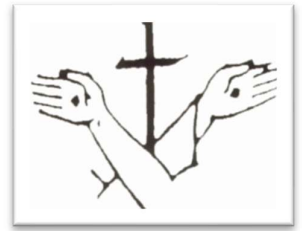




# St Francis of Assisi Parish Newsletter "Laudato, Si"



## **ST. FRANCIS OF ASSISI CHURCH**

Grove Crescent Road, Stratford, London, E15 1BJ



### **1<sup>st</sup> SUNDAY OF LENT – 26<sup>th</sup> February 2023**

The challenge of Lent is to let go of our pride, entrusting ourselves entirely to Jesus. He has shown us the way to overcome temptation and walk the path of eternal life.

#### **Today's Readings:**

**Genesis 2:7-9; 3:1-7:** Adam and Eve yield to temptation in the garden of Eden.

**Response to the Psalm: Have mercy on us, O Lord, for we have sinned.**

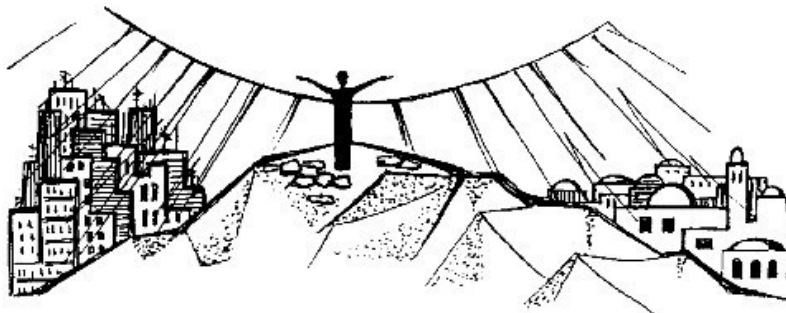
**Romans 5:12-19:** Jesus' gift of divine life more than outweighs the loss suffered by Adam when he fell.

**Matthew 4:1-11:** Jesus sees off Satan in the wilderness and shows us how to walk in the path of life.

### **"Then Jesus was led by the Spirit into the desert to be tempted by the devil"**

The Church offers us these forty days of Lent as an opportunity to overcome sin in our lives, and to prepare ourselves for Christ's triumph over evil through his glorious resurrection.

Following his baptism, Jesus spent forty days in the desert. The Israelites were tested for forty years in the wilderness and failed, whereas Jesus proved his faithfulness on his forty-day desert sojourn. In contrast to the disobedience of God's people, Jesus rejected every temptation to earthly power. The ways of the world were not the ways of Jesus. He defeated Satan's distorted use of God's word by quoting from the book of Deuteronomy that retold the story of Israel's desert wanderings.



Matthew wrote, "The devil left Jesus for a time", but those temptations keep coming back to those who follow Jesus. As disciples, we have to try to be a community that rejects the so-called wisdom of the world and humbly follow Jesus as his disciples.

**Dates for your Diary: 1<sup>st</sup> MARCH 2023 – BRENTWOOD CATHEDRAL LENT LECTURE. 1<sup>ST</sup> MARCH 2023 – WOMEN'S WORLD DAY OF PRAYER. 3<sup>rd</sup> MARCH 2023 – FAMILY FAST DAY/CAFOD for Syria/Turkey Earthquake. 1<sup>ST</sup> APRIL 2023 – STATIONS OF THE CROSS IN THE OLYMPIC PARK, STRATFORD AT 11:30AM.**

**Pray for those who have died, and those whose Anniversaries occur around this time, also, please pray for the sick, and, remember the People of Ukraine. Our thoughts and prayers for the people of Turkey and Syria following the devastating earthquake.**



### Keeping a Holy Lent

Lent is a Catholic liturgical season consisting of forty days beginning on Ash Wednesday and concluding at sundown on Holy Thursday. The official liturgical colour for Lent is

purple/violet. Throughout history, Jews and Christians have found **prayer, fasting, and almsgiving** to be an important part of repentance and renewal. Rather than giving up something, a lot of Catholics address personal habits that need to be changed or perform some outreach to other people in need. Ash Wednesday and Good Friday are obligatory days of universal fasting and abstinence. **Fasting** allows a person to eat one full meal a day and is mandatory for everyone over 18 and not over 60. You can take two smaller meals or snacks, which do not equal one full meal. **Abstinence** (from meat) is required of everyone who is 14 or over. Drinking ordinary liquids does not break the fast.

### WOMEN'S WORLD DAY OF PRAYER

World Day of Prayer is a worldwide ecumenical movement of Christian women who come together in prayer on the first Friday of March in more than 170 countries and regions of various



rates, cultures and traditions. Through the World Day of Prayer, women affirm that prayer and action are inseparable and that both have immeasurable influence in the world. Women around the world are encouraged:

- to become aware of the whole world and no longer live in isolation
- to be enriched by the faith experience of Christians of other countries and cultures
- to take up the burdens of other people and pray with and for them
- to become aware of their talents and use them in the service of society.

**1<sup>st</sup> Friday of March – Friday this week (3<sup>rd</sup> March).**

### FAMILY FAST DAY

**Friday 3 March**

**Syria/Turkey Earthquake:**

**CAFOD** is responding with support in the provision of food, water, shelter, medical assistance and winter kits for survivors. Your Family Fast Day donations makes a quick response like that possible when disaster strikes. Please also pray for the afflicted in those areas.

### “WALK WITH ME”.

A Journey of Prayer for Lent 2023.

**Walk With Me** books are available at the Parish Office £1.00 each.

We are looking for someone to do a bit of cooking for the three Friars at St Francis. It could, if wanted, be combined with some cleaning. Speak to one of the Friars or phone the Parish Office.

### VACANCY:

SVP Membership Support Officer (MSO).

Please contact lancep@svp.org.uk for more information.

### **Brentwood Cathedral Lent Lecture,** "The

pain, passion and privilege of supporting Christians who are suffering persecution" to be given by Baroness Caroline Cox at Brentwood Cathedral on Wednesday 1<sup>st</sup> March at 7.00 p.m. Free Entry. No need to book. All welcome.

### LENT 2023

**Prayer, Fasting, Almsgiving**  
**STATIONS OF THE CROSS**  
**Every FRIDAY during Lent 7:30pm.**

**Safeguarding:** We, as a Friary and as a Parish must keep this matter constantly before our eyes. We must all contribute to making a Culture of awareness and protection of the vulnerable.

**Grove Crescent Rd, Stratford, E15 1BJ**

**Masses**

**Monday to Friday 12:15. Tuesday,** after Mass, St Anthony Novena.

**Saturday:** Morning Prayer: 9:40am Mass 10am followed by Holy Hour Adoration of the Blessed Sacrament until 11:30am.

**Confession:** 10:30am — 11:30am & 5pm –5:45pm

**Sunday: 6pm** Saturday,

**9am, 10:15am, 12 noon &**

**4:30pm (Ukrainian).**

**Fr. Patrick Lonsdale, OFM (Guardian)**

**Fr Michael O'Grady, OFM (Parish Priest)**

**Fr Brian McGrath, OFM**

**Address: The Friary, 160 The Grove, Stratford, E15 1NS.**

**Parish Office: Monday to Friday 9:30am - 3pm**

**Parish Secretary: Kathleen Allen**

**Pastoral Assistant: Derek Hoddy**

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**Website: stfrancisassisistratford.com**