifts we have received since the birth of our son, Henry Joseph Moore. We have been so touched by your kindness and feel very blessed to still be part of such a wonderful parish family. We look forward to introducing little Henry to you all soon. With all good wishes, Tom and Bernadette Moore.

CHURCH CLEANING: Team B.

OFFERTORY COLLECTION: The Offertory collection (inc. Standing Orders) for **last weekend amounted to £1,034.25 of which 73% was “Gift Aided”**. Thank you all for your continued generosity.

RETIRING COLLECTION THIS WEEKEND: There will be a retiring collection after all Masses **this weekend** for the Diocesan Lourdes Sick & Helpers Pilgrimage Fund. Donations may be “Gift Aided” so, if you use the envelope scheme, please remember to use one of your “Special Collection” envelopes for your donation and the fund will benefit by a further 25%! If you have run out of these or don’t belong to the envelope scheme, you can also use one of the special light blue “Gift Aid” envelopes which you will find at the back of the Church.

CRIB DONATIONS: Donations received at the Crib totalled a magnificent **£692.68**. A cheque will now be sent to the Brentwood Catholic Children's Society and, on their behalf, we thank you very much for your generosity.

CATHOLIC WOMEN’S LEAGUE: The next meeting of the CWL will take place **on this coming Monday, (12 February) at 7.30 pm** in the Pastoral Centre and new members would be most welcome.

STATIONS OF THE CROSS: **This Friday, and each Friday during Lent at 7.30 pm**, you are invited to recall our Lord’s journey to Calvary by following the Stations of the Cross.

“WALK WITH ME” DURING LENT: At the back of the Church there are copies for sale, at £1.00 each, of the little prayer booklet “Walk with Me”, which you may find helps and inspires you during the season of Lent. The booklet has a little extract from the Word of God, a short reflection and a decade of the rosary for every day.

LENTEN ALMS GIVING: Also, at the back of the Church, there are CAFOD boxes for any of your loose change that might accumulate during Lent. Please take one away with you and, if you give up sweets, cigarettes etc for Lent, then perhaps you might think about putting the money saved in the CAFOD box to help the more unfortunate people in the world. You should then bring your box back to the Church **on Maundy Thursday for the Mass of the Last Supper**. If you cannot attend that Mass, then please remember to bring the box back at any Mass over Easter and place it in the Offertory collection basket.

LENT FAITH FORMATION: **On three Thursday evenings during Lent (22 February, 01 March and 08 March)**, we will be deepening our appreciation of the eucharist with the help of Bishop Robert Barron’s ‘Eucharist’ video series. 7.30 pm start, finishing at 9 pm. If you can’t make Thursday evenings, sign up for the virtual programme at <https://app.flocknote.com/StTerasasNewburyPark>.

“WORD ON FIRE” FOR FREE DURING LENT: **Between now and Easter**, you can watch any of the videos produce by Bishop Robert Barron including his famous Catholicism series, for free. Simply follow this link <https://app.flocknote.com/StTerasasNewburyPark> to join our parish on Flocknote – no need for credit card details or anything you have to remember

to cancel. You will receive a weekly email during Lent with a video from the Eucharist series, which we are using for our Lent group (see above) and this will also have a link to the entire Word on Fire digital library.

HOLY HEROS LENTEN ADVENTURE: Sign-up at www.lentenadventure.com to receive regular emails with activities to help your children make the most of Lent.

FR MATTHEW'S MARATHON: *On Sunday, 22 April*, Fr Matthew will be running the London Marathon in aid of the Brentwood Catholic Children's Society (BCCS). You can help by donating online at <https://mydonate.bt.com/fundraisers/frmatthewbccs>, or by placing a donation through the Presbytery door, or by contributing to the collection that will be held nearer the time.

RAMFEL: The Knights of St Columba will be taking items to the RAMFEL Foodbank in Ilford this week. Donations of non-perishable food may be left in the Sacristy **this weekend or in the early part of the week**. RAMFEL are currently not able to accept donations of clothing.

NEW ROTAS: Individual copies of the new rotas for Readers, **already effective**, and Eucharistic Ministers, **effective from next weekend**, are now available at the back of the Church. The Rotas can also be found on the Notice Board in the Porch and on the Parish website.

RICH MAN POOR MAN MEAL: The annual "Rich Man Poor Man Meal" will be held this year **on Saturday, 10 March at 7.00 pm** in the Hall. To recap, everyone who buys a ticket will go into a draw and the six or so lucky winners will get to eat at the top table. They will be served a "Rich Man" meal consisting of a sumptuous three course dinner with wine while everyone else will have to settle for the "Poor Man" meal, consisting of a bowl of soup, cheese, bread and water! As the saying goes "You have to be in it to win it", so please make a note in your diaries to come along and support this event. As well as being a fun evening for everyone, all the money raised will be donated to one of our local charities. Tickets are priced at £5 each and will shortly be available from Jane McParland on 07966431232.

'ADOREMUS' EUCHARISTIC CONGRESS: This national event **is being held in Liverpool, on 07-09 September**. We have been invited to send two parish representatives to the main part of the event, taking place the Liverpool Echo Arena on Saturday, 08 September, with the option of attending workshops on the Friday and a Mass in the Cathedral on the Sunday. If you are interested, please contact Fr Matthew as soon as possible.

NATIONAL MARRIAGE WEEK: Please pray for all couples across the diocese preparing to get married in the coming year and pray also for all couples experiencing difficulties in their marriage. If you would like to find out about opportunities to help with marriage preparation, relationship counselling or helping young people explore what marriage is about, please contact the Marriage and Family Life Department on marriage@dioceseofbrentwood.org. Follow us on Twitter @BrentwoodMandFL. If you are experiencing difficulties in your own marriage, Marriage Care may be able to help – call 0800 389 3801.

LEAVING A LEGACY: Once you have made provision for your loved ones, leaving a gift in your Will to your church is one of the most valuable and lasting ways you can continue to support the mission and ministry in your community. A gift can be an expression of your gratitude and thanksgiving towards God, and can help keep your local church alive, and help transform its future. If you are minded to leave a legacy to St Teresa's Church in your Will, then please speak to Fr Matthew who can advise on the form of words to use.

CHURCH GROUNDS: Please remember to do what you can to keep the church grounds tidy - if you see some litter and it is safe to do so, please pick it up and put it in one of the two bins provided.

DIOCESAN DIRECTORY 2018: The Directory for 2018 is now available from the Repository at the back of the Church priced at £2.75.

VISITORS: If you are a visitor to St Teresa's then you are most welcome and we very much hope you enjoy the service you are attending. If you are a tax payer and would like to "Gift Aid" your Offertory donation, then please use one of the special "Gift Aid" envelopes which you will find at the back of the Church.

NEW PARISHIONERS: You are very welcome here. Please make yourselves known to Fr Matthew and complete one of the Parish Registration Forms as soon as possible.

ST HELEN'S CATHOLIC PRIMARY SCHOOL AT 110 YEARS: St Helen's Catholic Primary School in Canning Town, Newham is appealing to all past pupils or their relatives. They are seeking copies of old school photographs, reports and records as part of the preparations for their 110th anniversary. The school is particularly looking for photographs and information from 1907-1941 as original documents were destroyed in the blitz. Please contact 020 7476 1785 or email info@st-helens.newham.sch.uk if you can help.

CATHOLIC HISTORY WALKS, 2018: "Lift up your heads, O Gates". Explore the varied and fascinating history of the City of London - the Square Mile, from its ancient origins, as a Catholic capital, and then to the Reformation and beyond. **Meet on this coming Monday, (12 February) at 2 pm** at the Church of the Most Precious Blood, Southwark. SE1 1TA. Nearest Tube: Borough or London Bridge. Walks may take up to 2 hours and cost £5 (concessions available). Contact chwalkslondon@gmail.com or see catholichistorywalks.com for further information.

HEALING MASS: Fr Eammon's next Healing Mass will take place **at 2 pm on this coming Friday, (16 February)** at St Mary Immaculate and the Holy Archangels, Kelvedon. For more information please contact Angie Hart at mahart66@outlook.com

CATHEDRAL MASS: Bishop Alan will be celebrating Holy Mass **at 3.00 pm next Saturday, (17 February)** in the Cathedral, Brentwood. All are welcome, especially, those with Special Needs.

THE CANONESSES OF THE HOLY SEPULCHRE invite you to a talk entitled 'Hope in times of vulnerability' which will take place **next Sunday, (18 February)** at the Blessed Sacrament Church Hall, Melbourne, Chelmsford at 2 pm for a 2.15 pm start. The talk will be delivered by Dr Lea Verstricht, a Belgian theologian. To book a place at this event please visit the Community's Events Bookings page www.canonesses.co.uk/event-bookings/ or call 01206-867296.

RECOLLECTION FOR WOMEN: The next Recollection evening will take place **from 6.45 pm to 9 pm on Tuesday, (20 February)** at St Augustine's Church, Barkingside and all are welcome.

MASS FOR TRAVELLERS: There will be a special Mass at Westminster Cathedral **on Saturday, 24 February at 2.30 pm** celebrated by Bishop Paul McAleenan for members of the Gypsy, Roma and Traveller Communities. For more information please contact Fr Dan Mason, the National Catholic Chaplain for Gypsies, Roma and Travellers on 01277 624891

EXHIBITION ON THE SHROUD OF TURIN: An exhibition about the Shroud of Turin, including a full-sized replica of the Shroud, will take place at Our Lady Immaculate Church, Chelmsford **between 05 to 11 March**. The exhibition opens with Mass at 7.30 pm on Monday, 05 March. Each day there are confessions, Stations of the Cross and Mass. The week culminates with Mass at 12 noon on Saturday, 10 March. The exhibition will remain in place on Sunday, 11 March. The church is open from 7.00 am until 8 pm each day. If you would like to know more about this, please contact the Parish Office on 01245 352898, or simply come along to church that week. Everyone is very welcome.

THE BRENTWOOD CATHOLIC CHILDREN'S SOCIETY (BCCS): The Annual Charity Ball is their largest and most glamorous event of the year and takes place this year at The Rayleigh Club, Hullbridge **on Saturday, 10 March**. Tickets are on sale now, costing £55 per person, which will include a drinks reception and three course dinner along with a full evening of entertainment. As tickets for this event sell out quickly, please contact Julie asap on 01268 784544/ 07912277413 or email jabbott@bccs.org.uk

THE CATHOLIC VISION OF MARRIAGE: The next study day at the church of Christ the Eternal High Priest, Gidea Park, will be led by Dr Clare Watkins, Catholic theologian and Reader at the University of Roehampton. The topic will be 'The Catholic Vision of Marriage' and particular attention will be given to Pope Francis' Apostolic Exhortation *Amoris Laetitia*. **The study day will take place on Saturday, 17 March**, with coffee available from 10.30 am and ending at 3 pm. Please make your booking in the usual way by email to gpstudydays@gmail.com There is no charge for the day, but you are invited to bring your own packed lunch.

SPIRITUALITY SEMINARS: The second of the two Seminars planned at Cathedral House, Ingrave Road, Brentwood entitled "Lent" will be **from 10.30 am - 12.00 noon on Saturday, 24 March** with the Speaker being Fr Martin Boland, Cathedral Dean. For more information please contact 01277 265285 or email jude@dioceseofbrentwood.org

MEDJUGORJE IRISH CENTRE PILGRIMAGES 2018: 7 nights B&B and Airport Shuttle service from €279 per person. Book any flight - any time and we provide guaranteed airport shuttle service. Call us for further information and book the dates that suit you. Tel 020 3239 8662 or email reservations@med-irishcentre.com

PILGRIMAGE TO LOURDES: St Helen's Parish's (Westcliff-on-Sea) annual pilgrimage to Lourdes, under the spiritual direction of Fr Joseph Whisstock, will take place **from 02 April (Easter Monday) to 07 April (5 nights/6 days)**. Flying BA from Heathrow with luxury coach transfer and a 4* Hotel (full board), the price is £630 per adult based on two adults sharing. Generous discounts for children. For further details, please contact Sue on 07979746707 or the Parish Office (mornings) on 01702 342324. Pilgrims from any parish would be made most welcome.

PILGRIMAGE TO KNOCK: Join with Bishop Alan Williams on the inaugural diocesan pilgrimage to Knock Shrine, Ireland **leaving on Monday, 28 May**. Cost is £699 per person sharing and includes flights from Stansted, all taxes, transfers, and five nights full board in newly refurbished Knock House Hotel, in the grounds of the shrine. All entertainment and guided tours also included. For further information please contact 01268 762278 or email knockpilgrimages@gmail.com

CATHOLIC SINGLES is an organisation which helps single adult Catholics of all ages meet, either one to one or through social events. Please tel. 0161 941 3498, visit the website www.catholicsingles.org.uk or email info@catholicsingles.org.uk

NEWSLETTER ITEMS: If you have any items for inclusion in the weekly Newsletter then please email them to Gerry Gillan at gerry.gillan5@gmail.com and copy to admin@stteresasnewbpark.com The copy deadline for including items in the Newsletter is Thursday 12 noon. Unfortunately, we cannot guarantee to include all requests we receive in the paper edition but we will make every effort to accommodate articles and insertion requests in the on-line edition including job vacancies.

Job Opportunities.

SCIENCE LABORATORY TECHNICIAN is required at The Palmer Catholic Academy. Full details of post and application form are available on the Academy website, www.tpc.academy, or contact Miss J Royer at the Academy on 020 8590 3808.

HOSPITALITY, RETREATS AND FACILITIES CO-ORDINATOR: Living on site, the person in this full-time role will enable the smooth running of Walsingham House at Abbotswick, ensuring a welcoming, safe and Christ-centered environment for all retreatants and visitors. The role includes the leadership of some youth retreats, as well as excellent teamworking with staff and volunteers. This is a 2-year fixed contract, starting late August with a salary of £18,000pa + accommodation. For full details visit www.bcys.net/vacancy-abbotswick/

ST JOSEPH'S CATHOLIC INFANT SCHOOL, LEYTON require a School Office Manager. Please visit the school website (www.stjosephsinfantleyton.co.uk) for further details and an application form or email office@st-josephs-inf.waltham.sch.uk or call 0208 539 3000 to obtain a form or arrange an appointment. Visits from applicants are welcomed, please contact the school for an appointment. **Closing date for application is noon on this coming Thursday, (15 February).**

PLEASE ENSURE YOU ARE AWARE OF THE POSITION OF THE EMERGENCY FIRE EXIT DOORS IN THE CHURCH.