

# WHAT TO INTENT? – ALL MINUTE!

## PRAYER-FASTING-ALMSGIVING

### PRAYER

Each Friday there will be Exposition of the Blessed Sacrament from 4:00 pm to 8:00 pm. You could pop in for part of that time. Sacrament of Reconciliation will also be available except on Friday March 2nd. On Friday April 12<sup>th</sup> the other priests from our Local Missionary Area will also be available for the Sacrament of Reconciliation from 6 pm – 8:00 pm.

If you work in Manchester you can pop into St Mary's Mallory Street (The Golden Gate) from 10:00 am to 12:00 pm for breakfast only (just) (for Mass at 1:00 p.m. on Monday or Stations of the Cross at 1:00 pm. On the Wednesdays of Lent a Lenten Retreat at 4:00 pm. 'Lenten Lent Day – your day.' A meditation on the Seven Last Words of Jesus on the Cross.

On the web look at [www.pathsofprayer.org](http://www.pathsofprayer.org)  
or [www.catholicism.ie](http://www.catholicism.ie) or [www.papalprayer.org](http://www.papalprayer.org)

You could just make some time to pray the rosary or look at the gospel reading of the day.

### FASTING

Giving something up for Lent is another good discipline especially if you feel there isn't! If you have a particular area of your life which causes concern e.g. heavy drinking or watching unsuitable images on the internet then give it up for Lent.

Each Friday there will be simple meals of soup and bread with other suitable Mass from March 12<sup>th</sup>. Proceeds go to St Ned's South American Christmas Mission.

### ALMSGIVING

This is tied up to fasting so that if you give something up that then saves you money then you give the money to a charity such as CAFOD. Throughout Lent we will have Family Fast Day envelopes available for a rotating collection at the Easter Masses.

### RENEWAL OF FAITH

The days of Lent are essentially a journey to Easter. There is also to be living 'fast' when we attend our baptismal promises at the Easter Vigil. Have you ever been to the Easter Vigil? No? Then come this year on Saturday April 20<sup>th</sup> at 7:00 pm. It will take about 90 minutes but it's the most important celebration of the Church's Year.

'Beloved Disciple' is a Call programme on Thursday evenings in the Parish Centre that began on March 12<sup>th</sup> at 10:00 a.m. leading in time for Mass at 11 noon.

St Tony McGeath is giving 2 talks in St Christopher's Sunday on March 2<sup>nd</sup> and 7<sup>th</sup> April on the Parables of Money in St Luke's Gospel.

**LENTEN DAY OF RECOLLECTION** – Our Lady & St Christopher's, Rossmore, Saturday 20<sup>th</sup> March from 10:00 am – 1:00 pm. Fr Tony Thomas from the Institute of Pastoral Life who speaks at the Colchester conference in Manchester last year will lead the day. Beginning with Mass at 10:00 am the day will include talks, discussion, and the opportunity to celebrate the Sacrament of Reconciliation. Please bring a packed lunch – tea, coffee and biscuits provided. It would be very helpful if you could let Our Lady & St Christopher's know you are attending by emailing [info@stchristophers.com](mailto:info@stchristophers.com). Thank you.

### COMING TOGETHER IN SILVER GROVE – LENTEN REFLECTIONS

The days for this year series of reflections are 12<sup>th</sup> March in the Baptist Church, 20<sup>th</sup> March in the Methodist Church, 27<sup>th</sup> March at St Peter's, 7<sup>th</sup> April in Newbury Parish Church & 14<sup>th</sup> April in the United Reformed Church. All the evenings commence at 7:00 pm. This year the theme is 'Faith in our God alone'. All are welcome to these sessions which have proved very enjoyable in previous years.

**Whatever you do, do something extra in Lent**  
**DON'T WASTE THE OPPORTUNITY LENT PROVIDES**