

Pope's prayer intention for February

For New Martyrs

Let us pray that those who risk their lives for the Gospel in various parts of the world might imbue the Church with their courage and missionary drive.

<https://thepopevideo.org>

This Lent, Family Fast Day

James told us that when his family had no food, he faced a terrible choice: stay home and stay hungry or put everything on line to go out onto the water in his small canoe. Five fishermen a month were dying in storms at sea. Just like him, they couldn't afford the life jackets, compasses and other equipment they needed to stay safe at sea and get a good catch. Your support for CAFOD this Fast Day helps hardworking people like James to return home safely and feed their families for good.



Take a leaflet an envelope at the back of the church or you can donate online at <https://cafod.org.uk/>

60 Club

The next draw of the Parish 60 Club will take place this Sunday after Mass at St Mary's Axminster. Contact the Parish Office if you wish to join for 2024-25!



Diocese Lenten Offerings: Reflections & Prayers Week 2

Follow this link, or ask the parish office for a copy. <https://bit.ly/49Ei22F>

SAFEGUARDING EVERYBODY EVERY DAY

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://thecatholicpn.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 25th February 2024

'I will walk in the presence of the Lord in the land of the living.'

First Reading: Genesis 22:1-2,9-13,15-18 Second Reading: Romans 8 :31-34

Responsorial Psalm: 115

Gospel: Mark 9:2-10

	Mass times	Mass intentions
Sunday 25th February Second Sunday of Lent	Axminster 9am Lyme Regis 11am	Parish intentions David George BRINCAT RIP
Monday 26th February <i>+Bishop Cyril Restieaux (1996)</i>	NO MASS	
Tuesday 27th February <i>St Gregory of Narek Ab Dr</i>	Axminster 7pm Mass (Adoration)	FM: Lilian May ROBERTSON RIP
Wednesday 28th February	Seaton 10am (Stations of the Cross 9.30am)	Eira Maeve Hannah MORGAN-BYTNIEWSKA (thanksgiving for her birth)
Thursday 29th February	Lyme Regis 10am Stations of the Cross 9.30am)	Sue BOUSEFIELD intentions
Friday 1st March ST DAVID Bp Patron of Wales FEAST	Mass in St Marys school at 9.15 am (all welcome) 7.30pm Stations of the Cross (<i>Malayalam</i>)	For St Marys School children, families and staff
Saturday 2nd March 1st Mass of Third Sunday of Lent	No Adoration or Confessions (Retreat in Honiton) Seaton 5:30pm	Parish intentions
Sunday 3rd March Third Sunday of Lent	Axminster 9am Lyme Regis 11am	Ellen CARNEY (in sickness) FM: Mary Ann WREY RIP
Confessions: After weekday Masses; or please ask		

The
Season
of
Lent



Lent in our Parish

Stations of the Cross:

9.30am Wednesday - Seaton
9.30am Thursday - Lyme Regis
9.30am Friday - Axminster
7.30pm Friday - Axminster (Malayalam)

Adoration (includes opportunity for Sacrament of Reconciliation)

Tuesday after 7pm Mass – Axminster
Saturday 10am to 12 noon - Axminster

Lent Course: After morning Mass (when planned - see Newsletter)

Wednesday – Seaton
Thursday - Lyme Regis
Friday - Axminster

When was the last time you had a really memorable Lent?

Or even a life-changing Lent? So often we just give up something like chocolate like we always have, without giving it much thought. And we don't really stick to it. Or if we do manage to get to Easter without eating said chocolate, we realize we haven't really grown spiritually since the beginning of Lent. And isn't that actually the point? The point of giving something up, of fasting, is to cultivate the inner life. When we fast, we realize how truly dependent on God we are. We open our hearts, our minds, and our bodies to God's love in our lives. We look at the ways that we need to grow, and dedicate ourselves to becoming a-better-version-of-ourselves. And when we make ourselves available to God, incredible things can happen. That's what can make Lent so powerful.

But you can take it one step further. Don't just give something up. There is also great value in doing something for Lent. It's the perfect time not only to abandon self-destructive habits, but also to form new life-giving habits, habits that can extend beyond the 40 days of Lent. Give something up, eliminate a bad habit from your life, and then fill that gap intentionally. Look at how you can become a-better-version-of-yourself, and commit to a new good habit.

Below are two lists. One is a list of things to give up for Lent, and the other is a list of life-giving habits. I invite you this Lent to pick one from each list. Just one from each list. Give something up, then fill the gap.

Things to **Give Up** For Lent

Don't eat what you want. Matthew Kelly talks about the power of never leaving the dinner table without making an act of self denial. Take that to heart at every meal this Lent. If you want waffles for breakfast, make eggs instead. Instead of drinking orange juice, drink water.

Give something away—every day. Maybe it's not your wardrobe that needs cleaning out, but

consider giving something away each day, or each week, during Lent.

Don't interrupt people. We could probably all do well to spend more time listening, and less time interjecting.

Stop complaining. Have you ever stopped to think about how many times a day you complain about something? What if, instead, you find constructive ways to talk about your difficulties? What if you look for the good in people instead of focusing on any inconvenience we experience?

Don't waste downtime. You don't have to give up social media or the like entirely, but you can be intentional about not using it during specific times. Take that time instead to pray, to breathe, to reach out to someone around you. You'll be amazed at the difference it can make in your day.

[From Dynamic Catholic]

Things **To Do** For Lent

Spend time in the classroom of silence. Set a timer in your kitchen, then forget about it. Spend the time however you want. Maybe you can do an hour, or maybe you can do 10 minutes. But take the time for silence and reflection each day.

Read the Gospels. Pick a Gospel and read a passage each day during Lent. It is in reading the Gospels that we can realize that Jesus is not just a historical figure. He is alive and with us in everything we do.

Sit in a church. Visit a church for a few moments each day during Lent. Sitting in a quiet, empty church is a beautiful experience. Just you and God. There is something powerful about that.

Do an act of love every day. Send a kind note to a loved one, do a good deed for a stranger, volunteer, post something inspiring on social media. It doesn't have to be big—just do something each day.

So, what two habits are going to lead you to your best Lent ever this year?
[from Dynamic Catholic]

Reflection

The Gospel we hear today gives us an opportunity to reflect on the greatness of God by hearing about another of the disciples' encounters.

The disciples had been accompanying Jesus for some time. They saw the miracles He performed and through which He revealed His extraordinary power. But what they are witnessing now is beyond their previous experience.

What the disciples see is only part of God's glory. God in his holiness, in his glory, in his transcendence transcends what we can understand. Apart from a lesson in glory, it is also a lesson in humility for us.

There are probably many times in our life when we want God to explain himself to us. Often, the "why" question we ask when faced with difficult life experiences is actually a veiled accusation against God – why has He not lived up to our expectations.

But even when we react this way we remain, for God, children of God whom God loves immeasurably.

The Father confirms that He loves his Son first and invites us to obey him so that through Him we can come to know our Father.

Lord Jesus, beloved Son of the Father, Reflection of His glory, I ask You, strengthen me in listening to You and in obedience to Your Gospel, so that I can enjoy seeing You in heaven. Amen.

Pastoral Planning (PPC) meeting 8 March 2024

All parishioners are invited to attend our next PPC meeting to be held at 7pm on Friday 8 March, at St Mary's Catholic Primary School, Axminster.

Women's World Day of Prayer service - Friday 1 March - Seaton

Come and join in with our service at 10:30am next Friday at St Augustine's, Manor Road, Seaton. All are welcome!

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

Please support the fundraising appeal if you are able 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> More information on the parish website.