

OUR LADY OF LOURDES, ROTTINGDEAN and ST. PATRICK'S, WOODINGDEAN

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Priest: Mgr. Benny O'Shea 07802 791394

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Also resident: Canon Oliver Heaney and Canon Daithi Foley

The Parish is part of the Diocese of Arundel & Brighton Diocesan Trust Registered Charity No.252878

PLEASE NOTE that due to COVID-19, the celebration of Mass in our church will take place without a public congregation. However, for the time being, masses including those requested for your intentions, will continue to be celebrated in private.
PLEASE CHECK THE PARISH WEBSITE REGULARLY FOR ANY UPDATES

Services and Intentions

THE WORD WHO IS LIFE

	Sunday 5 April 18.30 (SAT VIGIL) 10.00am	PALM SUNDAY of the Passion of the Lord	Intentions of Ed and Ines Curtis People of the Parish
Monday April 6	10.00am		Philomena Prendergast R.I.P.
Tuesday 7	10.00am		Intentions of Julie and Philip Williams
Spy Wednesday 8	10.00am		Simone Avice R.I.P.
Maundy Thursday 9	20.00 After Mass – 11.00pm	<u>THE SACRED PASCHAL TRIDUUM</u> Mass of The Lord's Supper WATCHING	Adrienne Nnadi R.I.P. (R)
Good Friday 10	10.00am 3.00pm	Stations of the Cross Friday of the Passion of the Lord	-----
	Sunday 12 April 20.30 (Sat. Vigil) Easter Vigil in the Holy Night 10.30am EASTER SUNDAY MASS		People of the Parish Rodney O'Shea R.I.P.

Confessions: See Information about the Sacrament on the Website.



PLEASE PRAY for all our sick parishioners who are in nursing homes or housebound, listed in our chapels, but especially for Alison and David Stainthorpe, Sami Ghazal, Sophie Reilly, Ann Chapman, Fr. Douglas Perkins, John Heal, Sandra Waugh, Eileen Cross, Carole Goudy, Victor Hopkin, Eileen Noakes, Una McLaughlin, Veronica Westbury, Patricia and Joe Collins.

Please let Fr. Benny know or leave a message on the Parish Office Tel. if you would like a name added.

The people named will be remembered each day during Mass

PLEASE PRAY for the repose of the souls of Teresa Lydon, Mary Timlin and Veronica Wishart who have died recently. Please also remember their families in your prayers.

Visits to the Sick/Hospital/Housebound: If you know of anybody who is sick please contact the Parish Office with details.

SVP Help Line During this period many people need our support and help. If you know of anyone who needs help, the SVP are on hand to look after the needs of our neighbours, be it shopping or giving support and advice when necessary. Please contact Ann Knox on 01273 301252, e.mail: john273knox@gmail.com

MEAL DELIVERY SERVICE A Group, involving Fr. Benny and Fr. Anthony, have organised a distribution service of hot lunches (£6 per head) on Tuesdays, Wednesdays and Thursdays initially catered for by The Queen Vic in Rottingdean. If anyone is interested, please ring Ann (301252) or Eve (303126). The meals will be delivered to your door by a volunteer group.

Baptisms and First Holy Communion – These celebrations to be postponed until a time that allows for families and friends to gather safely within our churches.

The website, www.ChurchPaper.co.uk, contains the latest editions of the following newspapers:

- A&B News
- UCM News (Union of Catholic Mothers)
- Reach - Catholic Schools Paper

With more papers expected to follow next week.



Knowing that the Mass is being celebrated; joining in spiritually in that celebration; watching the live-streaming of the Mass; following its prayers at home; making an act of spiritual communion: this is how we share in the Sacrifice of Christ in these days. These are the ways in which we will sanctify Sunday, and indeed every day.

An Act of Spiritual Communion is the best way for union with Christ.

My Jesus, I believe that you are present in the Most Holy Sacrament

I love you above all things and I desire to receive you into my soul

Since I cannot at this moment receive you sacramentally

Come at least spiritually into my heart

I embrace you as if you were already there and unite myself wholly to you.

Never permit me to be separated from you. Amen. St. Alphonsus Liguori

National call to prayer

On Mothering Sunday, 22nd March, when all churches declared this day as a National Day of Prayer and Action, we were asked to light a candle in the windows of our homes as a visible symbol of the light of life, Jesus Christ, our source and hope in prayer. At such a time as this, when so many are fearful and there is great uncertainty, let us continue this practice.

Prayer Recited by the Pope

I prostrate myself at your feet, O my Jesus, and I offer You the repentance of my contrite heart, which abases itself in its nothingness in Your holy Presence. I adore You in the Sacrament of your Love, the ineffable Eucharist. I desire to receive You in the poor abode that my heart offers You; while waiting for the happiness of Sacramental Communion, I want to possess You in Spirit. Come to me, O my Jesus, that I may come to You. May your Love inflame my whole being in life and in death. I believe in You, I hope in You, I love You. Amen

******SEE PARISH WEBSITE -www.ololandstp.org FOR ALL UPDATES**

Cardinal Nichols on 'Easter Duties' and the forgiveness of sins

At this time, we are coming nearer to Holy Week - to that most important week in our year. The week in which we celebrate with real solemnity, the final events of Our Lord's life. His entry into Jerusalem, His last supper with His apostles, His death on the Cross on Calvary, His entombment; and, of course, the glorious Resurrection of our Saviour from the dead.

Now, this year, with great distress and sadness, we know we will not be able to come together to celebrate these great days and we will have to do the best we can by the means that are at our disposal.

Now, I want to talk about a very important aspect of this.

You will know that it is an obligation on all Catholics to fulfil what is known as their 'Easter duties'. This is to receive Holy Communion at Easter time, or thereabouts, and it's often coupled, with the desire or the need to go to the Sacrament of Reconciliation.

I want to say with all clarity that this obligation is removed from us this year - in the same way as it is not an obligation on us to attend Mass on Sunday, because these circumstances make it impossible. So, too, the obligation to our Easter duties is removed.

I would not want anyone to be burdened by the thought they are failing to fulfil their Easter duties. You are not. Now, also at this moment, we can recover another part of our Catholic tradition, a bit like the act of spiritual communion, which comes to our aid in times of great distress and difficulty.

It is the teaching of the Church that the Lord, in His mercy, will forgive our sins, even our grievous sins if we cannot go to Confession - go to the Sacrament of Reconciliation - as long as we make what is termed a perfect Act of Contrition, and resolve to confess our serious sins when we next have the opportunity to do so.

As I say, this is part of a deep Catholic tradition. It's not something new thought up for these very difficult circumstances.

So let me explain a little more.

What the Church teaches us, is that God in His mercy, forgives our sins when we are truly sorry for them. And when we turn to Him and express our sorrow in an Act of Contrition, it's called an Act of Perfect Contrition when its focus is on the mercy and the love of God rather than on the burden of our guilt.

So to make an act of Perfect Contrition, we simply need to turn to God and be, as it were, overwhelmed by God's mercy, and then express in our own words or in the words of the traditional Act of Contrition, the sorrow we feel for our offences against the goodness of God.

When we do that in all sincerity of heart, we may rest assured that God forgives our sins and that we come away from that Act of Perfect Contrition freed from those sins.

And, as I say, the only thing we have to remember is, when it is possible to make a Confession again, that we mention the grievous sins which were forgiven by this Perfect Act of Contrition.

You might say, well, why do we have to go to Confession and name our sins?

Part of the reason is often we don't really own them until we name them. And in the act of naming our serious sin, then we take hold of them and hand them over to Jesus on the Cross, because he takes on the burden of our sin.

And we, for our part, when we have that opportunity, name it to the priest who is there representing the person of Jesus and his mercy.

So we can approach Easter with a clear conscience.

And we can make use, under these extreme circumstances, of this great tradition of the Church. Through it, the Lord forgives our sins that we may enter fully into the joy of the Resurrection.

Let us just pray for a moment.

Lord,

I am sorry for the times I have sinned against you.

*I am sorry because I've offended your infinite goodness
because I've turned my back on you.*

I ask your forgiveness now.

Embrace me in your mercy.

*Out of your love that I may pick up again in full joy,
the call of discipleship to follow your son, Jesus Christ,
who lives and reigns forever and ever.*

Amen.

Coronavirus indulgences evoke Francis' 'ridiculously-pardoning' church

Mar 26, 2020

by [Joshua J. McElwee](#)

[Theology](#)
[Vatican](#)

This article appears in the [Coronavirus](#) feature series. [View the full series.](#)

ROME — Announcement of the Vatican's offering of new plenary indulgences to those around the world affected by the coronavirus may have left some Catholics asking, "We still do that?"

The answer is yes. And theologians say the move, made [in a March 20 decree](#) from the apostolic penitentiary, shows a seemingly unprecedented level of pastoral care for those who suffer from the virus — especially those who may die in isolation without being able to receive final rites.

Jesuit Fr. James Corkery, an Irish theologian at the Pontifical Gregorian University, said the decree fits with Pope Francis' vision for a "merciful, welcoming, 'ridiculously-pardoning' church.

Special Indulgence for the COVID-19 Pandemic

During these extraordinary days, we know that the ways in which we normally experience the working of grace through the Church have largely been suspended.

We cannot be physically present at Mass; the Sacrament of Reconciliation is almost impossible because of closed churches and social distancing and even the anointing of the sick and dying may be severely curtailed. However, through all of this Christ never abandons his people and all the baptised continue to make up the Body of Christ. To assure people of the certainty of grace and mercy, even without the normal recourse to the Sacraments the Holy Father has granted the gift of a *Plenary Indulgence* to all those affected by the Corona Virus in various ways. This extends to those suffering from the virus, their families, Healthcare workers and the general Faithful who are concerned at this time.

This moment of grace is an opportunity for us to be more completely free from the effects of sin. It can encourage us on our pilgrim path through these difficult times as we are assured of the Lord's healing, forgiveness and the promise of Eternal Life. The requirements for the Indulgence, which are set out in the Decree are gentle and achievable and form a wonderful opportunity for us simply to pray for each other at this time. Now across the world, when people are *staying apart to draw together*, we can all draw together across the Universal Church in this powerful act of Faith and Hope.

MASSES – LIVE STREAMING

With a number of people within the family of the Diocese compelled to self-isolate many will value the possibility of watching a live streamed celebration of Mass. The following **churches in our Diocese** will stream Masses online, allowing our many congregations to continue participating in the spiritual life of the Church during this time:

[Our Lady of Lourdes & St. Patrick's](#) - SEE SPECIAL NOTE ON OUR WEBSITE

[St Mary of the Angels, Worthing](#) - you can access an online Mass responses sheet [here](#).

[St Dunstan's, Woking](#)

[Sacred Heart, Hove](#)

[Sacred Heart, Caterham](#) - Mass (live and recorded), Adoration and the Rosary.

[St Paul's, Haywards Heath](#) will be streaming via Facebook, their page can be accessed [here](#).

[Christ the Prince of Peace, Weybridge](#)

Additional services will also be available further afield:

[The Shrine of Our Lady at Walsingham](#) offers a 12 noon online Pilgrim Mass each day, a selection of previously recorded services and a [prayer request](#) facility.

[Church Service TV](#) provides live streaming and recordings from churches around the country.

[Heavensroadfm.com](#)