

## The Parish of Our Lady of Mount Carmel and St Wilfrid

The Presbytery, 12 Church Road, Selsey, West Sussex, PO20 0LS

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Parish website: [www.stwilfridselsey.co.uk](http://www.stwilfridselsey.co.uk)

PARISH PRIEST: Father John Healy



5<sup>th</sup> SUNDAY IN ORDINARY TIME  
February 2016

6<sup>th</sup>/7<sup>th</sup>

### Mass Times

Saturday	5.30pm	The Intentions of the People of the Parish	
Sunday	10.00am		
Monday		St. Cuthman of Steyning	
	10.00am	Tom & Pat Hobbs RIP	
Tuesday		Weekday of the Year	No Mass
Wednesday		Ash Wednesday	
	10.00am		
	7.00pm	Tom & Pat Hobbs RIP	
Thursday		Thursday after Ash Wednesday	No Mass
Friday		Friday after Ash Wednesday	
	10.00am	Tom & Pat Hobbs RIP	
Saturday		Saturday after Ash Wednesday	No Morning Mass

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

	5.30pm		
Sunday	10.00am	The Intentions of the People of the Parish	

Sacrament of Reconciliation: Saturday, 4.45 to 5.15pm.

[5<sup>th</sup> Sunday in Ordinary Time - page 135 in the Parish Mass Book]

**LOURDES PILGRIMAGE FUND:** The retiring collection this weekend is the annual collection in support of the diocesan pilgrimage to Lourdes: the Fund helps with the expenses of sick pilgrims who might not be able to travel to Lourdes unless they receive financial help with their fare. As it is a diocesan collection donations can be gift-aided using a special purple envelope.

**COFFEE AFTER MASS:** There will be refreshments - and a chance to browse the "New to You" table-top sale - in the Hall after Mass: all will be most welcome.

**ASH WEDNESDAY:** There will be Mass, with the Blessing and Distribution of Ashes, this Wednesday at 10.00am and 7.00pm. Wednesday is also a day of fasting and abstinence: a meat-free and reduced menu for all who are not children or elderly.

**SELSEY FIRST RESPONDERS:** There will be a Valentine Cream Tea next Sunday from 2.30 to 5.30: attractions include a demonstration of medical equipment; children's fancy dress; side stalls.

**SPONSORED SWIM:** The annual fundraising swim will be in The Oasis Pool at Bunn Leisure Centre on Sunday, 28<sup>th</sup> February. Two lanes have been booked for a 12.00noon start. Swimmers (of all ages) are welcome to sign-on to swim as many lengths as they can manage. Sponsors are also wanted, to sponsor individuals or to sponsor "the team." There

are forms in the Church Porch for both swimmers and sponsors. All proceeds for the Building Maintenance Fund.

Arundel and Brighton Diocesan Trust is a Registered Charity No 252878

### FASTING AND SELF-DENIAL

The value of self-denial is being increasingly recognised in our secular age. Many people now have a “dry January” – after the Christmas festive season an alcohol-free month. Others have regular “media free” days or weekends, not switching on any social media or communicating electronically. Such regimes of self-denial clearly have benefits for ensuring health of body and mind but it would be wrong to think that the ancient practices of fasting in all religions traditions were purely “spiritual” – science and medicine have shown that fasting for religious reasons has proven benefits for body and mind.

The best known and most demanding religious fast is the month of Ramadan when Muslims have nothing to eat or drink between sunrise and sunset for a whole month. The major fast in Judaism is Yom Kippur when, like Muslims, Jews may not eat or drink for a whole day. Jews also have seven other less rigorous fast days throughout the year. Christians have two days of fasting and abstinence – Ash Wednesday and Good Friday – but are also encouraged to practice other forms of self-denial and penance throughout Lent.

Traditional spiritual fasting, and secular self-denial, are about self-discipline – the antidote to self-indulgence, dependency and, worse, addiction. However, fasting in the Christian tradition has a much more positive purpose: it is about making room for God’s love to enter more fully into the space cleared by whatever it is that I deny myself. Whenever I say “I must have...” or “I must do...” then the focus is on me and my dependency on the food, drink, entertainment, iPad, tablet, smart ‘phone or whatever I am convinced I must have or must do. Important those these things might seem it is possible to do without them for a short time and, during that short time, I can remember that, ultimately, the only thing I need to depend on is God’s life and love. The forty days of Lent begin next Sunday, but we are given a preamble from Ash Wednesday: time to ponder on what we can do without so as to make more space for God.

**RED BOX COLLECTION:** Thanks to all those who have returned their Red Missionary Box to be emptied: please collect your box if you haven’t already done so. There is a supply of empty Boxes looking for a home! If you would like to have one of the distinctive Red Boxes at home as a reminder of the responsibility we share to support the young Churches in missionary countries, please ask Teresa Jones (our new promoter for “Missio”) or Fr. John for one.

**LENTEN RETREAT DAY:** There will be a day of reflection and prayer on the theme of “Pilgrimage in the Year of Mercy” on Wednesday, 24<sup>th</sup> February. There will be Mass at 10.00am in Arundel Cathedral followed by a quiet day from 10.45am to 3.30pm at the Sussex Heritage Centre at Warningcamp near Arundel. The day includes Stations of the Cross and an opportunity for Confession. The cost for the day - £12.00 - includes refreshments and a cooked lunch. All are welcome: ‘phone Maria on 01903 884971 for more information and to book (by 20<sup>th</sup> February).

**PARISH CENTENARIES:** Bishop Richard has agreed to visit the parish on Friday, May 27<sup>th</sup> to launch our parish centenary celebrations - from 100 years since the first written record of a Catholic presence in Selsey in 1916 to the opening of the original St. Wilfrid’s Church in 1919. If you have any photos, newspaper cuttings or other memorabilia of people and events in the parish they could be used to help mount an exhibition in May. May we “borrow” them, copy them and return them? Please let Fr. John know if you would like to join a small “working party” to plan suitable ways of marking our centenary.

PLEASE PRAY FOR: Jacqui Brooker, Julian Davenport, Matt Davis, Max Foresheew, Nell Hassett, Margaret Kortens, Grace Ledger, Sean Mangan, Peggy Owens, Samantha Phillips, Sheilagh Roberts, John Topp, Theresa Watson and all in the parish who are sick.

*Please speak to Fr. John if you would like the parish to pray for you, or for someone in your family.*

Collections:	30 <sup>th</sup> /31 <sup>st</sup> January	Offertory Collection	£333.55p
		Church Maintenance Fund	£86.00p