

<b>Saturday 25th February</b>	10am Mary Janaway Birthday 6pm People of the Parish
<b>Sunday 26th February</b> First Sunday in LENT	10am Chrystal Lepel Ints 4pm Stations of the Cross 5.30pm Magdalena and Gerard Oberding RIP
<b>Monday 27th February</b> St Gregory of Nayek	No Mass
<b>Tuesday 28th February</b>	10am Mary Chapman
<b>Wednesday 1st March</b> St David Bishop	10am Bessie Nichols RIP
<b>Thursday 2nd March</b>	10am Lucie Nash RIP
<b>Friday 3rd March</b>	10am Deceased members of the Blades and Pearson families 10:30 to 1pm Adoration of the Blessed Sacrament 6:30 (Latin Mass) Luis Eduardo Roman RIP 10pm All Night Vigil Mass
<b>Saturday 4th March</b> St Casimir	10am Majida Nissan Ints 6pm Valerie Percy RIP
<b>Sunday 5th March</b> Second Sunday in LENT	10am Sean Parsons RIP 4pm Stations of the Cross 5:30pm People of the Parish

**PLEASE PRAY FOR ALL WHO ARE SICK INCLUDING:**  
Jaime Molina, Jennifer Kirwin, Fr. David, Natalie Pell, Michael Hoskins, Colin Smitherman, James Gledhill, Florisa Di Valentino, Bernadette Marchetti, Nigel Pell, Paul Gismondi, Victoria Monaco, Callum Jamieson, Tom Bailey, Anthony Lydekker, Jason Moreno and Josephine Moreno.  
  
Please pray for all those who have died recently.

Together the Catholic parishes of Barnes, East Sheen, Ham, Kew, Mortlake, Putney, Richmond, Roehampton and Wimbledon Common form Mortlake Deanery.

**WEEKLY COLLECTIONS**  
  
To meet our budget we need £1,600 each week  
Sunday's offering was £652.59  
Standing Orders £400  
Contactless Donations £143.00  
**Total £1195.59**  
  
**Thank you for your generosity**

**This is a School Voucher Sunday**

**OUR LADY QUEEN OF HEAVEN PRIMARY SCHOOL**  
Victoria Drive, London SW19 6AD  
Tel: 020 8788 7420  
Head Teacher: Jeremy Tuke BA Hons PGCE  
[www.ourladyqueenofheaven.wandsworth.sch.uk](http://www.ourladyqueenofheaven.wandsworth.sch.uk)

**PARISH VOUCHER SYSTEM**  
  
Those people who will require a school reference when applying to a Catholic School need to participate in this. By signing the vouchers the parish keeps a record of your mass attendance which is referred to when signing school reference forms.

**Contacts**  
**Parish Priest : Fr. Philip de Freitas**  
**Fr Philip personal email: philipdefreitas@rcaos.org.uk**  
  
Retired Priest: Fr. David Peck  
  
Parish Secretary: Anne Bzowska  
Office Hours: Wednesdays & Fridays 9am-2pm  
  
Organist: Angela Rundle  
  
**15 Victoria Drive, London SW19 6AD**  
**Tel 020 8788 9603**  
**Email [wimbledoncommon@rcaos.org.uk](mailto:wimbledoncommon@rcaos.org.uk)**

**Baptisms/Marriages by appointment only. Please see Fr. Philip**  
**Confessions: Saturday 9.30 am to 9.50 am & 5.30 pm to 5.50 pm, Sunday before Masses**

Roman Catholic Diocese of Southwark, Registered Charity No. 1173050

THE CATHOLIC PARISH OF

# Our Lady and Saint Peter

WIMBLEDON COMMON

website: [www.ourladyandstpeterwimbledoncommon.org](http://www.ourladyandstpeterwimbledoncommon.org)  
Facebook: [Our Lady and St Peter Church](https://www.facebook.com/Our Lady and St Peter Church)



**FIRST SUNDAY IN LENT (A)**

**Q: What is Lent?**  
  
A: Lent is the forty day period before Easter, excluding Sundays, which begins on Ash Wednesday and ends on Holy Saturday (the day before Easter Sunday). [This traditional enumeration does not precisely coincide with the calendar according to the liturgical reform. In order to give special prominence to the Sacred Triduum (Mass of the Lord's Supper, Good Friday, Easter Vigil) the current calendar counts Lent as only from Ash Wednesday to Holy Thursday, up to the Mass of the Lord's Supper. Even so, Lenten practices are properly maintained up to the Easter Vigil, excluding Sundays, as before.]

**Q: Why are the forty days called Lent?**  
  
A: They are called Lent because that is the Old English word for spring, the season of the year during which they fall. This is something unique to English. In almost all other languages its name is a derivative of the Latin term Quadragesima, or "the forty days."

**Q: Why is Lent forty days long?**  
  
A: Because forty days is a traditional number of discipline, devotion, and preparation in the Bible. Thus Moses stayed on the Mountain of God forty days (Exodus 24:18 and 34:28), the spies were in the land for forty days (Numbers 13:25), Elijah travelled forty days before he reached the cave where he had his vision (1 Kings 19:8), Nineveh was given forty days to repent (Jonah 3:4), and most importantly, prior to undertaking his ministry, Jesus spent forty days in wilderness praying and fasting (Matthew 4:2).

Since Lent is a period of prayer and fasting, it is fitting for Christians to imitate their Lord with a forty day period. Christ used a forty day period of prayer and fasting to prepare for his ministry, which culminated in his death and resurrection, and thus it is fitting for Christians to imitate him with a forty day period of prayer and fasting to prepare for the celebration of his ministry's climax, Good Friday (the day of the crucifixion) and Easter Sunday (the day of the resurrection).

**Thus the Catechism of the Catholic Church states:**  
  
"For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tested as we are, yet without sinning' [Heb 4:15]. By the solemn forty days of Lent the Church unites herself each year to the mystery of Jesus in the desert." (CCC 540)

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## PARISH NEWS

### Why do Catholics fast during Lent?

Fasting, along with prayer and helping the poor, is one of the three spiritual disciplines of Lent. These work as a three-fold conversion practice as we prepare for the joys of the Easter season. Fasting adds a serious edge to your prayer life. It is a prayer practice that involves denying yourself something in order to increase your spiritual awareness, strengthen a commitment, or petition God for something you or another person really needs.

Fasting is also about detachment - separating yourself from something that you have become overly attached to. It's a way of reclaiming your spiritual strength and regaining some balance in your life. Practicing some denial of our wants and needs in small ways can help us grow in self-discipline and the ability to put off momentary comfort for a larger, more important goal.

Fasting should not be misused to gain praise or sympathy, to manipulate, or to harmfully affect the body. Done correctly, it can be a spiritual practice that can take your prayer to a new and different level!

### Catholic Fasting Rules

Catholics age 14 and older do not eat meat on Ash Wednesday and all Fridays during Lent, including Good Friday. Instead of meat many Catholics choose to eat fish - which is why many parishes around the country have fish fries on Fridays during Lent. These are a great opportunity for a parish community to come together to pray and fast.

On Ash Wednesday and Good Friday, Catholics age 18 to 59 also limit the amount of food they eat. Only one full meal, and two smaller meals that together do not equal a full meal, are eaten. The best rule of thumb is to make sure your meals are smaller than what you would eat on a normal day - and to avoid snacks. Exemption is allowed for pregnant women and those who need regular meals for medical reasons.

You may have heard the words "fasting" and "abstinence" used when talking about Lent. "Fasting" is the word used when the amount of food eaten is limited. "Abstinence" is when you completely give something up, like meat, for a set period of time. Both "fasting" and "abstinence" play a role during Lent.

**Stations Of The Cross For LENT**

During Lent there will be Stations of the Cross at 4pm on Sundays.

**CHURCH CLEANING**

There will be Church cleaning every **1ST** and **3RD TUESDAY** of the month at 11 am. Please do come and help.

Many thanks

**Hail Holy Queen Prayer**

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope.

To you do we cry, poor banished children of Eve.  
To you do we send up our sighs, mourning and weeping in this valley of tears  
Turn then, most gracious advocate, your eyes of mercy toward us, and after this exile show unto us the blessed fruit of thy womb, Jesus.

O clement, O loving, O sweet Virgin Mary.

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**A Day reflection on St Joseph for his feast, Saturday 18th March, starts 10am.**

The parish council asked for a day of reflection in Lent with the theme of St Joseph, the day will consist of Mass, talk on St Joseph and adoration, starting at 10am with Mass and finishing approx. 1.30pm. Do come along.

**LOURDES by AIR - 5 - 9 June 2023 5 Days £560**

Fr Philip is leading a pilgrimage to Lourdes. The package includes Return flights inc. taxes. 23kg bag in hold, 4 nights in 4\* hotel on half board, Lourdes city tax, guided tours and a daily pilgrimage program.

Extras: Single room supplement (£30 x 4 nights = £120), compulsory travel insurance, snacks and drinks, optional excursion, entrance fees and any other costs of a personal nature.

If you would like to come a deposit of £200 per person is required.

**Clergy Support Fund - Second Collection Sunday 26th February**

The second collection this week is in support of the Clergy Support Fund for the Archdiocese of Southwark. This important fund provides care and support for priests in their retirement, old age and at their time of ill health, after their lifetime of service and devotion to Christ, His Church and His people.

In 2022 the Clergy Support Fund provided care to 73 retired priests, at a cost of £1.33 million. With the number of priests over the age of 65 steadily increasing, so too will the financial obligation to the Archdiocese. Whilst priests can retire from active parish ministry when they reach the age of 75, many continue to serve their communities, working in our parishes, schools, hospitals and chaplaincies.

Your donations to this fund will ensure a dignified retirement for all our priests.

Thank you for your generosity of heart.

**Legion of Mary**

Junior Praesidium Our Lady of Morning Star meets on Tuesdays at 3.45pm  
Junior Intermediate Praesidium Our Lady of Guadeloupe meets on Sundays at 11.15am

**THE WINNERS OF SUNDAY 26th February 200 CLUB**

1	9	A Bailey
2	144	Melissa Cunha

**Parish Hall—Bookings**

If you are planning an event and would like to use the Parish Hall, bookings can be made by emailing [bookingsolsp@gmail.com](mailto:bookingsolsp@gmail.com) or phoning **07708632289**

**GIFT AID SCHEME**

If you are a taxpayer, for every £1 you give to the parish, we can get another 25p.  
Please speak to:  
John O' Reilly 07977 538671.

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