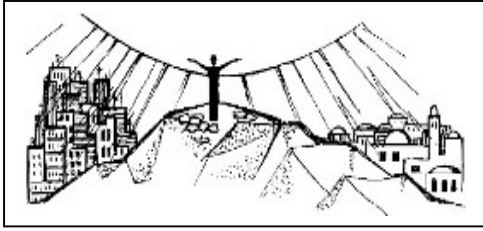


# PARISH OF OUR LADY AND ST DAVID

## CWMBRAN

Registered Charity No. 242380)



Parish Priest: Canon John Griffiths Tel: 01633 482346

Parish Deacon: Rev Peter McLaren Tel: 01633 770754

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**SUNDAY 14<sup>th</sup> FEBRUARY 2016**

**1<sup>st</sup> SUNDAY OF LENT**

**PSALTER WEEK 1**

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

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.

### PSALM

He who dwells in the shelter of the Most High and abides in the shade of the Almighty says to the Lord: "My refuge my stronghold, my God in whom I trust!" Upon you no evil shall fall, no plague approach where you dwell. For you has he commanded his angels, to keep you in all your ways. They shall bear you upon their hands lest you strike your foot against a stone. On the lion and the viper you will tread and trample the young lion and the dragon. His love he set on me, so I will rescue him; protect him for he knows my name. When he calls I shall answer: "I am with you." I will save him in distress and give him glory.

1<sup>st</sup> Reading: Deut 26: 4-10

2<sup>nd</sup> Reading: Romans 10: 8-13

Gospel: Luke 4: 1-13

### PARISH LITURGY AND DEVOTIONS THIS WEEK

Morning Prayer: Mon & Wed 9.10am

Evening Prayer: Fri 4.40pm

				<u>1<sup>st</sup> Sunday of Lent Year C</u>
Saturday	4.30pm	St David's	Sts Pio and Anthony (AD)	
	6.00pm	Our Lady's	John Carlson	
Sunday	9.30am	Our Lady's	Les & Roy Chittleburg (CC)	
	11.15am	St David's	Elizabeth Howells (J&KD)	
Monday	9.30am	Our Lady's	Christopher Corner (M&AC)	
	4.00pm	Our Lady's	Vigil for James Patrick McGivern	
Tuesday	9.30am	St David's	Margaret Gale (BG&LR)	
	10.30am	Our Lady's	<b>Funeral Service for James Patrick McGivern</b>	
Wednesday	2.00pm	Our Lady's	Holy Land Pilgrims (M)	
Thursday	9.30am	St David's	Sheila Morgan (A&E)	
Friday	9.00am	Our Lady's	Kate Price (MP)	<i>CAFOD Family Fast Day</i>
Saturday	4.30pm	St David's	Stephen John Healy (M&JH): Ronald Boucher (TH)	
	6.00pm	Our Lady's	The People of the Parish	<u>2<sup>nd</sup> Sunday of Lent Year C</u>
Sunday	9.30am	Our Lady's	Sr Catherine Cullen	
	11.15am	St David's	Francis Tritarelli	

### Exposition of the Blessed Sacrament

Tues: St David's  
10.00am - 11.30am  
Fri: Our Lady's:  
9.30am-5.00pm

### RECONCILIATION

Our Lady's  
Sat 12 - 12.30pm  
St David's  
Sat 3.45-4.15pm

**CAFOD LENTEN COLLECTION WILL TAKE PLACE NEXT WEEKEND. ENVELOPES ARE AVAILABLE FROM THE BACK OF THE CHURCH**

**EASTERN VALLEY TRUSSEL FOOD BANK:** Your gifts of time, funds or food can help stop local people going hungry. We could not do it without you. Next collection will be on 5<sup>th</sup> /6<sup>th</sup> March

**Please do not switch the radiators in either church!**

Congratulations to our children who made their First Confessions on Friday evening and to the catechists who prepared them.

### **Your giving to your Parish: many thanks**

**Gift Aid: £406.50**  
**Non Gift Aid: £695.29**  
**Gift Aid Standing Order £148.96**  
**Total giving this week £1250.75**  
**Mass Count: 516**

### **Sick List**

Please pray for the sick and housebound especially Mostyn Crowley, Joyce Thomas, Tom and Hazel McCarthy, John Kane, Jean Olearczyk, Goff James, Mary Lee, Peter Lee, Mary Reilly, Bill Gale, Margaret Gallagher, Doreen Hayton, Pauline Duval, Lilian Cody, Barbara Berger, Megan Donnelly, Peggy Wickett, Kathleen Eyre, Doreen Tubb, Mieczyslan Kopec, George Powell, Trevor Jenkins, Patricia Robins, Mavis Thomas, Peggy Wells, Mel Pearce, Molly McDonald, Ian Werrett, Josie Mahoney, John and Beryl James, Michael Williams, Pat Mulligan, Lynda Davis, Violet Thomas, Frances Brown, Mary Evans, Rev Anthony Tumulty O.S.B. Fr Michael Cronin, Sr Thecla, Betty Lake and all who care for them.

### **Friday Penance during Lent**

Penance arises from the Lord's call to conversation and repentance and is an essential part of all genuine Christian living:

- in memory of the passion and death of the Lord
- as a sharing in Christ's suffering
- as an expression of inner conversion
- as a form of reparation for sin

Penance on Fridays is important: "Declaring some days throughout the year as days of fast and abstinence (Ash Wednesday and Good Friday) is meant to intensify penances of the Christian. Lent is the traditional season for renewal and penance but Catholics also observe each Friday of the year as days of penance. The following are suggested as ways of fulfilling Friday penance:

- Abstaining from meat or some other food
- Abstaining from alcoholic drink or smoking
- Making a special effort at involvement in family prayer
- Making a special effort to participate in Mass on Fridays
- Visiting the Blessed Sacrament
- Making the Stations of the Cross
- Fasting from all food for a longer period than usual and perhaps giving what is saved to the needy
- Helping the poor, sick, old, or lonely.

### **Parish Lenten Talks**

During Lent, as a Lenten exercise, Canon John has invited guest speakers to give talks relating to the "Year of Mercy" The first one will take place on Wednesday 24<sup>th</sup> February at 2.30pm in St Anne's room. The guest speaker is Fr Nick James.

There will be Eucharistic Adoration in the **Cathedral 18th February** from 9-6 with Mass at 12.45 and Benediction at 5.30pm for the unborn and their families.

### **COMMUNION MINISTERS:**

A day of Recollection for Ministers of Communion, Communion Catechists, and all involved in Celebrating, Sharing, Receiving, and Building up the Body of Christ in the Parish will be held on Saturday 27<sup>th</sup> February, 10.30 – 3.30. For further details of the day and a booking form, please contact Peter Olearczyk (OLA) Shelagh Mills (St D) or the parish office. Please return completed forms to the parish office, the cost of the day will be paid by the parish.

### **A Big Thank You**

Thank you to the members of the SVP who arranged The Mass for the Sick and Housebound in St David's last Thursday and also for providing transport and refreshments. Everyone enjoyed the Mass especially the sick of the parish

### **Week of Prayer and Awareness for Dementia**

In this Year of Mercy the Annual Mass for people with Dementia and those who care for and minister to them will be celebrated by Archbishop George Stack on Wednesday, 16<sup>th</sup> March at 12noon in St Mary's Catholic Church, Ewenny Road, Bridgend.

A coach is being organised from the Abbey but can pick up parishioners at Our Lady's. If you require transport please sign the list at the back of the church. Estimated cost per person £7.00

### **Time Scale of the day is:**

Approx. 10.45.am leave Abbey  
12noon: Mass at St Mary's Bridgend  
Light Refreshments : 1.45pm Return

### **CAFOD Lent Fast Day: Friday 19 February**

This Lent Fast Day, we have an opportunity to come together as a Catholic community to ensure girls living in the world's poorest countries are free to change their lives by getting an education. CAFOD is working with local expert organisations around the world to bring water to family homes, so girls who used to spend hours collecting it every day, now have time for school, study and to play with their friends. Fast Days are our opportunity to support that vital work. Collect your Fast Day envelope from church this week, and remember to fast on Lent Fast Day. And there is very good news: the UK government has promised to match every pound and penny you give this Lent! Please give as much as you can in next week's collection, so that more girls around the world are able to live lives free from the burden of the long walk for water

### **TY CROESO CENTRE (Llantarnam Abbey)**

**"Grant to us O Lord, a heart renewed..."**

Reflective Lenten Day: Monday 29th February  
10.30 am Cost: £10 (Please bring a packed lunch)

### **Parish Directory**

PAC Chairman: Mrs. Paddy Landers 01633 868352  
SVP: Dave Stroud 01633 838542  
Mrs S McCool, Head Teacher, OLA School Tel: 484673  
Mrs J Bates, Head Teacher, St David's School Tel: 482580