

## 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](http://www.stwilfridselsey.co.uk)

PARISH PRIEST: Father John Healy

**7<sup>th</sup> SUNDAY IN ORDINARY TIME**  
**February 2020**

**22<sup>nd</sup>/23<sup>rd</sup>**

### Mass Times

Saturday	5.30pm	Intentions of the People of the Parish	
Sunday	10.00am		
Monday		Weekday in Ordinary Time	No
Mass			
Tuesday		Weekday in Ordinary Time – Shrove Tuesday	No
Mass			
Wednesday		Ash Wednesday – <i>Day of Fasting and Abstinence</i>	
	10.00am	For the Well-being of Maureen Hoskin	
Thursday		Thursday after Ash Wednesday	No
Mass			
Friday		Friday after Ash Wednesday	
	10.00am	Richard McGonville RIP	
Saturday		Saturday after Ash Wednesday	No Morning
Mass			

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

5.30pm

Sunday	10.00am	Intentions of the People of the Parish	
Sacrament of Reconciliation:		Saturday, 4.45 to 5.15pm	

[7<sup>th</sup> Sunday in Ordinary Time – page 139 in the Parish Mass Book]

**PALM BRANCHES:** Please leave your palm branches from last year's Palm Sunday in a basket in the Porch. After Mass on Sunday they will be gathered up to be burnt to make the ashes for the Blessing and Distribution of Ashes during Mass on Ash Wednesday.

**ASH WEDNESDAY:** On Wednesday the Season of Lent begins. There will be Mass at 10.00am with the Blessing and Distribution of Ashes.

**FASTING AND ABSTINENCE:** Ash Wednesday (as well as Good Friday) is a day on which the Church obliges us to fast, and to abstain from meat, as a penitential sign. Everyone over the age of eighteen, but under sixty years, is obliged to fast; all who have reached their fourteenth birthday are obliged to abstain from meat. Those outside the respective age ranges may voluntarily fast or abstain if there is no risk to their health. A day of fasting means one main meal and two light snacks and abstinence from alcohol.

**LENTEN ALMS:** Lent is a time for practising the virtue of generosity, or of giving “alms” - one of the three great lenten disciplines, together with prayer and fasting. The alms given

in this diocese are for the Contemplative Orders of Women in Sussex and Surrey – the nearest being the Poor Clares at Crossbush, near Arundel. There will be a marked Wall Box in the Porch below the notice board beside the coloured glass window. Donations for the Lenten Alms will be brought to the Altar during the Procession of Gifts at the Mass of the Lord's Supper on Maundy Thursday.

Arundel and Brighton Diocesan Trust is Registered Charity No 252878

#### “CATHEDRAL DEANERY FORUM”

For those who didn't receive one last weekend there are a few remaining invitations to the special meeting for the parishes of the Cathedral Deanery at St Philip Howard Catholic High School in Barnham (PO22 0EN) on Saturday, 14<sup>th</sup> March from 10.00am to 1.00pm – a very important date for everyone's diary.

The invitation includes the programme for the day. There is a guest speaker, who will give the keynote talk on “The Future of Parish.” Fr Rob Esdaile is parish priest of Thames Ditton and who speaks and writes on a variety of topics, particularly on evolving pastoral structures and practices. Fr Peter Newsam, the Dean of the Cathedral Deanery, will give “A Deanery Perspective.” Members of local parishes will be able to talk about pastoral initiative and projects that are working well in their parishes and there will be an open discussion about what next!

As there will be parishioners from all the parishes of the deanery, car-sharing might help ease possible pressure on parking space at the School!

**SWIMATHON 2020:** Please note that the date for our annual Swimathon **has been changed to the following Sunday: 8<sup>th</sup> March**; otherwise it will be as planned in all other respects! There has been a very gratifying response to this year's Swimathon: the “sign-on” form for swimmers is very nearly full (there is an optimum number of swimmers permitted in the pool!). And thanks to all who have added their names to the form for sponsors – there's always room for more! The annual Sponsored “Swimathon” – at Bunn's Oasis Pool – will take place from 12.00noon until 3.00pm on Sunday, 8<sup>th</sup> March. We will be joined by Swimmers, and their supporters, from Selsey Community First Responders who are taking part in this joint Charity event. Bunn's is kindly allowing our Swimmers free entry to the Pool with the exclusive use of at least two lanes.

“A SPIRITUAL TOOLKIT FOR LENT” - A Parish Retreat Day. The parish of St Richard's in Chichester is happy to invite parishioners from St Wilfrid's to join them on Saturday, 7<sup>th</sup> March. The day begins in St Richard's Primary School for tea or coffee. There will be a talk in the morning and in the afternoon, given by Dom Stephen Ortiger, O.S.B., former Abbot of Worth Abbey. There will be Mass in St Richard's Church at 12.15pm and a Holy Hour in the afternoon, also in the Church. Please bring your own packed lunch, but coffee will be provided. The day ends at 3.45pm.

“24 HOURS FOR THE LORD” The local Church this year that will be open for 24 hours – from 10.00am on Friday, 20<sup>th</sup> until 8.00am on Saturday, 21<sup>st</sup> March – will be St Richard's in Chichester. It will be open, like Churches around the world, in response to Pope Francis' invitation to Catholics everywhere to find a little extra time to “Come and meet the Lord in prayer, praise and mercy” in preparation for *Laetare Sunday*: mid-way through Lent.

The Church will be open for the full 24 hours and throughout the Blessed Sacrament will be exposed for veneration. The 24 hours begins and ends with Mass. Priests will be available throughout Friday for those who would like to take the opportunity to receive the Sacrament of Reconciliation (go to confession). The programme will be published in full nearer the time.

PLEASE PRAY FOR: Angela Barnado, Jacqui Brooker, Joanne Donoghue, Max  
ForesheW, Magda Gallanti, Angela Goff, Nell Hassett, David Mortby, Brian Rogers, Cyril  
Wass 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  
£291.50p

16<sup>th</sup>/17<sup>th</sup> February 2020

Offertory Collection

£85.80p

Lourdes Pilgrimage Fund