



St. Bernadette's Tullibody Parish Newsletter

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7th Sunday in Ordinary Time

19th February 2023

Parish Diary

Sat	18th February	8.45am to 9.15am 9.30am 5.30pm	Confessions in Sacristy Morning Mass Vigil Mass
Sun	19th February	8.30am 11.30am	Morning Mass Morning Mass (Also on YouTube)
18th & 19th Special Collection for SCIAF Earthquake Appeal			
Mon	20th February	9.30am 12noon 6pm 7pm	Morning Mass Deanery Meeting in Dunblane Special Family Mass for deceased Parish Council Zoom Meeting
Tues	21st February	~~	No services
Wed	22nd February Ash Wednesday	9.30am 7pm	School Mass with blessing of ashes Evening Mass, blessing of ashes
Thurs	23rd February	9.30am	Morning Mass
Fri	24th February	7pm	Evening Mass
Sat	25th February	8.45am to 9.15am 9.30am 5.30pm	Confessions in Sacristy Morning Mass Vigil Mass
Sun	26th February 1st Sunday of Lent	8.30am 11.30am	Morning Mass Morning Mass (Also on YouTube)

25th Vigil Mass & 26th Sunday Masses Special Collection for Sick & Retired Clergy

Parish Offerings ~ Week ending 5/2/23

Gift Aid	£285.76	Non Gift Aid	£305.60	Total	£591.36
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Please remember in your prayers



Those who are sick ~

Seamus Freyne (Father Mike's younger brother), Natalie Otalini, Jade Dicerbo, Stuart Mason, Sean McCann, Baby Jade, Ruby Lloyd, Sid Davies, Nellie Gallon, Carly Mournian, Brendan Murphy, Vincent McDaid, Peter Douglas, Mary Gordon, Mary Hughes, Peter & Margaret Stark, Maureen McKay, Sarah Jane Connelly, Duncan McGregor, Maria McIntyre, John & Trisha Smith, Drs. Diane & Mike Basquill, Maurice Di Duca, Heather Stewart, Cathy McCallum, Archie Gallaway, Fr John Callaghan, Rev. Mgr. Ken Canon McAffrey, Bishop Stephen, Cathy Fox, Jim McKay, & all those in Hospital & Nursing Homes.

Those whose anniversaries occur at this time ~

Bishop Vincent Logan, Archbishop Philip Tartaglia, Monsignor John Harty, Margaret Tobin, Andrew Wilson, Hannah McNiven, Sam Morrison, Steven Josef, Ronald Marcinkiewicz, Vera Freyne (Fr Mikes Mother), Cathie Stolarek, Helen Hasten, Paul Kochanek, Molly Hutchinson, Anne Hilton, Mel Latte, Alex Byrne, Fr Colin Golden, Mary Galloway, John (Shaun) Clarke, Tom Mack, Frances Masterton and Margaret Byrne.

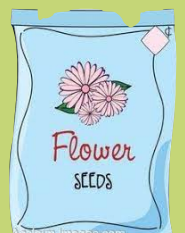
Please Note:-

All of our 3 camera operators are engaged this weekend, so the 11.30am Mass may not be "Live" on YouTube this Sunday. We apologise.

"Let us not forget those suffering from the earthquake in Turkey and Syria. Let us continue to pray for the victims and their loved ones and make a concrete commitment to help the survivors. May the Lord give consolation to the people affected by this terrible tragedy" **Pope Francis** @Pontifex 150223



Kathleen Massanopoli is planning a "Plant Sale" in the Spring. So, she's asking parishioners to donate packets of flower seeds, not vegetable seeds. i.e. petunia, marigolds, busy lizzie, alyssum, lobelia, poppies or any kind of bedding plant. She plans to sow them in the next few weeks so they'll be ready to sell in the Spring. She needs about 40 packs of seeds. So, please bring your packs of seeds to the church and place in the box at the back of the church.



A message from Father Mike regarding Lent

Fasting and Abstinence

Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully.

Fasting means **eating only one full meal**. Two other partial meals, sufficient to maintain strength, may be taken; but together they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed. Voluntary fasting on other weekdays of Lent is highly recommended.

The norms for church fasting normally apply to those between 18 and 59 years of age. Please note diabetics who for health reasons need to eat more frequently **MUST DO** so. This applies for any genuine health reason. Fasting is not a punishment!

Stations of the Cross

We will have Stations of the Cross during Lent at 5.30pm in the church. They will also be live on YouTube. Once again each week we will try and vary the kind of STATIONS with a special theme. Over the past few years we have managed to involve some youths in leading us in prayer and on Palm Sunday normally the children in the Primary School help us.

LOURDES YOUTH FUND

This year we are planning to send two young people to Lourdes with the Diocesan Pilgrimage. The price of this for each young person has spiralled to £1200 which is substantially more expensive than the last time we funded youth to travel. After the subsidy by the Diocese the cost to the Lourdes Fund is around £900.

However since Covid, due to the drop in participants, the fund has only been . ticking over and drawing in enough to pay out the monthly prizes but adding nothing to the fund itself.

If you previously had a number or numbers in the draw and they have lapsed or if you would like to join the Lourdes Fund please see Karen after 11.30am Mass on Sunday to pick a number/s.

Each number costs £1 per month with the draw taking place on the last Sunday of every month. First prize is **£100** and second prize is **£25.00**. Standing Order forms are available to pay monthly via your bank or you can pay by cash on the last Sunday of the month or whenever you see Karen McLaughlin at



The Gate Foodbank helps families living in crisis in our local community.

We rely heavily on food donations and hugely appreciate the kindness and generosity of local individuals, churches, schools and businesses.

We currently request items that we are in need of via Facebook but know that not everybody has a Facebook account. As such, we are aware that many local people who may wish to help us do not know what we require.

To try to rectify this, we have set up The Gate Foodbank as a recipient on **Bank the Food** app.

This allows followers to view our current requirements:

- ◆ Urgent Needs
- ◆ Running Low
- ◆ Well Stocked

You can find out more at <https://www.bankthefood.org>

There are 3 Easy Steps to helping us:

1. Download the **Bank the Food** App
2. Enter your postcode to find The Gate
3. 'Follow' The Gate

You can then view what we need and set up notifications to remind you to check these whenever you shop. It also allows you to let us know what you have bought via the App!

We would love it if you could help us spread the word by passing this information to as many of your parents, colleagues, residents, friends, clients etc. as you can.

We currently distribute around 600kg of food per week, so donations provide a vital contribution to our supplies to help families living in food poverty.

You can drop your donations at our premises (temporary foodbank at 83 Main St, Sauchie, FK10 3JR, or at the main Gate building at 2 Ludgate, Alloa, FK10 2DR.)

You can also drop them in the donation boxes in Aldi, Asda, Lidl and Morrisons.

Please note that any grocery items left in the Tesco donation box **no longer come to The Gate.**

Lesley McAleenan, Foodbank Development Coordinator