

## CALLED TO SERVE THE SICK



Sickness always has more than one face: it has the face of all the sick, but also those who feel ignored, excluded and prey to social injustices that deny their fundamental rights (cf. *Fratelli Tutti*, 22). The current pandemic has exacerbated inequalities in our healthcare systems and exposed inefficiencies in the care of the sick. Elderly, weak and vulnerable people are not always granted access to care, or in an equitable manner. This is the result of political decisions, resource management and greater or lesser commitment on the part of those holding positions of responsibility. Investing resources in the care and assistance of the sick is a priority linked to the fundamental principle that health is a primary common good. Yet the pandemic has also highlighted the dedication and generosity of healthcare personnel, volunteers, support staff, priests, men and women religious, all of whom have helped, treated, comforted and served so many of the sick and their families with professionalism, self-giving, responsibility and love of neighbour. A silent multitude of men and women, they chose not to look the other way but to share the suffering of patients, whom they saw as neighbours and members of our one human family. [Pope Francis: Message for the "World Day of the Sick, 2021]

### ***In case you are admitted to hospital.....***

Please indicate on entering hospital that your details are to be passed to the RC Chaplain. Also state that you would like the RC Chaplain to visit you.

St. Erconwald's Church

112, Carlton Avenue East, Middlesex, HA9 8NB

Tel.: 020 8904 6031

Email: [wembley3@rcdow.org.uk](mailto:wembley3@rcdow.org.uk)

Website: <https://www.erconwald.org.uk>

Microsite: [www.parish.rcdow.org.uk/](http://www.parish.rcdow.org.uk/wembley3)  
[wembley3](http://www.parish.rcdow.org.uk/wembley3)

Streaming: <https://www.churchservice.tv/wembley3>

Parish Priest: Fr. Anthony Psaila

## PRAYER



Through prayer we show our need of God, and that we believe in His power. When praying we present ourselves before God, who knows our needs and is full of love towards us, and our relationship with Him [and with one another] grows.

### **WEEKDAY AND SUNDAY MASSES**

*[At present, the obligation to attend Sunday Mass and Holydays of Obligation remains suspended.]*

**Monday:** 9.30am: Private Mass followed by Stations of the Cross

**Tuesday: 9.30am: Public Mass**

**Wednesday:** 9.30am: Private Mass followed by Stations of the Cross

**Friday: 9.30am: Public Mass**

6.30pm: Private Stations of the Cross

**Saturday:** 5.30pm: Private Mass: [Mass of Sunday].

**Sunday: 10.00am: Public Mass**

[All Services are live-streamed. Saturday and Sunday Mass are live-streamed and recorded. For up-to-date schedule, and to book a place please visit the website or ring the office.]

**Church open for Private Individual Prayer:**  
**Wednesday 11.00-11.30am and 3.30-4.00pm.**

For our "Prayer-Time" this Lent, we are going to use the booklet "Holy Week Voices from the Holy Land". There will be limited copies available from the Repository. Or you may wish to purchase a physical copy directly from Friends of the Holy Land or obtain an electronic/digital version (also priced £7.99), both of which are available from their website: [www.friendsoftheholylan.org.uk](http://www.friendsoftheholylan.org.uk)

**THE PASSAGE:** To mark 40 years of service to homeless people this Lent we have produced 40 reflections for Lent each marking a year of service and reflecting on the needs of homeless people today. If you would like to share in our Lenten journey please contact Andrew Hollingsworth: [Andrew.h@passage.org.uk](mailto:Andrew.h@passage.org.uk) tel. 020 7592 1886.

## A LENTEN JOURNEY "The Year of St. Joseph"

### AN INVITATION AND WELCOME.

A very warm welcome.



We are delighted to offer you this free leaflet which we hope you will find interesting and helpful.

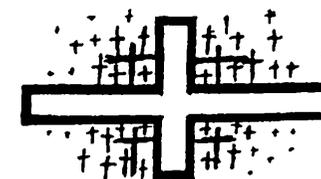
It is difficult to imagine that it was during Lent 2020 that we went into the first lockdown! Our hope was that by now life would have become much better, closer to "normal", without the present restrictions. During this difficult time, the third lockdown, we are once again invited to go on our Lenten journey.

During this journey we are invited to fasting and abstinence; to works of self-denial; to personal and communal worship, and to reach out to those who are less fortunate than us. In this way this journey becomes for us a time of grace, of conversion, of renewal and of healing. This time of Lent will also be a time of hope, towards the new life of Easter.

Outlined in this leaflet are some opportunities that are offered during this Lent in our parish of St. Erconwald and also in the Diocese of Westminster.

So, let us use this Lent and pray that we may become more aware of God's plan for us. Let us open our hearts to the gift of God's presence to support, comfort and strengthen us.

Thank you for your support and have a good Lent.



## ALMS-GIVING

**CAFOD: LENT FAST DAY: Friday 26<sup>th</sup> February**

**CAFOD** just one world Will you do something amazing this Lent Fast Day? "Will you go the extra mile this Lent" is the theme of this year's Fast Day. This Lent you can live simply so that others can simply live. Please visit [www.cafod.org.uk/lent](http://www.cafod.org.uk/lent)

## CAFOD: WATER POVERTY



Daily Walk? Something positive this Lent. Could you walk 10,000 Steps either on one day or everyday this Lent? The walk could be a sign of your solidarity with all those who do

not have access to a safe water source and who have to walk for water each day. Find out more or sign up online at [www.cafod.org.uk/walk](http://www.cafod.org.uk/walk) and go the distance this Lent and help to end water poverty.

**The Larder and Open Kitchen [Christ Church, Brondesbury NW6]**



Supporting single men/women who are Homeless, Living in B&Bs or Housed Hostels. Offers a twice weekly three course meal [Tuesdays and Thursdays: 11.30am—3.00pm]. Each guest is also offered a take away evening meal. For more information contact: Stephen: [stepspc@mac.com](mailto:stepspc@mac.com)

## The Passage:

**THE PASSAGE** to ending homelessness Our mission is to provide resources which encourage, inspire and challenge homeless people to transform their lives. Visit: [www.passage.org.uk](http://www.passage.org.uk)

## Cardinal's Lenten Alms Appeal:



Helps in the evangelization and formation among young people; promotion and strengthening of marriage and family life and our service within society. For more information please visit [www.CardinalsLentenAppeal.org.uk](http://www.CardinalsLentenAppeal.org.uk)

## FASTING AND ABSTINANCE

**Ash Wednesday [17<sup>th</sup> February] and Good Friday [2<sup>nd</sup> April]** are days of fasting and abstinence. On these days the Church asks us to abstain completely from eating meat and enter into the mystery of Christ's passion and death by fasting. **Each Friday** throughout the year, we recall the events of Good Friday by fasting in some way.



## WORKS OF MERCY

**Corporal Works of Mercy:** to feed the hungry, give drink to the thirsty, clothe the naked, welcome the stranger, heal the sick, visit the imprisoned, bury the dead.

**Spiritual Works of mercy:** to counsel the doubtful, instruct the ignorant, admonish sinners, comfort the afflicted, forgive offences,

**Suggestion:** Either commit to memory the corporal and spiritual works of mercy, or read more fully the teachings of a Saint renowned for mercy. Use these as an inspiration for your own life of mercy.

## Caritas:

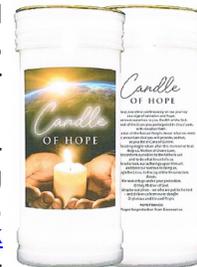


Caritas Westminister Has a service to support and develop volunteering in the diocese. Please visit the website [www.caritaswestminster.org.uk/volunteer](http://www.caritaswestminster.org.uk/volunteer) where you can find a role for you. Alternatively contact us directly by emailing [caritasvol@rcdow.org.uk](mailto:caritasvol@rcdow.org.uk) or by telephone 0207 798 9063 or 077 3818 3833.

## REPOSITORY

We currently have a good selection of religious goods for Lent and "Year of St. Joseph". Also in stock, "Candle of Hope", along with candles, books, medals, statues, etc.

The Repository is currently operating by appointment. Please ring the office 020 8904 6031 option 2, or email: [wembley3@rcdow.org.uk](mailto:wembley3@rcdow.org.uk) to see the latest update or to arrange a suitable time.



## THE SACRAMENT OF MERCY

Reflecting on the story of the sinful woman who washed Jesus' feet with her tears and dried them with her hair, Pope Francis said: "Thanks to Jesus, God threw her many sins over his shoulder and remembers them no more. That is because this is true when God forgives, he forgets."



"Forgiveness is the most visible sign of the Father's love, which Jesus sought to reveal by his entire life. Every page of the gospel is marked by the imperative of a love that loves to the point of forgiveness. Even at the last moment of his earthly life, as he was being nailed to the cross, Jesus spoke words of forgiveness: 'Father, forgive them, for they know not what they do.' [Luke 23.34]" (MM2)

Because of the Pandemic [with lockdowns and social distancing] it is very difficult to have a face-to-face confession. In the meantime, one can repent in another way, through an "act of perfect contrition" – and making a firm commitment to go to confession when that becomes possible.

Perfect Contrition is sorrow for one's sins based upon love for God, which includes the firm resolution not to commit them anymore. When contrition arises from "a love by which God is loved above all else, contrition is called perfect." [Catechism of the Catholic Church].

## Act of Perfect Contrition:

"My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you, whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin."



## RITE OF PENANCE

**Service of Reconciliation:**  
**Friday 26<sup>th</sup> March at 6.30pm**

[Live-streamed and Recorded]

