



Our Lady of Lourdes and Saint Michael, Uxbridge

1st Sunday of Lent (B), 21st February 2021

Osborn Road, Uxbridge, Middlesex UB8 1UE | Telephone: 01895 233193 | www.catholicchurchuxbridge.org.uk

Parish Diary

Saturday 20th February

Saturday after Ash Wednesday

10am Dick Stapleton (RIP)

11am Stations of the Cross (Zoom)

4pm-4.30pm Confessions

5pm Mary Lee (Ann)

7pm Parish Generation Game (Zoom)

Sunday 21st February

1st Sunday of Lent

8am Pro Populo

9.30am Eileen Cunningham (RIP)

11am Mario Calderon (RIP)

Monday 22nd February

Chair of St Peter

9.30am Miroslaw Pekala (RIP)

6pm First Communion Class #8

Tuesday 23rd February

Lent Feria

9.30am Rosie & Noel Devlin (int)

11.30am Funeral (Francesca Kent)

6pm Ignatian Prayer (Zoom)

Wednesday 24th February

Lent Feria

9.30am Gonzalo Costellonos (12th Ann)

Thursday 25th February

Lent Feria
NO MASS

Friday 26th February

Lent Feria

10am Funeral (Timothy Harnett)

3pm Baptism Prep Session

6pm Clare & Edward Schofield (Ann)

7pm Parish Evening Rosary

Saturday 27th February

Lent Feria

10am Maxine McCarey (int)

11am Stations of the Cross

4pm-4.30pm Confessions

5pm Geraldo Daomiles (Ann)

Sunday 28th February

2nd Sunday of Lent

8am Stanislaw & Wieslawa Sala (int)

9.30am Maureen O'Mahoney (RIP)

11am Domingo Pauig Snr (17th Ann)

To access our livestreamed Masses

please visit our website or go to

YouTube and type in 'Uxbridge Parish'

Sanctuary Lamps burn this week for

Alec Clay, int (Lady Altar)

The church is now open for communal worship. Masses will continue to be available online in the usual way. **Seats need to be booked, as before, either in person or through Eventbrite.** Please check the schedule on this newsletter.

Please remember that we still have to wear masks, observe social distancing and avoid mingling with each other inside and outside the church. This applies to you even if you have received the vaccine—you can still pass the virus on! Let's continue to support each other with our prayers. Do get in touch if we can help in anyway. Fr Nicholas

Lent 2021 There are lots of things we can do in Lent—giving things up and taking extra things on, so that our spiritual muscles are strengthened, our lives become more ordered and focussed on God and each other. Here are some ideas:

- Commit yourself to a regular pattern of prayer for Lent—e.g. daily rosary, reading of the Bible, Stations of the Cross
- Learn a new prayer
- Write up a Litany with your family's favourite saints
- Build a Home Altar
- Choose some good spiritual reading (e.g. lives of the saints)
- Give up a favourite food/drink
- Abstain from eating between meals
- Fast on Wednesdays and Fridays
- Vow not to have any wasted food in your house
- Delete a favourite app for the duration of Lent
- Limit your screen time each day
- Abstain from non-essential purchases
- Only listen to music that uplifts the soul
- Stop leaving lights on unnecessarily
- Phone a friend or neighbour who lives alone
- Avoid complaining, gossiping or bearing grudges
- Become a better listener
- Donate to a Food Bank
- 40 days 40 items...choose a different item each day, put them aside and at the end of Lent give them to a charity shop
- Go for a daily walk or some other exercise
- Clean 40 areas of the house
- Finish a half-finished project

Stations of the Cross We will have Stations of the Cross on Zoom each Saturday in Lent at **11am**. Simply type in this link and join in: <https://us02web.zoom.us/j/87943637754?pwd=bjNLUUDk1R2RvWWRwTWVVRmNweGtpdz09>
Meeting ID: 879 4363 7754 Passcode: 559437

Confessions will be heard in the church on Saturdays in Lent between 4pm and 4.30pm. Alternatively, an appointment can be made, in which case confession is heard outside the church or presbytery (due to cleaning requirements). Please do not ask for confession immediately before or after Mass, since Fr Nicholas needs to attend to other matters at these times. Thank you.

Baptism Preparation Class The next session will be on Friday 26th February at 3pm; please contact Fr Nicholas or Angela for the Zoom link.

Ignatian Prayer Group on Zoom meets on Tuesdays at 6pm and lasts for about 45 minutes. If you are not already on the list and would like to join, please let us know!

Friday Evening Rosary Why not tune in on Friday evenings at 7pm on YouTube for 20 minutes, so that we can pray the Rosary together? You can send us intentions for prayer via the comments function on YouTube once we are live.

First Communion Class The next class for children on Zoom takes place on Monday 22nd February at 6pm. A link will be sent to all those in the programme earlier that day.

Contacting the Parish We will always try to respond to you as soon as we can; however, please be aware of the many demands on our time which means we aren't always able to pick up the phone or reply to emails/messages immediately or outside office hours. Please use the general parish email where possible: uxbridge@rcdow.org.uk Thanks.

Mass Attendance Card If your child will be needing a priest's reference (CCP) for a school later this year, please make sure you are engaging regularly in the life of the parish (either by coming to Mass in person or watching online

A Prayer for Lent

Lord God, with all our hearts we beseech you: have mercy on your people; spare your people; strengthen all people in this struggle against the havoc of this pandemic. Lord our God, without you we are so weak and our courage so limited. Give us your strength; give us your love; give us wis-

dom and skill to continue this fight. Spare your people, O Lord we pray. Comfort those who mourn and gather into your kingdom all who have died. Through Christ our Lord. Amen.

Fairtrade Fortnight (22nd February to 7th March) For two weeks each year, thousands of individuals, companies and groups across the UK come together to share the stories of the people who grow our food and drinks. mine our gold and grow the cotton in our clothes, people who are often exploited and underpaid. The pandemic has shown us more than ever how interconnected we are globally. This interconnection is at the very heart of the Fairtrade message. The climate crisis is an immediate and ever-increasing threat and many are already seeing its impacts from droughts and crop disease to floods, heat-waves and shrinking harvests. With the emergence of the global pandemic, the challenges that farmers face now are bigger than ever before with falling commodity prices and widespread shocks reverberating along our global supply chains. Ongoing poverty in farming communities makes it increasingly hard to cope with the effects of climate change. Join our free virtual festival to hear why winning a fairer deal for farmers and workers is critical in tackling the climate crisis, with music, discussions and workshops. www.fairtrade.co.uk

COVID Tests Hillingdon residents without symptoms can now get a free test at the Civic Centre (or Becks Theatre, Hayes). These

must be pre-booked: please visit <https://www.hillingdon.gov.uk/community-testing>

COVID Vaccine Both Pope Francis and Pope Emeritus Benedict received their COVID vaccine recently and we are encouraged to do so too for the good of our health and that of others. Pope Francis has spoken of the vaccine as an 'ethical action' and the Vatican has reminded us that Catholics can receive all types of vaccine in good conscience. For more info, see the Coronavirus section on www.cbcew.org.uk (Catholic Bishops' Conference of England and Wales)

In case you are admitted to hospital please indicate on entering hospital that your details are to be passed to the RC Chaplain. Alternatively contact Fr Nicholas.

Point to Ponder: 'In these times of trouble, when everything seems fragile and uncertain, it may appear challenging to speak of hope. Yet Lent is precisely the season of hope, when we turn back to God...In Lent, may we be increasingly concerned with "speaking words of comfort, strength, consolation and encouragement, and not words that demean, sadden, anger or show scorn". In order to give hope to others, it is sometimes enough simply to be kind, to be "willing to set everything else aside in order to show interest, to give the gift of a smile, to speak a word of encouragement, to listen amid general indifference".' (Pope Francis)

Parish Priest

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