

### Fasting rules for Lent that all Catholics are obligated to observe:

1. On Ash Wednesday (2/14) and Good Friday (3/29), you can only eat one full meal and two smaller meals that do not add up to a full meal.
2. No Meat on Fridays as usual.
3. If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the “paschal fast” to honour the suffering and death of the Lord Jesus and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

The above mortifications is the bare minimum. You can add the following measures to do Lent on hard mode.

### **Suggested observances that can help improve your Lent:**

1. Fasting from Social media
2. No food on all Fridays, as well as Ash Wednesday and Good Friday
3. Sleeping on the floor
4. No meat, dairy, eggs, or animal fats
5. No relaxing Lenten practices on Sunday
6. Limiting electronics or TV
7. Giving up hobbies such as video games, digital entertainment, or any other equivalent activity
8. No sugar, including sweet drinks
9. No drinks besides water

Try upping your Lenten difficulty settings this year, while maintaining or increasing your daily prayer, and see how much progress you make conquering besetting vices while growing closer to Our Lord.

**Bonus suggestion:** Try adding a new prayer or devotion.

Remember, Lent is a boot camp for the Church militant. God wants to give you all the graces you need to conquer the Enemy who wants to despoil your soul. But God also wants us to cooperate with His grace, so show him you're serious. Turn up your Lenten difficulty setting at least one notch this year.

With every blessing for the coming week, Fr. John

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**Facebook:** [www.facebook.com/SMandSJB](https://www.facebook.com/SMandSJB)

NRCDD Company No: 7151646 Registered Charity No: NRCDD 1134449

**Easy Fundraising, support us at:**

[https://www.easyfundraising.org.uk/causes/st-marys-and-st-john-bosco-rcp/?utm\\_campaign=raise-more&utm\\_medium=email&utm\\_content=rm-en-n1](https://www.easyfundraising.org.uk/causes/st-marys-and-st-john-bosco-rcp/?utm_campaign=raise-more&utm_medium=email&utm_content=rm-en-n1)

**Diocesan Future Events:** <https://www.dioceseofnottingham.uk/events>

**St. Mary's, St. John Bosco and St. Edward's**

**First Week of Lent**

**Email:** [cathparishmje@dioceseofnottingham.uk](mailto:cathparishmje@dioceseofnottingham.uk)

**Website:** [cathparishmje.co.uk](http://cathparishmje.co.uk)

**Phone:** 07354 832195

### Saturday 17<sup>th</sup> February - Anticipation of the First Sunday of Lent

**5pm** St. Edward's, **Choir Practice**

**5:20pm – 5:50pm** St. John Bosco, **Confessions**

**6pm** St. John Bosco, **Holy Mass** All Parishioners

### Sunday 18<sup>th</sup> February – First Sunday of Lent – Psalter Week 1

**9am** St. Edward's, **Holy Mass** Lilly Bracken RIP

**11am** St. Mary's, **Holy Mass** Maureen Mullaly RIP

**Tea, Coffee, and Biscuits after both morning Masses in the Halls**

**Confessions after 11am Mass at St. Mary's**

### Monday 19<sup>th</sup> February – Feria

**6:15pm** St. Mary's, **Choir Practice** New Members always welcome

**7pm** St. Edward's, **Lenten Reflections** All Welcome

### Tuesday 20<sup>th</sup> February – Feria

**10am** St. John Bosco, **Holy Mass** Simon and Rosie Spence

**Confessions after 10am Mass at St. John Bosco**

**12pm** St. John Bosco Hall, **Friendship Club**

**1:30pm** St. Marys, **Funeral Service** Geraldine Brabham RIP

**7:10pm** St. Mary's, **Exposition, Adoration and Benediction**

**7:45pm - 8:30pm** St. Mary's Hall, **Discipleship Group: Ascension, Judgement**

### Wednesday 21<sup>st</sup> February - Feria

**10am** St. Edward's, **Holy Mass** Ray Eaton RIP

**Confessions after 10am Mass at St. Edward's**

### Thursday 22<sup>nd</sup> February – The Chair of St. Peter

**10am** St. Mary's, **Holy Mass** Sheila Cully RIP

**Confessions after 10am Mass at St. Mary's**

**6:30pm** St. Mary's, **Encounter Group (For seekers, adult baptism, RCIA)**

### Friday 23<sup>rd</sup> February – Feria

**7pm** St. Edwards, **Stations of the Cross**

**7:30pm** St. Marys, **Stations of the Cross**

### Saturday 24<sup>th</sup> February - Anticipation of the Second Sunday of Lent

**5pm** St. Edward's, **Choir Practice**

**5:20pm – 5:50pm** St. John Bosco, **Confessions**

**6pm** St. John Bosco, **Holy Mass** Mike Beerman RIP

## Sunday 25<sup>th</sup> February – Second Sunday of Lent – Psalter Week 2

**9am** St. Edward's, **Holy Mass** All Parishioners

**11am** St. Mary's, **Holy Mass** Jacky Bell RIP

**Tea, Coffee, and Biscuits** after both morning Masses in the Halls

**Confessions** after 11am Mass at St. Mary's

**4:30pm** St. Mary's, **Altar Server Preparation** for the Easter Triduum

## Question 12 The Compendium of The Catechism of the Catholic Church

### **What is Apostolic Tradition?**

Apostolic Tradition is the transmission of the message of Christ, brought about from the very beginnings of Christianity by means of preaching, bearing witness, institutions, worship, and inspired writings. The apostles transmitted all they received from Christ and learned from the Holy Spirit to their successors, the bishops, and through them to all generations until the end of the world.

### St. Mary's & St. John Bosco Finances

**Total Income 8/2 – 14/2 = £1,769.97**

**Total Outgoings 8/2 – 14/2 = £684.89**

**St. John Bosco Fire Door Donations Received So Far: £2,215**

### St. Edward's Finances

**Total Income 8/2 – 14/2 = £805.63**

**Total Outgoings 8/2 – 14/2 = £259.99**

### Please Pray for our Departed

**Funeral Service** Wigston Cemetery Chapel, **Monday 4 March 2:15pm**. Martin Lynch RIP

**Funeral Service** St. Mary's, **Thursday 7 March 12 noon**. Barbara McConnell RIP

**Funeral Service** Countesthorpe Crematorium, **Friday 8 March 1pm**. Janet Draper RIP

Please pray for the **repose of the soul** of **Mick Dale** RIP

**Easter Lilies:** Envelopes are now available in the porches at both St Mary's and St John Bosco for you to dedicate an Easter lily for your deceased relative or loved one. Dedications are £3 per lily. Please complete the form with name of dedication and your donation. Please return envelope to Rita Hankey, Lynne Ryan, or Bernadette Grimes.

**Helping at Mass:** Do pick up one of the leaflets from the porches which explain what is involved in each role so you can make an informed decision about where to help.

**Passports to the Sacraments:** Don't forget to exchange your old passport for a new one this weekend. The old ones ran out last Sunday.

**Cuisine of India:** Thank you to all those who have signed up – and paid up – for the meal at Cuisine of India in aid of church funds. We look forward to seeing you all at **7pm** at the venue on **Monday 19 February**. We are all looking forward to a lovely meal in relaxed surroundings and good company. Don't forget your raffle prize.

**CAFOD Representative:** **Abigail** from **CAFOD** will be with us over the weekend of **24/25 February** to thank us for our support over the years. We look forward to meeting her.

**Children's Liturgy:** A reminder that we are asking **all parents** of children who attend Children's Liturgy at SM to stay behind after the **11am Mass next Sunday, 25 February**, just for a few minutes, so that we can explain some changes we are required to implement.

**First Holy Communion:** Classes will start again after half term. **Tuesday 27 February** at **Holy Cross School** at **3.15pm**. **Thursday 29 February** in **St. John Bosco Hall** at **6pm**. I look forward to seeing you all again then. Hilari.

**Lenten Lunch for Cafod:** On **Friday 1 March** preceded by **Stations of the Cross at 12 noon** in **St. John Bosco church** led by children from Holy Cross School. I do hope that as many people as possible will support both the children, as they practice hard to do this well – and walk a long way to get there! - and the lunch for CAFOD. It would be much appreciated if people could volunteer to make soup, please contact Trevor on: **0116 2773280** or Hilari on: **07734 690611**.

**World Day of Prayer 2024:** **Friday 1<sup>st</sup> March** at **2pm** at the **United Reformed Church, NWSL College, Blaby Road, South Wigston, LE18 4SD**. Prepared by the Christian Ladies of Palestine. All Welcome

**St. Mary's Camping Club (SMCC) - A.G.M** held in St. John Bosco Parish Hall at **4:30pm** on **Saturday 2<sup>nd</sup> March**. All members are invited to attend. If you are interested in joining us or want to know more, please feel free to come along to the meeting or ring Paul Turner on **07759 902 214**.

**LACY "Big Lent Walk" for CAFOD:** **Sunday 17 March 2024** commencing from St. Mary's, Countesthorpe Road, South Wigston, LE18 4PG at **2pm**. **Celebration of Mass at 4pm** praying for all those in the areas of conflict in the world. For more details of the afternoon email: [paulinepayne@hotmail.com](mailto:paulinepayne@hotmail.com) for sponsor forms and details of Just Giving Account or just turn up at 2pm where this information will be available.

**PAT Testing:** Anyone interested in doing this work please contact the Office

**How do I know if God is calling me to be a Priest?** Do you want to speak to someone about whether God might be calling you to the priesthood? Contact Fr Neil Peoples, Vocations Director, at [vocations@dioceseofnottingham.uk](mailto:vocations@dioceseofnottingham.uk) or call **01283 564814**.

### Easter Triduum – The Three Holiest Days of Holy Week

The Easter Triduum will be held at **St. Mary's**.

**Holy Thursday 7:30pm, Good Friday 3pm, The Easter Vigil 7:30pm**

**Sunday 31 March - 9am** St. Edward's **11am** St. Mary's

**Eyres Monsell Lifts to Church** Please contact the office for help to get to Church.

### Lenten Practices

4 things to think about: **Death, Judgement, Heaven, and Hell**

3 things to do: **Pray, Fast and give Alms**

2 things to avoid: **Mortal and Venial Sins**

1 place to go: **the Confessional for your yearly duty**