



St. Bernadette's Tullibody Parish Newsletter

Parish Priest: Fr. Mike Freyne MHM

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2nd Sunday of Lent

Parish Diary

Sat	15 March	8.45am - 9.15am 9.30am 5.30pm	Confessions Mass Vigil Mass ~ Franciscan Sisters of the Immaculate Conception
Sun	16 March	8.30am 11.30am 4pm	Mass Mass Stations of the Cross
Mon	17 March	9.30am 6.30pm	Mass ~ Feast of St. Patrick School Parent Council ~ Internet
Tues	18 March	~~~	No services
Wed	19 March	8.30am 9.30am 7pm	Mass, St Modan's High School Mass Parish Financial Council ~ Parish House.
Thurs	20 March	9.30am	Mass with Primary School
Fri	21 March	7pm	Mass
Sat	22 March	8.45am - 9.15am 9.30am 5.30pm	Confessions Mass Vigil Mass
Sun	23 March	8.30am 11.30am 4pm	Mass Mass Stations of the Cross

This Sunday's Readings

First Reading	Genesis 15:5-12, 17-18
Psalm	27(26): 1,7-9,13-14
Second Reading	Philippians 3:17-4
Gospel	Luke 9:28 - 36

Last Sunday's Collection

Non Gift Aid	£407.64
Gift Aid	£525.10
~~~~~	£0
<b>Total</b>	<b>£932.74</b>

# *Prayer Requests*

## **Those who are sick ~**

Joan Jones, Msgr. Basil O'Sullivan, Seamus Freyne, Natalie Otalini, Jade Dicerbo, Stuart Mason, Sean McCann, Nellie Gallon, Carly Mournian, Brendan Murphy, Vincent McDaid, Peter Douglas, Mary Gordon, Mary Hughes, Peter & Margaret Stark, 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, Peter Caproni, Laura Laing, Susan Duvall, Shirley Smith, Denise Smith, Brian Robertson, Pauline Waugh and Melissa Brown

## **Those who have died recently**

Agnes Smith

## **And those whose anniversaries occur at this time ~**

Jack Ray, Lawrence McArthur, William Conlan, Mel Latte, Alex Byrne, Fr Colin Golden, Mary Galloway, Tom McMnemy, Katherine Carberry, Patricia Matthieson, Kathleen Clarke, Annette Morgan, Pat Ward.

## **Giving Up ~ Sacrifices during Lent**

Out of respect for the Catholics and other Christians who faithfully observe Lent, it is important to acknowledge the sacrifice, service and prayers that characterise their experience of the 40 days before Easter. Lent is meant to be a period of reflection, self-restraint, almsgiving and humbly appreciating the sacrifice of Jesus during the days leading to the crucifixion and Easter resurrection. Pope Francis characterises Lent as a time of renewal and grace.

Many contemporary Christians push back against the idea of "giving something up" and instead suggest that we "take something on." Rather than seeing Lent as a period of denial and deprivation, they suggest we view Lent as an invitation to commit to positive actions, like volunteering, donating money, or practicing new ways of prayer. Proponents of this view point out that by virtue of committing to something new, we also give something else up. We sacrifice our time and commit it to service or to God.

# Franciscan Sister of Immaculate Conception



## Our Story

In many ways our story is unique. Founded in 1847, ours is the second oldest women's religious Congregation in Scotland, and it predates by some years the earliest foundations for men. Unlike all the others, which were established as branch houses of Congregations already in existence abroad, our Congregation is the only Congregation in the post-Reformation Catholic Church founded in Scotland. Today we have communities in seven countries, spanning four continents.

Our history is a human one, a story of people, living in community and working in the world. Though shaped by its social and religious context, it is nonetheless, above all, a story of communities of persons, of the journey of the individual, of the impact of mind upon mind and heart upon heart.

Coming to Glasgow's East End in 1847 from France, Mother Veronica Cordier and Mother Adelaide Vaast began the work of our Congregation by educating and caring for poor and needy children families, including the growing number of Irish immigrants.

The first eight novices were professed in St. Andrews Cathedral in 1851 and from that point our Franciscan Community was established.

## Timeline

- 1847 Sisters Veronica and Adelaide, journeying from Tourcoing in France, arrived in the "Scottish Missions".
- 1947 Our sisters first went to Ireland.
- 1950 First Missionary Sisters travelled to Lagos, Nigeria, West Africa.
- 1960 A new community was established in Cinderford, England.
- 1971 Our sisters answered a call to ministry in the United States of America.
- 1990 Once more to Africa, this time to Kenya

## LENT

On the Christian calendar, Lent is the 40-day period from Ash Wednesday to Easter. When it was first observed in the fourth century, its focus was on self-examination and self-denial in preparation for Easter, and Christians used *fasting* (abstaining from eating food) in the early years as a visible demonstration of this process.

Over the centuries, Catholics have relaxed some of the strict fasting rules. Today, only Ash Wednesday, Good Friday, and all Fridays during Lent are considered fasting days. On these days, Catholics over the age of 14 are to refrain from eating meat. (Historically, this practice was meant to help unify people who could afford meat with poor people who couldn't.) In addition, on Ash Wednesday and Good Friday, those between the ages of 18 and 59 are to eat only one full meal and two smaller meals and aren't to eat between meals.

Orthodox Christians are far more rigorous in their observance of fasting during Lent, believing that regular fasting is a crucially important discipline for one's spiritual growth. Meat, dairy products, and eggs (which historically were considered more luxury foods than ordinary breads) aren't allowed, with some additional restrictions on certain days. They can only eat fish (which was historically considered less of a luxury than red meat) on the feasts of the Annunciation and Palm Sunday.

In addition to refraining from eating, Lent is often a time when Christians give up something pleasurable (furthering the focus on self-denial), be it chocolate, meat or – perish the thought! – coffee.

Some Protestant denominations (such as Anglican and Episcopalian) observe Lent, but many Protestant churches attach less significance to the Lenten season than to the individual holy days leading up to Easter.

## Washing of the Feet



There is a sheet at the back of the church for those who would like to be one of the 12 apostles and be involved in the washing of the feet at the Maundy Thursday mass.

We struggle to find volunteers for this. In the past this was a privilege to be invited to the sanctuary to have a foot washed. Men, women and youth are encouraged.