

# ST. ANSELM

## Proclaiming Christ in Hayes

### A good Lent.

#### Why do we deprive ourselves?

Over the last few years it has become quite popular to take something up for Lent, rather than giving something up.

You can see the attraction. Giving something up makes us uncomfortable - why would you deprive yourself of small treats - especially at the moment?

The Orthodox church seem to understand this better than we do. Lent gets progressively difficult over the coming weeks.

Instead of giving up one small thing the Orthodox will start with giving up one thing, then the following week add another, then another and then another until in the final week of Lent as we enter Holy Week the fasting is very real and very hard.

Why? It's done because it helps us understand the harsh treatment of Jesus Christ. It didn't arrive in one go, but over time.

We walk with Jesus as he carries His cross - this is why we undertake the Stations of the Cross during Lent (we'll be saying them each Tuesday after Mass during Lent).

Our journey is about understanding and sharing His pain. Our lives are not easy, but Jesus understands our pain and hardship - he has lived them Himself - and it's during Lent we come closest to understanding His - this is why we fast.

The other thing the Orthodox do better than us is feast at the end of a fast! The joy and celebration of Easter



Sunday is without compare throughout the rest of Christendom!

Who knows, by Easter Sunday we may be able to share a drink after Mass. We may feel more confident in coming to church, we may feel more connected to Jesus - and that is worth a Great Feast!

However we end up sharing the Feast of Easter, it will be all the sweeter if we have fully engaged with the fast of Lent.

Fr. Matthew

### Get in touch:

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[24/7 hunter number]

Churchwardens:

**Cynthia Lashley**   **David Couling**  
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*Please let Fr. Matthew know of illness or other need as soon as possible. He is available on the above number 24/7.*

### Prayer focus

For a good lent.

For strength in weakness.

For hope in darkness.

### Worship focus

Come to one of two masses on Ash Wednesday - there will be ashing at both services.

## This Sunday

### Sunday 14th February

6th Sunday in Ordinary Time

10:00am - Parish Mass

Divine Office Psalter Week 2, Year B(I)

## Keep in Touch



twitter.com/anselmhayes



facebook.com/stanselmhayes



07537 410120 (WhatsApp & Text)

## Notices

There are significant changes to the weekly services this week, please do look at them carefully.

There will be two masses on Ash Wednesday, do come along to either as there will be ashing at both.

Confessions will be heard on Tuesday evening after Evening Prayer by appointment.

A lent course will be delivered digitally via email over the coming weeks - do make sure you are 'signed up' for emails via our website or forms at the back of church.

The Archdeacons Visitation and our planned Vision Day on the 23rd February has been postponed until after Easter.

Don't forget to consider setting up regular giving with the Parish Giving Scheme. Call 0333 002 1271 with your bank details to hand and quote our Parish Code - 230 623 503

## Years Mind

15th February - Adleize Telling, Albert Telling, Norman Lait

16th February - Edna Davies, Richard Burton

17th February - James Shuttleworth, Beryl O'Sullivan

19th February - Cyril (Ted) Birch

20th February - Alice Batchelor, Frank May,

Howarth Walter Jones

## Pray This Week For

Yolande DeGale, Sr. Angela, Helen Holman, Beryl Higgs, Norma Piggott, Rene Holman, June Bougton, Verity Thompson, Daniel Sibley, Wayne Campbell, Mary, Ivor, Maxine & Megan, Gary Saville.

## This week at St. Anselm

### Monday 15th February

Feria ●

No public services due to building works.

Prayer focus: The dead

### Tuesday 16th February

Feria ●

5pm - Evening Prayer followed by Mass

5:45pm - Confessions [please make an appointment with Fr. Matthew]

Prayer focus: Jonathan and parishes of The Society

### Wednesday 17th February

Ash Wednesday ●

9:45am - Morning Prayer

10am - Mass with ashing

Midday - 2pm - Foodbank

4:45pm - Evening Prayer

5pm - Mass with ashing

Prayer focus: Foodbank users

### Thursday 18th February

Thursday after Ash Wednesday ●

No public services due to building works.

Prayer focus: Persecuted Christians

### Friday 19th February

Friday after Ash Wednesday ●

No public services due to building works.

Prayer focus: The sick

### Saturday 20th February

Saturday after Ash Wednesday ●

Church cleaning at 10am.

Prayer focus: Families

### Sunday 21st February

1st Sunday of Lent ●

10:00am - Parish Mass

Divine Office Psalter Week 1, Year B(I)

[During the national lockdown Confessions will only be heard by appointment. Please contact Fr. Matthew.]