



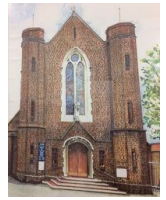
# St Joseph's Catholic Church

Champion Road, Upminster

Parish Priest: Fr Matthew Bemand-Qureshi

Parish Secretary: Rachel Hayward

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## PARISH NEWSLETTER

17TH / 18TH FEBRUARY 2023

FIRST SUNDAY OF LENT (B) - Mass Book Pg 75

(Genesis 9:8-15, 1 Peter 3:18-22, Mark 1:12-15)

The three 'pillars' of Lent are prayer, self-denial, and works of charity. I wrote about prayer a couple of weeks ago, and you may want to (re-)read what I wrote: its available on our website. Next year is a Jubilee Year, a special occasion of grace in the life of the universal church which occurs usually every 25 years. We have been asked to keep 2024 as a year of prayer in preparation for the Jubilee; my intention is to use the newsletter in Lent for a series on the theme of prayer, taking as our guide the model prayer given to us by Our Lord himself: the 'Our Father' or 'Lord's Prayer'. I will be drawing heavily from the Catechism of the Catholic Church, paragraph 2759 onwards.

The Lord's Prayer has been described as 'a summary of the whole gospel.' St Augustine concludes that every prayer and petition found in scripture is contained within this prayer. St Thomas Aquinas called it the 'most perfect of prayers'. Christ himself is the supreme intercessor between humanity and his divine Father. When we pray this prayer we are praying with him and with the whole church; that is why it is given a place of special honour in the Mass as part of the Communion Rite. We do well to pray it often, certainly each day; but it is not only a formula to repeat, it is also a pattern for our prayer. In it we bring our desires to the Father who knows what is on our hearts and desires even more than we do ourselves what is truly good for us.

This prayer contains seven distinct petitions which we will turn to in the coming weeks; but it begins with an invocation, addressing God as Father. We should not overlook how significant this is. At Mass it is introduced with the words 'we dare to say'. This invocation acknowledges that God is outside of creation; his dwelling place is in heaven not on earth. We declare his name to be holy: there is no being comparable with him. And yet we are invited – instructed – by Our Lord to address him in the familiar term 'Father'. God had already revealed himself as a Father to his chosen people, but in sending his Son into the world this relationship is taken to a new level. The Son of God opens for us a way into the life of God himself, the perfect communion of love which is the blessed Trinity. We do not pray to a distant, aloof God, but one who is a good and loving Father who has made us for a life-giving relationship with him. We have been adopted as sons and daughters of God in baptism. There is a paradox here: we do not deny the 'otherness' of God, but we also

rejoice in intimate communion with him made possible by the incarnation of the second person of the Trinity. Even our sin does not prevent this communion because God in his mercy has reconciled us to himself through his Son. That we mere mortals can address the God of heaven, whose name is to be held holy, in such an intimate way, is a sign of our destiny to share in the divinity of the one who shared our humanity. Of course, if we are in this familiar relationship with God, it follows that his home must be our home. In addressing God as 'Our Father who art in Heaven' we are also expressing our hope of heaven – that is what we are made for.

'Hallowed be thy name' is not only part of the invocation, it is really the first petition. God *is* holy. For the Jewish people the name revealed by God to Moses in the burning bush – 'I am' – was considered too holy to speak allowed. Instead, those reading the scriptures would substitute 'The Lord' for this name, and our bibles tend to follow this practice. We are not praying that God's name become holy, but that it be recognised as such – by all people, but in first place by ourselves. There is no contradiction with what I have just said about the intimate relationship we are called to share with God – it is both/and (like so much of our faith!). Lent is a good opportunity for us to reorient our lives so that God is truly at the centre, in the place that is rightfully his but which so often is given over to our own desires. That is the meaning of our Lenten self-denial: denying ourselves that place which is God's. That is what it means to acknowledge God as holy and that is what we ask God's help for in this prayer.

Finally, let us return to the very first word. 'Our'. I have said that we never pray alone and this prayer reminds us that as sons and daughters of the Father we are also brothers and sisters. We must never lose sight of this: Lenten almsgiving is an opportunity to give practical effect to his. But more than 'charity' in the everyday sense, we are called to true charity i.e. love: loving our neighbour as ourselves; loving one another as Christ loves us. We must never lose sight of the dignity of every human person, and strive to bring about reconciliation and peace wherever it is lacking so that we may truly be one with all our brothers and sisters.

I wish you a blessed and fruitful Lent. God bless, Fr Matthew

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**WELCOME:** If you are new to St Joseph's or visiting us then you are most welcome here. If you need any assistance, please speak to the welcome team in the porch, and please introduce yourself to Fr Matthew after Mass. If you would find it helpful, please ask the welcomers for a card with the order of Mass. Those who are not Catholic are invited to receive a blessing at communion time – the customary way to indicate this is to place your arm across your chest when you reach the priest or assisting minister. New parishioners are encouraged to complete a registration card, available in the porch or online via our website.

**LENT MASS SETTING:** During Lent we will use the simple setting of the parts of the Mass which was published in the 2010 Missal and is known as the 'Missal Tone'. We are already accustomed to singing the Kyrie and there is no Gloria in Lent so just the Sanctus (Holy, Holy Holy) and Angus Dei (Lamb of God) that need to be learned. The music can be found as part of the order of Mass printed at the start of the Laudete Supplement.

**DOM'S BRITISH SUPPER NIGHT:** 8pm Sat 13 Apr 2024. This is advanced notice with further details in due course. £10 a head. In aid of MEDECINS SANS FRONTIERES UK/Doctors without Borders UK.

**THIS WEEK:** Weekday Mass will be at the later time of **9.30am** each morning. There will be no eucharistic adoration during the week and the church will close around midday. Holy Hour will however take place as usual on both Saturdays.

**CHILDREN'S LITURGY:** Please note that Children's Liturgy continues for the weekends of half term during the 9am mass.

**SUNDAY COFFEE:** This week coffee is hosted by the Canterbury Walk group. Come along after the 9am Mass / before the 11am Mass for refreshments, fellowship, and a chance to find out about the Canterbury Walk.

**STATIONS OF THE CROSS:** During Lent we share the weekly Stations of the Cross with our neighbours at St Laurence, alternating location. This Friday we will be at St Laurence's, beginning at 7.30pm. Please do come along and support this fraternal initiative and traditional Lenten devotion.

**WALK WITH ME BOOKLETS:** There are some copies of the adult and children's Lent booklets and children's Lent calendars remaining in the porch. Please help yourself. The suggested donation of £1 for the booklets may be placed in the 'papers' slot next to the Sacred Heart.

**CAFOD LENT APPEAL:** This Friday is the Cafod Lent Fast Day, when we are encouraged to make an extra act of self-denial in solidarity with the poor and give what financial support we can to assist them. There will be an appeal and second collection after Masses next weekend.

**CWL TABLE TOP SALE:** Catholic Women's League, Upminster are holding a NEW or NEWLY NEW table top sale on Wednesday 21 February from 12am in the Social Club (117 St Mary's Lane). Do you have anything to donate? (we have a big cupboard) perhaps a Christmas Gift that you do not want or like. All proceeds to CWL funds.

**ST JOSEPH'S CANTERBURY WALK 2024 DISCO FUNDRAISER!** Get ready to dance for a great cause! Join us at the St Joseph's Social Club for a night of family fun and fantastic beats, all in support of the upcoming Canterbury Walk. Adults: £10pp Kids: FREE, **scan the QR code** and grab your ticket(s). **Save the Date:** Saturday, February 24<sup>th</sup> **Time:** 7:30 PM - 12:00 PM. **Venue:** St Joseph's Social Club.



**ST JOSEPH'S CANTERBURY WALK 2024** Offers a unique and spiritually enriching experience for all participants. From Wednesday, April 3rd, to Saturday, April 6th, this pilgrimage spans approx. 70 miles on foot. Canterbury Cathedral continues its tradition of hospitality by welcoming participants to celebrate the conclusion of the journey with a Mass in the historic Cathedral's Chapter House—unchanged since the days of Saint Thomas Becket. Throughout the pilgrimage, participants will stay overnight in halls, with the convenience of having their luggage transported by van. Meal teams will provide support, ensuring a comfortable and nourishing experience for all pilgrims. If you are considering joining the 36th pilgrimage, it is encouraged to attend the registration evening on Thursday, 29<sup>th</sup> February, at 7pm at St Joseph's Social Club. This event will provide crucial details about the journey. Joining The Canterbury Walk is not just a physical journey but an opportunity to connect with history, faith, and fellowship in a meaningful way. Don't miss out, **scan the QR code** to obtain our registration form to be part of this special pilgrimage experience. For immediate inquiries, please reach out to **Andy Pearce, the chairman, at 07903 654288**.



# MASS INTENTIONS THIS WEEK

Sat 17th Feb

5.30pm—6.15pm

6.30pm

**ADORATION AND CONFESSIONS**

People of the parish

Sun 18th Feb

9.00am

11.00am

**FIRST SUNDAY OF LENT**

Frank & Marion Dearson RIP (Wells)

Joan Henderson RIP (McCarthy)

Mon 19th Feb

9.30am

For the intentions of David & Andrew Belcher (Eleanor)

Tues 20th Feb

9.30am

Auntie Mary Belcher RIP (Clare)

Wed 21st Feb

9.30am

12 noon—1pm

Angela Collins RIP (McGroder)

**NO HOLY HOUR TODAY**

Thur 22nd Feb

9.30am

**THE CHAIR OF ST PETER THE APOSTLE**

Clare Argent-Hall RIP (Armstrong)

Frid 23rd Feb

9.30am

7.30pm

Anne-Marie Roberts RIP 1st Anniv. (Bernadette)

Stations of the Cross—**St Laurence's Church**

Sat 24th Feb

5.30pm—6.15pm

6.30pm

**ADORATION AND CONFESSIONS**

Deceased members of the Dolby & Baldwin Families

Sun 25th Feb

9.00am

11.00am

**SECOND SUNDAY OF LENT**

People of the parish

Maureen Holt RIP (O'Donnell)

## USEFUL INFORMATION

**EUCCHARISTIC ADORATION & CONFESSIONS:** Saturday evening 5.30-6.15pm and Wednesday 12 noon-1pm. Confessions also available on request when Fr Matthew is available or by appointment.

**PARISH OFFICE HOURS:** Mon-Fri 9am-12.30pm (except Wednesdays).

**Fr Matthew (emergencies—voice only):** 020 3332 0486

**St Joseph's School** - School office 01708-220277

**Sacred Heart of Mary School** - School office 01708-222660

**Baptisms & weddings** - please speak to Fr Matthew after Mass

**Repository:** Saturdays before & after Mass, and Sundays after the 9am Mass until 10.55am

**Queen's Hospital:** If someone staying in the hospital would like Holy Communion, please contact the lay chaplaincy coordinator Helen Miranda on 01708 477890. In an emergency ask the ward staff to request the on-call Catholic priest via switchboard.

**Facebook:** [stjosephschurchupminster](https://www.facebook.com/stjosephschurchupminster) **Web:** [www.stjosephschurchupminster.com](http://www.stjosephschurchupminster.com)

**PLEASE ENSURE YOU ARE AWARE OF THE POSITION OF THE EMERGENCY FIRE EXIT DOORS IN THE CHURCH, AND PLEASE ENSURE THAT ALL MOBILE TELEPHONES ARE SILENCED BEFORE THE SERVICE BEGINS**