



St John's Cathedral,
Portsmouth

CATHEDRAL NEWSLETTER

18 Feb 2018— FIRST SUNDAY OF LENT (Year B)



Fast, pray and give

REFLECTIONS ON CAFOD FAMILY FAST DAY

Fasting is neither a new fad nor a new age concept to feel good about ourselves. It has roots in the Jewish and Christian tradition. Even before Christ's 40 days of fasting in the desert to prepare for his mission, the prophet Isaiah defined the reasons for fasting: Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? (Is 58:6-7) St Matthew helps us understand the value of fasting by reporting Jesus' teaching: Blessed are those who hunger and thirst for righteousness, for they will be filled. (Matt 5:6)

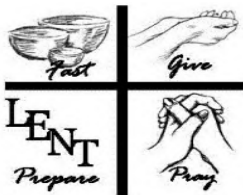
The first Family Fast Day was organised in 1960 when the Catholic community was less affluent than it is now; people had survived hardship and had sympathy for those struggling to make ends meet. This initiative is summed up in simple but inspiring words: We weren't doing anything special, we were just doing what we thought we ought to do, remembering that we are God's children....We were very keen that we should do it, not just as a giving thing, but a praying thing.

Fasting is linked with prayer and in the act of fasting we stand in solidarity with those who hunger. As Pope Francis suggests: 'fasting helps us attune our hearts to the essential and to sharing. It is a sign of awareness and responsibility in the face of injustice to the poor. In addition, fasting gives us an opportunity to reflect not only on the food we consume, but also on what else we consume and on the effects of consumption on our world. Christian spirituality proposes an alternative understanding of the quality of life, one capable of deep enjoyment free of the obsession with consumption.' (*Laudato Si* §222)

So for this Family Fast Day and during Lent let's keep our focus on the following: How can our fast bring us closer to God? How do we hold the whole of God's family in prayer while fasting? How can we express our joy of fasting? How can we be a bridge from a place of suffering to a place of hope and to a better world?

Acknowledgment to Jo Lewry. Cafod Community Participation Coordinator

If you would like to be part of our Cathedral CAFOD volunteer team please contact Chloe Da Costa via text 07463223480 for more information.



LENT 2018

*A time to prepare by prayer, fasting and almsgiving
for Holy Week's commemoration
of Our Lord's Passion, Death and Resurrection.*

Prayer: Commit yourself to a daily time to pray and to read the Lenten scriptures. Make use of 'Rediscover Jesus' the book distributed by Bishop Philip at Christmas which with forty chapters is an ideal Lenten spiritual resource. Come to Mass if you can (see p4 for our Mass times) or on Fridays to Adoration of the Blessed Sacrament (0800-1800), Benediction (1800) and Stations of the Cross (1830).

Fasting: Give God your sins and fast from returning to them. Give God your sin in the Sacrament of Reconciliation, (see page 4 for our times). Support CAFOD's annual Family Fast Day this Friday (23 Feb). Or fast from something you enjoy and give the money to a charity or cause you believe in.

Almsgiving: our parish Lenten Project this year is 'Let the Children Live'. Please look at the display about it by the font and take one of the charity boxes and commit your Lenten alms to them. Kindly gift aid your donation wherever possible using a yellow envelope (or write your number on the box) to increase the value of your donation by 25%.

TODAY & THIS WEEK



CHAMBER MUSIC: here today at 1930. All welcome to the inaugural concert of the Southsea Chamber

Music Society. They are a group of young, talented musicians from the University of Portsmouth Music Society who are keen to promote chamber music. Free admission.

UNIVERSITY STUDENTS: Sun 18 Feb at 1345 for Brunch in Angela's flat followed by film on life of Thomas Merton, the American Trappist monk, writer and social commentator.

CATHEDRAL DISCOVERY CENTRE (CDC): Tue-Sat 1100-1430 and Sun 0930-1300.

CHINESE NEW YEAR THANKSGIVING

MASS: Today at 1100 in Corpus Christi Church, Gladys Ave PO2 9AZ followed by Chinese buffet afterwards.

InSIGHT—PARISH MENTAL HEALTH SUPPORT GROUP: Tues 1030-1300 in the CDC for those who feel isolated or experience mental ill health.

CATHOLIC WOMEN'S LEAGUE (CWL): meets this Monday 19 Feb at 1330 in the CDC. All ladies, new members and visitors are welcome to join us.

FAITH EXPLORERS: meets this Tuesday 20 Feb at 1945 in the CDC. We will try to answer the question that Jesus asked to St Peter "Do you love me?" Why not come too? All welcome.

GUILD OF ST JOHN: meets this Tuesday 20 Feb at 1900 in the Cathedral House.

RCIA: meets this Thursday, 1930 in the CDC for those preparing for baptism and reception into the Church this Easter. Please pray for them, their sponsors and families.

COLLECTIONS: Thank you for last Sunday's offertory of £2355.03 (incl SO) Gift Aid 39%.

NEXT WEEK & BEYOND

FIRST HOLY COMMUNION: The next session is Sun 25 Feb at 1300 in the CDC. The next parents session is on Wed 7 March at 1930.

NATURAL FAMILY PLANNING: Come and find out about it at an evening workshop on Wed 28 Feb, 1830-2100 at St Michael's Catholic Church Leigh Park. RSVP to Aba at mandfl@portsmouthdiocese.org.uk



AN INVITATION FROM BISHOP PHILIP TO ENGAGED COUPLES: Sat 17 March at 0915 in the Cathedral Centre for a Breakfast Event for those looking forward to marriage in 2018. This will

conclude at 1145 with a short Service of Blessing in the Cathedral. For more info and to register please contact Kirsten McGuire on 023 9282 0894.



ANNUAL SENIOR CITIZENS' PARTY: Wednesday 7 Mar from 1400-1600 at St Edmund's School hosted by Year 8 students and

always much enjoyed by all who go. Limited transport available on request. To book please ring Tamzin on 9282 3766 ext 230.

OTHER NEWS

MESSAGE OF THANKS: Adolph and Mandy Pereira acknowledge with thanks all the prayers, cards and support given to them at this time of Mandy's illness. Please continue to pray for Mandy.



REST IN PEACE: Please pray for the repose of the souls of those who have died recently:

- Lilian Martin whose funeral Mass will be here on Tue 27 Feb at 1215. Please also pray for her husband Vincent and their two sons Tony & Damian.
- Canon Tim Healey, retired priest of the Diocese and formerly parish priest of St Edmund's, Horndean whose funeral will be here on Fri 2 March at 1215.



FACEBOOK: did you know we are on Facebook? There's a link on the News page of our website or you can find us on Facebook at 'St John's Catholic Cathedral Portsmouth'.

EUCCHARISTIC CONGRESS: on Sat 5 May at the New Theatre Royal, Portsmouth there will be a day of workshops on the Eucharist with talks from Pippa Baker, Fr Stephen Wang and Bishop Philip with music by Youth 2000. It's a free event but booking is essential. If you're interested email congress@portsmouthdiocese.org.uk. It's part of our diocesan preparation for the National Eucharistic Congress which takes place in Liverpool from September 7-9.

CATHEDRAL MASS & LITURGY TIMETABLE,
week beginning 18 February 2018

Sun: FIRST SUNDAY OF LENT

see Parish Mass Book, p 148

1800 (Sat) Michael, Bridget & Kathleen Walsh

0800 Priest's Intention (Extra-Ordinary Form)

1000 Kay Cronin RIP

1200 Denis Hana RIP

1800 People of the Parish

Mon: Lent

0730 Kathleen Pellatt RIP

1215 Funeral Mass of Donald Cockerton RIP

Tue: Lent

1215 Kay Cronin RIP

Wed: St Peter Damian, Bishop & Doctor of Church

0730 Cyril & Ethel Patricia Knott FM

1215 Terry Butler RIP FM

Thu: The Chair of St Peter

1215 Victor and Eddie Walkley RIP

Fri : St Polycarp, Bishop and Martyr

0730 Arthur Christmas RIP FM

1215 George and Alice Hodgkinson Int

1800 Benediction & Stations of the Cross

Sat: Lent

1215 Leanda Pawling RIP

CONFESSIONS: Available here Saturdays from 1100-1200 and 1700-1745; also on Sundays for 30mins before Mass.

ADORATION OF BLESSED SACRAMENT: Friday from 0800-1800. If you'd like to join the list of Adorers contact the parish office.

ROSARY: Monday—Friday after 1215 Mass.

OTHER LOCAL CHURCHES

SUNDAY MASS TIMES

Our Lady of Lourdes, Eastney

1800 (Sat)

St Swithun's, Southsea

0830, 1015, 1300

*Corpus Christi, North End:*1100

St Joseph's, Copnor

1800 (Sat), 0900

St Colman's, Cosham

1800 (Sat), 0930

St Paul's, Paulsgrove, 1100

QA Hospital, 1600

St Agatha's (Ordinariate), 1100

SAINT FOR THE WEEK

Bl Francisco Marto 1908-1919. Francisco was one of the three visionaries at Fatima, with his sister Jacinta, and their friend Lucia. During the apparitions of 1917, Francisco was unable to hear Our Lady speak, and had to rely on the two girls to let him know what was said. After the first apparition, Lucia told him that Our Lady had said that if he said many rosaries he would go to heaven. He received his First Holy Communion on his deathbed.



• This month we are asked to join in Pope Francis' prayer intention that "those who have material, political or spiritual power may resist any lure of corruption".

CONTACT DETAILS

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