

St Peter and the Guardian Angels

Roman Catholic Church

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FIRST SUNDAY OF LENT – 6TH MARCH 2022

DO YOU WANT TO FAST THIS LENT?

'Fast from hurting words and say kind words. **Fast** from sadness and be filled with gratitude. **Fast** from anger and be filled with patience. **Fast** from pessimism and be filled with hope. **Fast** from worries and have trust in God. **Fast** from complaints; contemplate simplicity. **Fast** from pressures and be prayerful. **Fast** from bitterness, fill your hearts with joy. **Fast** from selfishness and be compassionate. **Fast** from grudges and be merciful. **Fast** from words; be silent and listen.' (Pope Francis)

Repentance alone is not enough: *'Repentance of itself is not enough – grace must be available. But if grace is offered and not accepted, then nothing comes of that either. There is no point in putting up a sail if there is no wind. There is no point in planting a seed if the ground is frozen. There is no point in pruning the tree if spring does not come. It is not enough to cut into people's hearts in order to save them – they must be touched by grace. Lord, touch our hearts with your grace, so that we may produce the fruits of repentance.'*

Southwark Catholic Youth Service

In readiness for Lent, young people from around the Diocese have been sharing how they plan to mark Lent 2022. These pledges are being shared daily via social media in the week leading up to Ash Wednesday. In addition to their regular posts reflecting on the day's Gospel or feast day, throughout Lent SCYS social media will be releasing regular video reflections. You can find out more by following **Southwark Catholic Youth Service** on [Facebook](#), [Twitter](#) or [Instagram](#).

The Knights of St Columba

The Knights of St Columba have produced a new recruitment video which captures the essence of their work and seeks to galvanise a place in the heart of each parish that in which they serve. Please feel free to watch and share this video online: <https://www.youtube.com/watch?v=YvqkVtlKUek>

This Lent PACT, the major Catholic prisons charity, is sharing with parishes a new Stations of the Cross liturgy. The simple text includes the words of prisoners, people with convictions and people who have served a 'hidden sentence' alongside a family member in prison. PACT invite you to use the liturgy in your parish or community during Lent.

"All my life I'd been in this defeated place. I thought I was just a bad person; a bad apple and I was just going to be like that for the rest of my life. Then I came into contact with an addiction programme and I had already been praying...For the first time in my life, I was not just wanting to be a good person but trying to be a good person on a daily basis and having the tools to do it through prayer."

The human dignity of those among us whose lives have been shaped by their experiences of the criminal justice system, shines through this text. We invite you to truly listen. You can download the Stations of the Cross liturgy here: <https://www.prisonadvice.org.uk/stations-of-the-cross>

Up Market is seeking to expand its volunteering team. Therefore, if you can spare a few hours each week and are interesting in volunteering with **Up Market Core opening hours Tuesday to Saturday 10-4; Application packs available in shop, 48, Albion Street, SE16 7JQ** or upmarketat48@hotmail.co.uk - 07906 879340. **Up Market** also supports teenagers seeking work experience or pursuing a Duke of Edinburgh Award.

Mass Times and News

SUNDAY: 6TH MARCH - FIRST SUNDAY OF LENT (C) 9am: Private intention of Anna 11pm: For the people	THURSDAY: 10th March 9:15am: Mass
MONDAY: 7th March Sts Perpetua & Felicity, Martyrs No Mass	FRIDAY: 11th March – Cafod Fast Day 9:15am: Mass; 7pm Station of the Cross
TUESDAY: 8th March – St John of God 7:30pm: Mass	SATURDAY: 12th March 6pm: Mass – John Forry RIP
WEDNESDAY: 9th March - St Frances of Rome 9:15am: Mass – For Holy Souls	SUNDAY: 13th March – SECOND SUNDAY OF LENT C 9: 00am: for the people 11:00am:

The new Gift Aid Boxes for 2022/23 are available for collection at the back of the church. If you are not a box holder, and are a taxpayer, please do consider signing up for the Gift Aid Scheme, you can also donate by Banker's Order. The relevant forms are at the back of the church or on the parish website. <https://stpeterandtheguardianangels.com>.

If you prefer to give by cash, then you must use the numbered envelope system (supplied by the Parish) or you can give by cheque or Bankers Order. Please contact Diane Rampling on dmrampling@aol.com or 07808

006228, if you would like to discuss further. Please return completed forms to Diane or to Father Tesfamichael.

Pope's prayer Intentions for March: We pray for Christians facing new bioethical challenges; may they continue to defend the dignity of all human life with prayer and action.

SUNDAY COLLECTIONS; 20th February collection - **£707.49**. 27th February; 1st collection **£615.90**; 2nd collection for Clergy Support Fund **£506.22**. Standing order January, 2022 - **£372**. **THANK YOU!**

Prayer for the sick & housebound; we remember those who have asked for our prayers;

"Tend your sick ones, O Lord Christ.

Rest your weary ones.

Bless your dying ones.

Soothe your suffering ones.

Pity your afflicted ones.

Shield your joyous ones.

And for all your love's sake. Amen."

(St Augustine)

Your prayers are also requested for: Eugenia Dudek, Anna, Monika, Lusja & Slawek; Esther, Oliver, Stephen, Pepe, Goren, Sharon, Philip, James, Mary, Rosemarie, Paul, Mark, Noel, Dany, Daniel, Saher Sinclair, Marek, Charlie, Fergie, Kohen.

A retreat for Lent: Southwark Spirituality Commission: Online Lent Retreat:

Make some space to develop your relationship with God this Lent. Sign up for our Diocesan 'retreat at home' called **Saving Grace**. Every week you will receive an email with links to a 25minute video in which our Archbishop John will introduce the theme and the reading, Chris Chapman will deliver the retreat, with others contributing. You will also receive materials to use in your own prayer and reflection. All you have to have to do is sign up and then set aside what space you can for Saving Grace!

For full details and to sign up: <http://www.southwarkdsc.org.uk/>

Do you know any elderly, Housebound or Sick Parishioners that would benefit from a home visit from Fr Tesfamichael if so, please visit the Presbytery or call 020 237 2969 or can speak directly to Fr after each Mass.

St Joseph's Aid. Catholic Primary School: Gomm Road, Lower Road, SE16 2TY, Tel. 020 7237 4036