



MINDSET

CHANGING...

Sacred Heart Parish, Bordon

Today we begin the First Week of Lent – 40 days and 40 nights, lasting until Maundy Thursday.

Lent is more than a 'box-ticking exercise' it is a change of attitude, way of living, or a change of our 'mindset'.

We heard the Lord say on Ash Wednesday (in the First Reading):

'come back to me with all your hearts, fasting, weeping mourning. Let your hearts be broken, not your garments torn'.

Lent is a time for **interior change**, a change of heart – more than just outward signs or observances. The real value of the Lenten Resolutions we have made will be

realised in our spiritual growth and maturity this Lent.

The three areas we concentrate on in Lent of Prayer (listening to God), Fasting (denying the self) and almsgiving (serving the other) will only become more than 'parading our good deeds before men' as Jesus warned in the Gospel on Ash Wednesday if those three areas change us **spiritually** – changing our heart.

Please do come along on Sunday evening at 6pm so that we can pray Evening Prayer together (vespers) entering into this sacred and solemn season of self-denial lasting the next 40 days & nights.....



Parish Mission Statement:

"We are here to make Jesus in the Blessed Sacrament better known, loved, honoured, worshiped and adored. All of our efforts in this parish will be geared towards helping every individual to discover the Lord waiting for them to approach Him in the tabernacle".

PARISH SUPPORT



Making your weekly offering via **Standing Order** is the best way to give, if possible. It means we know how much will come into the parish each week / month and it also means that if you happen to be away, the parish will still receive your support. The Bank details you need to set up a Standing Order are:

Account Name:

CDP BORDON AND GRAYSHOTT

Sort Code: 30-93-04

Account Number: 01755138

GIFT AID

Anyone who pays income tax on pensions, wages etc can complete a **Gift Aid form** and increase whatever they offer to the parish by 25% at no extra cost to them **(the taxman donates it to the parish from what you have already paid him!)**



Another way to support the parish (at no extra cost to you!) is to do your online shopping through 'Easyfundraising'. By doing this the companies you shop with will donate from your bill to the parish.



The Parish '**Welcome Hub**' is beginning to take shape! The Coffee Shop will soon be open from
**8am – 10am Mon – Fri &
12:30pm – 2:30pm Mon, Wed and Friday.**

If you would like to be involved in any of the welcome hub projects please speak to Fr John.



Friday Soups....

We had a fantastic start to our 'Friday Soups'...

Thank you to Rebecca And Robert for kicking things off for us so well! We had Indian Green Pea soup, Tomato and Basil soup and Lentil soup with a choice of white or brown roll. We had a terrific turnout too! **Thank you for your support.**

First Sunday of Lent Evening Prayer

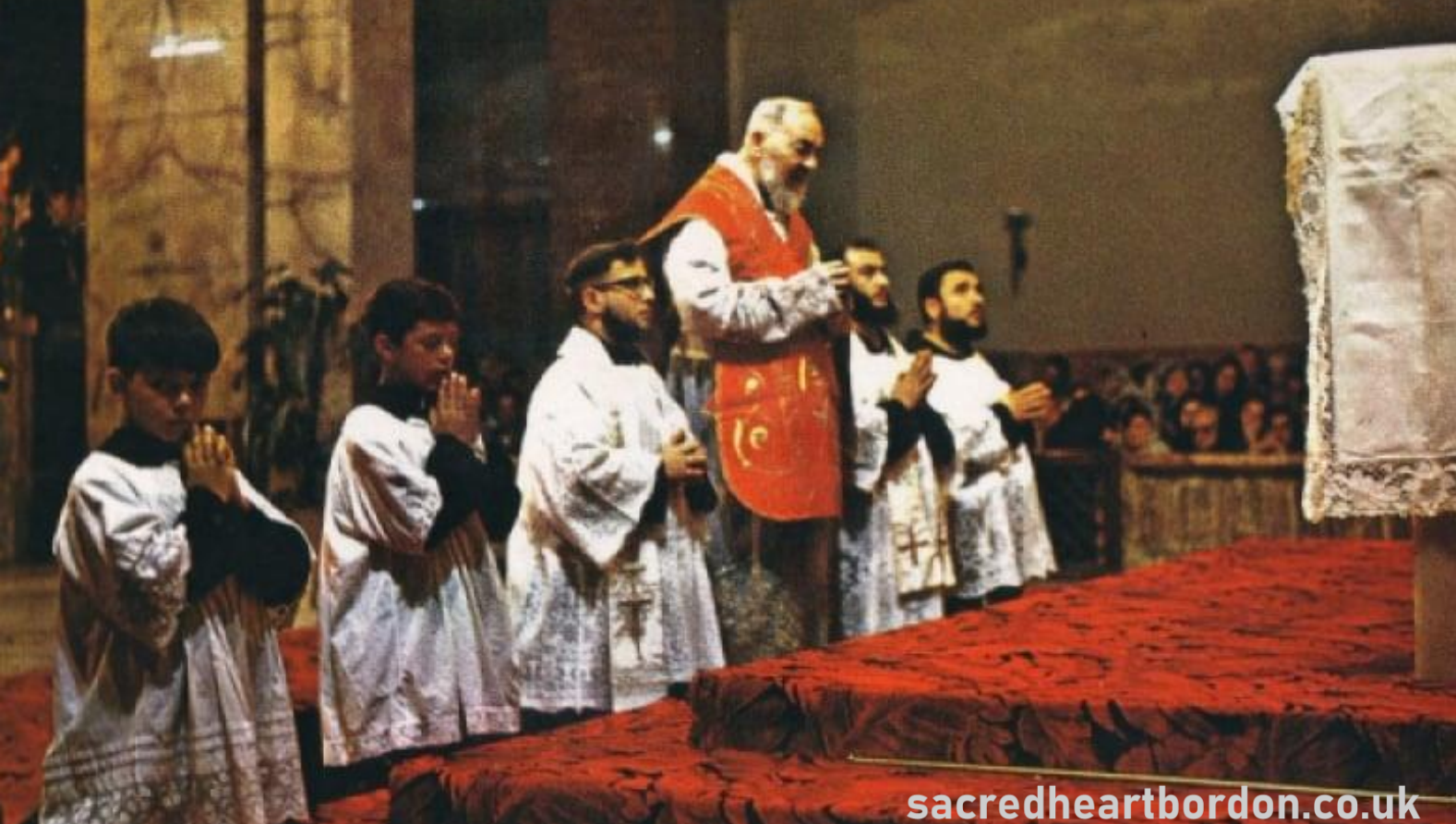
Please come along to Vespers (Evening Prayer) on Sunday at 6pm.

Confirmation Parents session

If your child has completed two years of formation for the Sacrament of Confirmation, please come along to a meeting after Mass on Sunday.

Adults becoming Catholic this Easter

We have 7 adults for Baptism this Easter who will also receive the Sacrament of Confirmation and Holy Communion during the Easter Vigil. Please keep them in your prayers.



Lent is different

On Ash Wednesday we will hear in the First Reading:

"Sound the trumpet in Zion! Order a fast, proclaim a solemn assembly, call the people together, summon the community, assemble the elders, gather the children, even the infants at the breast. Let the bridegroom leave his bedroom and the bride her alcove.

Between vestibule and altar let the priests, the ministers of the Lord, lament. Let them say: 'Spare your people, Lord'.

And this sets the scene for the next 40 days and 40 nights of Lent.....

So, during Lent the priests pause between the vestibule and the altar and lament 'Kyrie eleison!' Lord have mercy. Instead of standing, we all kneel and examine our conscience and we call upon the mercy of God.

There will be no 'Gloria' no 'alleluia'; no flowers in the church and the liturgical colour is violet reminding us that Lent is a time of penance, sacrifice and self-denial.

We pray and fast in the weeks of Lent and the usual parish activities will take place to support you in all your efforts and to offer ideas for things you might do during Lent:

Mon: 10am Mass followed by Bible studies.

Tues: Confessions at 6pm followed by Stations of the Cross at 6:15pm and then Holy Mass at 7pm. Adult formation will take place after Mass until 8:30pm.

Wed: early morning Mass at 0730am.

Fri: Adoration and Confessions at 11am, Stations at 11:15am and Holy Mass at Midday followed by a Lenten soup lunch.

Sat: Adoration and Confessions at 5pm followed by Holy Mass at 6pm.

40 days and 40 nights

| FEBRUARY 2024 | | | | | | |
|---------------|-----|-----|------------|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | ASH WED | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 39 | 38 | 37 | 36 | 35 | 34 | 33 |
| 25 | 26 | 27 | 28 | 29 | 1 | 2 |

| MARCH 2024 | | | | | | |
|------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 25 | 26 | 27 | 28 | 29 | 27 ¹ | 26 ² |
| 25 ³ | 24 ⁴ | 23 ⁵ | 22 ⁶ | 21 ⁷ | 20 ⁸ | 19 ⁹ |
| 18 ¹⁰ | 17 ¹¹ | 16 ¹² | 15 ¹³ | 14 ¹⁴ | 13 ¹⁵ | 12 ¹⁶ |
| 11 ¹⁷ | 10 ¹⁸ | 9 ¹⁹ | 8 ²⁰ | 7 ²¹ | 6 ²² | 5 ²³ |
| 4 ²⁴ | 3 ²⁵ | 2 ²⁶ | 1 ²⁷ | 28 | 29 | 30 |

On Ash Wednesday we began our 'campaign of Christian Service'. We received the Ashes as a sign of penance and we began to work on three areas of our life that Jesus highlighted in the Gospel: **Prayer, Fasting and Almsgiving**. We keep these resolutions until the end of the Easter Vigil Mass on Holy Saturday.

The liturgical countdown of the 40 days and 40 nights, (imitating Jesus's time in the desert), doesn't begin until the 'First Sunday in Lent' which begins the 'First Week of Lent'. If we follow Mass in our missals, we will see that we have:

Ash Wednesday, Thursday after Ash Wednesday, Friday after Ash Wednesday, Saturday after Ash Wednesday and then, the First Sunday of Lent. (These days are marked in purple above). Then we begin 'the First week of Lent'.








After the countdown, we have the Sacred Triduum, marked in red above. If we include the 3 purple days and the 3 red days, we will have 46 days and 46 nights!

During the 40 days of the Season of Lent we prepare ourselves for the Sacred Triduum which is one Liturgy celebrated across three days - Maundy Thursday, Good Friday and Holy Saturday make one Liturgy. We begin with the sign of the Cross on Maundy Thursday and there is no final blessing until Holy Saturday.

If we prepare well for those three days, if we live a good and holy Lent, the Lord will draw us into a deeper relationship with Himself. He will deepen our faith and increase our trust in Him.

There are many things on offer to you in the Parish this Lent, to help and support you in your efforts. Please do come along and not only receive support but, by your very presence, offer support to other members of the parish too.

Sacramental Preparation in the Parish

| | | | | | | |
|--|---|---|---|---|---|---|
|  |  |  |  |  |  |  |
| Baptism preparation: The next Preparation course begins in the New Year. | Confession: Available 30mins before every Mass and: 5pm Sat 6pm Tues 11am Fri | First Confession and Holy Communion: Saturday 24th February at 10am | Confirmation class: Sunday 18th February after Mass | Marriage Preparation: It takes approx. 1 year to prepare for Marriage. Catholics must be Confirmed before Marriage. | Holy Orders: If you have ever considered a Vocation to the Priesthood / Deaconate, please speak to Fr John. | Last Rites: If there is ever the danger of death, please contact Fr John immediately. |



Confession Times:
30mins before every Mass &
 5pm on Saturdays
 6pm on Tuesday
 11.00am on Fridays
 Or by appointment



Adoration of the Most Blessed Sacrament:
 Tuesday 6pm
 Friday 11.00am
 Saturday 5pm
 Benediction: 5:45pm on Saturdays



Devotions:
 Holy Rosary: Wed after Mass
 Fri 11:30am
 First Friday: Every first Friday



Family Catechesis:
 Learn about our faith as a family.... Every two weeks at 10am on Saturday mornings



EVERY TUESDAY

Adult Formation

sacredheartbordon.co.uk

Tuesday evenings are given over to Adult formation.

The homily during Mass is in an extended form (looking more closely at the previous Sunday's Gospel) and then after Mass there is a formation session aimed at exploring the fundamental elements of our Catholic faith.

Opposite is an overview of the topics that we will be covering.

EVERYONE is welcome to attend as much or as little as they like.

The session after Mass begins at 7:45pm and ends at 8:30pm.

Even if you cannot make a weekly commitment, come along when you can!

October

- ~~What is God?~~
- ~~What is Man?~~
- ~~Original Sin: The separation between God and Man~~
- ~~Covenants between God and Man~~
- ~~Jesus Christ – True God and True Man~~

November

- ~~The Immaculate Conception~~
- ~~Two types of Grace~~
- ~~The Saints~~
- ~~Purgatory~~

December

- ~~Advent: What is it?~~
- ~~The Eucharistic Prayer~~
- ~~Transubstantiation~~

January

- ~~The Sacraments~~
- ~~The Epiphany and Christmastide~~
- ~~The presentation of the Lord~~
- ~~Jesus' Public Ministry~~

February

- ~~The Church~~
- Membership and Precepts
- Lent: what is it?
- Repentance and Penance

March

- The Sacrament of Confession
- Virtues and Vices
- The 10 Commandments and an examination of conscience
- The Sacred Triduum – Easter and Eastertide

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Sort Code:

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Account Number:

01755138

FEBRUARY 2024

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|-------------------|---|---|---|--|------------------------------------|
| 28 | 29 | 30 NO MASSES OR OTHER PARISH ACTIVITIES | 31 NO MASSES OR OTHER PARISH ACTIVITIES | 1  | 2 Candlemas (The Presentation of the Lord) | 3 |
| 4 Confirmation Session | 5 Bible Study | 6 Formation | 7 0730am Mass | 8  | 9 | 10 First Holy Communion session |
| 11  | 12 | 13 ASH WEDNESDAY MASS TUES 7pm WED 10am | 14 ASH WEDNESDAY MASS TUES 7pm WED 10am | 15 | 16  | 17 |
| 18 Confirmation Session | 19 Bible Study | 20 Formation | 21 0730am Mass | 22 | 23  | 24 First Holy Communion session |
| 25 | 26 Bible Study | 27 Formation | 28 0730am Mass | 29 | 1  | 2 |

Lenten Resolutions to help us grow in our faith:

Mondays: Scripture Studies
Tuesdays: Adult Formation
Wednesdays: Early Morning Mass 0730am
Fridays: Parish 'Lenten Fast' Soup

Adoration:

Tues 6pm, Fri 11am, Sat 5pm

Confession:

Tues 6pm, Fri 11am Sat 5pm or 30mins before each Mass.

Stations of the Cross:

Tues 6:15pm and Fri 11:15am

Passiontide: (HOLY WEEK)

| | | |
|------------------------|-------------------------------|---------|
| 23 rd March | Passion / Palm Sunday (VIGIL) | 6:00pm |
| 24 th March | Passion / Palm Sunday | 10:00am |
| 26 th March | Chrism Mass (CATHEDRAL) | 11:00am |

TRIDUUM: One liturgy across three days. What we begin on Thursday doesn't end until Saturday Night.....

| | | |
|------------------------|--|-------------------|
| 28 th March | Maundy Thursday | 7:30pm |
| 29 th March | GOOD FRIDAY STATIONS SOLEMN LITURGY | 11:00am 3:00pm |
| 30 th March | EASTER VIGIL | 8:30pm |
| 31 st March | EASTER SUNDAY | 10:00am |

| | | | |
|--|-------------------|--|--------------------------------------|
| Saturday 17th Feb First Sunday of Lent | | Joyful Mysteries | Dedicated to the Blessed Virgin Mary |
| Adoration: | 5:00pm – 5:45pm | | |
| Confessions: | 5:00pm – 5:45pm | | |
| Holy Mass: | 6:00pm | Antal Lukacs RIP [N] | |
| Sunday 18th Feb First Sunday in Lent | | Glorious Mysteries | Dedicated to the Resurrection |
| Holy Mass: | 10:00am | Eric, Evelyn, Zilvinas, Anoluis, Bronicus, Povilas and jaduiga RIP [N] | |
| Evening Prayer (Vespers): | 6:00pm | | |
| Monday 19th Feb First Week of Lent | | Joyful Mysteries | Dedicated to the Holy Souls |
| Holy Mass: | 10:00am | Emelinda Conception RIP | |
| Lenten Bible study: | 10:45am | | |
| Tuesday 20th Feb First Week of Lent | | Sorrowful Mysteries | Dedicated to the Holy Angels |
| Adoration: | 6:00pm – 6:45pm | | |
| Stations of the Cross : | 6:15pm – 6:45pm | | |
| Confessions: | 6:00pm – 6:45pm | | |
| Holy Mass: | 7:00pm | Cecil Pisani RIP | |
| Adult Formation Session | 7:45-8:30pm | | |
| Wednesday 21st Feb First Week of Lent | | Glorious Mysteries | Dedicated to Saint Joseph |
| Holy Mass: | 07:30am | Agu Anymanwu RIP | |
| Friday 23rd Feb Week of Lent | | Sorrowful Mysteries | Dedicated to the Holy Cross First |
| Adoration: | 11:00am – 11:45am | | |
| Stations of the Cross: | 11:15am – 11:45am | | |
| Confessions: | 11:15am – 11:45am | | |
| Holy Mass: | 12 noon | Pawlak, Bogienko, Gorka, Wilanowski, Matoshuk RIP [N] | |
| Saturday 24th Feb Second Sunday in Lent | | Joyful Mysteries | Dedicated to the Blessed Virgin Mary |
| Adoration: | 5:00pm – 5:45pm | | |
| Confessions: | 5:00pm – 5:45pm | | |
| Holy Mass: | 6:00pm | People of the Parish | |