

Pope's prayer intention for February

For the terminally ill

Let us pray that the sick who are in the final stages of life, and their families, receive the necessary medical and human care and accompaniment.

See also <https://thepopevideo.org>

Lent Retreat – Saturday 2 March 2024 – St Rita's Centre

“A Campaign of Christian Service...” led by Fr. Jacek Kostuch

The day will begin with coffee/tea on arrival at 9.30am. First Talk will start at 10am, second talk will be at 11am. Exposition and Adoration of the holy Sacrament in silence will be at 12pm. Lunch will be served at 1.00pm, Mass at 2.45pm and there will be an opportunity for Confession. Charge for the day, including lunch (3 course meal), is just £25.00.

Bookings by phone, email or online (www.stritascentre.org/events) Payment can be made on the day. For information contact Krista Radzina on 01404 42635

Hospital visits If you are going into hospital and would like a Catholic Priest to visit during your stay please let us know or in an emergency ask someone to give consent for a visit on your behalf otherwise we are unable to visit.

SAFEGUARDING EVERYBODY EVERY DAY

Being loved and kept safe go to the very core of the Church's ministry to all and particularly our children and vulnerable adults. Safeguarding is everyone's responsibility.

You can speak to our parish safeguarding reps in confidence if you have any concerns or if you are offering to carry out a ministry that will need a DBS check and want to find out more.

Safeguarding contacts: Julie Gray and Liz Tompkins

In the absence of a Parish Safeguarding Representative, any concern of a safeguarding nature should be raised with the Diocesan Safeguarding Team who can be contacted on 01364 645430 or email safeguarding@prcdtr.org.uk

The Parish of the Most Holy Trinity

Priest in Charge: Fr Jacek Kostuch

The Priest's House
St Mary's RC Church, Lyme Road, Axminster EX13 5BE
Telephone: 01297 32135 or in an emergency 07776 082408

Parish office hours
Monday - Friday 4pm - 6pm
Monday and Wednesday 10am - 12pm
Email: axminster@prcdtr.org.uk Website: <https://thecatholictpn.org/>

The Parish
of the
Most Holy
Trinity



St Mary's
Church,
Axminster,
EX13 5BE



SS Michael &
George Church,
Lyme Regis,
DT7 3HS



St Augustine's
Church,
Seaton,
EX12 2AJ

Sunday 11th February 2024

'You are my refuge, O Lord; you fill me with joy of salvation'

First Reading: Lev 13:1-2;44-46

Responsorial Psalm: 31

Second Reading: 1 Corinthians 10:31-11:1

Gospel: Mark 1:40-45

| | Mass times | Mass intentions |
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| Sunday 11th February Sixth Sunday in Ordinary Time World Day for the Sick <i>Day of prayer for the unemployed, the Sick & those who care for them.</i> | Axminster 9am Lyme Regis 11am | For the unemployed Parish intentions |
| Monday 12th February | NO MASS | |
| Tuesday 13th February | Axminster 7pm (Adoration) | FM: Sir Joseph Radcliffe BART RIP |
| Wednesday 14th February Ash Wednesday (Day of Fasting and Abstinence) | Axminster 10am Seaton 10am Lyme Regis 12 (noon) Axminster 7pm | Catherine RICHARDS int's |
| Thursday 15th February | Lyme Regis 12 noon | Funeral Mass - Clare Bridget RIMINGTON- RIAHY |
| Friday 16th February | Axminster 7pm (Mass and Stations of the Cross) | In thanksgiving for reconciliation with grandchildren (PC) |
| Saturday 17th February 1st Mass of First Sunday of Lent | Seaton 5:30pm | |
| Sunday 18th February First Sunday of Lent | Axminster 9am Lyme Regis 11am | Pat DEAN RIP |
| Confessions: After weekday Masses; Saturday 10:45 - 12:00; or please ask | | |

Reflection

Today's Gospel is read in the special context of Ash Wednesday and the beginning of Lent. This is a time that we usually experience very intensively. It is often at this point that we make resolutions about our life of faith. Some of them have been dragging on for years because we haven't been able to fulfil them, or we don't have a good insight into ourselves and we don't know what we need most. The Church, on the basis of the Gospel, has for centuries suggested to us an effective program that can help us change our hearts. Three great works of penance, three great aids on the path of conversion: almsgiving, prayer and fasting. This is the order in which Jesus speaks of them. First, there is a gesture of merciful love towards those in need. Then there is a humble prayer to the Father who is in secret. And at the end, there is fasting, which purifies our body and senses. These works of penance are intertwined and mutually necessary. And all this is not for show, but for God our Father.

Lord Jesus, I need a change in my way of thinking. I want to walk a purifying path from my selfishness to a beautiful and free love for my neighbour and for You. Amen.

Sunday 11th February

World Day for the Sick

For all who are sick; may they be restored to fullness of health or come to know dignity in their suffering.

For doctors, nurses and all who care for the sick and the dying; may they bring Christ's love and compassion to all whom they care for.

Day for the unemployed

For all seeking work or unable to work through disability or illness; may they place their trust in the God of new hope and beginnings.

For politicians and all who work with the economy; may they always remember the poor and those who have least.

Please keep in our prayers those who are sick and housebound in our parish including Canon George, Matthew Waters, Liz Berry and Maggie Deutrom.

Restoration of the War Memorial - St Mary's RC Church

The first phase of the restoration of the War Memorial will commence this week!

If you wish to donate to the fundraising appeal, this can be done by cheque (payable to PDT Parish of the Most Holy Trinity), by cash at the Parish Office or online via this dedicated link. <https://bit.ly/3GBbjt8> For more details on the project, please visit the parish website: <https://thecatholictpn.org/>

'Into the Light Again'

A collection of poems by John Rolph will be on sale shortly in support of 'The Alzheimers Society'. Minimum donation £5 per copy.

Order your copy now.

Speak to John after Mass at Axminster or telephone 01460 221511



'Walk with Me' Lent booklets

Help yourself to a 'Walk with Me' Lent booklet at the back of the church, for your journey of prayer through Lent.



The Season of Lent **As we prepare for Lent which starts this Wednesday (Ash Wednesday) it is good to prepare our hearts for what God would like to do for us ...**

The Gospel we hear on Wednesday at Mass needs to be heard in the special context of Ash Wednesday and the beginning of Lent. This is a time that we usually experience very intensively. It is often at this point that we make resolutions about our life of faith. Some of them have been dragging on for years because we haven't been able to fulfil them, or we don't have a good insight into ourselves and we don't know what we need most. The Church, on the basis of the Gospel, has for centuries suggested to us an effective program that can help us change our hearts. Three great works of penance, three great aids on the path of conversion: **almsgiving, prayer and fasting** This is the order in which Jesus speaks of them. First, there is a gesture of merciful love towards those in need. Then there is a humble prayer to the Father who is in secret. And at the end, there is fasting, which purifies our body and senses. These works of penance are intertwined and mutually necessary. This is not for show, but for God our Father.

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Fasting on Ash Wednesday and Good Friday

The law of fasting requires a Catholic from the 18th to the 59th birthday to reduce the amount of food eaten from normal. The Church defines this as one meal a day, and two smaller meals which if added together would not exceed the main meal in quantity. Such fasting is obligatory on Ash Wednesday and Good Friday. The fast is broken by eating between meals and by drinks which could be considered food (milk shakes, but not milk). Alcoholic beverages do not break the fast; however, they seem to be contrary to the spirit of doing penance.

We are also called to abstain from eating meat on these days. The savings resulting from this are to be offered as alms.

Those who are excused from fast or abstinence include those outside the age limits, those who suffer from mental illness, the sick, the frail, pregnant or nursing women according to need for meat or nourishment, manual labourers according to need, guests at a meal who cannot excuse themselves without giving great offence or causing enmity and other situations of moral or physical impossibility to observe the penitential discipline.

Caritas at Lent

"Do not turn your face away from anyone who is poor" (Tob 4:7)

In his message for World Day of the Poor 2023, Pope Francis reminded us that faith teaches us that every poor person is a son or daughter of God and that Christ is present in them. "Just as you did it to one of the least of these who are members of my family, you did it to me" (Mt 25:40). Lent is a time of prayer, fasting and almsgiving in preparation for the resurrection of the Lord at Easter. Caritas Diocese of Plymouth has created a Lent Calendar (at the back of the church) to suggest ways in which we can use this time for prayer, reflection and action as the service of the poor. Just a few small actions each week can make a positive difference. Access the digital version of the poster at <https://bit.ly/4bxexm3>