



Our Lady of the Angels, East Leake

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25th February - 5th March 2023: First Sunday of Lent

Preface: The Temptation of the Lord, Eucharistic Prayer 3, Memorial Acclamation 3

Saturday <i>Vigil Mass</i>	25 th February	6.00 pm	Reg Clarke (RIP)
Sunday <i>First Sunday of Lent</i>	26 th February	11.00 am	Elizabeth Staley (RIP)
Monday <i>Lenten Feria</i>	27 th February	10.00 am	Fr. Martin Orme (RIP)
Tuesday <i>Lenten Feria</i>	28 th February	10.00 am	Service of the Word & Communion followed by Exposition
Wednesday <i>St. David</i>	1 st March	7.00 pm	Patricia Green
Thursday <i>Lenten Feria</i>	2 nd March		
Friday <i>Lenten Feria</i>	3 rd March	7.00 pm	Stations of the Cross
Saturday <i>Vigil Mass</i>	4 th March	5.30-5.50 pm Confessions 6.00pm Mass	Simcock Family (RIP)
Sunday <i>Second Sunday of Lent</i>	5 th March	11.00 am	Narcisa (RIP)

Confessions can be heard before the Saturday evening Mass (5.30-5.50) or by making an appointment with Fr Michael.

Lenten Stations of the Cross

During Lent there will be Stations of the Cross at 7pm each Friday evening. Please also remember to take your free Walk With Me Lent booklet from the narthex.

CAFOD Family Fast Day

CAFOD's Family Fast day takes place on Friday 3rd March, envelopes will be given out this weekend and the following weekend there will be a basket in the porch to return your envelopes. This Lent, CAFOD is supporting families with the skills and tools they've asked for to fight the climate crisis. For example, in Bangladesh, 14 year old Dristy and her mum Rupali are building seed beds and planting palm trees to protect their crops from flooding and cyclones. Giving on this Family Fast Day will help families like these to grow in strength to adapt to the climate crisis.

Bishop Patrick's Pastoral Letter

A Pastoral Letter from our Bishop will be read at this weekend's Masses. In it, the Bishop will refer to a leaflet on the Eucharist which you are encouraged to read and reflect on. Please take a copy of the leaflet home with you at Mass if you have not received a copy on line. Additional copies are also available for you to take away if you are able to share it with someone who has not been to Mass for some time.

Ordination to the Permanent Diaconate of Keith Hannah

This will take place at St Barnabas Cathedral, Saturday 8th July 2023 at 12:00 and this is an open invite to anyone who would like to attend. Keith is arranging a coach to do a pick up at Our Lady of the Angels, East Leake and another pick up at St Margaret Clitherow, Keyworth on the way and the return trips also (times to be confirmed nearer to the date). There will be refreshments and sandwiches in the Cathedral Hall afterwards and transport back to your pick up points. In order to make the arrangements Keith just needs to work out numbers and coach seats required. There is a sign-up sheet in the narthex and he would really appreciate you adding your name if you're interested in joining him. Please keep Keith in your prayers, and he hopes you are able to come and share this extremely special experience with him.

Irish Night!

Tickets for the Irish Night on 17th March are now on sale after weekend masses. Tickets are £10 each and include supper (children are free). The celebrations start at 7pm in the parish room. A bar is available. We look forward to seeing you there!

Margaret Clitherow: The Pearl of York

The Bar Convent Living Heritage Centre will be sharing new research, alongside never before seen archive material, to mark the anniversary of her death (March 25th, 1586) and International Women's Day (March 8th). The display will be open between 1st March – 1st July 2023. Visit www.bar-convent.org.uk for further information, or see poster in narthex.

Thank you...

This marks the last newsletter by our outgoing parish administrator, Nicky Davis, and I wanted to offer my sincere thanks to her for her hard work and dedication over the last few months. Nicky is still a parishioner here and will also be the catechist for the First Holy Communion classes, so it is not a final farewell! I'm sure you will all join me in wishing her much luck in her new role as a school administrator. A new parish administrator is in the process of being appointed and should join us shortly.

New Parish e-mail address

Please note we now have a new parish e-mail address to contact the parish administrator:
ourladyofangels@dioceseofnottingham.uk

Diocese News:

Would you like a new spiritual challenge this Lent?

Do you want a challenge which is more than giving something up? From Wednesday 22nd February (Ash Wednesday), you're invited to join other Christians in 40 days of prayer and fasting for an end to abortion in our community. You're also invited to stand and peacefully pray during a 40-day vigil in the public right-of-way outside the BPAS abortion clinic in Stapleford, offer practical alternatives to abortion for women who need it, and help spread the word about this important community outreach. More information about this global prayer movement, which has saved the lives of thousands of unborn children, is at www.40daysforlife.com/Nottingham Contact John on 07757 815625 or 40daysforlifenootts@gmail.com Jesus said, *Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.*

Everyday Miracles of Lourdes

Everyday miracles of Lourdes in Conversation with Marlene Watkins. When you feeling like you're drowning in the day to day life, overwhelmed by memories and hurt, miracles are happening, and can happen to you. Come and hear Marlene Watkins speak about her new book 'Everyday Miracles of Lourdes' and learn how God still heals his people today through the intercession of the Lady in the Grotto. Nottingham Cathedral Hall's Ellis Room (NG1 5AW) on **Thursday 2nd March**, 7.30pm – 9.00pm. More details can be found at: <https://www.youtube.com/watch?v=-dTMDioFC7I>

Introduction

During Lent, by almsgiving, prayer and fasting we reflect on the Kingly, Priestly and Prophetic Mission given to us in Baptism, when we became members of Christ's body, the Church, called to share his life to the fullest. Our communion with God and with one another is expressed most beautifully when we gather, in our parishes and other communities, to celebrate the Eucharist, the source and summit of the Church's life.

This booklet will help us reflect on the centrality of the Eucharist in our lives, and to prepare us to receive the Precious Blood from the Chalice once again in our Diocese, beginning with the Mass of the Lord's Supper on Maundy Thursday this year.

Pope Francis describes our parishes as places of welcome, 'schools of service and generosity, with their doors always open: to those who are excluded, and those included – to all.' Let us pray that our celebration of the Eucharist will lead them to be such places.



The Introductory Rites

WE GATHER We gather as one – we may arrive at our churches individually or as families, but we gather as one.

Why do we celebrate Mass on Sundays?

Sunday is the Lord's Day – the day of Creation and the day of Resurrection! We are an Easter People, and 'Alleluia' is our song! And so we are obliged, out of our love for God and neighbour, to gather on Sunday to celebrate Mass, and also to rest. But if we cannot gather, e.g., because we are ill, the obligation does not apply.

How do we prepare to celebrate Mass?

We should also gather in good time so that we can bless ourselves with holy water, genuflect to the Blessed Sacrament, find our place and settle down ready to celebrate Mass. Pope Francis teaches us that 'The Eucharist is not a prize for the perfect, but a powerful medicine and nourishment for the weak;' we should also be properly disposed to celebrate Mass and receive Holy Communion, examining our consciences and celebrating the Sacrament of Reconciliation if we are conscious of having committed grave sin – priests are available in all our parishes to hear confessions.

The Liturgy of the Word

WE LISTEN In the Liturgy of the Word we listen as one – to the First Reading, from the Old Testament or Acts of the Apostles, the Second Reading, from the New Testament, the Gospel and the Homily, responding in the Psalm, Profession of Faith and Prayer of the Faithful.

How do we listen carefully?

It can be quite a challenge to listen attentively to all the readings at Mass! We should listen to the readings, join in the prayers, sing the hymns and take part in the silence as best we can. One good way of preparing is to read the Sunday readings beforehand so that we're ready to hear them in church. St Jerome says that 'Ignorance of Scripture is ignorance of Christ'.

The Liturgy of the Eucharist

WE OFFER In the Presentation of the Offerings and Eucharistic Prayer, we offer as one, taking part in the sacrifice of praise, for the Mass remembers the Last Supper as Sacrament, re-presents the Crucifixion as Sacrifice, and looks forward to the Resurrection as Celebration.

What do we call the bread and the wine?

Before the Consecration, when the Celebrant says 'Take this, all of you, and eat of it...' and 'Take this, all of you, and drink from it...' it is bread and wine. But after the Consecration it is the Body of Christ under the appearance of bread and the Blood of Christ under the appearance of wine, and so we should call it the Body of Christ' or 'the Sacred Host' and the Blood of Christ or 'the Precious Blood'.



WE RECEIVE In the Communion Rite, we receive as one. We say the Lord's Prayer, exchange a sign of peace and kneel to prepare ourselves to receive Holy Communion, making sure that we are properly disposed to receive the Body and Blood of Christ, God's greatest gift that keeps on giving. **"The Body of Christ: Amen. The Blood of Christ: Amen."**

How do we receive Holy Communion?

We process forward to the Altar, bow before the Sacred Host and say 'Amen' when the minister says, 'The Body of Christ'. We receive it on the tongue, or on the palm and place it on our tongue straight away. Then we consume it immediately. If we are receiving the Precious Blood, we bow before the Chalice and say 'Amen' when the minister says, 'The Blood of Christ'. We take the Chalice, consume the Precious Blood and return it to the minister. We then return to our place, kneel or sit, and make our thanksgiving.

Do we have to receive Holy Communion from the Chalice?

The Church teaches that the Body, Blood, Soul and Divinity of Christ is present in both the Sacred Host and Precious Blood, and so there is no obligation to receive Holy Communion from the Chalice. However, the Eucharist is a sign of our unity in our diversity as the body of Christ, and so the Church teaches that Holy Communion 'has a fuller sign when it takes place under both kinds, for in this form the sign of the Eucharistic banquet is more clearly evident and clearer expression is given to the divine will by which the new and eternal Covenant is ratified in the Blood of the Lord'. However, 'Christ, whole and entire, and the true Sacrament, is received even under only one species, and hence that as regards the resulting fruits, those who receive under only one species are not deprived of any grace that is necessary for salvation'.

What if I cannot receive Holy Communion?

If you have not received your First Holy Communion, or if for another reason you cannot receive Holy Communion, many people go forward to receive a blessing, indicating their intention by crossing their arms. We all receive God's blessing at the end of Mass, but processing to the Altar could be a way of making 'a spiritual communion' –and getting young children used to processing to the Altar with their families.

What do we do when we get back to our seats?

We should kneel or sit and make our thanksgiving, either by singing the hymn or by praying quietly, maybe saying, 'O Sacrament most holy, O Sacrament divine, all praise and all thanksgiving be every moment thine,' or 'Lord Jesus, make me a better person, more considerate towards others, more honest with myself and more faithful to you.'

O Sacrament most holy, O Sacrament divine, all praise and all thanksgiving be every moment thine.

The Concluding Rites

WE ARE SENT In the Concluding Rites, we are sent out as one, receiving God's blessing to be his presence in the world in which we live.

Why is 'Mass' called 'Mass'?

It comes from the Latin words of the dismissal at the very end of Mass – *Ite, missa est*. We are sent out in peace to love and serve the Lord, as we have all got a mission to announce the Gospel of the Lord and glorify him in our lives. This means that our 'Amen' to the Lord in Holy Communion is to be an 'Amen' to him in all people and in the world in which we live, seeing him in others and serving him in others, so that what we celebrate at the Altar becomes a reality in our daily lives until we can gather again to celebrate the Eucharist, our great thanksgiving to almighty God.

'Human beings all over the world today need nourishment. And this nourishment is not just to satisfy physical hunger. There are other hungers – for love, for immortality of life, for affection, for being cared for, for forgiveness, for mercy. This hunger can be satiated only by the bread that comes from above. Jesus himself is the living bread that gives life to the world. His body offered for our sake on the cross, his blood shed for the pardon of the sins of humanity is made available to us in the bread and wine of the Eucharist transformed in the consecration.

'But the Eucharist does not end with the partaking of the Body and Blood of the Lord. It leads us to solidarity with others. The communion with the Lord is necessarily a communion with our fellow brothers and sisters. And therefore, the one who is fed and nourished by the very body and blood of Christ cannot remain unaffected when he sees his brothers and sisters suffering want and hunger. Those nourished by the Eucharist are called to bring the joy of the gospel to those who have not received it. Strengthened by the living Bread we are called to bring hope to those who live in darkness and in despair.'