

Parish OF THE ENGLISH MARTYRS Goring Way

28.02.2021

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Arundel & Brighton Diocesan Trust is a Registered Charity No: 25287

The Second Sunday of Lent

Saturday	27 th	6.00 pm	Jessica Forte RIP
Sunday	28 th	8.15am	Winifred Aherne RIP
		10.30 am	Amelia MacDonald RIP
Monday	1 st	9.30 am	The Parish
Tuesday	2 nd	9.30 am	Amelia MacDonald RIP
Wednesday	3 rd	9.30 pm	Toni Judd RIP
Thursday	4 th	9.30 am	In Thanksgiving
Friday	5 th	9.30 am	Yvonne Carroll RIP
Saturday	6 th	6.00 pm	John Roe RIP
Sunday	7 th	8.15 am	Theresa O'Grady RIP
		10.30 am	The Parish
		6.00 pm	Polish Mass

SATURDAY: Reconciliation: 10.15–10.45 am and 5.15 – 5.45 pm

TODAY'S READINGS: Genesis 22:1-2, 9-13, 15-18, Romans 8:31-34, Mark 9:2-10

NEXT WEEK'S READINGS: Exodus 20:1-17, 1 Corinthians 1:22-25, John 2:13

COLLECTIONS: Church: £ 265

Thank you for your generosity.



The second collection today is for your CAFOD Fast Day Offerings. If you are a tax-payer please fill in the Gift Aid form and place it in the special Fast Day envelope together with your offering.

PLEASE REMEMBER IN YOUR PRAYERS: Mary Burchfield, Tony Grana, Sister Raymond, Liz Harvey, John Smith, Mick Brouder, Eileen Beech, Ian Threlfall, Thomas Duggan, Len Argent, Sister Catherine Lai, Maithé Bennett, Justin Gould, Rose Little, Lelia Murray, Mary Murphy, Anne Steere, Anthony Canneaux, Lawrence Brownlee, Margaret Birch, Lita Yong, Patrick Ryan, Brenda Peazold, Mary Wessel, Gina Palermo, Elizabeth Hoskins, Joan Cutmore, Christine Watson, Gordon Milne, Alfred Deacon, Roni Horstead, Ronnie Tyler, Jenny Begley, Bill Hogg, Breda Schlimgen, Michaela Finn, Winifred Lyons, Yvette Allen, Kerry McStravick, Lydia Van Melsen

2. THOSE WHO HAVE DIED RECENTLY Patricia Knapman, and those whose anniversaries occur about now. Marion Kurkowski, : Frederick Wolford, Mary Eldred, Thomas Peeney, Mary Alder, Anna Kelledy, Olive Pickthall, Eileen Godfrey, John Roe, Michael O'Rourke, Brian Jackson. *May they rest in peace and rise in glory*

3. TO KEEP OUR CHURCH OPEN WE ALL MUST OBEY ALL THE RULES: The regulations require us to ensure that Social Distancing is maintained at all times, Face masks must be worn, hands sanitised and there is 'No mingling'. This later instruction applies particularly to when you leave the church building and make your way home. Our instinct is to relax, remove the face mask and chat to friends. However, that is not helping the fight against the pandemic and is not helping us to be allowed to stay open. Therefore, please avoid 'Mingling'! Many thanks

4.A PARISH LENT COURSE Called 'Discovering Jesus Through Lent' will be run via zoom and will consist of a short 30 minute film followed by sharing and discussion. The Course continues on Tuesdays at 11am. It requires no study but an open heart!!! Contact Dermot and Jane Anne on 07765403883

5. WORLD DAY OF PRAYER will be held next Friday 5th March at 2.30pm. Due to current COVID restrictions it has been decided that the service this year will be held on Zoom. If you would like to take part either by Zoom or at home with a booklet please contact Sandy on 01903 241236.

6. CAFOD FAMILY FAST DAY: This week our Parish is marking CAFOD's Family Fast Day, a day on which we are invited to pray, fast and give to help people like Abdella. Abdella lives in an extremely remote and mountainous part of Ethiopia. It takes him ten hours a day to collect water. He says: 'I am wasting my life. I am a young man, I should be doing something else.' Your gift will help vulnerable communities around the world have access to clean water and provide other vital support. You could donate online at cafod.org.uk/give or by using one of the special CAFOD envelopes available in both porches. You can also easily give via text. Text LENT to 70460 to donate £10.00.

7. CONFIRMATION 2021 will be celebrated in the Autumn. If you are in Year 10 or above and are considering joining the Confirmation course, via zoom, please email the Office (emgoring@english-martyrs.co.uk) for an Application Form. The course will be starting in the very near future so we need applications now please.

8. THE '40 DAYS FOR LIFE' Lent campaign has just started and will end on 28 March. Can you commit to offering 1 hour (either as a one-off or at a regular time each week) to pray at home, on online with a friend, for an end to abortion? If so please contact the local leader Sheridan Lynch on 07803047402 brighton40daysforlife@btinternet.com

9. TURNING TIDES (WCHP): Items needed: Cereal bars, Tinned Meats, Gravy, Tinned Rice, Tinned Custard, Cooking Sauces, Tea, Coffee, Washing Powder, Shampoo, Shower Gel, Pump Hand Soap, Sanitizer Sprays, Floor cleaner, Toilet Bleach, Washing-up brushes, Men's razors, Deodorants, Sleeping Bags Many thanks to those who are so generous in their donations

FATHER LIAM SAYS: a recently published book by a Jesuit priest, James Martin, is called 'Learning to Pray; a guide for everyone'. I thought it might be helpful, especially in Lent, to highlight some of his ideas. He asks: 'Why pray?' God wants to be in a relationship with you. Your desire for prayer reveals something about how God created you. Deep within you is a natural desire to communicate with God, to share yourself with God, to have God hear your voice - to encounter God. Where does the desire for prayer come from? God places within you the desire to be closer to him. How else would God draw us closer other than planting a longing inside us? This helps us feel connected to God to know that before we have started to pray he has taken the initiative. Knowing that God is calling us, that God desires us, helps us to take the first tentative steps towards him. His book is meant for people of all faiths.

Many of us have felt that there is more to life than what we know. We feel a sense of incompleteness. We long to feel complete, to be connected. Inside us are nagging feelings of longing, restlessness and incompleteness. That can be filled only in a relationship with God. There is a hole in our hearts that only God can fill. Saint Augustine put it best when he wrote "You have made us for yourself oh Lord and our hearts are restless until they rest in you." Your desire to pray is a sign that God desires you. It is an indication that God is calling you. And that is perhaps the most important reason to pray. Not simply because you desire it, but because that desire is a sign of something else you desire to pray, because God desires it. We pray because we want to be in a relationship with God. The goal of prayer is closer union with God. We pray because we love God. The primary motive of prayer is love, first the love of God for us and then to grow in love for him. We pray also to come to know God. "Who is God?" Is an important question. So are "Who is God for me?" and "Who am I before God?"

Prayer reminds us of the need for God. It reminds us that we are not the centre of the universe and that we are not God. Sometimes when things are going well, we can grow arrogant and complacent in our self-sufficiency. Prayer places us in the presence of God and reminds us of who is in charge or rather who is nurturing us. James Martin quotes Gerard W Hughes: "To begin prayer is sufficient to acknowledge that I am not self-sufficient, that I am not the creator of myself and creation. If I can do this, then I acknowledge that there is some power greater than myself. I may not know whether it is personal or not and maybe I am in complete ignorance of its nature."

This inevitably moves to humility as we realise more and more our need for God. Prayer is inseparable from humility. He quotes Thomas Merton: "Humility makes us realise that the very depths of our being and life are made meaningful and real only in so far as they are orientated towards God as their source and their end." Father Martin suggests that another reason for praying is that we have to. If you're not used to praying he says that may sound ridiculous but once you start, you'll see that it can be as natural as breathing. Our innate desire for God means we naturally crave a relationship with God. Prayer is an outgrowth of the human longing for the divine. In a sense, we can't not pray because prayer is part of being human. In the face of your problems how can you not ask for help from your creator? We have never met anyone who felt that his or her life was free of problems. So we pray because we are in need. Prayer helps us. This may sound selfish but it is another common motivation, similar to reasons for doing physical exercise. If you never get off the couch you'll find that your overall physical condition suffers. Less exercise means more pulled muscles, perilous cardiovascular health and greater stress. Not praying, not spending intentional time with God, means your spiritual life will be impoverished and that will influence the rest of your life. You'll probably be less grateful and thus more irritable, less connected to the deepest parts of yourself and thus more scattered, less aware of your reliance on God thus more frightened. Prayer helps you. Prayer is a way to unburden ourselves when we are feeling sad, angry, stressed or frustrated. Often after you have told God your problems, you feel less alone. God is always with you but praying in this way is a great way none the less.

Prayer helps us praise God. You may wonder about the best way to express your gratitude. You can do good works and help your fellow human beings. As Saint Ignatius Loyola says "Love ought to show itself in deeds more than words." But it is important to say "thank you" to God. When we pray we are, consciously or unconsciously, expressing a connection to our brothers and sisters, even if they are not with us. Prayer is not just a solitary act. Whenever we pray we are united with believers across the world who are lifting their minds and hearts to God. Prayer in common is an essential aspect of the spiritual life. As social animals we naturally find comfort and support in groups. Praising God in a group makes double sense. We naturally want to do it and we naturally want to do it with others. Both are part of being human. We are also united with those who have gone before us, who continue their prayers before God. This is part of what Catholics mean by "the communion of saints". We pray also in order to be transformed. Knowing that we are flawed and imperfect should lead us to look to God to help us grow into better people. We are all human beings in need of God's grace. We pray for his help in all areas of our life and we ask him to help others, those known to us and those not known, who are experiencing difficulties. There are as many reasons to pray as there are people. We need his help and his forgiveness. God is calling us. It is as if he is saying "Would you like to spend some time with me?"

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