

ST. ANSELM

Proclaiming Christ in Hayes

Praying

In Lent

It is essential to note the importance of prayer in the spiritual life of every Christian. When we are in Lent, Prayer becomes even more crucial because our focus is always on God.

Lent is a period where we focus on prayer, penance, fasting, and almsgiving. Most of the time, when we hear about Lent, all that may come to mind is fasting, and we tend to forget about the other things that come with Lent to make this holy period blissful. Prayer is an integral part of Lent and is essential in our Christian journey.

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 pray during Lent to ask for God's unmatched mercy and love. When we pray, we establish a relationship with God, allowing us to tell Him who he is to us, praise Him, present our humble request to Him, and express our appreciation. When we fail to pray, our relationship with God breaks down.

Our relationship with God, i.e. the Father, Son, and Holy Spirit, is that of speaking to him and listening. When we pray during Lent, we meditate on the sacrifice of Jesus Christ that led to man's salvation; this helps us connect and cement our relationship with God.

It is worth noting that prayer is the lifeblood of every Christian and must be the foundation of our spiritual



life. Martin Luther wrote this clearly: *“To be a Christian without prayer is no more possible than to be alive without breathing.”* Let us not belittle the importance of prayer because it is our way of communicating with our maker and opening ourselves up for his response. Let us not worry too much, rather, we must speak to the Lord in prayer because *“the fervent prayer of the righteous man availeth much.”* (James 5:16b)

Fr. Josiah

Prayer focus

That we will sincerely feel remorseful, approach the throne of grace and ask God to forgive us our misdoings.

Worship focus

To meditate on the word of God and avail ourselves to the promptings of the Holy Spirit during this Holy Period of lent.

This Sunday Sunday 18th February

1st Sunday of Lent ●

10am - Parish Mass

Divine Office Psalter Week 1, Year B(II)

Keep in Touch



twitter.com/anselmhayes



facebook.com/stanselmhayes



07537 410120 (WhatsApp & Text)

Notices

The Torfaen Male Voice Choir, The Internationally acclaimed Welsh Male Voice Choir Present an Evening of Amazing Male Voice Music on Saturday 9th March at 7pm here in St. Anselm. Early Bird Ticket is £3 Standard Ticket is £4 and On The Door Ticket is £5. Tickets and more information at www.stanselm.co.uk

We need more people to read in church, so if you are interested please sign up on the sheet at the entrance or speak to Susan.

We are encouraging those who would like to be volunteers of the Boys' Brigade to please speak to Fr. Josiah. Ladies and gentlemen are welcome.

Please support the church generously through your giving at www.stanselm.co.uk/giving

Years Mind

- 19th - Cyril (Ted) Birch
- 20th - Alice Batchelor, Frank May
- 21st - Bessie Nicholls, Pam Toovey, Howard Walter Jones
- 23rd - Herbert Bateman
- 24th - Ronald (Jim) Durnford
- 25th - Albert Lock

Pray This Week For

Mavis & Daniel Sibley, June Boughton, Verity, Laura & her twins, Deborah Annabelle Potts, Susannah Mansa, Omeeta Dunrad, Elijah, Julie, Mark, Scarlett and Lilly-Ann, Oliver Joseph, Linda, Danny, Jenny, Michael Appleby, Ransley, Peter and Iris Leatherbarrow, Kalaiselvi, Rob and Margaret.

Monday 19th February

Monday of Week 1 in Lent ●

9:45 - Morning Prayer | 10am - Mass

5pm - Evening Prayer

Prayer focus: Our online family

Tuesday 20th February

Tuesday of Week 1 in Lent ●

[Offices said privately]

Prayer focus: For all religious

Wednesday 21st February

Wednesday of Week 1 in Lent ●

9:45 - Morning Prayer | 10am - Mass

5pm - Evening Prayer & Rosary

Divine Office Psalter Week 4

Prayer focus: For Charity

Thursday 22nd February

St. Peter's Chair ●

9:45 - Morning Prayer | 10am - Mass

5pm - Evening Prayer

7pm- Thursday Fun and Fellowship

Prayer focus: New Christians

Friday 23rd February

Friday of Week 1 in Lent ●

10am - Funeral Service of Lisa Welch

[Offices said privately]

Prayer focus: Struggling Mothers and Fathers

Saturday 24th February

Saturday of Week 1 in Lent ●

[Offices said privately]

Prayer focus: Priests & Bishops of the Society

Sunday 25th February

2nd Sunday of Lent ●

10am - Parish Mass

11:30 - 12:30 - Sunday School

Divine Office Psalter Week 2, Year B(II)