



ENGLISH MARTYRS CHURCH
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Fr Albert Ofere
5th Sunday of Lent
17th March 2024

Pope Francis Prayer Intention for March for the **New Martyrs** Pope Francis invites prayer “for those around the world who risk their lives for the Gospel, to inspire the Church with their courage and missionary zeal.” medical and human care and accompaniment.

Sun 17th	(Sat) 6 p.m. 9.00 a.m. 11.00 a.m. 6 p.m.	A Siqueira R.I.P.; Fr Hugh Int; F Ferguson Int O Jones R.I.P.; I Bergamini R.I.P.; S & P Coyne Int B J Carbon Int; S McCarrick R.I.P. People of the Parish	
Mon 18th	Lent Feria	B Cantillon R.I.P.; P Monteiro R.I.P.	
Tues 19th	St Joseph	M Eid Int; T Kinsella Int	
Wed 20th	Lent Feria	M Breen R.I.P.; P Ankrah Int	Confirmation 7 p.m.
Thurs 21st	Lent Feria	D Fernandes R.I.P.; C Ajayapong R.I.P.	Exposition until 11 a.m. Reconciliation Service 7 p.m.
Fri 22nd	Lent Feria	J Monahan R.I.P.; C Okolunji R.I.P.	Stations of the Cross 7 p.m.
Sat 23rd	Lent Feria	R Connolly Int	Reconciliation 10.40 a.m. & 5.15 p.m.
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Approaches to suffering

I knew a man who fought cancer to the end. And he took to every type of possible healing. We all had been told it wouldn't work. I know another who just opened himself to it all and wouldn't even take chemo. These are different approaches to suffering. One fought it and the other accepted. I admired both of them.

Many people go into hospital wondering about their illness, and that death might be close. That's part of life. As for Jesus, it's a fearful time, confusing and sometimes draws us into more faith. We can transform our pain into suffering, and find some great graces in it. There is the challenge to find new life in it. Pain becomes suffering. Jesus doesn't want the chalice of the garden, but he allows it become fully part of him so that his inner strength is big! It doesn't mean a simplistic approach. But it means an acceptance of darkness in life.

Jesus found in his passion that God the Father is near. This can be our way, and we can find that through helping each other. We can help people at times of suffering – listening, being present. We find this in our hearts, not in books - that we can grow through suffering and we realise on a bad day that peace invades the soul, or that there is a bright light in the darkness.

In any suffering in our lives, when we think of God, or say his name, or question him, maybe we can just imagine a light around us. Saying nothing, just being open to the light.

- **This Sunday** called **Passion Sunday**, all the images and Cross will be covered in our Church following an ancient tradition that Jesus hid himself from public places after the Gospel story of today. They will remain covered until the Easter Vigil. The Cross will be uncovered on Good Friday.
- **Next weekend** we begin **Holy Week** with the celebration of **Palm Sunday**. Please collect a card with all the services for the Holy Week and Easter. Do take one so that you know the times and the celebrations that we will have here at English Martyrs.

- **Fr Albert** will be available on Monday 6 p.m. – 7.30 p.m.

- **Baptism for April** will be on Sunday 21st after the 11 a.m. Mass

- **Brighton Marathon** is on Sunday 7th April. One of our parishioners Martin Wright has been training for months in preparation for this event. He is very kindly doing it to raise money for our Church hall. Martin attends Saturday evening Mass along with his wife Bonnie. Sponsor Forms are available in the porches.

- **Novena to St Joseph** continues after mass until his feast day which will be on Tuesday, 19th March. Novena prayers available on our website.

- **Date for your Diary:** Lenten Service of Reconciliation on Thursday, 21st March at 7 p.m. Visiting priests available for confession.

- **We wish** all our Irish and Nigerian parishioners a Happy St Patrick's Day this week.



- **Our heartfelt sympathy and prayers** to the family and friends of Myra Gilbert who died last week. Requiem Mass for Myra will be on Wednesday, 27th March at 11 a.m. May her gentle soul rest in peace.

- **New Planned Giving Envelopes:** For those who use the weekly envelope scheme to donate to the church - your new box will be available shortly. Your box number remains the same. If you would like to join the envelope scheme or if you prefer to donate by standing order, please let us have your details. Standing Order forms are also available.

- **Gift Aid:** If you are a UK taxpayer, you can add an extra 25p to every £1 that you give – at no cost to yourself with Gift Aid. All you have to do is fill in a form (giving your name, address and the date) and sign a declaration saying you pay more tax than the amount that we will reclaim

Act of Spiritual Communion:

My Jesus,

I believe that you are present in the Holy Sacrament of the altar.

I love you above all things

and I passionately desire to receive you into my soul.

Since I cannot now receive you sacramentally,

come spiritually into my soul

so that I may unite myself wholly to you now and forever. Amen

Parish Finances: Offertory – Envelopes £854

Loose Plate: £2063

Thank you for your support

- **Parish Safeguarding Representative:** Katherine Hamilton email wembley2sg@safeguardrcdow.org.uk