



Our Lady & The English Martyrs Litherland

7th Sunday of Ordinary Time

Sunday 19th February 2023



Parish Priest: Rev Canon Mark B Madden KCHS FRSA

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www.ourladyandenglishmartyrs.co.uk

QUESTION OF THE WEEK

When do I get angry and respond unkindly to provocation? How can I overcome these triggers?

SANCTUARY LAMP

Did you know that this candle is one of the most important candles lit in Roman Catholic Churches? The General Instruction of the Roman Missal states: *“In accordance with tradition, near the tabernacle a special lamp should be kept alight to indicate and honour the presence of Christ in the tabernacle”*. It is a sign that the Lord is present in the tabernacle and a reminder of Christ’s abiding love for us. This candle is continuously lit except from Holy Thursday evening - Holy Saturday night. Each candle lasts approximately 7 days before it is renewed. Would you like to dedicate the Sanctuary Lamp to a loved one, living or dead. or for a specific intention? The cost is just £5. If you would like a dedication for a week, place your £5 and the intention inside an envelope with SANCTUARY LAMP on the envelope and we will publish the intention each week in the parish newsletter.



WEEKDAY MASS A few changes to Masses this week...
Mass on Monday will be celebrated at 9.30am to allow Fr Mark to attend the Funeral Mass for Fr David Melly.

Mass on Tuesday is a Funeral Mass at 10:00am for John Matthews.

There will be **NO Mass** on Thursday.

ENGLISH MARTYRS JOSPICE “200 CLUB” FEBRUARY DRAW

1st	£20	No. 183	B Morrin
2nd	£15	No. 132	H Bailey
3rd	£10	No. 202	B Coxon
4th	£10	No. 69	L Fairclough



The Parish raised an amazing £2000 for Jospice last year - thank you to all those who support the 200 Club

Subscriptions are now due for the new year. Please see Myra.

A BIBLICAL WALK THROUGH THE MASS

Discover the Beauty and Riches of the Mass

The Mass is nothing short of amazing. Through it, we encounter God in the most intimate way possible as we hear him speak to us in the Liturgy of the Word and as we receive him Body and Blood, Soul and Divinity in the Holy Eucharist.

The words, the gestures, and the rituals of the Mass are rich in meaning. Everything we say and do in the Liturgy is steeped in biblical language. A Biblical Walk Through the Mass explores the extraordinary biblical roots of the Liturgy and reveals what it all means and why it all matters. This fascinating tour of the Mass will renew your faith and deepen your love for and devotion to the Holy Eucharist.

This 5 week course will take place throughout Lent beginning on Monday 27 February, 7pm in the Parish Hall. Please register at the Parish Office. and make this part of your Lenten devotions.

ASH WEDNESDAY 2023

Lent begins on Wednesday when the distribution of ashes will take place. Fr Mark is supplying in another parish that day but we will have two Masses with distribution of ashes at 10.30am & 12noon. The school children will be joining us at 10.30. St Robert Bellarmine's have an evening Mass at 7.00pm

Ash Wednesday is a day of fasting and abstinence. Fasting means that the amount of food we eat is considerably reduced. Abstinence means that we give up a particular kind of food or drink or form of amusement. Those over eighteen are bound by the law of fasting until the beginning of their sixtieth year, while all over fourteen are bound by the law of abstinence.

LENTEN SUNDAYS

Stations of the Cross and Benediction will be celebrated each Sunday of Lent at 4.00pm Please make every effort to come along to this special Lenten devotion.

LENTEN ALMS

We are encouraged to make a financial contribution during the 6 week period of Lent. You will find the Lenten Alms box near the Lady Chapel at the front of church.



Masses & Services for the coming week

DATE	MASS INTENTIONS & SERVICES
Saturday 18th February	4.30pm People of the Parish
Sunday 19th February <i>7th Sunday of Ordinary Time</i>	10.30am Mary Hoban 11.45 Baptism Harrison & Edward Akers & George Bain
Monday 20th February	9.30am Simon O'Neill 1.15pm Funeral service - Teresa Sinnott
Tuesday 21st February	10.00am Funeral Mass - John Matthews
Wednesday 22nd February <i>Ash Wednesday</i>	10.30am Parishioners 12.00pm Perpetual Mass List
Thursday 23rd February	NO MASS
Friday 24th February	10.00am Tom Willis
Saturday 25th February	4.30pm Edna Day
Sunday 26th February <i>First Sunday of Lent</i>	10.30am People of the Parish 11.45 Baptism Luca Barwise

SUNDAY THOUGHTS

Our culture tends to value a show of strength and tends to assess our strength by the amount of force we have. When someone hurts us, we're expected to fight back. We say that our anger is justified. We say that the only way to teach the wrongdoer a lesson is to hurt them. We say that we should get even. Heroes like Gandhi and King modelled a different response: nonviolent resistance. Instead of fighting fire with fire when they were provoked, they turned the other cheek. They exhibited greater inner strength by courageously standing up not only to their violent opponents but also to their own powerful emotions.

Anger and hatred can poison our hearts when they are left to fester. Some would say it's better to release them, whether in the form of a violent action, a hurtful word, or some sort of revenge. But releasing these emotions does not overcome them and it can escalate the situation. Jesus calls his disciples-us-to cleanse our hearts of negative emotions. Last week we heard him tell us to replace anger with the determination to be reconciled with one another. Today we hear him tell us to replace hatred with love. We are challenged to be countercultural.

'Be holy, for I, the Lord, your God, am holy,' the Lord told Moses. 'You must be perfect, just as your heavenly Father is perfect,' Jesus tells his disciples. How can we be holy or perfect? Isn't this too much to ask anyone? Let us recall, though, that we are created in the image of God. Let us also recall that the Holy Spirit dwells in us, as Paul instructed the Corinthians. Though humanity has sinned, and we have sinned, we still are temples of God. God desires that we allow the Spirit within us to shine through our sinfulness..

ANOINTING OF THE SICK

At a recent meeting of the Deanery priests they decided to offer the sacrament of the sick after Friday Mass each week in Lent. This is not for multiple anointings - it is to awaken awareness of this wonderful healing sacrament and to invite anyone who is sick, going into hospital, anxious or mentally frail to come and receive Gods help and strength.

Every Friday after morning Mass (about 10.30am).

INCE BENET RETREAT DAYS IN LENT

During Lent there will be various opportunities for groups and individuals to make the most of the season of prayer and renewal. Please make enquiries for further details / bookings to ince.benet@gmail.com or phone Martin and Maria Bennett on 07931902346

Quiet days in Lent: [Wed 1st, Mon 6th, Friday 24th , Monday 27th March]
Individuals can spend a day or half a day organising their own prayer / reading or make use of suggested scripture passages suitable for Lent / Holy Week and walk in the woods.

Lent as a season of growth: [Mon 13th ; Wed 22nd March]
Guided day of reflection and sharing, reflecting on how the disciplines of prayer and fasting were an integral part of Jesus' life helps us to see Lent as a period of growth.

Eden to Gethsemane via the desert: [Wed 15th March; Thursday 23rd March]
Guided day of reflection and sharing: Temptation in the two gardens. A day spent in the two scriptural gardens to understand the nature of temptation and ways of responding to it in the light of Jesus' 40 days in the desert.

WANTED - CATHEDRAL STEWARDS

Small cogs often play a vital part in helping a big machine run smoothly. It's rather like that with Cathedral stewards who act as the link between Cathedral and congregation, making sure everyone feels welcome and can participate fully in the main services, whether presenting the offertory gifts, contributing to collections or receiving communion. The Cathedral needs more people to volunteer for this important role, both on a regular weekly basis and for occasional extra events. If you would like to be more involved in the Cathedral community, or know someone enjoy meeting people and are good at organising then perhaps this call is for you! In the first instance please contact Claire Hanlon on c.hanlon@metcathedral.org.uk

POPE FRANCIS PRAYER INTENTION FOR FEBRUARY

For parishes

We pray that parishes, placing communion at the centre, may increasingly become communities of faith, fraternity and welcome towards those most in need.

Lord in your mercy...



UKRAINE VIGIL

Friday 24 February marks one year since the Russian invasion of Ukraine. To mark this, there will be a vigil which will start on the plaza of the Metropolitan Cathedral at 4:30pm before continuing at Liverpool Cathedral at 5:30pm.

All are welcome to this vigil which will include speakers representing a range of faiths, a choir of Ukrainian singers, Evensong sung by Liverpool Cathedral Choir and space to reflect, light candles, pray and sit in peace.

EARTHQUAKE FUND

Following the devastating earthquake in Turkey and Syria, CAFOD's local experts are already on the ground and assessing the needs of those affected by the earthquake. CAFOD has committed £100,000 to support our local experts who are on the ground providing urgent humanitarian support to survivors of the earthquake. To contribute to the emergency fund cafod.org.uk/give or Tel:0303 303 3030.

NEWMAN CIRCLE TALK

The next Newman Circle Talk is on "Asylum and the Law" and the speaker is lawyer, Nadine Daniel, BEM. The talk is Thursday 16 February at 7.30 pm at St. Helen's Parish Centre, Crosby, L23 7TQ. There is no charge and ample free parking. Tea and coffee will be available from 7.15pm before the start of the meeting.

LGBTQ+ Catholics

Archdiocese of Liverpool

Message from Canon Stephen Maloney

"The next gathering and Mass will be on Sunday 26th February 2023 at St Bede's, Appleton Village, Widnes, WA8 6EL. Please do let me know if you are able to attend. There will be a social gathering after Mass. Mass will begin at 2.00pm". For more information, please contact Canon Stephen Maloney frsmaloney@aol.co.uk.

MARRIAGE ENCOUNTER

WEEKEND - Online

An opportunity to deepen your life and faith as a couple through this retreat. The next date available is 13 and 14 May 2023. The programme is delivered by experienced laity couples and a priest and is supported by the Bishops Conference. Full details of these experiences can be found on their website:

<https://wwme.org.uk>

FEAST OF THE WEEK

St Robert Southwell (1561-1595)



Born in Norfolk. At the age of fifteen Robert was sent to school at Douai and then to Paris before deciding that he wanted to become a Jesuit priest. He was ordained in 1584 and for a time was Prefect of Studies at the Venerable English College in Rome.

His great desire was to return to England, and in 1586 he was sent here with Father Henry Garnet. Before the end of the year he was established at Arundel House in the Strand, as chaplain to Anne, the wife of St Philip Howard, who was then imprisoned in the Tower. From Arundel House Robert conducted a remarkable apostolate. He had great gifts as a writer. His letters to St Philip Howard played a great part in strengthening Philip's resolve during the long years of his imprisonment.

Robert was an organiser and was reckoned by the authorities as "the chief dealer for the papists in England". He was responsible for getting candidates for the priesthood out of the country for their training abroad, and for finding accommodation for those returning to work here.

By 1592, after Robert had spent six years in England but was then betrayed and was arrested by the infamous priest-hunter Richard Topcliffe. Topcliffe had to be forcibly restrained from killing him there and then. Robert was a great prize. Topcliffe took him to his own house, and there had him tortured ten times over a space of four days, "worse than the rack". Constantly questioned under torture to betray his friends, he consistently refused to give any names. He was then moved to the Gatehouse Prison, and after a month there in the most squalid conditions he was committed to the Tower, where he remained for two and a half years. All this time he had not been brought to trial, and in the end he asked that he should be tried. In February 1595 he was tried for treason, on the ground that he was a priest remaining in the country against the law of 1585, and condemned to be hanged, drawn and quartered at Tyburn. The following day, 21 February 1595, the sentence was carried out. Then he died, aged 33, and we are told that there was not one bystander to cry "Traitor". He was canonised as one of the Forty Martyrs of England and Wales in 1970.

CAFOD LENTEN FAST

Friday 3rd March. There will be a collection that weekend. Please use one of the CAFOD envelopes which you can find at the back of Church. Thank you.

BETHLEHEM CARE & HOSPICE TRUST

Rt Reverend and Dear Canon Mark.

Thank you for the very handsome and generous cheque to support the work of the Bethlehem Care and Hospice Trust in establishing and maintaining the first Hospice in Palestine.

I am delighted to tell you a Hospice-at-Home Care Service is now set up in Bethlehem. It is very basic, but it is a start. We have a service manager and 3 nurses employed and we interview for the fourth nurse this week. Our local Operations Committee, under the Chairmanship of Fr Rami, is now meeting regularly and moving things along.

We launched this service with modest funds and with the realisation that we will need substantial help to maintain the service. Your support and the support of your parish is indeed timely and very much appreciated.

Our longer-term plan includes the provision of an in-patient bedded unit but that will be when funds permit. For now, we are grateful for the progress being made in the small steps we are able to take.



Joe McNally
Chair of Trustees

CHILDREN'S LITURGY

We are delighted to announce that Children's Liturgy is coming back to 10.30am Mass starting next Sunday. Thank you to Sara and a new Team of catechists for providing this important ministry to our younger parishioners.



The term 'Liturgy of the Word with Children' refers to the practice of children leaving the Sunday assembly during the Liturgy of the Word and gathering with adult leaders elsewhere to celebrate a separate Liturgy of the Word that is more appropriate to their level of understanding.

Please note...

that this is NOT a creche and is for school children only.

Parents who wish to accompany their children must go through Safeguarding checks as they will be in a room with other children. Please see the Parish Office for further details regarding DBS. All our parish catechists have current DBS certificates.



SANCTUARY LAMP

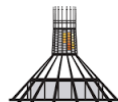
The Sanctuary Lamp for the coming week is for:



'Alan Robson'

Come and Sing

The cathedral is hosting a come and sing event for singers of all ages and abilities in March. Why not come along on Saturday, 25 March and join a massed choir under the baton of archdiocese Choral Director Joe Watson?



Metropolitan Cathedral
of Christ the King Liverpool

A 'come and sing' choir is a group of individuals (or sometimes an established choir/singing group) that joins together with other like-minded people to form a special choir for a day. On Saturday, 25 March, all of our singers will come together for the first time in the afternoon, rehearse together, and then perform in the evening! YouTube rehearsal links are provided to all participants so that they can practice and familiarise themselves with their parts ahead of the day. Reading music is not a prerequisite as music can be learnt with the YouTube links.

WALK OF REPENTANCE FOR NUCLEAR WEAPONS:

Ash Wednesday, February 22nd
Liverpool.

Ashes will be distributed and will mark an image of a Trident nuclear submarine. Recalling the words of Pope Francis at Hiroshima that the use and possession of atomic weapons is immoral, Pax Christi invites people to gather at St. Luke's bombed out church at 11.45a.m.
Enquiries: Janharper1@yahoo.co.uk

CARMELITE FRIARS ONLINE LENTEN RETREAT:

Thursdays from
23rd February to
March 30th 2023 via
Zoom at
7pm – 7:45pm
To register, visit:
[https://
www.carmelite.uk.net/
online-talks-retreats/
lenen-retreat-2023](https://www.carmelite.uk.net/online-talks-retreats/lenen-retreat-2023)

CAFOD's Big Lent Walk

Lent begins on Ash Wednesday on 22nd February. CAFODs challenge is to walk 200km over 40 days to help people overcome poverty. You can walk, run, skip, or stroll your 200km, (5k a day) when and where you choose, alone or with friends.

You'll be among thousands of people up and down England and Wales conquering your 200km targets in time for Easter. Remember: every step you take is a step closer to a fairer world. Let's tell poverty to jog on! Why not form a group in the parish who will walk together once a week? Sign up www.walk.cafod.org.uk



AT THE FOOT OF THE CROSS PODCAST - cbcew.org.uk/podcast

Have a listen to the latest podcast from Bishops' Conference: Benedict XVI Rest in Peace (Episode 10). Canon Christopher Thomas and Cardinal Vincent Nichols offer personal reflections on Pope Benedict as well as give a moving description of the Lying in State and Requiem Mass in Rome.

CONFIRMATION 2023

Any young person who is year 8 and would like to receive the Sacrament of Confirmation can register for Sacramental preparation at www.liverpoolcalled.co.uk The website for registration closes on the 17th March. While the registration period is open, Animate will visit schools in the diocese to promote the Sacrament. At the same time schools will teach about the Sacrament of Confirmation in RE classes.

WHAT'S ON AT THE IRENAEUS CENTRE

GENESIS SCRIPTURE EVENINGS (on Zoom) Tuesdays 21st February 7pm

KNIT AND NATTER 10:30 - 12 noon
Tuesdays

GODLY PLAY 12 Noon Tuesdays
Praying creatively

SONGS WE REMEMBER Wednesday
22nd February '23 2pm - 4pm

BEREAVEMENT SUPPORT 1.30pm
Thursdays

ART AND MEDITATION 2-4pm
Thursdays

AGAPE MASS 7pm 2nd March '23

MASS EVERY WEDNESDAY 12 NOON

VIVALDI GLORIA

At Liverpool Metropolitan Cathedral

25th March 2023, 7pm

*Performed by a 'Come and Sing' choir and
the Universities Group Festival*

Director: Joe Watson Organ: James Luxton

**Audience Tickets £5 from
www.ticketsource.co.uk/metcathedral**



Singers of all ages and abilities are invited to join the Come and Sing Choir. Follow the link above for participation tickets (£5)

U18s and Students Free



**Metropolitan Cathedral
of Christ the King Liverpool**

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