

### **Safety Rules for Mass:**

Although safety rules have been restricted, we are only a small church and do want everyone to be kept safe:  
Please follow the one-way system to receive the Sacrament of Holy Communion – guided by the stewards.

### **Attendance and Collection**

5th Feb Attendance 65 Collection £128.00  
12th Feb Attendance 68 Collection £180.20

### **Hill Chapel Library**

We have a box at the back of church with a variety of religious books belonging to parishioners which other people may like to read. If you would like to borrow any of the books or add some books of your own for other members of our parish to use - you are more than welcome. Please do fill in the form when taking and returning the books. Many thanks.

### **Request for Treasurer Support**

We are looking for someone to help with the role of Treasurer at Hill Chapel. If you have experience of accounts and would be able to help - please see Tom Smyth for further information.

**Parishioners Who are Unwell** If you would like the parish to pray for someone, please notify Father Sony on 01772 865229 for inclusion in the Bidding Prayers or newsletter. We also have an area in Church where you can write a prayer intention on a card and hang up if you prefer.

### **Cycle of Prayer**

Pray for the Unemployed – especially on Sunday 19<sup>th</sup> February

### **Feast Days**

Tues – St. Peter Damian  
Wed – ASH WEDNESDAY – Day of Fasting & Abstinence



## **St Francis Hill Chapel Parish Newsletter**

The Hill, Horns Lane, Goosnargh  
Preston PR32FJ

Telephone: 01772 865229  
Clergy: Fr Sony Joseph  
Kadamthodu

<https://stfrancisgoosnargh.chessck.co.uk/>

**7th Sunday in Ordinary Time**  
Day of Prayer for the Unemployed  
**19<sup>th</sup> February - Readings - Year A**

### ***Parish Mission Statement***

*Our Parish, guided by the example of our patron St Francis of Assisi, seeks to be a welcoming Catholic Community by living, sharing and growing in faith. We strive to deepen our own relationship with Christ and meet the needs of others.*

### **Today's Mass is for the Parish**

We pray for all who are unwell in our parish especially Bill Bamber, Lawrence Ibison, Monica Gornall, Shirley Walker & Constance Mary Barber

We remember those whose anniversaries occur at this time especially  
Annie Bennett

21<sup>st</sup> February No Mass  
22<sup>nd</sup> February Ash Wednesday 9.30 Mass with school and Ashes

Tea and Coffee are served at the back of church after Sunday Mass. This is an ideal opportunity to meet and greet new parishioners and to catch up with familiar faces too.

**Please note our new website address at the top of the page**

## Safeguarding

Many of you may know that I am the parish safeguarding representative for our church.

On Saturday the 11th February I attended a day's training along with other parish reps.

My primary role is to maintain a safe church, by promoting good and safe practices in all activities, involving children, young people and adults at risk.

Please look at the poster at the back of church for contact details of the diocesan safeguarding coordinator and my contact details.

Along with this poster is a Safe Spaces poster. Safe Spaces is a free and independent support service, providing a confidential, personal and safe space for anyone who has been abused by someone in the church or as a result of their relationship with the Catholic Church.

Please do not hesitate to contact me or the Diocesan Safeguarding coordinator if you have any concerns. Maria Peel

## The first day of Lent

Ash Wednesday is one of the most popular and important holy days in the liturgical calendar. Ash Wednesday opens Lent, a season of fasting and prayer.

Ash Wednesday takes place 46 days before Easter Sunday, and is chiefly observed by Catholics, although many other Christians observe it too.

Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes on the head. The ashes symbolize the dust from which God made us. As the priest applies the ashes to a person's forehead, he speaks the words: "Remember that you are dust, and to dust you shall return."

Alternatively, the priest may speak the words, "Repent and believe in the Gospel."

Ashes also symbolize grief, in this case, grief that we have sinned and caused division from God.

Writings from the Second-century Church refer to the wearing of ashes as a sign of penance.

The ashes are made from blessed palm branches, taken from the previous year's Palm Sunday Mass.

It is important to remember that Ash Wednesday is a day of penitential prayer and fasting.

It is not required that a person wear the ashes for the rest of the day, and they may be washed off after Mass. However, many people keep the ashes as a reminder until the evening.

Ash Wednesday marks the beginning of the Season of Lent. It is a season of penance, reflection, and fasting which prepares us for Christ's Resurrection on Easter Sunday, through which we attain redemption.

## Why we receive the ashes

Following the example of the Ninevites, who did penance in sackcloth and ashes, our foreheads are marked with ashes to humble our hearts and remind us that life passes away on Earth. We remember this when we are told

"Remember, Man is dust, and unto dust you shall return."

Ashes are a symbol of penance made sacramental by the blessing of the Church, and they help us develop a spirit of humility and sacrifice.

The distribution of ashes comes from a ceremony of ages past. Christians who had committed grave faults performed public penance. On Ash Wednesday, the Bishop blessed the hair shirts which they were to wear during the forty days of penance, and sprinkled over them ashes made from the palms from the previous year. Then, while the faithful recited the Seven Penitential Psalms, the penitents were turned out of the church because of their sins — just as Adam, the first man, was turned out of Paradise because of his disobedience. The penitents did not enter the church again until Maundy Thursday after having won reconciliation by the toil of forty days' penance and sacramental absolution. Later, all Christians, whether public or secret penitents, came to receive ashes out of devotion. In earlier times, the distribution of ashes was followed by a penitential procession.

## The Ashes

The ashes are made from the blessed palms used in the Palm Sunday celebration of the previous year. The ashes are christened with Holy Water and are scented by exposure to incense. While the ashes symbolize penance and contrition, they are also a reminder that God is gracious and merciful to those who call on Him with repentant hearts. His Divine mercy is of utmost importance during the season of Lent, and the Church calls on us to seek that mercy during the entire Lenten season with reflection, prayer and penance.