



Listen to Him

Sacred Heart Parish, Bordon

Prayer, Fasting and almsgiving.

The first of the three pillars of Lent is PRAYER.

In the Catechism of the Catholic Church, we are told that 'prayer is a "vital and personal relationship with the living and true God" (Par. 2558).

In the next paragraph we read: 'Prayer is the raising of one's mind and heart to God'.

Today, in the Gospel, God the Father puts it much simpler for us: 'This is my Son, the Beloved, **LISTEN TO HIM**'.

Listening to the Lord is the goal of prayer, and we've been looking at how that is best achieved.

Vocal Prayer: we use words. We say set prayer (like the Hail Mary) or we read some Scripture and those words, limited though they are, begin our time of prayer.

Meditation: Then we think about the words we've read or prayed. We wonder about their deepest meaning. We imagine and we allow our thoughts to be guided by the words we have chosen to pray with.

Contemplation: Then, in our pondering, if we can be freed from distraction we get lost in prayer. We achieve an inner peace and calmness. We are still – in the presence of God.

That's prayer. That's' how we listen.



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

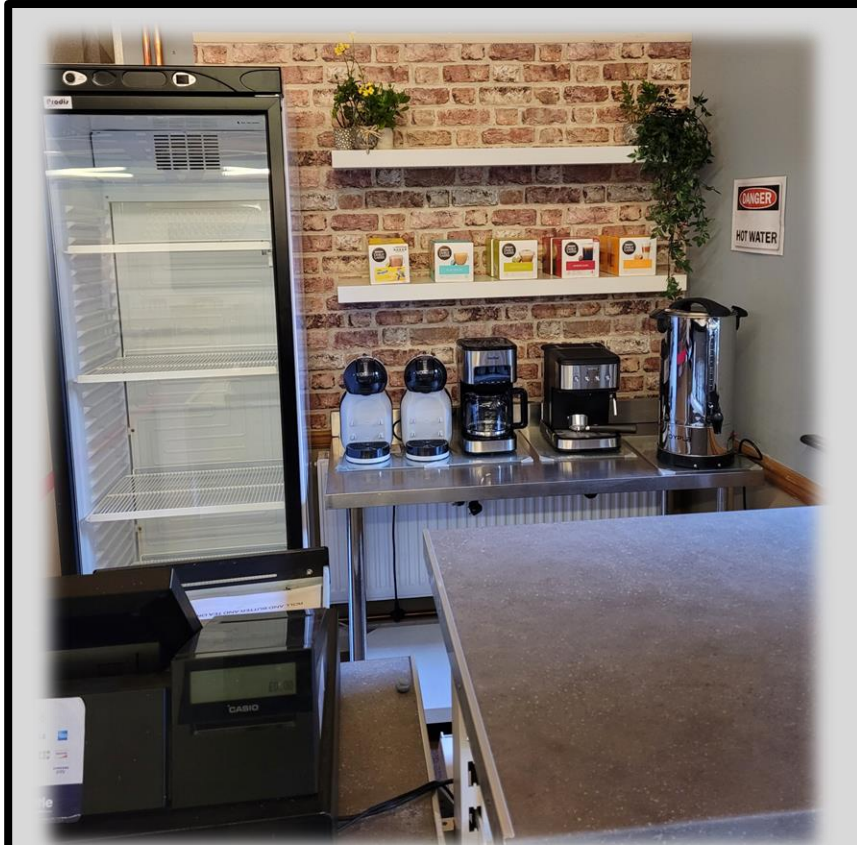
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GIFT AID

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....

12:30pm – 2:30pm EVERY FRIDAY

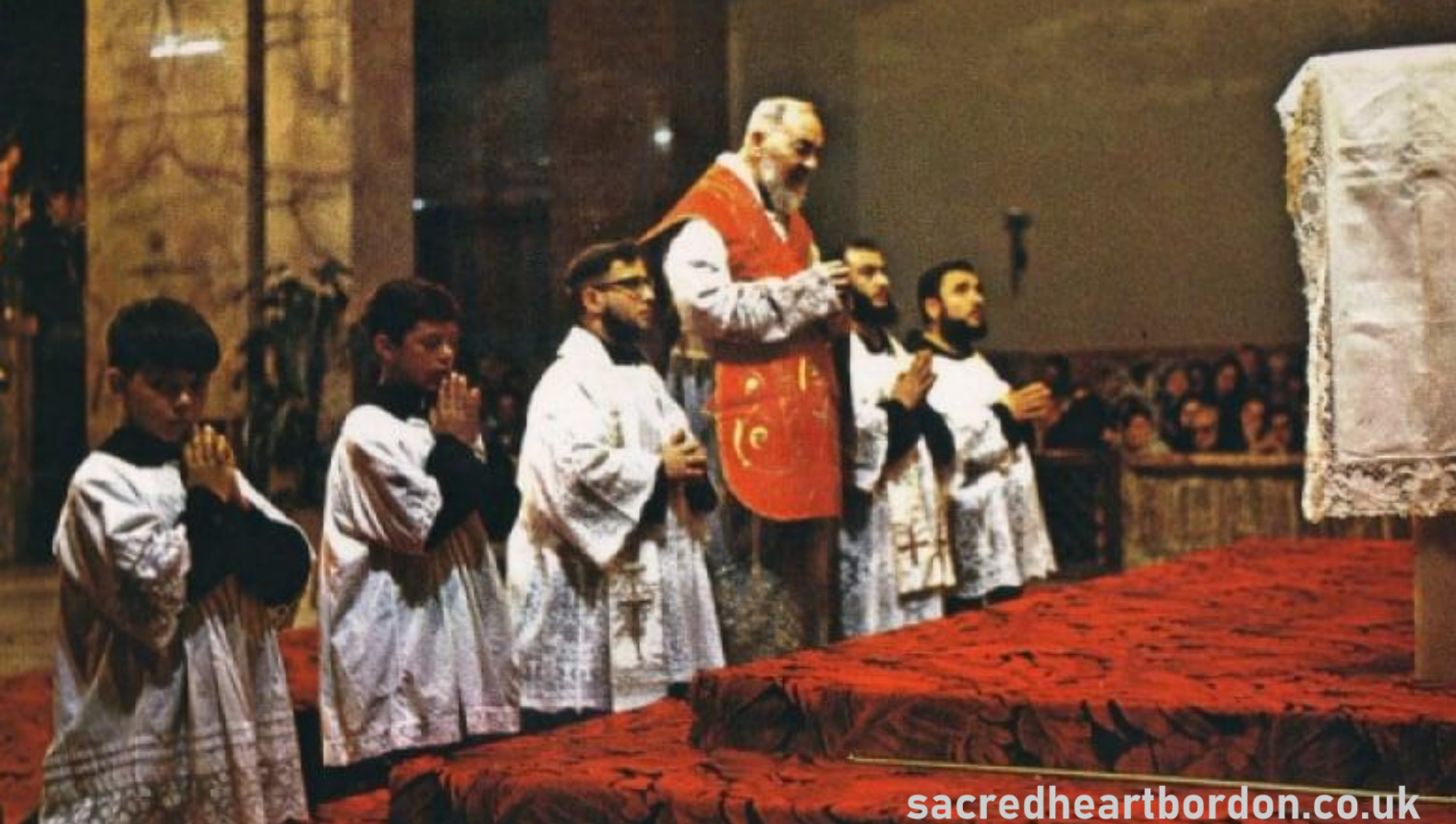
Do drop in between 12:30pm and 2:30pm for some delicious soups! Bring a friend if you can – it's a great way to welcome visitors to the parish, especially if they are not Catholics.

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.

International food Easter Sunday

After Mass on Easter Sunday, we will celebrate the end of our fast together sharing foods from around the world! If you can help, please add your name to the sign-up sheet which will be in the porch of the church in the next few weeks.



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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.

According to the Catechism of the Catholic Church, there are 3 types or "expressions" of prayer in the Christian life:

TYPES OF PRAYER

VOCAL

"By words, mental or vocal, our prayer takes flesh". It is the spoken prayer, through which we translate our feelings externally. e.g. The Our Father



MEDITATIVE

"Meditation is above all a quest" to discover what the Lord wants from us. It engages thought, imagination, emotion, and desire.

CONTEMPLATIVE

"Contemplative prayer is silence". Is the type of prayer in which we are one with Christ, it is a communion of love and a gaze of faith.



A time to pray....

We begin by acknowledging God. We express our desire to spend this time with Him – we offer our time to Him.

We then examine our conscience and call to mind our offences and we renew our sorrow for them.

Then we renew our gratitude for all that God provides for us.

Then we use a set prayer.

We might then read some scripture.








We imagine the scene, those mentioned and how they are feeling, what they are doing.

We ask the Holy Spirit to enlighten us, to lead and guide us, to inspire and teach us and as we do so, as we imagine and think about these things, we free ourselves from distraction. We stop our mind from wondering or racing. We sit calmly and we focus on God.

We can do this at home, but it is obviously much better to come to the church where God is really and truly present in the tabernacle (or even better, come to Adoration to see the Lord exposed).

Coming to the church (making that effort) is like a mini pilgrimage, an extra benefit!

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 9th March at 10am	Confirmation class: Sunday 3rd March 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



OUR CATHOLIC FAITH
 KNOW IT
 LIVE IT
 SHARE IT

EVERY TUESDAY

Adult Formation

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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!

Lenten formation

During these weeks of Lent, our adult formation sessions will focus on Holy Week.

Feb 20th: **Passion Sunday**

Feb 27th: **Maundy Thursday**

5th March: **Good Friday**

12th March: **The Easter Vigil**

19th March: **Confession**

We will look at the structure of the Liturgy and the rituals used and also the Scripture Readings.

The more we familiarise ourselves with these sacred and solemn ceremonies and rituals the better prepared we will be to enter more deeply into them and receive much more form them this Holy Week.

Everyone is welcome!

Do come along if you can so that we can prepare ourselves for the coming feasts.

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Sort Code:







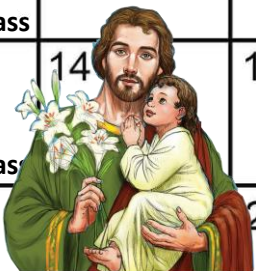



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MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
25 31	26	27	28	29 	1 	2
3 Confirmation Session	4  Bible Study	5 Formation	6 0730am Mass	7	8 	9 First Holy Communion session
10 	11  Bible Study	12 Formation	13 0730am Mass	14 	15 	16
17 Confirmation Session	18  St Patrick's Day Bible Study	19 St Josphe Formation	20 0730am Mass	21	22 	23 First Holy Communion session
24 PALM SUNDAY 10am	25	26 CHRISM MASS CATHEDRAL 11am	27	28 Maundy Thursday 7:30pm	29 Good Friday 3pm	30 Easter Vigil 8:30pm



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	11:00am
	SOLEMN LITURGY	3:00pm
30 th March	EASTER VIGIL	8:30pm
31 st March	EASTER SUNDAY	10:00am

Saturday 24th Feb

Second 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 People of the Parish

Sunday 25th Feb

Second Sunday in Lent

Glorious Mysteries

Dedicated to the Resurrection

Holy Mass: 10:00am People of the Parish

Monday 26th Feb

Second Week of Lent

Joyful Mysteries

Dedicated to the Holy Souls

Holy Mass: 10:00am Private intention (GB)

Lenten Bible study: 10:45am

Tuesday 27th Feb

Second 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 Jim Ralston RIP

Adult Formation Session 7:45-8:30pm

Wednesday 28th Feb

Second Week of Lent

Glorious Mysteries

Dedicated to Saint Joseph

Holy Mass: 07:30am Ron & Norah Collier RIP

Friday 1st March

St David's Feast Day

Sorrowful Mysteries
FIRST FRIDAY OF THE MONTH

Dedicated to the Holy Cross

Adoration: 11:00am – 11:45am

Stations of the Cross: 11:15am – 11:45am

Confessions: 11:15am – 11:45am

Holy Mass: 12 noon Helena Galvin RIP

Saturday 2nd March

Third 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