

FIRST SUNDAY OF LENT
Reading Cycle B
Psalter Week 1
Sunday 18TH FEBRUARY 2024

Chaplain: Rev. Peter Davies
peter.davies4@wales.nhs.uk
 Safeguarding Rep: C German
 e-mail: Cge7618946@aol.com



ST PATRICK'S GRANGETOWN
CARDIFF CF11 7 LJ
Tel No: 20253514
Parish Priest: Fr Valentine Mobuogwu
Fr Malachy Orjiebele Fr Soloman Ugwummadu
 Please leave your phone number and e-mail address
grangetown@rcadc.org
www.stpatrickscardiff.co.uk
 Facebook Page:
Friends of St Patrick's Grangetown -
www.stpatrickscardiff.co.uk

MASSES AND SERVICES FOR THE WEEK

SAT	17 TH FEB	FIRST SUNDAY OF LENT	6.30pm	Brigid Johnson R.I.P
SUN	18 TH FEB		10.00 am	Antonio Cicillini R.I.P
MON	19 TH FEB			
TUES	20 TH FEB	Weekday in the First Week of Lent	6.30pm	People of the Parish
WED	21 ST FEB	Weekday in the First Week of Lent	6.30pm	People of the Parish
THURS	22 ND FEB	FEAST OF THE CHAIR OF ST PETER THE APOSTLE	10.00am	Special Intention
FRI	23 RD FEB	Weekday in the First Week of Lent	10.00am	Maria Do Rosario Sousa R.I.P
		STATIONS OF THE CROSS AND BENEDICTION	3.00pm	
SAT	24 TH FEB	SECOND SUNDAY OF LENT	6.30pm	Mary Johnson R.I.P
SUN	25 TH FEB		10.00am	Pat Mooney R.I.P

PRAYERS FOR THE SICK, ANNIVERSARIES AND THOSE WHO HAVE RECENTLY DIED:

We pray for those in our families or in our Parish Community who may be sick, housebound, worried or in need. We ask that the love of the Lord be with them during the coming week. To all our parishioners who are indisposed we ask that they may receive every grace and blessing.

We also pray for Carol McCarthy, Juan Antonio Laventure, Maria Young, Neil Boyle, Bernard Doolan, Mary Thompson, Emil Coponai, Arthur Straughan, Harold Osmond, James Hall, Thomas Stevens, Terry O'Reilly, Thomas Thomas, Katherine Taylor, Terence Manders, Michael O'Donovan, Winifred Conway, Daniel Allsopp, Stanley Jeffries, Helen Lopategui, Paolina Iannucci, Sheila Kowalewska, Thomas Stenson, Norman Light, John Fitzgerald, Kathleen Simpson, Brian Lepore, John Redican and all those whose anniversaries occur at this time.

Please pray for the repose of the souls of Mary Johnson and Pat Mooney who passed away recently. May they rest in peace. Do not forget to pray for all those who have died and for their families, particularly those who have no-one to remember them.

CANDLES You can buy a 7 day candle (£5.00) which will be left either at the Sacred Heart and Our Lady's Altar for the duration of a week. **This week's candles will be lit for Maria Young, Well Being of King Charles and the Well Being of Maureen Collins**

SACRAMENTAL PREPARATION RECONCILIATION AND FIRST HOLY COMMUNION : emails are sent to parents of children who are registered for this year's programme. If you find out that you have not received these, please contact Mary marystpatricksgrange@gmail.com. Please check your SPAM in case any emails go in there and please let Mary know that you have received them.

SACRAMENT OF RECONCILIATION: As usual for those who wish to avail themselves of the Sacrament of Reconciliation (Confession), may do so at the END of each weekend Mass.

OPEN LISTENING SESSIONS: (Union of the Archdiocese of Cardiff and Diocese of Menevia). It is important that we get as many views as possible. The first session in the **Archdiocese of Cardiff** takes place on **19th February** in **All Hallows in Miskin**. Please see the poster at the back of the Church. There is a later date of **15th May in the Cornerstone, Charles St Cardiff. Both at 5.00pm**

YOUTH RETREAT: The Catholic Youth Retreat will take place next Saturday 24th February at Archbishop McGrath School in Bridgend. Our last retreat was very well attended, with upwards of 150 young people participating. We would love for this one to be equally successful. Please see the poster at the back of the Church for registration details.

'WALK WITH ME' LENTEN REFLECTIONS. Available from the back of the Church £1.00

OUR CAFÉ: Unfortunately the electrics are proving difficult to sort out. Hopefully everything will be up and running soon.

MASS INTENTIONS At the back of the Church there are envelopes for you to put your donation and the details of when you would like a Mass and for whom. Please put your envelope in the Offertory Bag or the Brown Box at the back of the Church.

NEW TO THE PARISH? If you have been coming to St Patricks for some weeks and would like to be listed as a new Parishioner please complete the proforma at the back of the Church and give it to one of the priests.

CONFIRMATION: Names are being taken for Preparation Classes for the Sacrament of Confirmation (Year 8 and above). Please give your name to Mary Taylor or Chris.

SAFEGUARDING: Please click on the link for Helplines and Information on the Parish Website Homepage

GOING INTO HOSPITAL? Please let the Hospital know that you are a Catholic and would like a visit from the Chaplain. If you are a relative and would like the Catholic Hospital Chaplain to make a visit please leave the name of the person you want them to see and the Ward details if possible. When you ring the Chaplaincy 02921 843230 (new number) please leave your contact details so that they can contact you.

PIETY STALL: Easter and Mothering Sunday cards and gifts now on display. Lots to look at. **Please take care if you wish to look in the glass cases. There is a step!**

ONLINE DONATIONS: On the Home page of the Website is a link to enable you to donate directly to St Patrick's. Many of us are not using cash as much as we once were and if this is helpful please try it. Gift Aid can be automatically added with no cost to you.

GIFT AID If you pay Income Tax, St Patrick's can collect Gift Aid with no cost to you at all. This is an extra 25p for every £1 you give. All you have to do is sign a consent form. Please consider this.

QR CODE: Many of you will have seen the poster displaying the QR Code for the Parish. This is another way you can donate to the Parish. You will need a QR Code reader on your Phone.

HOUSEBOUND COMMUNIONS: If you know of a parishioner wishing to receive Holy Communion or if you need help please contact Frs Valentine, Solomon or Malachy

CHURCH COLLECTIONS: 10th/11th February £519.69

PARISH WEBSITE Each day there is something new to read.

WEEKLY MESSAGE

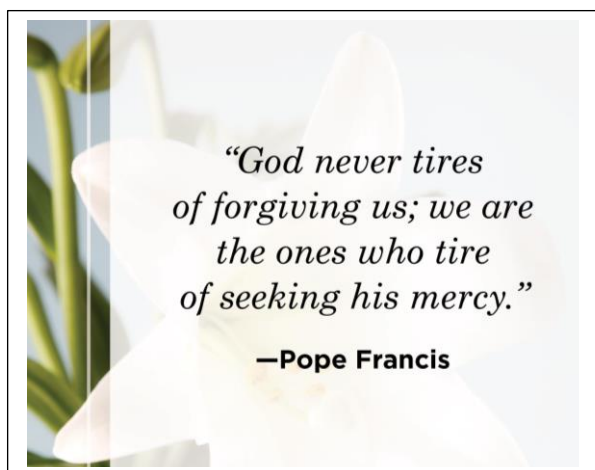
Last Wednesday, we all had the opportunity to receive Ashes and this day heralded the beginning of the Season of Lent. Just as we set aside time to prepare spiritually for Christmas Day, it makes sense to set aside time to prepare for the Resurrection of the Lord at Easter.

Lent is a time that offers us an opportunity to look closely at our lives, how we behave and how much kindness and love we show to God and to others. It is also a time to open the doors of our hearts a little wider and understand Our Lord a little deeper, so that when Good Friday and eventually Easter comes, they are not just days when we come to church but an opportunity to receive the overflowing of Grace that God has to offer.

How often have we heard the question... "What are you giving up for Lent?"

Many people choose to give up chocolate or sweets or deny themselves something they enjoy. But what about giving up saying unkind things, or gossiping, or being bitter, or spending hours upon hours on social media? What about turning it around and instead of saying something unkind, say something nice. Instead of buying a treat for yourself buy something for someone else with no expectation of reward.

Our journey of life is very much like 'snakes and ladders' We have good days when things are going well and there are days when the world seems to be against us. For Jesus, He too had days just like those, but His journey of life ended with the path to His Crucifixion. Around our Church, we can see images of this last journey of the Lord, retold in fourteen stations. A station is a place where you wait for something, a place of expectation, a stopping place. Every Friday at 3.00pm during Lent, in our Church, we will re-tell this last journey of the Lord. We will stop at each image for a short while and we will think about what is happening and its significance for us. It is an opportunity for us in a small way to try to understand what Jesus did for us. It takes only a few minutes from our day, but it is a chance for us to close out our busy world and focus on someone else, someone who made the ultimate sacrifice for us. Please try to join us.



POPE FRANCIS' WORDS

Do you want to fast this Lent?

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your heart with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.