

FIRST SUNDAY OF LENT

Reading Cycle B

Psalter Week 3

Sunday 21ST FEBRUARY 2021

Chaplains:

Llandough-Rev. Peter Davies

peter.davies4@wales.nhs.uk

Heath-Rev. David Pritchard

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COVID 19 AS A SAFETY PRECAUTION THE CHURCH WILL BE CLOSED UNTIL FURTHER NOTICE.
MASSES WILL BE SAID PRIVATELY

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|-----------|----------------------|--|-----------------------------------|
| SATURDAY | 20 TH FEB | FIRST SUNDAY OF LENT | Hurley Family Victor Camilleri |
| SUNDAY | 21 ST FEB | | |
| MONDAY | 22 ND FEB | | |
| TUESDAY | 23 RD FEB | ST POLYCARP (Commemoration) | Tom |
| WEDNESDAY | 24 TH FEB | Weekday of the First Week of Lent | |
| THURSDAY | 25 TH FEB | Weekday of the First Week of Lent | |
| FRIDAY | 26 TH FEB | | |
| SATURDAY | 27 TH FEB | SECOND SUNDAY OF LENT | |
| SUNDAY | 28 TH FEB | | |

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 and all who are in self isolation during the coming week. To all our parishioners who are indisposed we ask that they may receive every grace and blessing.

Please remember Fr Bill Isaac in your prayers that he may be restored to good health.

We also pray for Thomas Stevens, Terry O'Reilly, Thomas Thomas, Katherine Taylor, Michael O'Donovan, Terence Manders, Winifred Conway, Daniel Allsopp, Stanley Jeffreys, Helen Lopategui, Paolina Iannucci, Thomas Stenson, John Fitzgerald, Kathleen Simpson, Brian Lepore, John Redican, Dominik Halendy, Michael Fitzgerald, Anna Spiteri, Mabel O'Hanlon, Shirley James, Philomena Cohen, Aileen Robb and all those whose anniversaries occur at this time.

Do not forget to pray for all those who have died and for their families particularly those who have no-one to remember them.

PRAYERS: It is our duty to pray for each other, for those who are sick and those who care for them. But I also ask your prayers for the Chaplains who sit with those who will die, then with the families and then to stand at the graveside bringing the Peace of Jesus, to these broken families. I remember my good friend at Llandough, Peter Davies RC Chaplain, and Dave Pritchard at the Heath.

CANDLES You will have an opportunity to buy a 7 day candle which will be left either at the Sacred Heart and Our Lady's Altar for the duration of a week. The charge will be £5. **This week's candles will be lit for Well Being of Pat Mooney** Please put your requests through the Presbytery door in an envelope with 'CANDLE' written on the outside.

GOING INTO HOSPITAL? Please let your parish priest know as he will be pleased to celebrate the Sacrament of the Sick and/or any pastoral support you need, as the team of priests who currently provide 24/7 cover are under a great deal of pressure and therefore no guarantee that a priest will always be available at any particular time. If you know any Catholic already in Hospital who needs a visit or sacramental support please leave details with the Cardiff & Vale Hospital Chaplaincy 029 20743230

CONTACT: As I said before, you have my telephone number but I don't have yours. So if you want a chat or are in need of help please phone me and leave a message so I can get back to you.

WHAT'S NEW ON THE WEBSITE?

Message from Pope Francis for Lent and some wise words on Fasting.

Lenten Message from Archbishop George Stack

Reflection on an individual Stations of the Cross and a link to join in with the complete Stations of the Cross.

"I WAS THERE." Mai Davies reunites three people with very special memories from the day when Pope John Paul ii came to Cardiff in 1982 Radio Wales Thursday 4th March 6.30pm (Frank Hennessy, Carys Whelan and Canon Mike Evans)
See below for more information

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

Those experiencing domestic abuse will be able to go into a Boots or indie chemist and seek help. If they say the codeword 'ANI' (pronounced Annie) they'll be taken to a private room and asked if they want to call 999 or domestic abuse helpline. ANI stands for 'Action Needed Immediately'.

Contact Numbers: National Abuse Helpline 0808 2000 247

Telephone receiver Respect helpline for male victims of abuse 0808 8010 327

ON-LINE MASS: There are many sites which stream Catholic Masses. Links are on the Website Eg.

<http://www.catholictv.org/masses/catholictv-mass> Daily Mass (On Demand)

<https://www.mcnmedia.tv/camera/st-mary-of-the-angels> Daily Mass

The obligation to attend Sunday Mass remains suspended.

LOCKDOWN: As I said last week, this lockdown is for your benefit, to protect you, those who clean the Church after each Mass and for me. The whole of Wales is in lockdown so we in St Patrick's will continue to follow what is asked of us. If you have had the 'jab' please keep to the rules so that we all may be protected.

MASS INTENTIONS FOR 2021: Please put your request and donation in an envelope and post it through the Presbytery Door. Please mark the outside of the envelope to show that it is a Mass request.

ON-LINE GIVING: Many Parishes give people the opportunity to donate to their Parish via an on-line link. This has been set up and all monies go directly into the St Patrick's bank account. It is fully secure and you can do it using PayPal if you wish. There is no obligation for you to use this feature but the facility is there if you want it. Just click on the On-line Giving logo on the Home Page on our website and follow the instructions.

MESSAGE FROM CANON MIKE

Lent started last Wednesday and will continue for forty days until we celebrate the great Feast of Easter. For many, Lent becomes a time of self-indulgence, worrying about self, forgetting that we journey as a Family of God, the Church. Ask yourself this. At the end of these few weeks have you by your words and deeds made an impact on the People of God, let alone yourself? Has anyone benefitted from your Lenten Penance?

I read the following words and thoughts from Pope Francis about what was beneficial to us who journey through Lent. I will allow the Holy Father's words find a home within your hearts and minds and hope it will help us see Lent as a time of Joy, a time of seeing the needs of other people before one's self.

DO YOU WANT TO FAST THIS LENT?
In the words of Pope Francis

- 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 have trust in God.
- Fast from complaints; contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness; fill your hearts with joy.
- Fast from selfishness and be compassionate.
- Fast from grudges and be reconciled.
- Fast from words; be silent and listen.

Hope amidst isolation
St. Gabriel's

I WAS THERE

'When Pope John Paul II came to Wales'

Radio Wales: Thu 4 Mar 2021, 6:30pm

Mai Davies reunites those who could say 'I Was There' at a moment in Welsh history. She asks her guests to recall the **Papal visit of John Paul II in 1982**.

Huge crowds gathered in Cardiff on June 2nd, 1982 to see the Pontiff become the first reigning Pope to visit Wales. Addressing 150,000 people at Pontcanna Fields, the Polish-born pontiff began the Mass in Welsh. The Pope's message: "Bendith Duw arnoch" - "the blessing of God be on you" - was received with rapturous applause.

Three people who were there on that historic day share their memories and reflections. Broadcaster and singer-songwriter **Frank Hennessy** recalls how he was asked to compose and perform an official song of welcome for the Pope.

"For me it was a great day," Frank remembers. "There was a lot of excitement running up, and relief that it went well. I can still remember every minute, every second of the day. I suppose it was the highlight of my career."

Retired teacher **Carys Whelan** recalls how she was asked to give a reading at the Papal Mass: "It gave me goose pimples, I couldn't believe they wanted me to do it," she says. "I lost so much sleep before the big day. I went to a boutique in Bridgend to get myself a good dress. It usually did wedding dresses. They were fascinated with me as I had to get a smart dress for the Pope! I did the Welsh reading - from the Second Epistle of Peter, about coming to the mountain of God. Another time I had to read it at Mass a few years later and I couldn't read it. I was overcome with emotion. It all came flooding back to me."

And **Canon Mike Evans** - then a young Deacon - remembers how he served on the altar that day right next to the Pontiff: "I was there at the Pope's side the whole way through. I have really happy memories of the day - the youth mass at Ninian Park was incredible."

A motorist was carefully picking his way through the floodwater following a day of torrential rain when he spotted a man's head sticking out of a large puddle.

The motorist slowed down and called out: "Do you need a lift?"
"No thanks" said the man "I'm on my bike."

A Hollywood director was shooting a big budget movie on location in the desert. One day an old Indian came up to him and said "Tomorrow rain".

And sure enough, the next day it rained.

A few days later, the old Indian appeared on set again, sidled up to the director and said "Tomorrow, storm"

And sure enough the following day there was a terrible storm, which brought a temporary halt to filming.

The director was hugely impressed by the old Indian's weather predictions and told his secretary to put the tribesman on the payroll.

However, after a number of other successful forecasts, the Indian didn't show up for three weeks. Eventually the director sent for him, saying: "I have to shoot a big scene tomorrow and I'm relying on you.

What's the weather going to be like?"

The old Indian shrugged his shoulders
"Don't know. Radio broken".



'How's the diet going?'

silversurfers

'Not good ... I had eggs for
breakfast.'

'Scrambled?'

'No ... Cadbury's.'

www.silversurfers.com

A man in a restaurant ordered a bowl of soup, but after a couple of spoonful's he noticed a circle of wetness on the tablecloth directly beneath the bowl.

Calling over the waiter, he said:

"It's wet down here. The bowl must be cracked"

The waiter said

"You ordered vegetable soup, didn't you?"

"Yes"

"Well maybe it has a leek in it."