

**PARISH OF ST MARY IMMACULATE & THE HOLY ARCHANGELS
KELVEDON, ST. BERNARD COGGESHALL, ST JOHN HOUGHTON TIPTREE,
(Twinned with St Joseph's Mission, Besters, KwaZulu-Natal)**

Monsignor Gordon Read

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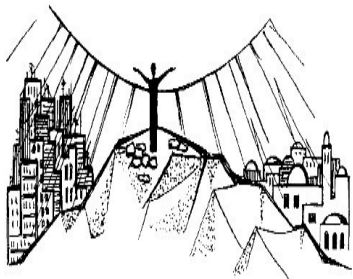
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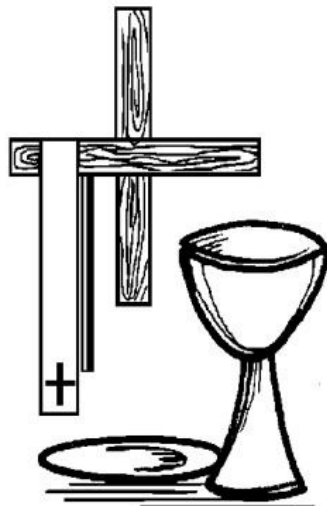
PARISH NEWSLETTER

14th February 2016

FIRST SUNDAY OF LENT

Jesus was led by the Spirit through the wilderness and was tempted there.

First Reading:	Deut 26:4-10
Responsorial Psalm	Ps 90:1-2.10-15
Second Reading:	Rom 10:8-13
Gospel:	Lk 4:1-13



FIRST SUNDAY OF LENT: The word Lent derives from the Middle English word *lenten*, meaning springtime – the time of lengthening days. Lent was the period of intense spiritual and liturgical preparation for catechumens before they were baptized at Easter. Many members of the community imitated this time of preparation with the catechumens. By the end of the fourth century, the 40-day period of Easter preparation known as Lent existed, and that prayer and fasting constituted its primary spiritual exercises. The number "40" has always had special spiritual significance regarding preparation. On Mount Sinai, preparing to receive the Ten Commandments, "Moses stayed there with the Lord for 40 days and 40 nights, without eating any food or drinking any water" (Ex 34:28). Elijah walked "40 days and 40 nights" to the mountain of the Lord, Mount Horeb (another name for Sinai) (1 Kgs 19:8). Most importantly, Jesus fasted and prayed for "40 days and 40 nights" in the desert before He began His public ministry (Mt 4:2). Once the 40 days of Lent were established, the next development concerned how much fasting was to be done. In Jerusalem, for instance, people fasted for 40 days, Monday to Friday, but not on Saturday or Sunday, thereby making Lent last for eight weeks. In Rome and in the West, people fasted for six weeks, Monday to Saturday, thereby making Lent last for six weeks. Eventually, the practice prevailed of fasting for six days a week over the course of six weeks, and Ash Wednesday was instituted to bring the number of fast days before Easter to 40. The rules of fasting varied. First, some areas of the Church abstained from all forms of meat and animal products, while others made exceptions for food like fish. For example, Pope St. Gregory (d. 604), writing to St. Augustine of Canterbury, issued the following rule: "We abstain from flesh, meat, and from all things that come from flesh, as milk, cheese and eggs." It was only in 1917 that abstinence was restricted to 'flesh meat'. Our friends in the Orthodox Churches still keep fast and abstinence in its full rigour. The Islamic community adopted the same discipline from Christianity for their observance of the Ramadan fast. In his message for this Lent Pope Francis invites us to concentrate on the corporal and spiritual works of mercy. If we allow these to challenge us in a concrete and practical way they will certainly involve all three traditional elements of prayer, self-denial and almsgiving. If you are not sure what these are do take a 'Year of Mercy' leaflet where you will find them listed.

PRAYER NEEDS: Please continue to pray for those parishioners who are sick especially *Vanessa Dann, Angelina Barber, June Jezierski, Mrs Van Stolk (senior), Denis Wood, Kay Smith, Hayley Hetzel, Julie Trueman, Deborah Lee, Bill Sullivan, Pam Loath, Hani Kyan, Karen Kelly, Sheila Faulkner, Mike Gibson, Donovan Bushing, Paul Britain, Rebecca Dillon, Brian Harper, Anne Entwistle, Audrey Hopwood* and any unknown to us.

ANNIVERSARIES: Please remember *Jan Mireki, Ellen Brausgrose, Anthony Bowen, Alice Elliot, Kevin Murphy, Sr Rose Aquinas, Margorie Weir, Anna Murphy, Ron Everitt, John Bell, Isabel Chittock* and *Anrzej Matrejek* whose anniversaries occur at this time.

CAFOD LENT FAST DAY: This Friday – envelopes included with newsletter for those who do not have special Gift Aid envelopes. This year we welcome speakers from CAFOD at Mass, Angela Sparke at Coggeshall and Kelvedon and Christopher Driscoll at Tiptree.

MASS VARIATIONS: Due to a meeting in Leeds, Mass on Wednesday 8.00 a.m. and no Mass Thursday.

POPE FRANCIS'S MESSAGE FOR LENT 2016: "For all of us, then, the season of Lent in this Jubilee Year is a favourable time to overcome our existential alienation by listening to God's word and by practising the works of mercy. In the corporal works of mercy we touch the flesh of Christ in our brothers and sisters who need to be fed, clothed, sheltered, visited; in the spiritual works of mercy – counsel, instruction, forgiveness, admonishment and prayer – we touch more directly our own sinfulness. The corporal and spiritual works of mercy must never be separated. By touching the flesh of the crucified Jesus in the suffering, sinners can receive the gift of realizing that they too are poor and in need. By taking this path, the "proud", the "powerful" and the "wealthy" spoken of in the *Magnificat* can also be embraced and undeservedly loved by the crucified Lord who died and rose for them. This love alone is the answer to that yearning for infinite happiness and love that we think we can satisfy with the idols of knowledge, power and riches. Yet the danger always remains that by a constant refusal to open the doors of their hearts to Christ who knocks on them in the poor, the proud, rich and powerful will end up condemning themselves and plunging into the eternal abyss of solitude which is Hell. The pointed words of Abraham apply to them and to all of us: "They have Moses and the prophets; let them hear them" (*Lk 16:29*). Such attentive listening will best prepare us to celebrate the final victory over sin and death of the Bridegroom, now risen, who desires to purify his Betrothed in expectation of his coming. Let us not waste this season of Lent, so favourable a time for conversion! We ask this through the maternal intercession of the Virgin Mary, who, encountering the greatness of God's mercy freely bestowed upon her, was the first to acknowledge her lowliness (cf. *Lk 1:48*) and to call herself the Lord's humble servant (cf. *Lk 1:38*)."

FINANCE: Offertory collection for **Sunday 7th February - £619.21.**

THE BIGGER BREAKFAST: This month's ecumenical prayer breakfast is at St Mary Immaculate on Saturday 8.00-9.00 a.m. All welcome.

LENTEN ECUMENICAL STUDY GROUPS THIS WEEK: **Kelvedon & Feering:** Tuesday 10.30-11.30 a.m. **URC** and Wednesdays 8.00-9.00 p.m. **St Mary Immaculate.** This year we will be making use of a book of poems – one for each day during Lent – and will be reflecting on two of them at each session. **Coggeshall:** Monday 7.30-9.00 p.m. at **St Peter's.** 'Being Christ in the World' – this week a speaker for Christian Aid. **Tiptree: Lent Bible Study 2016** 8.00 p.m. at **Tiptree URC** and on Thursday mornings at 11.00 a.m. at **St Luke's.** It will also be run, with different leaders, on Wednesdays at 12 p.m. at **Heath House, Layer Breton,** where there will also be a simple lunch. **Session 1 The Passion according to Mark** Tuesday 16th, Wednesday 17th, Thursday 18th February led by **Julia Russell Grant.** Where groups are scheduled twice a week the content and in most cases the leader will be the same on both days.

**MASS TIMES & INTENTIONS:
Morning & Evening Prayer: Week 1**

SUNDAY 14th February <i>1st Sunday of Lent</i>	Coggeshall Kelvedon Tiptree Tiptree	9.00 a.m. 11.00 a.m. 5.15 p.m. 6.00 p.m.	All Parishioners Kathleen Turner (anniversary) <i>Stations of the Cross</i> Int. Martin, Michael & Simey Doherty
MONDAY 15th February	Kelvedon	9.00 a.m.	Evelyn Wright RIP
TUESDAY 16th February	Kelvedon Tiptree	8.00 a.m. 11.00 a.m.	Private Intention <i>Rosary & Eucharistic Adoration</i>
WEDNESDAY 17th February	Kelvedon	8.00 a.m.	Secular Clergy Common Fund
THURSDAY 18th February	Kelvedon	NO MASS	
FRIDAY 19th February	Kelvedon	9.00 a.m.	Intention Maggie Clark
SATURDAY 20th February	Kelvedon	10.00 a.m.	Intention Bridie Stanton
SUNDAY 21st February <i>2nd Sunday of Lent</i>	Coggeshall Kelvedon Tiptree Tiptree	9.00 a.m. 11.00 a.m. 5.15 p.m. 6.00 p.m.	Peg & M O'Leary Tom Heffernan RIP <i>Stations of the Cross</i> All Parishioners

*Sacrament of Reconciliation: This Saturday 10.30 a.m. - 11.00 a.m.
with Exposition of the Blessed Sacrament & Benediction.*

Liturgical Rotas 21st February	Eucharistic Ministers	Lectors	Ministers of Welcome
COGGESHALL	Jane Crone Clare Gallant	Gabrielle Ruiz	Ann Ross
KELVEDON	Steve Smith Helena McInally	Valerie Bartlett	Marie Sullivan
TIPTREE	Celia Butt	Jean Mullane	Jude Cody