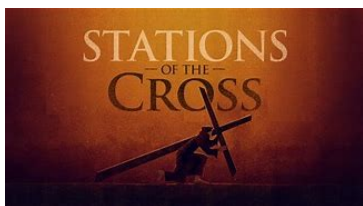


News from the Parishes of Holy Family, Pensby and Our Lady & St. John, Heswall

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
- Koumar Ray



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

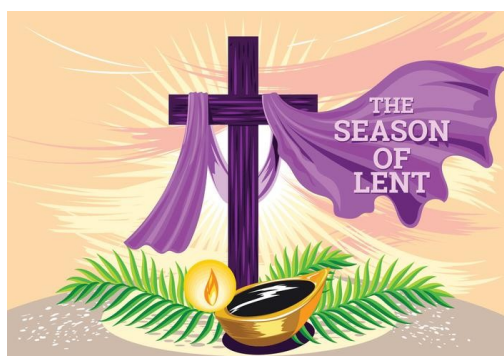


Come and Pray the Rosary

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 19th March 2023

Sunday 19th March	4th Sunday of Lent (Psalter Week IV)	9:30 am	Holy Family	Mass - Maret & Gordon Ramsey 50th Wedding Anniversary
		11:15 am	OLSJ	Mass - Andrew Deacon R.I.P.
Monday 20th March	St Joseph	9:00 am	OLSJ	Mass - Maureen Lunt R.I.P.
Tuesday 21st March	Ferial	9:00 am	OLSJ	Celebration of Word and Communion
Wednesday 22nd March	Ferial	9:00 am	Holy Family	Mass - Mike Rolland R.I.P.
Thursday 23rd March	St Toribio of Mogrovejo	9:00 am	OLSJ	Mass - Christine Johnson R.I.P.
Friday 24th March	Ferial	9:00 am	Holy Family	Mass - Mr & Miss P.J. Casson Deepest Sympathy
Saturday 25th March	The Annunciation of the Lord	9:30 am	OLSJ	Come Pray the Rosary
		12 noon	Holy Family	Mass - Intentions of Janet
		6:00 pm	OLSJ	Mass - Luca Bichi Ruspoli Ferteguerri R.I.P.
🕒 🕒 British Summer Time Begins - Clocks Go Forward One Hour Tonight 🕒 🕒				
Sunday 26th March	5th Sunday of Lent (Psalter Week I)	9:30 am	Holy Family	Mass - Douglas Thomson R.I.P.
		11:15 am	OLSJ	Mass - Andrew Deacon R.I.P.



Reflection on the Sunday Gospel

By Father Stephen

Jesus only appears briefly at the beginning and end of today's gospel. The healing of the man born blind is told very concisely so that the works of God may be made manifest in him. The real drama of the story flows from the interaction between the man born blind, who up to now has had to beg and his accusers. After

washing in the pool of Siloam the man returns seeing and is greeted by neighbours who can't believe he was the one born blind. He replies, "I am the man." When asked how he was cured he repeats what Jesus told him to do. The Pharisees are concerned about the healing taking place on the Sabbath and the man says, "He is a prophet." When the man's parents are summoned, fearful of being expelled from the synagogue, they say, "He is old enough, ask him." The man cured of his blindness grows in courage and witnesses not only to what Jesus did but who he is. "If this man were not from God, he would not be able to do anything." In anger the Pharisees drive him away as a sinner. Jesus finds him and asks, "Do you believe in me?" He does and Jesus says, "I came into this world for judgement, so that those without sight may see, and those with sight turn blind."

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 Friday 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

A slight improvement for *The Holy Strollers*, - they managed 8 miles, although against strong headwinds. This brings their total up to an impressive 40 miles so far. Once again there is no news from *The Long Distance Walkers*. Perhaps they are so remote that there is no signal. I do hope they haven't been blown away.

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 caford.org.uk/lent.



DIOCESE OF
SHREWSBURY

DIOCESAN VACANCIES

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 24th March.

Youth Mission Team Member

The Diocese is looking to recruit a Youth Mission Team Member to engage with young people in schools and parishes across the Shrewsbury Diocese, based in Stockport. The full-time employee will be a key member of the team led by the Director. Salary £19K to £22K depending on experience.

For more information please visit <https://www.dioceseofshrewsbury.org/latest-vacancies/>

For application form please contact Pauline McCulloch recruitment@dioceseofshrewsbury.org

Closing date Friday 7th April 2023.



Big Brekkie A date for your diaries

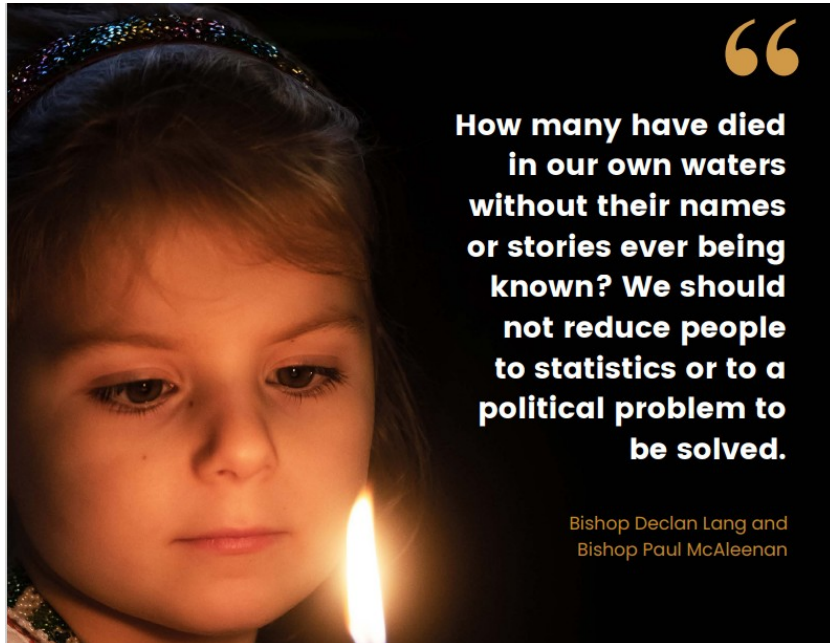
This year's Big Brekkie will be on **13th May from 10am until midday**. Minimum donation £6 to include juice, muffins, croissants, pastries, fruit, tea/coffee. All Proceeds to Christian Aid.

Helpers needed - we need help on the day. If you can help set up, serve breakfast or clear away, can you let me know? You don't need to commit to the whole time. Please leave me (Suzy) a message on 342 6326 or by email suzy.smallwood1963@gmail.com.



Offertory Box Holders at Holy Family

Could the owner of the box of Offertory Envelopes, number 34 please get in contact with me, Victoria Hanlon at contact@ourladyandstjohn.org.uk ? I have received some donations through the envelopes but am not sure if I am able to gift aid them or not, as the box is not registered to a person. Thank you.



“

**How many have died
in our own waters
without their names
or stories ever being
known? We should
not reduce people
to statistics or to a
political problem to
be solved.**

Bishop Declan Lang and
Bishop Paul McAleenan

LOVE THE STRANGER

A Catholic Response to Migrants and Refugees

“Every migrant has a name, face and a story” Pope Francis

There has been a lot of publicity in the news over the past couple of weeks about Migrants and Refugees. The Catholic Bishops' Conference of England and Wales' Department for International Affairs has produced a document about the Catholic response to migrants and refugees.

The document can be accessed via the Diocesan website at:

[CBCEW-Love-the-Stranger.pdf \(dioceseofshrewsbury.org\)](https://www.dioceseofshrewsbury.org/CBCEW-Love-the-Stranger.pdf)

If you do not have access to the internet and would like a paper copy, please just ask Father Stephen and a paper copy will be made available.



**THANK YOU
TO THE CO-OP!**

**co
op**

A big thank you to our local Co-op Supermarket in Pensby, for the very generous donation of the many samples of the Fairtrade goods which are on their shelves. This enabled us to provide the free raffle which we held at Holy Family church last Sunday. Do consider this opportunity to help the small farmers compete for a living against unfair competition.



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.



Ceilidh for the Climate at St Agnes' Parish Hall, West Kirby

We've all missed seeing each other socially over the last few years. Come to connect with old and new friends, for a good cause, at the Ceilidh for the Climate, at St Agnes Hall, on **Saturday 25th March**. Doors open at 7pm, Ceilidh starts at 7.30pm. Tickets £5 at the door, or after 10.30am Mass on Sunday at St Agnes. Under 18s free. Bring your own bottle.



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.



St Francis' Corner

About the wonderful
forty days fast of St. Francis.



This account is taken from the *Little Flowers of St. Francis*. (Fioretti), which was written around 100 years after the death of St. Francis. It was taken from an oral tradition transmitted by some of his closest friends. As such it may not be entirely accurate. It has, however, succeeded in capturing the very essence and message of St. Francis.

Once, when St. Francis was staying with a friend near the Lake of Perugia (Trasimene) he was inspired by God to spend Lent on an island of that lake, where no one lived. His friend rowed him there on the night of Ash Wednesday so that nobody should perceive it. Francis took with him two small loaves of bread, and asked his friend not to reveal to anyone where he was, and not to come for him before Holy Thursday. Francis took shelter in a thicket of small trees and thorn bushes where he prayed and contemplated heavenly things.

All through Lent he ate and drank nothing except half of one of the little loaves of bread, as his friend discovered when he came for him on Holy Thursday. It is believed that St. Francis ate the other half out of reference for the fast of the Blessed Christ. And so with that half he drove from himself the poison of pride while according to Christ's example he fasted forty days and forty nights.

Later, through his merits, God performed many miracles in that place, and a walled village was built on that island where men and women still have great reverence and devotion for the place where St. Francis kept that Lent.



March 25th 8.30pm

**Give an Hour for Earth by spending 60 minutes doing something -
anything - positive for our planet**



On Saturday 25 March at 8:30pm, millions of people across the globe will unite to show that they care about the future of our planet, by switching off for one hour.

In the UK and around the world, nature – our life support system – is in crisis. We all need nature. And nature needs us to stand up for it every day. It's easy to feel overwhelmed by the scale of the challenge – to restore our natural world and prevent catastrophic climate change. Together we can make small, positive changes to bring our world back to life. We all have a part to play – and Earth Hour is a great place to start.

*Learn more About Our Planet * Inspire Others to Care for Our Planet
Reconnect With Our Planet * Restore Our Planet*

You can find a lot of information online by exploring these links:

<https://www.earthhour.org>

<https://www.wwf.org.uk/earth-hour>

