

# ST. ANSELM

## Proclaiming Christ in Hayes



### Spiritual Attack.

#### *Defend yourself.*

It is not just the remains of winter colds and flue that will attack you this time of year, but so to does the devil.

It sounds dramatic doesn't it. But the devil seeks to disturb us, he seeks to

knock us off our path so that he can direct us towards his evil ends.

During lent we reach for spiritual disciplines that keep him at bay. We pray more, we go to church more and received the sacrament at the altar more often.

More people pray for us, we turn to face God more regularly and the devil can't stand this and so he ups his attacks.

But, if you know that's what he's up to you can defend against it.

How? It's very simple. Say the Our Father. It's the

most powerful prayer of exorcism there is - why? Because it's the prayer Jesus taught us and as we pray it we pull on a piece of string that goes all the way back to the disciples as Jesus taught them how to pray. It connects us to Christians throughout all time and history.

This lent up your prayers, up your dedication to Jesus, up your reading of the bible and in doing so - punch the devil in the nose! Send him straight back to hell where he belongs.

Fr. Matthew

### Get in touch:

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Churchwardens:

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*Please let us know of illness or other need as soon as possible. We are available on the above numbers 24/7.*

### Prayer focus

For all those taking part in the Alpha course, for all those helping run the Alpha.

[www.stanselm.co.uk/alpha](http://www.stanselm.co.uk/alpha)

### Worship focus

Come and meet some of the lovely new people who have been coming to the St. Anselm Alpha course on Sunday 3pm - 6pm for Afternoon Tea.

## This Sunday

### Sunday 5th March

2nd Sunday of Lent ●

9am - Confessions

10am - Parish Mass

3pm-6pm - Alpha Afternoon Tea

*Divine Office Psalter Week 2, Year A(I)*

## Keep in Touch



twitter.com/anselmhayes



facebook.com/stanselmhayes



07537 410120 (WhatsApp & Text)

## Notices

**Alpha Afternoon Tea - THIS Sunday (5th) we will be hosting an Afternoon Tea for all those who have been taking part in our Alpha Course. We will be exploring how the Holy Spirit works in our lives and it will be a great opportunity to meet some of the people who taking part in Alpha here at St. Anselm's. It would be great if you could come along, learn a little about the Holy Spirit, meet some new people and maybe even help me prepare the Afternoon Tea! 3pm-6pm followed by a Spirit led Evening Prayer. Helpers from 1:30pm to make sandwiches etc.**

During Lent there will be a Priest available for confessions for an hour before each mass. Make your way to the statue of Jesus and the Priest will hear your confession or will help you make your first confession.

**Can you bring in any spare plastic bags you have for foodbank please?**

## Years Mind

7th - Audrey Couling

8th - John Gargini

9th - Harriet Hall, Dorothy Marriott, Betty Daphne Childs

10th - Daisy Mary Peet, John Riches, David Ponsonby

11th - Jack Surman

Pray for the soul of Dorothy Shirley Gordon.

## Pray This Week For

Wayne Campbell, Kevin Riley & family, Norma Piggott, Gemma, Mark, Deborah Ann Potts, Chantal & baby Wynter-Rose Calliste-Jimu, Rita Ford, Adrian Calliste, Mavis & Daniel Sibley.

## Monday 6th March

Monday of the 2nd week of Lent ●

9:45am - Morning Prayer | 10am - Mass

6pm - Evening Prayer

*Prayer focus: Our online family*

## Tuesday 7th March

Tuesday of 2nd week of Lent ●

9:45am - Morning Prayer | 10am - Mass

6pm - Evening Prayer

*Prayer focus: The evangelisation of England*

## Wednesday 8th March

Wednesday of 2nd week of Lent ●

9:45am - Morning Prayer | 10am - Mass

12pm - 2pm - Foodbank

6pm - Evening Prayer & Rosary

*Prayer focus: Priests & Bishops of the Society*

## Thursday 9th March

Thursday of the 2nd week of Lent ●

8:45am - Morning Prayer | 9am - Mass

6pm - Evening Prayer

7:30pm - Alpha Course ([www.stanselm.co.uk/alpha](http://www.stanselm.co.uk/alpha))

*Prayer focus: New Christians*

## Friday 10th March

Friday of the 2nd week of Lent ●

9:45am - Morning Prayer | 10am - Mass

*Prayer focus: Struggling Mothers & Fathers*

## Saturday 11th March

Saturday of the 2nd week of Lent ●

[Offices said privately]

*Prayer focus: Children around the world*

## Sunday 12th March

3rd Sunday of Lent ●

9am - Confessions

10am - Parish Mass

*Divine Office Psalter Week 3, Year A(I)*