

Services During the Week

(Morning Prayer - 20 mins prior to each weekday Mass)

Sat 29 Feb 6.00 pm	Vigil for the 1st Sunday of Lent Mass <i>Our Parish Community</i>
Sun 01 Mar 08.00 am 10.30 am	The 1st Sunday of Lent Mass <i>Harry Phillips. RIP Anniversary</i> Mass <i>Manjula Barman Chaki. RIP Anniversary</i>
Mon 02 Mar 09.30 am	Weekday of Lent Mass <i>Jesudasan Stanislaus Theopillai. RIP</i>
Tues 03 Mar 09.30 am	Weekday of Lent Mass <i>Mary Britto. RIP Anniversary</i>
Wed 04 Mar 09.30 am	Weekday of Lent Mass <i>Margaret Curtis. RIP</i>
Thur 05 Mar 08.30 am	Weekday of Lent Mass <i>Anna Aylward. RIP</i>
Frid 06 Mar 09.30 am 7.30 pm	Weekday of Lent Mass <i>Intentions of the Sick</i> <i>Stations of the Cross</i>
Sat 07 Mar 5.00 pm	Weekday of Lent <i>Holy Hour with Exposition & Confessions</i>
Sat 07 Mar 6.00 pm	Vigil for the 2nd Sunday of Lent Mass <i>Michael Mortimer. RIP</i>
Sun 08 Mar 08.00 am 10.30 am	The 2nd Sunday of Lent Mass <i>Val Lynn. RIP</i> Mass <i>Our Parish Community</i>

RECONCILIATION (CONFESSION) AND EUCHARISTIC ADORATION

Unless otherwise stated, there is a Holy Hour every Saturday from 5 pm, during which time the priest will be available in the Reconciliation Room to hear confessions. Confessions are also available on request after weekday Masses or whenever Fr Matthew is in the Presbytery, or by appointment at any time.



PARISH NEWSLETTER

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Parish Priest: Rev Fr Matthew Bemand-Qureshi



THE 1ST SUNDAY OF LENT (YEAR A) - 01 MARCH 2020

On the First Sunday of Lent we always hear the account of Our Lord's temptation during the forty days which he spent in the desert as a preparation for his ministry. There are some important lessons for us to take from this, as we begin our forty-day journey through the desert of Lent. First, we can be reassured that to be tempted is not in itself sinful, for Christ was tempted and he is without sin. Secondly, that we are saved by one who has real experience of the struggle we face. As the writer of the letter to the Hebrews puts it, "*we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.*"

Thirdly we see that it is possible to resist temptation and not fall into sin. However there is another danger, that when we do resist temptation, we will see it as a victory won by our own strength, which opens us up to the potentially greater sin of pride. The practice of fasting during Lent inevitably exposes us to more temptation, and though this certainly gives us an opportunity to practice self-control and to strengthen our wills, that is not really what Lenten self-denial is about. Rather than proving our strength, the struggle of Lent is meant to teach us humility and patience, as we come to recognise our need of God. This is the real meaning of self-denial - not just giving things up, but *denying ourselves* the central place in our lives that belongs to God. During this season we enter the desert with Jesus and draw strength from walking more closely with him. We see in today's gospel a foretaste of Jesus' greatest victory, as well as his greatest struggle, when he offers himself as the sacrifice of our salvation on the cross. Christ shares our struggle, in the desert and on the cross, so that we can share his victory.

The first reading tells another story of temptation, in the Garden of Eden. On that occasion the outcome is very different; and it was that fall from original innocence that opened the floodgates of sin and

necessitated Christ's mission of redemption. What the two stories have in common is that the temptation comes from the lies of the evil one. Lent is a time of preparation not only for Easter, but also for baptism. For those of us who are already baptised, we look forward to renewing our baptismal promises and profession of faith at Easter. The baptismal promises begin with the renunciation of evil – they entail a conversion from the father of lies to the bringer of new life. Lent is a time for ongoing personal conversion, which is the only means by which we can overcome the deceit of the one who seeks to separate us from God. At the heart of this conversion is our readiness to place our trust in God, knowing that in him alone can we find our true good and eternal joy.

Fr Matthew

Church Rotas

This Week: *Cleaning* - Team A.

Weekend of 07-08 Mar: *Readers (R); Eucharistic Ministers (EM).*

6.00 pm: (R) Lucy. (EM) Michael N, Lucy.

08.00 am: (R) Stephen. (EM) Gilbert, Francis.

10.30 am: (R) Lesly, Gerry. (EM) Margaret F, Helen, Nadine, Ann, Sylvia.

Small Linen Laundry - Lilette. **Flowers** - No Flowers in Lent.

Parish - Regular Notices

SICK AT HOME OR IN HOSPITAL If anyone is seriously ill at home or is in hospital, it is most important to let Fr Matthew know so that the sick person may receive the spiritual help of the sacraments. Relatives or friends should also inform the Catholic Chaplain of the hospital concerned (*at King George Hospital, 8590 9026; at Queen's Hospital, 01708 447761; at Whipps Cross Hospital, 8520 5877*).

PRAYERS FOR THE SICK Please pray for those in our community who are sick and housebound as well as the patients in Goodmayes, King George's and Queen's Hospitals. Also, the sick Priests of the Diocese - Frs Tom Jordan & Martin Nott.

ANNIVERSARIES IN MARCH Charlotte Allen, Sofia Delfina Almeida, Francis Amoordon, Billy Brennan, Tony Chainey, John Cahill, Val Carter, Esther Deshaut, Myles Gibbons, Bill Guise, John McGrory, Kathleen Miley, Peter Murphy, Dorothy Newton, Mick Newton, James Nolan, Richard O'Driscoll, Michael O'Neill, Henry Phillips, Charles Roberts, Alice Santos, Maura Swatts and Ann Zammitt. .

BAPTISM PREPARATION If you are expecting a baby or have a baby for baptism in the next couple of months, please speak to Fr Matthew in the first instance who will help you make the appropriate arrangements.

MASS REQUESTS Special envelopes for this purpose are available at the back of Church. Please use one for each request and place your donation within it.

CHURCH HALL The Church Hall is available for bookings by Parishioners. Please contact Sid on 07887983310 for bookings and conditions.

CHURCH CAR PARK Please remember it is essential that emergency vehicles have clear access to the Church at all times. During the week, please park only in the designated spaces and remember to leave your details at the Parish Office if you are leaving your car here outside of Mass times.

CHURCH GROUNDS Please remember to do what you can to keep the church grounds tidy - if you see some litter and it is safe to do so, please pick it up and put it in one of the two bins provided.

REFRESHMENTS AFTER 10.30 AM MASS ON SUNDAY Tea & coffee will once again be available in the Hall **this week** after Mass.

NEW PARISHIONERS You are very welcome here. Please make yourselves known to Fr Matthew and complete one of the Parish Registration Forms as soon as possible.

PLEASE ENSURE YOU ARE AWARE OF THE POSITION OF THE EMERGENCY FIRE EXIT DOORS IN THE CHURCH

Meetings this Week

- Tuesday** Coffee Morning Group in the Pastoral Centre after Mass.
Legion of Mary in the Pastoral Centre at 7.30 pm.
Prayer Group in the Church at 7.30 pm.
- Thursday** FHC Group in the Hall & Pastoral Centre at 7 pm

Parish - In & Around

SUNDAYS IN LENT At the **10.30 am Mass** during Lent, we use a plainchant setting for certain parts of the Mass, which will be sung in Latin (Greek for the Kyrie). You can find the words and music in the blue hymn book at No. 467.

MASSES THIS WEEK Mass **on Thursday, (05 March)** will be at the earlier time **of 8.30 am**, as Fr Matthew needs to be in Brentwood for a conference.

ERIC DOURADO. RIP Eric's body will be received into church at **5.30 pm on Thursday, 12 March**, and his funeral Mass will be **at 11.00 am on Friday, 13 March**. Please continue to pray for the repose of his soul and for all who mourn him. May his soul and the souls of all the faithful departed rest in peace. Amen.

OFFERTORY COLLECTION The Offertory collection (inc. Standing Orders) for **last weekend amounted to £1,334.04 of which 52% was "Gift Aided"**. Thank you all for your continued generosity and support. Please remember too that there are significant benefits to the parish if you make your regular offertory donation by a Standing Order. So, do please consider making the change as soon as you are able.

CAFOD LENTEN FAMILY FAST DAY Please **put your CAFOD envelope (with your donation) and/or any loose donations** in the designated basket as you leave after Mass today and help change someone's life for the better. If you have forgotten your envelope, and you use the envelope system, put your donation in one of the blue envelopes which can be found at the back of the Church (just remember to insert your usual Contributor Number on the front).

LENTEN ALMS GIVING At the back of the Church, there are still some CAFOD boxes for any of your loose change that might accumulate during Lent. Please take one away with you and bring your box back to the Church **on Maundy Thursday for the Mass of the Last Supper**.

FIRST HOLY COMMUNION GROUP The next meeting will take place **on this coming Thursday, (05 March)** with the theme "We give thanks". Parents should ensure their son or daughter is in the Hall by 6.55 pm before going themselves to the Pastoral Centre for a prompt 7 pm start. Don't forget to get your Mass Cards signed.

STATIONS OF THE CROSS This traditional devotion takes place **this coming Friday, (06 March) at 7.30 pm** and lasting about half an hour.

UNLOCKING THE MYSTERY OF THE BIBLE Learn more about the bible during this "Year of the Word" with an 8-part journey through salvation history. The next session will be on **Thursday, 12 March at 7.30 pm in the Parish Hall**.

WALK WITH ME – SOLD OUT! All the copies of the Lent 'Walk with me' booklet that had been ordered for the parish have been sold already. Unfortunately, the publisher has also sold out, so it is not possible to obtain any further copies. Next year we might try a sign-up system for people to pre-order a copy, to make sure we have enough for everyone who wants one.

DATES FOR YOUR DIARY The annual Richman Poorman Meal will take place on **Saturday, 28 March** and the Parish BBQ will take place **on Sunday, 12 July**. Please make a note of these two dates in your diary. Further details about both these important events to follow.

DIOCESAN DIRECTORY 2020 There are still some copies of Directory for this year available from the Repository at the back of the Church priced at £2.80.

TWIN PARISH Please continue to pray for our brothers and sisters in the parish of Sacred Heart, Pomeroy, in the Diocese of Dundee, South Africa, with whom we are twinned and their parish priest, Fr Mandla Makhanya.

HOLY SOULS The practice of offering the holy Mass for the repose of the souls of our departed relatives and friends originates in the early church and is deeply rooted in our catholic culture. Both as an act of charity and as a practical act of mercy, we might also care to remember in this way all the forgotten souls in purgatory. The Donations box on the counter at the back of the church by the Repository has a section that is marked for the "Holy Souls". All the donations put into that part of the box are used exclusively for Masses to be said for the Holy Souls here in St Teresa's or, are sent to Missio, for the Masses to be said in a mission diocese overseas.

POOR BOX The Donations box on the counter at the back of the church by the Repository has a section that is marked for the "Poor". All the donations put into that part of the box are used exclusively to help those in

need especially those who occasionally call at the Presbytery seeking assistance. Any contributions would, of course, be most welcome and gratefully received.

LIFTS TO CHURCH For some people getting to church, whatever the weather, is a genuine concern. It may be that some of you are in a position to offer a lift or would very much like a lift to church, particularly when the weather is bad. This is also a good way of getting to know others in the parish. If you are able to offer a lift to someone on a regular basis, or if you could really do with a lift to church, please contact the Parish Office. If we can find a suitable match, we will then facilitate an introduction.

CHURCH CLEANING A reminder that we are still looking for offers of help to undertake a more regular clean of the church brass etc. If you would think you could help out on this important task or would like more details, please speak to Fr Matthew.

MAINTENANCE MATTERS If parishioners have any suggestions for works/defects which they think need attention either in the Church, Parish Hall, Pastoral Centre or grounds please let the Fr Matthew. or the Parish Secretary, know either in person, or by email to stteresas.np@gmail.com. Suggestions will be considered and prioritised according to urgency and available funds.

BECOMING A CATHOLIC If you are feeling drawn to the Catholic faith and would like to begin exploring the possibility of baptism or being received into the full communion of the church if you were baptised in another Christian community or completing the journey of initiation if you have not yet been confirmed, please speak to Fr Matthew as soon as possible. You will not be committed to anything at this stage, only encouraged to seek the gift of faith with an open heart.

VISITORS If you are a visitor to St Teresa's then you are most welcome, and we very much hope you enjoy the service you are attending. If you are a tax payer and would like to "Gift Aid " your Offertory donation, then please use one of the special "Gift Aid" envelopes which you will find at the back of the Church.



POUSTINIA PROJECT. As we prepare to celebrate the Rededication of England as Mary's Dowry, the Community of Our Lady of Walsingham hopes to find benefactors who can support their 'Poustinia' project. With there being an ever-greater need for silence in today's world, many people are searching for space to enter into the silence of their hearts and listen to 'the still small voice of God' I Kings 19:12. As a community of men and

women in different states of life, we accompany people so they can live in the joy and freedom of Mary's 'Fiat' or 'Yes'. We are hoping that a parish, a group of parishioners or individuals may contribute to this project. We need to raise £100,000 to build two shepherd's huts and develop prayer gardens around them at our convent, House of the Divine Will. If you know of anyone who can help please give them our contact details and ask to speak with Sr Camilla COLW (info@walsinghamcommunity.org or 01328 801018).

THE BRENTWOOD CATHOLIC CHILDREN'S SOCIETY is an established children's charity delivering vital mental health services in schools throughout the diocese. Currently, they are seeking to appoint Trustees to their board to help guide and develop their work. Further information is available on their website www.bccs.org.uk or email Bernadette, their Director on bfisher@bccs.org.uk

FR DOMINIC AT 50 Fr Dominic is turning 50 in September, and to mark the moment he is solo cycling 5000km between now and then – all without leaving Walsingham House at Abbotswick! He is raising money for the BCCS, Help Refugees, HCPT and Walsingham House. You can donate online, and all the details are at <https://www.justgiving.com/crowdfunding/frdominic5000at50>. Or send cheques payable to "Fr D Howarth" to FrDominic5000at50, Walsingham House at Abbotswick, Navestock Side, Essex CM14 5SH.

YEAR OF THE GOD WHO SPEAKS We are encouraged during this year to focus on the three themes of celebrating, living and sharing God's word. So please do try to spend a few minutes this week, reading and reflecting on the Scriptures. During Lent, Brentwood Cathedral is hosting four lectures to mark the year of the "God Who Speaks" The first lecture is taking place **on this coming Wednesday, (04 March)** entitled 'The Bible: alive and active or dead and irrelevant? The lecturer is Professor Anthony Towey, Director of Aquinas Centre, St Mary's Twickenham. Free entry and all lectures begin at 7.30 pm in Brentwood Cathedral Hall. Further details www.cathedral-brentwood.org

LENTEN RESOURCES FOR YOUNG PEOPLE, TEACHERS AND CATECHISTS. The Brentwood Catholic Youth Service has gathered together a collection of links to Catholic resources from across the Internet, to help you on your Lenten journey. You will find everything at <https://bcys.net/resources/lent-2020/> The next **Youth Mass is at 8 pm on this coming Wednesday, (04 March)** at Brentwood Cathedral followed by simple refreshments – another way to go deeper into prayer and reflection for Lent, in the company of other young people aged approx. 14-23

THE REDEDICATION OF ENGLAND AS THE DOWRY OF MARY takes place throughout the country on Sunday, 29 March. To prepare for this, St John Vianney, Clayhall, is hosting two lectures: "*Walsingham, Mary and Ecumenism*", speaker Fr Tim Bugby, **on this coming Thursday, (05 March) at 7.30 pm.** "*Mary's Dowry and the Rededication of England*", speaker Fr Neil Brett, **on Thursday, 26 March at 7.30 pm.** Both lectures will last about 40 minutes, followed by time for questions and refreshments. All are also welcome to spend an hour with us praying before the Blessed Sacrament between **7.00 am on Saturday, 14 March** (Solemn Mass of Exposition) **until 11pm on Sunday 15 March** (Procession of the Blessed Sacrament and Benediction).

WORLD DAY OF PRAYER The World Day of Prayer this year is **on this coming Friday, (06 March).** The service will be held at St Johns Church, Aldborough South at 2 pm and all are welcome.

COLCHESTER LENT TALKS (with guest speakers) will be held at St James the Less and St Helens church **every Friday at 7.30 pm until 03 April** in Cardinal Bourne Hall, Priory Street. The guest speaker for the first Lent Talk **on this coming Friday, (06 March),** will be Sr. Camilla Oberding, who will speak on the theme of '*The Joyful Message of Walsingham*'. All are welcome - free admission.

ST JOHN'S SPECIAL EDUCATIONAL NEEDS COLLEGE (ages 19-25) You are cordially invited to an Open Day **on Friday, 13 March from 10.00 am – 2 pm.** During your visit you will see at first-hand what we can offer prospective students and have the opportunity to meet the staff and current students. Visit the college website at www.stjohnsrcschool.co.uk or call 020 8504 1818 for more information.

THE HELPERS OF GOD'S PRECIOUS INFANTS Why not come and join us and help to hold out God's Hand of Love and Mercy? The next Rosary Procession will be held **on Saturday, 14 March** at St Francis of Assisi Church, Grove Crescent Road, Stratford E15 1NS. We begin with 10.00 am Mass and we begin our Rosary Procession at 10.35 am, following an Image of Our Lady of Guadalupe, to BPAS abortion centre, 32-36 Romford Road, Stratford E15 4BZ, where we pray 15 decades of the Rosary and sing hymns, returning at approx noon to the church for refreshments. Full details on poster in church porch or contact tel. 01727 763832 or e-mail marg@helpersuk.org

LENTEN REFLECTION AND REVISION RETREAT In school year 11-13? Struggling to find a quiet space to study for GCSEs, BTEC or A-levels? The weekend retreat at Walsingham House at Abbotswick, **from 8 pm on Friday, 27 to 3 pm on Sunday, 29 March,** will include reflective prayer,

generous time for personal study, and relaxed social time, and will conclude with Mass. Meals included. Cost £35.

PLANTING TREES FOR THE FUTURE The Woodland Trust have granted 105 trees to Walsingham House at Abbotswick (Navestock Side, CM14 5SH), and they need a helping hand to plant them, So please come and lend a hand **on Saturday, 28 March, from 9.30 am-5 pm.** Come with a spade, and some sandwiches – we'll provide drinks and snacks. So, we know who to expect, please email josephbeattie@dioceseofbrentwood.org. or call 01277373959. As the area where we are planting includes beehives and a ditch, we suggest no very young children.

LONDON MARATHON 2020 Fr Marek (St Cedd's) will once again be running in the London Marathon **on Sunday, 26 April** on behalf of the Brentwood Catholic Children's Society (BCCS). If you would like to support him and this worthy cause, all you need to do is forward a donation to <https://uk.virginmoneygiving.com/MarekPabis2020>

SPONSORED SLEEPOUT **On Friday, 03 – Saturday, 04 April,** in the grounds of Walsingham House at Abbotswick. The evening begins at 8 pm with a film and talk; or arrive at 11 pm for Mass. Sleepout midnight – 7 am. In this freezing weather, it is very difficult for those who are sleeping on the streets. The Sleepout is a powerful way to understand what it feels like to sleep outside, while raising money for homeless charities. Groups should register by emailing frdominic@dioceseofbrentwood.org; individuals can register on www.bcys.net. Open to anyone aged 15-105 (those aged 15-18 must be part of a group and have parental consent).

BEGINNING EXPERIENCE WEEKEND A healing weekend for men and women who are separated, divorced or widowed will be held **from Friday, 03 to Sunday, 05 April** at the Domus Mariae Centre, Chigwell, Essex. For details please contact Freda 01322-838415 or Maura 01322-551503 or email johnbrotherton@hotmail.co.uk

ADULT QUIET RETREAT Enjoy the peace, prayer and stillness of Walsingham House at Abbotswick for a long weekend this summer; **Friday, 07 August (5 pm) to Monday, 10 August (11.00 am).** Optional programme including Mass, Adoration, Reconciliation and social time; accommodation and all meals provided; single en-suite £225; twin en-suite £150 per person. Bursary for anyone in financial hardship. Full details from josephbeattie@dioceseofbrentwood.net, and on the website www.bcys.net. Maximum of 18 people – places will go quickly!

DIOCESAN LOURDES PILGRIMAGE Bishop Alan, supported by our Youth Service, will lead a pilgrimage to Lourdes **from 26 - 31 July**, flying from Southend Airport. This is a wonderful opportunity, including for the frail and those with needs, to pray at the Grotto, grow in faith, and enjoy the company of fellow pilgrims. Some brochures and booking forms are available at the back of the Church or you can contact the tour operator, Tangney Tours, directly at www.tangney-tours.com/brentwood or on 01732 886885.

CHAIR-BASED EXERCISE FOR THE OVER 50'S The sessions are held at St Peter & Paul's Parish Centre Small Hall **on Wednesday afternoons, from 12.30 pm to 1.30 pm**. The exercises aim to improve *Postural Stability and Falls Prevention*. Our Instructor is excellent, very experienced and caring. The cost is £30 for 10 sessions. (Compare that to the cost of one session with a private physiotherapist). You may like to tell friends about this opportunity. Just come along.

ST CEDD'S CATHOLIC CLUB **On Tuesday, 17 March** there will be a St Patrick's Night Dance in the Lower hall from 8 pm with music by Dave White. Tickets cost £8 on sale in club (Bring your own food/nibbles).

REGULAR ACTIVITIES AT ST CEDD'S Monday 10.00 am to 11.30 am – Mother & Toddler; Tuesday, 9.30 am to 11.00 am – Joe Jingles; 1 pm to 4 pm - Line Dancing; Wednesday, 1 pm to 3 pm – Bingo; Thursday, 1 pm to 4 pm – Keep Fit; Friday, 6.30 pm to 8.30 pm - Youth Club. For more information about any of these activities, which are open to all, please contact the Parish Office.

THE PENSIONERS ADVICE SERVICE The Service continues to provide an East London Pensioners Advice Service **every Thursday from 10.00 am until 1 pm** at Durning Hall Community Centre, Earlham Grove, Forest Gate, E7 9AB. Durning Hall is 2 minutes from Forest Gate Rail station and is disabled accessible. For more information please contact Sally Mulready on 0207 428 0471.

CATHOLIC SINGLES is an organisation which helps single adult Catholics of all ages meet, either one to one or through social events. Please tel. 0161 941 3498, visit the website www.catholicsingles.org.uk or email info@catholicsingles.org.uk

NEWSLETTER ITEMS If you have any items for inclusion in the weekly Newsletter then please email them to stteresas.np@gmail.com **The copy deadline for including items in the Newsletter is Thursday 12 noon**. Unfortunately, we cannot guarantee to include all requests we receive in the paper edition, but we will make every effort to accommodate articles and insertion requests in the on-line edition including job vacancies.

Job Opportunities

ASSISTANT MANAGER, WALSINGHAM HOUSE AT ABBOTSWICK As we say a fond farewell to Beth Warren this summer, we are looking to recruit someone who has Retreat Centre experience, to live and work at Walsingham House, to lead retreat programmes and to help with the training and formation of our volunteer team. Start in mid-August 2020. Salary £16,926. **Closing date for applications is this coming Monday, (02 March)**. Full details can be found at www.bcys.net/jobs or call Joe Beattie on 01277 373959.

DIRECTOR OF YOUTH MINISTRY, DIOCESE OF BRENTWOOD This significant role will help to deepen and strengthen our ever growing and vibrant youth ministry, at Walsingham House at Abbotswick and supporting parishes across the Diocese. Start in September this year. Salary £40,000. **Closing date for applications is Monday, 16 March**. Full details can be found at www.bcys.net/jobs or call Fr Dominic Howarth on 01277373959.