

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

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PARISH NEWSLETTER

22nd February 2015

FIRST SUNDAY OF LENT

Jesus was tempted by Satan, and the angels looked after him

First Reading: Gen 9:8-15

Responsorial Psalm Ps 24:4-9

Second Reading: 1 Pt 3:18-22

Gospel: Mk 1:12-15



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. Lent became more regularized after the legalization of Christianity in A.D. 313. The Council of Nicea (325), in its disciplinary canons, noted that two provincial synods should be held each year, "one before the 40 days of Lent." St. Athanasius (d. 373) in his "Festal Letters" implored his congregation to make a 40-day fast prior to the more intense fasting of Holy Week. St. Cyril of Jerusalem (d. 386) in his *Catechetical Lectures*, which are the paradigm for our current RCIA programs, had 18 pre-baptismal instructions given to the catechumens during Lent. St. Cyril of Alexandria (d. 444) in his series of "Festal Letters" also noted the practices and duration of Lent, emphasizing the 40-day period of fasting. Finally, Pope St. Leo (d. 461) preached that the faithful must "fulfil with their fasts the Apostolic institution of the 40 days," again noting the apostolic origins of Lent. One can safely conclude that 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) (I 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.

PRAYER NEEDS: Please continue to pray for those parishioners who are sick especially **Teresa Hall, Mary Cody, Alphonso Ciaravella, Delia Cooch, Kay Smith, Julie Trueman, Audrey Thurlow, Hayley Hetzel, Deborah Lee, Bill Sullivan, Pam Loath, Hani Kyan, Karen Kelly, Sheila Faulkner, Mike Gibson, Donovan Bushing, Rebecca Dillon, Brian Harper, Eddie Price, Anne Entwistle, Paul Britain, Audrey Hopwood** and any unknown to us.

ANNIVERSARIES: Please remember *Doris Samuels, Margaret Sawyer, Frances Taylor, Martha Fairweather, Jean O'Neil, Anne Stoke, Olive Rivers, Maureen O'Keefe* and *Vincent Rooney* whose anniversaries occur at this time.

STATIONS OF THE CROSS: As usual there will be Stations of the Cross on the Sundays of Lent at Tiptree 5.15 p.m. **STATIONS OF THE CROSS FOR CHILDREN:** This will take place every Saturday at 4.00 p.m., straight after **First Holy Communion sessions**. For those new to this devotion, it is a mixture of prayers written by our own children and singing. Please come along and take part in this wonderful Lent activity. Parents and grandparents are welcome!

WOMEN'S WORLD DAY OF PRAYER: Is on **Friday 6th March** and has been prepared by the women of the Bahamas. Services will take place in all three centres: **St John Houghton, Tiptree** at **10.00 a.m.** With refreshments available following the service. **Christ Church Coggeshall** at **10.30 a.m.** **St Mary's C of E School Room, Kelvedon**, at **2.00 p.m.** All are welcome.

CAFOD LENT FAST DAY FRIDAY 27TH FEBRUARY: Storms droughts and floods are having a devastating impact on our poorest brothers and sisters around the world right now. CAFOD works with local expert organisations to ensure affected people are not only able to survive, but to thrive. Fast Days are our opportunity to support that vital work. Collect your Fast Day envelope from church this week and don't forget to hold your fast on Lent Fast Day. Please give as much as you can in next week's collection, so that long term deep-rooted devastation from extreme weather doesn't become a fact of life. The generosity of the Catholic community is being matched by the UK government. This is originally up to a total value of £3.5 million however, the great news is - **the government has now increased the limit from £3.5 million to £5 million** because of the Catholic community's proven generosity in previous appeals. The government also recognises that through UK Aid Match, CAFOD can help thousands more people in the poorest communities to live sustainably and with dignity by adapting to the threat of storms, cyclones, tidal waves and droughts.

LENTEN ECUMENICAL STUDY GROUPS: This year these will take place in all three centres: **Kelvedon & Feering:** Tuesdays 10.30-11.30 a.m. URC and Wednesdays 8.00-9.00 p.m. **St Mary Immaculate.** "Balance" – a five session course for Lent on rest, work and play by Robert Warren & Sue Mayfield. **Coggeshall:** Thursdays 7.30-9.00 p.m. **Christchurch.** "Hearing God" series of four sessions by Rod Kallmier. **Tiptree:** Tuesdays 7.30-8.30 p.m. **URC & Thursdays 10.30-12.00 noon St Luke's.** "Who is Jesus? Five key events in our understanding of him". Where groups are scheduled twice a week the content and in most cases the leader will be the same on both days. The usual Lenten booklets are available at £1.00 for adults and £0.55 for children (infant and junior).

FINANCE: Offertory collection for **Sunday 15th February - £671.93.**

SATURDAY EVENING MASS AT WITHAM: Those who sometimes go to the Saturday Evening Mass at Witham are advised that the time has changed from 6.00 p.m. to **5.30 p.m.** This is because the council have introduced overnight parking charges from 7.00 p.m.

PRAISE & WORSHIP EVENING: At SION Community, Sawyers Hall Lane, Brentwood, today **Sunday 22nd February, 7.30 p.m. to 9.00 p.m.** All welcome.

RELIGIOUS POEM COMPETITION: The winner's chosen church will receive £250 and ten free books. Anyone can submit up to three poems for the competition. There's no age limit and no entry fee. The poem can be a prayer, words for a hymn, a description of an uplifting moment, a religious experience, about a person or your church. It can be rhyming or free verse, historic, romantic, factual, or personal - anything you like, as long as there's a religious theme. You can't use *Religious Poem* as your title. Send up to three poems, of no more than 25 lines (including blank lines) and 160 words each by February 28th 2015 to - Religious Poem Competition, United Press, Admail 3735 London EC1B 1JB. Tel 0844 800 9177 or e-mail info@unitedpress.co.uk. For more information visit www.unitedpress.co.uk Judging will take place early March and the winner will be announced at the end of March 2015.

SING THE MUSIC OF ALAN BULLARD: At St Andrew's, Hornchurch on Saturday 7th March, from 10.00 a.m. - 4.00 p.m. Spend a day with Alan Bullard singing movements from his cantatas and anthems. Music will be provided on the day. Coffee from 9.30 a.m. Please bring a packed lunch. Cost: £15. Students £5. To book a place and to get more information please contact graham.wadley@tiscali.co.uk or 01206 824036.

ROCHFORD ORGAN RECITAL: Carl Bahoshy will be giving an organ recital at St.Teresa's RC Church in Rochford (109 Ashingdon Road, SS4 1RF) on Sunday, 1st March at 4.00 p.m. in aid of the UK-registered charity 'Iraqi Christians In Need (www.icin.org.uk). The charity is providing direct financial relief to thousands of displaced refugee families under the care of the Catholic Chaldean, Syriac and Orthodox churches in northern Iraq. *Carl is a UK-born Roman Catholic pianist and organist with Iraqi Catholic parents.*

DESERT ISLAND DISCIPLES: At Brentwood Cathedral. Fr Martin Boland will interview a Cardinal, an Abbot, an Archbishop and a Bishop about their faith and lives. Wednesday evenings, beginning on 25th February at 7.30 pm in the Cathedral parish hall, with Abbot Cuthbert Madden of Ampleforth Abbey. Go to www.cathedral-brentwood.org or phone 01277 265235 for more details.

War Diary 1914-1918

"Fast and Abstinence dispensed until further notice in Lent except for Good Friday"

Parish Notices 21st February 1915

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

SUNDAY 22nd February <i>First 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 Int. Catherine O'Donall (sick) <i>Stations of the Cross</i> Intention Martha Farkas
MONDAY 23rd February	Kelvedon	9.00 a.m.	Keith Smith RIP
TUESDAY 24th February	Kelvedon Tiptree Kelvedon	8.00 a.m. 11.00 a.m. 7.30-8.30 p.m.	Church in Czech Republic <i>Rosary & Eucharistic Adoration</i> <i>Eucharistic Adoration</i>
WEDNESDAY 25th February	Kelvedon	7.30 p.m.	Private Intention
THURSDAY 26th February	Kelvedon	10.00 a.m.	Intention Bridie Stanton
FRIDAY 27th February	Kelvedon	9.00 a.m.	Private Intention
SATURDAY 28th February	Kelvedon Kelvedon	10.00 a.m. 4.00 p.m.	Intention Deasy Family <i>Children's Stations of the Cross</i>
SUNDAY 1st March <i>Second Sunday of Lent</i>	Coggeshall Kelvedon Tiptree Tiptree	9.00 a.m. 11.00 a.m. 5.15 p.m. 6.00 p.m.	Private Intention Intention Edward Banks <i>Stations of the Cross</i> All Parishioners

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

Liturgical Rotas 1st March	Eucharistic Ministers	Lectors	Ministers of Welcome
COGGESHALL	Derek Hand Jane Crone	Sean O'Leary	Ann Ross
KELVEDON	Tom McNally Patricia Pike	Gulia Horrocks	Elizabeth Maxted
TIPTREE	Isobel Kersey	Marisa Orchard	Celia Butt