

### **Attendance and Collection**

16th Feb - Attendance 69 Collection £212.00

23rd Feb - Attendance 61 Collection £170.85

**Parishioners Who are Unwell** If you would like the parish to pray for someone, please notify Father Sony on 01772 865229 for inclusion in the Bidding Prayers or newsletter.

### **Feast Days**

Fri – CAFOD LENT FAST DAY

### **Cycle Of Prayer**

The Needy and Hungry of the World - Lent Fast Day - Friday 14<sup>th</sup> March

### **Why should you join the Knights of St. Columba?**

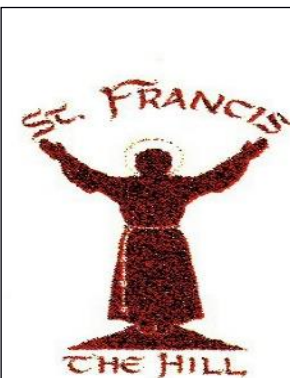
When you join the Knights of St Columba (KSC) you will be active in helping in the spiritual development of Adults and Young People in both local and national activities.

You will be able to help to promote the social teachings of the Catholic Church and work for social welfare of our communities.

Please come forward and join us. The Knights Need YOU.

To find out more about the Knights of St. Columba contact Andrew Fowler on 07914

751020 or Philip Wilcock on 07710 225868 or go to [www.ksc.org.uk](http://www.ksc.org.uk)



## **St Francis Hill Chapel Parish Newsletter**

The Hill, Horns Lane, Goosnargh  
Preston PR32FJ

Telephone: 01772 865229  
Clergy: Fr Sony Jose Kadamthodu

<https://stfrancisgoosnargh.chessck.co.uk/>

Parish Safeguarding Representative –Maria Peel

**Sunday 9th March 2025**

**1<sup>st</sup> SUNDAY IN LENT  
Readings – Year C**

**Mass 10.30am**

### ***Parish Mission Statement***

*Our Parish, guided by the example of our patron St Francis of Assisi, seeks to be a welcoming Catholic Community by living, sharing and growing in faith.*

*We strive to deepen our own relationship with Christ  
and meet the needs of others.*

**Mass intention is for Francis and June Gornall**

We pray for all who are unwell in our parish especially

Bill Bamber, Shirley Walker & Frank Morris

We remember those whose anniversaries occur at this time especially  
Lara Kristie Jones

Tea and Coffee will be served after Sunday Mass

### **Cafod Family Fast Day**

Pope Francis has called us to be 'Pilgrims of Hope' this year. This is to be a Jubilee Year of hope for a world suffering the impacts of war, global debt and climate change. This Lent, as we reflect on the love Christ showed on the cross, let us do all we can to help families facing poverty and exclusion. By fasting, giving and praying- especially on CAFOD's Family Fast Day, Friday 14th March, we can act on Pope Francis' call in this Jubilee Year to care for our sisters and brothers facing hardship. We will be giving Family Fast Envelopes out at the end of mass. With grateful thanks for your ongoing support.  
CAFOD

### **New Missal Appeal**

Thank you so much to all who were able to support the New Missal Appeal. There are envelopes in a basket at the back of the hall if you not have not received one. Grateful thanks for all envelopes already returned. Thank you so much for your ongoing support.

### **First Communion Programme**

We have our First Communion and Sacrament of Reconciliation programme this month. We have 20 children preparing for the sacraments. Please remember them in your prayers.

### **From the Archives – the First Sunday in Lent**

Ash Wednesday marked the beginning of Lent, a season of fasting and prayer, 46 days before Easter Sunday. However, Lent is just 40 days long as the Sundays of Lent are not counted as strictly part of Lent. The length of the Lenten season stems from the long biblical history of the Forty Days' fasts of Moses, Elijah and especially Our Blessed Lord in the desert. The date of Easter is determined as the Sunday following the first full moon that happens on or after the March equinox, which is always March 21st in the Christian calendar. The earliest Easter can fall is March 22nd, and the latest April 25th. This year, 2025, Easter Sunday is 20th April. There is therefore a 35-day

window in which Easter can fall, depending on the timing of the full moon relative to March 21st.

During the early days of the Church, the observance of fasting was very strict. One meal was allowed per day and even for that meal, meat and fish were forbidden. By the fifteenth century that meal was taken at midday, but the rules were gradually relaxed over the years and now, only Ash Wednesday and Good Friday are days when Catholics must fast and abstain from eating meat.

The distribution of ashes comes from a ceremony of ages past. Christians who had committed grave faults performed public penance. On Ash Wednesday, the Bishop blessed the hair shirts which they were to wear during the forty days of penance and sprinkled over them ashes made from the palms from the previous year. Then, while the faithful recited the Seven Penitential Psalms, the penitents were turned out of the church because of their sins -- just as Adam, the first man, was turned out of Paradise because of his disobedience. The penitents did not enter the church again until Maundy Thursday after having won reconciliation by the toil of forty days' penance and sacramental absolution. Later, all Christians, whether public or secret penitents, came to receive ashes out of devotion. In earlier times, the distribution of ashes was followed by a penitential procession

The Seven Penitential Psalms are: Psalms 6, 31, 37, 50, 101, 129 and 142. they came to be known by this name by the order of Pope Innocent III (1198-1216), they were to be prayed during the days of Lent. If they couldn't be said on each day of the Season, they could be prayed on the seven Lenten Fridays.

The tradition of the reciting the Seven Penitential Psalms continues in several Catholic countries, particularly in the Mediterranean area.

Mike Bryan