



Newsletter

The Immaculate Conception Epping

First Sunday of Lent

Sunday 9th March 2014

Dear friends,

before starting out on his public ministry Our Lord spent forty days in the wilderness where he fasted and prayed. The season of Lent is intended to reflect this time of corporal and Spiritual discipline. Fasting depends on individual circumstances and is not intended either for the very young or old, nor is it applicable to the sick. Prayer on the other hand is expected of us all. To help with prayer during Lent I warmly recommend the booklet *Walk with Me* which provides a short reflection for every day until Easter. There is no charge for it but please limit it to one per household. Again, I recommend the daily two minute silence about which I spoke last Sunday. The practice is familiar to us on Remembrance Sunday but I propose it as a very valuable Spiritual exercise for each day of Lent. Turn off the TV and shut down the computer and simply sit quietly in the presence of God for two minutes. The fewer words or thoughts that pass through your minds the better: it is intended to be an exercise in attentiveness to God in whom we live and move and have our being. We live in a world that is very fast and very loud. Speed and noise can all too easily overwhelm us and blow us off course. A two minute silence helps us to put all our activity into proper perspective.

Week day Mass during Lent will begin at 9.15am in the hope that some parents can manage to come occasionally having finished the school run. Stations of the Cross will take place every Sunday at 6pm and on Good Friday there will be an adapted Stations for children at 10am.

God bless you always
Fr James

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WEEKDAY MASSES DURING LENT : starting from Monday 10th March weekday Masses will commence at 9.15am. Apologies for the start date confusion in last week's newsletter.

WALK WITH ME: complementary copies available, one per household.

EASTER LILIES: as is usual you are invited to contribute an Easter lily (£2) in memory of a loved one. Please mark the envelope "Easter Lily".

STATIONS OF THE CROSS: 6pm each Sunday of Lent.

CAFOD LENT FAMILY FAST DAY: Friday 14th March 2014. The envelopes will be collected next weekend.

ST PATRICK'S CELEBRATION: we are having a "Hooley" at Pelly Court on Saturday 15th March 7.30pm - 11pm. Sing and dance to the best of Irish music, and enjoy a portion of Irish stew. Tickets from Tom McGuirk available from the choir loft at 11am Mass or as detailed on the church notice board.

WANTED TO RENT: mature couple need a property to rent in Epping and environs. 2/3 bedrooms and garage if possible. Additional storage also needed. Totally reliable and considerate tenants. Please telephone 01992 573385.

ADULT CONFIRMATION GROUP: it is intended to run an Adult Confirmation Group leading to Confirmation at Pentecost 2015. At present there are 3 adults who wish to join the group. Any other candidates should contact Deacon Duncan (01992 577173) to notify their possible interest. An information evening will be held in the Church at 5pm on Sunday 6th April. (Please bring Baptismal Certificates).

IN LENT WHY NOT COME TO CALVARY? Nearly 200,000 healthy babies are aborted in the UK every year, hundreds every week at Marie Stopes, Buckhurst Hill. In Lent why not come there to pray quietly about this tragedy and especially for the mums, dads, babies, nurses and doctors involved? Join the peaceful vigil (NOT a protest - just Stations of the Cross, the Rosary etc) for as long or as short a time as you can. Every Saturday 7.45am - 11.45am. Call Paul on 01992 577104 or Rose 0208 252 3109 or just turn up.

FIRST HOLY COMMUNION CLASS: the next meeting will take place on Monday 10th March at 6pm in the Church Hall. The next Parents' session will be on Tuesday 18th March at 8pm.

HOME CLEANER WANTED: a parishioner is looking to employ a paid cleaner for his home. 3 hours a week. £30 per week (£10 an hour). Timing can be flexible. Please call John Gee on 01992 577742 if interested.

LENT LUNCHESES: Each Saturday during Lent one of the Churches in Epping will offer a light lunch (soup, bread and cheese, tea or coffee) between 12.30-2pm. Donations requested for Christian Aid. The first lunch will take place on Saturday 15th March at the Methodist Church Hall, High Street, Epping (at the rear of the Church). Our lunch will take place on Saturday 22nd March in our Hall. We need donations of soup, cheese, tea and coffee. Helpers will also be needed in the kitchen and Hall to serve our guests. Please telephone Mary Morgan on 574719.

QUESTIONS OF FAITH: you are warmly invited to attend an evening to ask questions on living the Catholic faith, with a special emphasis on Marriage and Family Life, on Wednesday 10th March 2014 at Saint Peter and Paul Parish Centre, Ilford High Road from 7pm. Further details on 020 84780583.

LENTEN LECTURES AT BRENTWOOD CATHEDRAL: this year's theme is *the cost of discipleship*. The first lecture will take place on Wednesday 12th March at 7.30pm. For further details please see www.cathedral-brentwood.org.

FOR SALE: Motor car. Citroen Diesel (2009), one owner, low mileage. MOT due October 2014. Price negotiable. Contact 07758 619749.

QUIZ NIGHT FOR THE BOX: on Friday 21st March 2014 at 7.30pm at Hemnall Street Social Club, Epping. Tickets £5 per person (includes snacks). Discount for Hemnall Street Club members. Tickets available from The Box on 1992 577300 or Hemnall Street Social Club on 01992 574150.

NEW PARISHIONERS:- please make yourselves known to Father James or Deacon Duncan, so we may welcome and inform you about our parish life.

MASS TIMES AND INTENTIONS
8th and 9th March 2014

Sat 8th
Vigil Mass 6 p.m. Kevin Ward RIP

Sun 9th
 9 a.m. Clohessy Family
 11 a.m. People of the Parish

Week Commencing 10th March 2014

Mon 10th 9.15 a.m. Norah O'Brien RIP

Tues 11th 9.15 a.m. Peader Deasy RIP

Wed 12th 9.15 a.m. Frank Swan RIP

Thurs 13th 9.15 a.m. McAdam Family

Fri 14th 9.15 a.m. Holy Souls

Sat 15th
Vigil Mass 6 p.m. Timothy White RIP

Sun 16th
 9 a.m. People of the Parish
 11 a.m. Tony Marrinan RIP

Morning Prayer will be held in the week 15 minutes before 9 am Liturgy

Confessions: 11.30am -12 noon and after 6pm Mass.

Please pray for the sick:

Yvonne Morrall, Doris Scott, John Hannis, Amy O'Day, Mike Collett, Gina Pelosi, Marie Verrall, Paula Hall, Tullia Borrelli, David Sebire, Sean Garwood, Sean Clohessy and Tom Clark.

<u>OFFERINGS:</u>	Offertory Envelopes	335.50
(£)	Offertory Loose Plate	304.68
	CAFOD	40.00