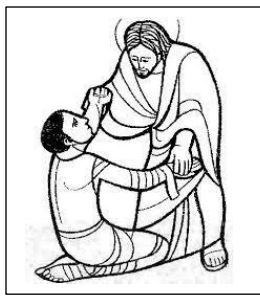


SIXTH SUNDAY OF ORDINARY TIME**Reading Cycle B****Psalter Week 2****Sunday 11TH FEBRUARY 2024****Chaplain: Rev. Peter Davies****peter.davies4@wales.nhs.uk**

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 Orjibebe 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	10 TH FEB	SIXTH SUNDAY OF ORDINARY TIME	6.30pm	Con and Muriel Callaghan R.I.P
SUN	11 TH FEB		10.00 am	Magdalena Klos + R.I.P
MON	12 TH FEB			
TUES	13 TH FEB	Weekday of Ordinary Time	6.30pm	Emilio Forte R.I.P
WED	14 TH FEB	ASH WEDNESDAY This is a day of Fasting and Abstinence There are two Masses on this day when ashes will be distributed	10.00am 6.30pm	People of the Parish
THURS	15 TH FEB	Thursday after Ash Wednesday	10.00am	Paul Vella R.I.P
FRI	16 TH FEB	Friday after Ash Wednesday	10.00am	James O'Brien R.I.P
SAT	17 TH FEB	FIRST SUNDAY OF LENT	6.30pm	Brigid Johnson R.I.P
SUN	18 TH FEB		10.00am	Antonia Cicillini 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 Margaret Roche, Fr Pierce Maher, Bernard Stroude, Alice Light, Jean Felice, Vivian Bevan, Magdalena Klos, Winifred Teppett, Amando Ramos, William Green, Winifred Jeffreys, Rosa Lane, Alexander Tanti, Maureen Kelly, Colin Warman, George Collins, Violet Straughan, Norah Cleves, Paul Vella, Winifred Leech, Danilo Famari, Lynette White, Chris Stevens, Zeida Ugarte, Patricia Luxton, Emily Pine, Carol McCarthy, Juan Antonio Laventure, Maria Young, Neil Boyle, Bernard Doolan 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 Anne and John Flynn and Lynette White**

SACRAMENTAL PREPARATION RECONCILIATION AND FIRST HOLY COMMUNION : email 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**

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

ASH WEDNESDAY: Thank you to everyone who brought in palms from last year. These have been burned and the ashes will be distributed at the Masses on Wednesday. (Note there are two Masses on that day. 10.00am and 6.30pm)

COFFEE , TEA AND CAKE !. Everyone is welcome but please give a monetary donation toward the cost of the refreshments. All donations are most welcome. (Hopefully our electricians will be fixed by the time this is printed)

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: 27th/ 28th January £555.49 3rd/4th February £ 585.10

PARISH WEBSITE Each day there is something new to read.

WEEKLY MESSAGE

Last week the Weekly Message was all about prayer. This week the focus is on gratitude, forgiveness and healing. Each year about this time we begin preparation classes for those who will be making their First Holy Communion. As part of that preparation they will also receive the Sacrament of Reconciliation. Those of a certain age may recall this Sacrament being called 'Confession' or 'Penance' and you may even recall being dragged into Church with your 'list' of sins. For many this was an ordeal, which sadly has grown up with us and the practice of receiving this Sacrament has dwindled. The Second Vatican Council in the 1960's renamed this Sacrament, as the Sacrament of Reconciliation, which is a much better description of what it is all about, because it is so much more than just confessing wrong-doing.

It is a sad fact that many of our children who received this Sacrament over the last years, few ever return to receive the Graces that can be obtained when they visit again.

There are two main parts of the Sacrament and unfortunately in yester years only the 'Confess' part was really highlighted. (This is called 'confessio vitae'. The other part often overlooked is the 'confessio laudis' and this is the part when you can Thank God for all the good things He has done in your life.

Cardinal Martini, the wise former Archbishop of Milan who died a few years ago, recommended asking oneself three main questions in preparation for the Sacrament of Reconciliation:

"Since my last celebration of reconciliation • What can I thank God for ? • What am I most sorry for? • What areas in my life do I want to ask for help and/or healing?"

During their preparation classes, the children are taught 'Do not be afraid'. Coming to receive the Sacrament of Reconciliation is a chance to re-connect with the Lord, to have a conversation about our lives, to acknowledge our difficulties and challenges when we find ourselves taking the wrong path and making the wrong choices. We should not be fearful. Think of the people who came to see Jesus. They had all sorts of troubles and difficulties and they came for forgiveness and healing. They would not be put off or discouraged.

This Wednesday is Ash Wednesday and is the beginning of Lent. Soon we will have the chance to take part in a Penitential Service. We had one in Lent last year and the one we had at the end of Advent was a chance for people to receive the Sacrament of Reconciliation in readiness for Christmas. Sadly few people availed themselves of the opportunity. You can talk to the priest face to face or you can be more private by going into one of the Confessionals.

Parents, if your child received the Sacrament of Reconciliation in years past what a good opportunity this will be to help them (and you), rekindle your relationship with the Lord.

Again, in years past when we received the mark of Ashes on our heads, the priest used to say 'remember you are dust and unto dust you shall return'. This is a timely reminder that our time in this world is limited, and that on our journey in this life we often make mistakes, upset people, and what do we do? We try to put things right, we want to be reconciled with the people we have offended. Our lives march on. Surely when we have offended the Lord by our lack of gratitude, actions and thoughts we should try to put this right. He is just waiting for us to talk to Him and He will bless us and give us Grace when we do.

Act of Sorrow

O my God, I thank you for loving me.
I am sorry for all my sins:
for not loving others
and not loving you.
Help me to live like Jesus
and not sin again.
Amen.



Act of contrition - asking for forgiveness from God

O my God, because you are so good, I am very sorry that I have sinned against you and with the help of your grace, I will not sin again.

Amen

