



# St. Bernadette's Tullibody Parish Newsletter

**Parish Priest:** Fr. Mike Freyne MHM

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**Phone:** 01259 213274

## 1st Sunday of Lent

### Parish Diary

Sat	8 March	8.45am - 9.15am 9.30am 5.30pm	Confessions Mass Vigil Mass
Sun	9 March	8.30am 11.30am 4pm	Mass Mass Stations of the Cross <b>1st Sunday of Lent</b>
Mon	10 March	9.30am	Mass ~ <b>Feast of St. John Ogilvie</b>
Tues	11 March	7pm	Church of Scotland, St Serfs, Induction of new Minister
Wed	12 March	8.30am 9.30am	Mass, St Modan's High School Mass
Thurs	13 March	9.30am	Mass with Primary School
Fri	14 March	7pm	Mass
Sat	15 March	8.45am - 9.15am 9.30am 5.30pm	Confessions Mass Vigil Mass ~ <b>Franciscan Sisters of the Immaculate Conception</b>
Sun	16 March	8.30am 11.30am	Mass Mass

### This Sunday's Readings

<b>First Reading</b>	Deuteronomy 26:4-10
<b>Psalm</b>	91 (90): 1-2,10-15
<b>Second Reading</b>	Romans 10:8-13
<b>Gospel</b>	Luke 4:1-13

### Last Sunday's Collection

<b>Non Gift Aid</b>	£401.63
<b>Gift Aid</b>	£325.50
<b>Building Fund</b>	£1215.00
<b>Total</b>	<b>£1942.13</b>

# Prayer Requests

## 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, 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

## And those whose anniversaries occur at this time ~

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

## 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.

## PFC

The meeting programmed for this Wednesday is postponed for the time being. Members will be advised by email when our next meeting will take place. We are waiting for the Insurance Company to confirm or negate our insurance claim. They have been demanding lots of documents of proof of maintained and following the very small print. The Diocese is almost in daily contact.

# 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.

## Parish Lenten Activities

During Lent we continue with our daily masses. The Friday evening 7pm mass has begun on an experimental basis.

Every Sunday at 4pm there will be Stations of the Cross. Each Sunday with a different theme.

In the Fourth Week of Lent we will have a Deanery event on Synodality. This will unite all the parishes in the Deanery and will be on Wednesday 26<sup>th</sup> March in St. Mungo's hall.

## 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.



## Forging the Future DEANERY LENTEN EVENT

**Parishes of Holy Family, Dunblane; St Joseph the Worker, Callander; St John Vianney's, Alva; St Bernadette's, Tullibody; St Mungo's, Alloa**

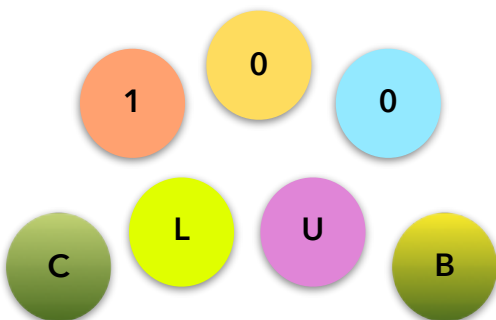
## INVITE YOU

Mgr Aldo Canon Angelosanto WHO COORDINATES THE CORE GROUP on synodality in the Diocese of Dunkeld, and was invited by Pope Francis, to join 300 parish priests for a week's retreat in Rome on SYNODALITY will share with us. Come and discover more about synodality. There will be an opportunity for questions and answers at the end.

**26<sup>TH</sup> March 2025, Wednesday**

**7PM TO 8.30PM**

**ST. MUNGO'S R.C. CHURCH HALL, MAR STREET, ALLOA**



### January draw winners.

1st ~ £100 ~ No 155 Benny McCallum

2nd ~ £25 ~ No 348 Anne Tierney

### February draw winners.

1st ~ £100 ~ No 91 Father Mike

2nd ~ £25 ~ No 100 J. Burney