



St. Bernadette's Tullibody Parish Newsletter

Parish Priest: Fr. Mike Freyne MHM

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1st Sunday of Lent

18th February 2024

Parish Diary

Sat 17 February	8.45 - 9.15 9.30am 5.30pm	Confessions Mass Vigil Mass (Mission appeal SMA Fathers - Fr. Willie)
Sun 18 February	8.30am 11.30am	Mass (Mission appeal SMA Fathers - Fr. Willie) Mass (Also on YouTube) ~ Mission appeal SMA Fathers - Fr. Willie)
Mon 19 February	9.30am 7.00pm	Mass Parish Pastoral Council - zoom meeting
Tues 20 February	~ ~ ~ ~	No services
Wed 21 February	9.30am	Mass
Thurs 22 February	9.30am	Mass with school children
Fri 23 February	7pm	Mass
Sat 24 February	8.45 - 9.15 9.30am 5.30pm	Confessions Mass Vigil Mass
Sun 25 February	8.30am 11.30am	Mass Mass (Also on YouTube)

This Sunday's Readings

First Reading	Genesis 9:8-15
Psalm	24(25):4-6,7b-9
Second Reading	1 Peter 3:18-22
Gospel	Mark 1:12-15

Last Sunday's Collection

Non Gift Aid	£464.31
Gift Aid	£408.00
Total	£872.31



Please pray for



Those who are sick ~

Joan Jones, Msgr. Basil O'Sullivan, Seamus Freyne (Father Mike's younger brother), Natalie Otalini, Jade Dicerbo, Stuart Mason, Sean McCann, 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, Bishop Stephen, Cathy Fox, Jim McKay, & all those in Hospital & Nursing Homes.

And those whose anniversaries occur at this time ~

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

- ✦ **Every Sunday of Lent - Stations of the Cross - 5.30PM**
- ✦ **Friday evening masses are again being celebrated at 7pm every Friday. During lent at the end of each Friday Mass, if people desire, there will be the Sacrament of the Sick.**
- ✦ **Confessions every Saturday 8.45 to 9.15am.**
- ✦ **During Lent at weekday masses if you want confession please inform Fr. Mike. Available between 9am and 9.15am. Please, not after 9.15 am as we are preparing to celebrate the eucharist.**

MISSION APPEAL - 17 & 18 FEBRUARY - SMA

The Bishops Conference indicates what special collections we should have. It works out on average of about 12 a year. However, ONCE A YEAR, we asked to allow a Missionary group with strong connections in Scotland to have a special collection and all the parishes are distributed among all the missionary groups. We have been allocated this year the SMA Fathers. This is very significant for us since they are based in Dunblane and help out a lot in our Diocese. This weekend Fr. Willie, who the majority of you know, and who supports our parish a lot, will be at all masses preaching and asking - no begging - for financial support for his Missionary Order. Please come prepared and give generously in the second collection after Holy Communion.

Those who are housebound and assist on YouTube and wish to contribute please put your donation in an envelope and mark MISSION and ask someone to post through the parish house door. We will make sure it reaches him. If possible do this before Tuesday.



LENT



Summed up succinctly, Roman Catholics must fast and abstain from meat on Ash Wednesday, Wednesday, February 14, 2024 and Good Friday, March 29, 2024. Additionally, they must abstain from meat on all Fridays during Lent.

Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday.

The whole idea of Lent is to have a time 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. In Scotland we try to focus on our WEE BOXES from SCIAF; 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. Many people "give up things". This is excellent but the aim is not to save money. It should be something that helps us grow.

Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to practice self-discipline and fast in other ways throughout the season. Contemplate the meaning and origins of the Lenten fasting tradition in this reflection. In addition, the giving of alms is one way to share God's gifts—not only through the distribution of money, but through the sharing of our time and talents. As St. John Chrysostom reminds us: "Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs." (Catechism of the Catholic Church, no. 2446).

Ash Wednesday is one of two yearly days of obligatory fasting and abstinence for Roman Catholics, along with Good Friday, the norms of fasting are obligatory from age 18 until age 59.

Fasting means a person is permitted to eat one full meal. Two smaller meals may also be taken, but they are not to equal that of a full meal.

The rule of abstinence from meat is binding upon Catholics aged 14 and onwards. Children are not expected to fast but we encourage parents to talk to them about Lent and help them prepare for Easter.

"THOSE THAT ARE EXCUSED FROM FAST AND ABSTINENCE OUTSIDE THE AGE LIMITS INCLUDE THE PHYSICALLY OR MENTALLY ILL INCLUDING INDIVIDUALS SUFFERING FROM CHRONIC ILLNESSES SUCH AS DIABETES. ALSO EXCLUDED ARE PREGNANT OR NURSING WOMEN. IN ALL CASES, COMMON SENSE SHOULD PREVAIL, AND ILL PERSONS SHOULD NOT FURTHER JEOPARDIZE THEIR HEALTH BY FASTING."

During Lent we would encourage people to participate in the Stations of the Cross on Sundays at 5.30pm

Holy Week is the most important liturgical time for Christians. The TRIDUUM which includes Holy Thursday (Institution of the Eucharist, Priesthood and washing of the feet ceremony), Good Friday and Holy Saturday Easter Vigil is really the high light of our liturgical life.

We would encourage as many as possible to make the effort to participate.

Fr M Freyne
Saint Bernadette's Parish
Baingle Brae
Tullibody
FK10 2SG

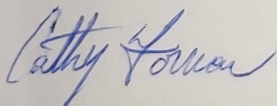
Dear Fr Freyne,

The response of the four parishes to the Advent Appeal was incredibly generous. The donation of £4,302 more than fully funds St Kizito's water project in Turkwel, Kenya, and we are profoundly grateful to everyone who contributed.

Fr Silvanus will soon begin the purchase of tanks and gutters which will transform this remote community's struggle for safe, clean water in the driest part of the country. It will be because of people at four Scottish parishes who wished to help others with the most fundamental of needs.

As you know, we are all volunteers at SPICMA and work out of our homes. This means that more of every donation reaches those in need in the developing world.

With sincere thanks,



Cathy Forman
Director

P.S. I'll forward the completion report when it comes in.



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**Join us for
A Diocesan
Lenten Retreat
Day**

"The temple of God is holy, and you are that temple"
at St Mary's, Forebank, Church Hall, Forebank Road, DD1 2PB
on Saturday 2 March 10am until 3pm

Scripture - Song - Silence - Teaching - Sharing - Reflection
Celebration of the Eucharist & Anointing for witness

All are welcome: Register for a place at
StAndrew@dunkelddiocese.org.uk