

# The Parish of Our Lady of Mount Carmel & St Wilfrid, Selsey

The Presbytery, 12 Church Road, Selsey, West Sussex, PO20 0LS  
Phone: 01243 602312 Parish website: www.stwilfridselsey.co.uk

PARISH PRIEST: Father John Healy

**8<sup>th</sup> SUNDAY IN ORDINARY TIME**

**25<sup>th</sup>/26<sup>th</sup> February 2017**

## Mass Times

Saturday	5.30pm	Intentions of the Parish	
Sunday	10.00am	Gracie Foley RIP	
Monday		Weekday of the Year	
	10.00am		
Tuesday		Weekday of the Year	No Mass
Wednesday		Ash Wednesday	
	10.00am	Tom and Pat Hobbs RIP	
	7.00pm		
Thursday		Thursday after Ash Wednesday	No Mass
Friday		Friday after Ash Wednesday	
	10.00am		
Saturday		Saturday after Ash Wednesday	No Morning Mass

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

	5.30pm	Intentions of the Parish	
Sunday	10.00am	Sean Mangan RIP	

Sacrament of Reconciliation: Saturday, 4.45 to 5.15pm

*[8<sup>th</sup> Sunday in Ordinary Time – page 142 in the Parish Mass Book]*

**PALM BRANCHES:** The palm branches distributed on Palm Sunday last year will be gathered up and burnt after the morning Mass this Sunday, ready for the distribution of ashes on Wednesday. Please leave your palm branches in a special basket in the Church Porch.

**BAGS2THE FUTURE:** Thanks to everyone who has filled the special bags with surplus clothes, shoes and other personal and household goods. They will be weighed and collected during the week and the Building Maintenance Fund will receive a cheque, the amount based on the weight.

**ASH WEDNESDAY:** There will be the Blessing and Distribution of Ashes at Mass on Wednesday – at 10.00am and 7.00pm. – to mark the beginning of Lent and our penitential preparation for Easter.

**DAY OF FASTING AND ABSTINENCE:** Ash Wednesday is a Day of Fasting and Abstinence (as is Good Friday). All over the age of eighteen, but under sixty years, are obliged to fast on a day of fasting; all who have reached their fourteenth birthday are obliged to abstain from meat on a day of abstinence – those outside the respective age ranges may voluntarily fast or abstain if there is no risk to their health. Fasting in one main meal and two light snacks.

**WOMEN'S WORLD DAY OF PRAYER:** This year's Day of Prayer will be at St. Peter's Church: on Friday afternoon at 2.30pm. The theme will be "Am I Being Fair to You?" with the reflections and prayers chosen and prepared by the women of the Philippines. As a United Service for people of all denominations and faiths, and none, all are welcome to the Service of Praise and Worship.

## PRAYER, FASTING AND ALMSGIVING

There are those who firmly believe that all the ills in the world arise from a lack of discipline imposed on children and young people: they are able to get away with anything and everything because the adult world is unable to say “no!” Discipline is more often than not thought to be something imposed on one person by another: parent on the child; teacher on the student; officer on the private and so on. Our word comes from the Latin word *discipulus* which means a learner or a disciple – one able to accept knowledge or instruction. This definition hints at something more positive than just an external imposition; that real and effective discipline is something that we develop within ourselves: it comes from the heart.

No one will impose on us the three traditional “Lenten disciplines” – as the Gospel Reading for Ash Wednesday emphasises, no one need know we are practicing them “except your Father who sees all that is done in secret.” So we undertake them out of an internal conviction that they will lead us to a deeper holiness and greater goodness. There is always room for extra prayer in our daily lives – and Lent may a good time to try new ways of praying or to take up a daily reading of a few verses from the Bible. Fasting could lead us to focus on the difference between what I need and what I want: cutting back on the latter is always a good antidote to greed and self-indulgence. Almsgiving need not be just parting with cash for good causes: we can also give time to others – anything from a ‘phone call to an elderly or lonely relative to becoming more actively involved in service to others in the neighbourhood or wider community. Lent and Holy Week together add up to seven weeks: plenty of time between now and Easter to choose a few simple changes to our daily routine that might make a big difference in our relationship with God and with our neighbour.

**FIRST RECONCILIATION:** Next Saturday morning, following a brief service of reflection and prayer, the five children in this year’s First Communion Programme will celebrate the Sacrament of Reconciliation for the first time – make their First Confession. Please pray that they will experience God’s healing love in the Sacrament and will never forget that God always forgives.

**THE SPONSORED SWIM 2017:** This year’s swim will be next Sunday from 12.00noon to 2.30pm at the Oasis Swimming Pool. May we thank Bunn Leisure for again granting us the use of two lanes in the pool for our swim? This weekend is the last opportunity to sponsor an individual swimmer or the Team as a whole. There is a form in the Porch for sponsoring the Team. Support at the pool side is always appreciated if you would like to cheer on the swimmers next Sunday.

**CONFIRMATION PROGRAMME:** Eleven young members of the parish have applied to join the programme of preparation for Confirmation this year. They will be meeting regularly during the next few months to deepen their understanding of what it means to be a Catholic before making a personal decision about becoming a Confirmed Catholic in the summer. Please pray for them during this important time on their journey of faith.

**BOOKS AND BAKES:** Now that the Bags2theFuture have been collected there is even more room in the Church to receive any books you have that may be surplus to requirement. Donations for the Book Sale on March 25<sup>th</sup> can now be left in the Porch. Proceeds will be for the Church Maintenance Fund.

**NEW POSTERS:** Please see the notice boards for a new display of posters of events from around the diocese and beyond that may be of interest to people of all ages.

**PLEASE PRAY FOR:** Jacqui Brooker, Max Foreshew, Nell Hassett, Grace Ledger, Reon McSharry, John O’Shea, Samantha Phillips, Sheilagh Roberts 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:	18 <sup>th</sup> /19 <sup>th</sup> February	Offertory Collection	£365.73p
		Church Maintenance Fund	£58.16p