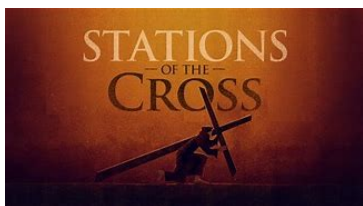


News from the Parishes of Holy Family, Pensby and Our Lady & St. John, Heswall

During Lent, the **Stations of the Cross** will be prayed following Mass or Service of Word and Communion on Monday and Tuesday



each week at Our Lady and St John and following Mass on Friday morning at Holy Family. If you wish to join the rota to lead this devotion, please phone Joan Gibson 342 3787 for Our Lady and St John or Jeff Telford for Holy Family.



LENTEN RECONCILIATION SERVICE

The Lenten Reconciliation Service for Our Lady and St John's, Holy Family and St Winefride's will take place at **6.30pm in St Winefride's Church, Neston on Monday 27th March** beginning with a Lenten Reflection at 6.30pm followed by Exposition at 7pm during which confessions will be heard.



Exposition of the Blessed Sacrament with Adoration

Every Tuesday morning from 9:30am - 10:30am after the Celebration of Word and Communion at 9:00am at Our Lady and St John.



Confession



Holy Family: 11:45am - 12 noon on Saturdays

Our Lady & St John: 5:15pm - 5:45pm on Saturdays

Parishioners who need our Prayers

Please remember in your prayers all those in both parishes who are sick at home or in hospital, including:

- Ken Davies
- David Gorman
- Imelda Atherton
- Sara Bull
- David Johnston
- Phil Shaw
- Irene Fitzpatrick
- Frances Ford
- John McNulty
- John Charles Smith
- Peter Ryan
- Bernard Davies
- Lauren
- Gerald Sanderson
- Carol Ross
- Kevin Doyle
- Molly Turner
- Joe Hemington
- Fred McCloud
- Lin Thompson
- Peter, Gary & Alan
- Phyllis Driscoll & Family





Please get in touch if you would like to add or remove someone from the list.

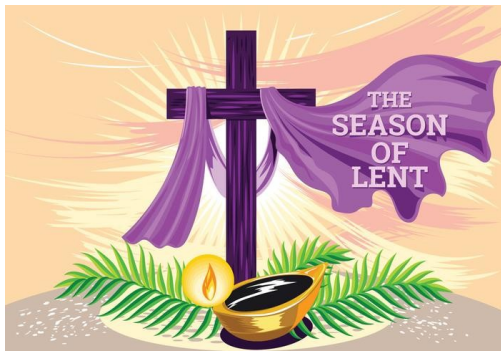
Come and Pray the Rosary



The Rosary will be prayed at Our Lady and St John's church at **9:30am each Saturday**, for the sick in the parish, our families and all the suffering in our world today. Please do come and join us.

Masses for the Week Commencing Sunday 12th March 2023

Sunday 12th March	3rd Sunday of Lent (Psalter Week III)	9:30 am	Holy Family	Mass - Rose Whelan Birthday
		11:15 am	OLSJ	Mass - Intentions of Ken Davies
Monday 13th March	Ferial	9:00 am	OLSJ	Mass - Frances Quigley R.I.P.
Tuesday 14th March	Ferial	9:00 am	OLSJ	Celebration of Word and Communion
Wednesday 15th March	Ferial	9:00 am	Holy Family	Mass - The Firth & Rolland Families
Thursday 16th March	Ferial	9:00 am	OLSJ	Celebration of Word and Communion
Friday 17th March	 St Patrick 		Holy Family	NO Mass
Saturday 18th March	St Cyril of Jerusalem	9:30 am	OLSJ	Come Pray the Rosary
		12 noon	Holy Family	Mass - Emma's Intentions for Jason
		6:00 pm	OLSJ	Mass - Tim Hetherington Anniversary
Sunday 19th March	4th Sunday of Lent (Psalter Week IV)	9:30 am	Holy Family	Mass - Margaret & Gordon Ramsey 50th Wedding Anniversary
		11:15 am	OLSJ	Mass - Andrew Deacon R.I.P.



Reflection on the Sunday Gospel

By Father Stephen

Jesus tired by the journey he has made sits straight down by Jacob's well, a place that is sacred to both Jews and Samaritans. A woman comes alone to draw water. Jesus surprises her by asking her for a drink. Jews do not associate with Samaritans. Jesus goes on to say that if she only knew what God is offering and who he is, she would be thirsting for living water. Living water means both fresh, flowing water and water that gives life. Those who drink this water will never thirst and will enjoy eternal life. She asks for this water, so she won't have to keep coming to the well. But she is really asking for something deeper. Jesus then asks her to bring her husband. When she says she has none, he says quite bluntly that she is correct because although she has had five, the one she is with now is not really her husband. That is why she is not popular with other women and has come alone to the well. She changes the subject by making an act of faith, "I see you are a prophet, Sir." From being a seeker, she becomes a missionary and leads many others to faith in Jesus not just as a prophet but as the Saviour of the World.

Why not try and Live Simply for Lent . . .



Lent Actions 2023 - Fasting, prayer and almsgiving.

Ideas to care for creation during Lent and to live more sustainably.

How about making a pledge for prayer in Lent?

Go to Stations of the Cross : following Mass or Service of Word and Communion on Monday and Tuesday each week at Our Lady and St John and following Mass on Saturday at Holy Family

Walk and pray in solidarity with the poor on the [CAFOD Big Lent Walk](#)

How about a Fast from Buying?

Buy less, buy second hand from charity shops.

Re-use, recycle, donate to charity shops.

Buy Fairtrade where possible.

Or a Fast from Energy

Turn down thermostats on heating.

Cook in larger batches for future meals.

Change to LED light bulbs.

Measure your Carbon footprint and make your own fast [WWF Footprint Calculator](#)

A Fast from Transport

Have a car free day each week/walk or cycle more/use public transport.

Combine tasks that require car use.

Share lifts.

If you stop for more than 10 seconds, switch your car engine off. [Stop Idling](#)

A Fast from Plastic

Avoid single use plastic.

Use re-useable cups.

Use a refill shop to refill with cleaning products, hygiene products etc.

Try clothes washing sheets or climate friendly laundry products.

[Best eco-friendly laundry sheets 2023: Fragrance-free to zero-waste detergent alternatives | The Independent](#)

A Fast from Waste

Plan at least one meat free meal each week.

Plan meals, shop for what you need.

Recycle well: take Blister packs (from tablets) at [Superdrug](#), used [postage stamps](#) and used batteries to supermarkets or the tip.

Find out what goes into our kerbside recycling bins. Go to [Home - RecycleRight](#) and share your knowledge!

<https://cafod.org.uk/campaign/livesimply-award>



The Big Lent Walk - Update

Despite the arctic conditions, the resolution of The **Holy Strollers** has not wavered [well it did a bit] and they managed another 7 miles bringing their total to 32 miles so far. The **Long Distance Walkers** have broken their silence and reported a figure of 20 miles. At an average of 10 miles a week they are clearly up to an impressive potential total of 60 miles. It is not too late for any parishioner or group to sponsor or even take up the challenge themselves. Remember it is not a race and you can set your own target.

Family Fast Day Envelopes

Don't forget to hand back your Cafod Family Fast envelope! You can return them via the offertory basket any time during March. You can donate directly at cafod.org.uk/lent.



Shrewsbury Diocese
Lourdes Pilgrimage

Diocesan Pilgrimage to Lourdes 2023

Booking are now open for this years Diocesan Pilgrimage to Lourdes. Under the leadership of Bishop Mark, the theme for our pilgrimage will be "... *tell the priests to build a chapel here*".

This years overland pilgrimage will depart on **Thursday 27th July returning on Friday 4th August**.

Those pilgrims wishing to fly will depart from Liverpool airport on **Friday 28th July** returning on **Thursday 3rd August**.

More details, brochure and booking forms are available on the pilgrimage website <http://www.shrewsburypilgrimage.co.uk>.

Young pilgrims (aged 16 - 22) who wish to join us in Lourdes and offer their time and energy to assist and serve the sick and elderly pilgrims are asked to contact Sandy Fairley at the Youth Mission Team (youth@dioceseofshrewsbury.org) for more details.



DIOCESE OF
SHREWSBURY

An Online Course on Vatican II

Thank you to those who have been in touch to say how interesting/ informative/ helpful/ even 'excellent'(!) you have found the first two podcasts. The next two on **Divine Revelation** are now available on the diocesan website at dioceseofshrewsbury.org. They are not time-bound and may be listened to any time. There are also 3 **handouts for downloading or printing**: An introduction to the document; A guided reading of the text; A suggested reading list for the whole course. A leaflet outlining the content of the podcasts is available in the parish.

Should you have difficulty accessing this material, any questions or reflections, don't hesitate to call Barbara Davies: 07730 526821.



DIOCESE OF
SHREWSBURY

DIOCESAN VACANCY RGN/ Welfare Officer

Due to the upcoming retirement of our current RGN/ Welfare Officer, the Diocese is looking to appoint a replacement. The Welfare Officer is expected to draw on their nursing skills and experience to effectively assist priests approaching retirement, those in retirement and those on sick leave. They will need to be proactive, caring and demonstrate safe and effective practice through a multidisciplinary approach.

They will require a current NMC pin and understand the Catholic faith. For application form please contact Pauline McCulloch

recruitment@dioceseofshrewsbury.org.

For further information please see link.

<https://www.dioceseofshrewsbury.org/wp-content/uploads/2023/02/Welfare-Officer-job-description-Feb-2023.docx> **Closing date Friday 24 March.**



We have a small Parish Library at the back of Our Lady and St John's church, with religious books that our parishioners are welcome to borrow. Please could people not add any new books to the library, without first seeking the permission of Father Stephen? Also, as you will be able to see, the shelves are at full capacity and we are unable to safely store any more donations. Thank you.

WALSINGHAM

A small group of parishioners will join a Liverpool parish on its pilgrimage to Walsingham from Friday 28th April to Monday 1st May. The cost is from £255 B&B and evening meal and coach travel included.

There are only 2 places left. For further details please phone Joan Gibson on 342 3787 ASAP.



Refreshments after Sunday Masses

Just a reminder that refreshments are available after both Sunday Masses at Holy Family and Our Lady and St John each week. Do come and join us for a cuppa and a chat after Mass.

Justice and Peace Group



The next Justice & Peace meeting will take place on **Monday 13th March** at

Holy Family Church at 7.30pm. The meetings are open to all parishioners from either parish, without any commitment - so why not come along and see what we do?



Red Missio Boxes

Would all box holders bring them into church for emptying/ counting.

Please leave in Sacristy or hand to, Ian Butler, Our Lady and St. John or John Wrigley, Holy Family. Donations also gratefully received.



The latest food item requests:

SHOPPING LIST

TINNED MEAT

TINNED FISH

SQUASH

SUGAR (SMALL PACKET IF POSSIBLE)

UHT MILK

TINNED CUSTARD

INSTANT MASH

TINNED FRUIT

PASTA SAUCE

PACKET SOUP



SVP Visiting

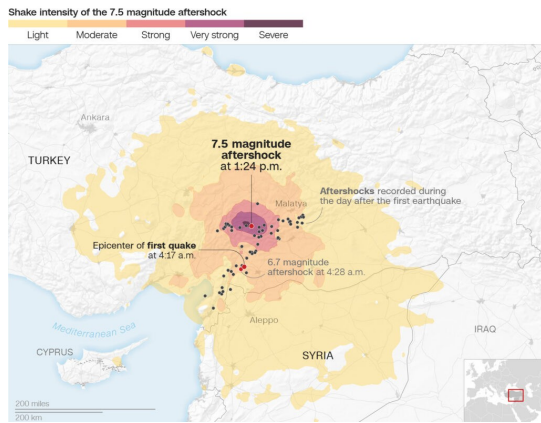
Do you know of someone who would like a visit of friendship and support? - If

the answer is YES please get in contact with us.

The essence of our work is person-to-person contact and spending time with people is our greatest gift.

If you know of someone who could benefit from our support, get in contact with us; Drop us a line via the Parish Secretary at contact@ourladyandstjohn.org.uk or put a note through the Presbytery door marked for the attention of the S.V.P.





TURKEY-SYRIA EARTHQUAKE APPEAL

On 6th February, a 7.9 magnitude earthquake has struck north-west Syria and Turkey. The death toll has surpassed 21,000 and continues to climb.

Following last week's earthquake in Turkey and Syria, many of you have been asking and looking for ways to help the thousands left injured and without shelter in the freezing winter weather. Both

CAFOD and **Cartias** have launched appeals to provide urgent food, water and shelter to survivors.



Caritas Confederation has been providing assistance from the very beginning.

"We are dealing with deaths that are going over 21,000 people already and I think what we're getting from the Caritas teams is that this is only a small snapshot of what's happening.

We're going to be facing a really difficult situation and a really long-term response" says Caritas Internationalis' Emergency Response Team Leader John Coughlin.

To donate to Caritas visit the website at www.caritas.org/turkey-syria-earthquake/



To donate to Cafod's appeal visit their website at cafod.org.uk. If you would rather not donate online, there will be envelopes available at the back of both churches and any donations collected will be sent straight to Cafod for this disaster appeal.

Thank you to everyone who has already donated to the impromptu collections that were held last weekend. A cheque has been sent to Cafod for

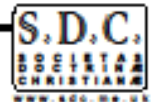
£679.10 from Our Lady and St John

£553.90 from Holy Family



Exodus 17:3-7
Psalm 94
Romans 5:1-2.5-8

Speak, Lord



SUNDAY LITURGY FOR CHILDREN

Year A — 3rd Sunday of Lent



Pray these words taken from today's psalm.

Today is the 3rd SUNDAY of LENT



Jesus meets the WOMAN from SAMARIA

Fill in the missing letters and colour in the picture.

GIVE ME
A D _ I _ K

YOU WANT ME
TO GIVE YOU
W _ T _ R ?!

ANYONE WHO
DRINKS THE WATER
I GIVE WILL
N _ V _ R BE
TH _ R _ T _ AGAIN

SIR,
GIVE ME
S _ M _
OF THAT
WATER.

Watch Sunday Mass
said
by Father Stephen
on our YouTube
channel Our Lady and St
John Heswall

<https://www.youtube.com/channel/UCyzzNjNscAoxuWubVYv04Lw>



Visit the parish

Website



at

www.rcchp.org.uk

**Ways to
Stay in
Touch with
Parish News**

Do you know
anyone that doesn't
have access to the
internet?



A paper copy of the
weekly newsletter can be
sent to them in the post.
Just drop a line to the
Parish Secretary.

Visit the
Holy Family Pensby
Facebook page



Have your contact
details changed
recently?
If they have,
please let the
Parish Secretary
know.

contact@ourladyandstjohn.org.uk

Sign up for the
weekly parish
newsletter via email
To join send an email to
Victoria Hanlon
contact@ourladyandstjohn.org.uk

