

6th Sunday of the Year

Entrance Antiphon: Lord be my rock of safety, the stronghold that saves me. For the honour of your name, lead me and guide me.

1st Reading: Leviticus 13: 1-2 45-46

Psalm 31 Response: You are my hiding place, O Lord; you surround me with cries of deliverance.

1. Happy the man whose offence is forgiven, whose sin is remitted. O happy the man to whom the Lord imputes no guilt, in whose spirit is no guile. (R)

2. But now I have acknowledged my sins; my guilt I did not hide. I said: "I will confess my offence to the Lord." And you, Lord, have forgiven the guilt of my sin. (R)

3. Rejoice, rejoice in the Lord, exult, you just! O come, ring out your joy, all you upright of heart. (R)

2nd Reading: Corinthians 10:31 11:1

Gospel Acclamation: Alleluia, alleluia! May the Father of our Lord Jesus Christ enlighten the eyes of our mind, so that we can see what hope his call holds for us. Alleluia!

Gospel: Mark 1: 40-45

Communion Antiphon: They ate and were filled; the Lord gave them what they wanted; they were not deprived of their desire.

We welcome into our parish community Jaxon and Jacob Nolan, who are to be baptised after Mass this Sunday. Please pray for them and their parents and godparents.

Please note: Office day next week will be Wednesday, 15th, instead of Thursday.

Remember, **FAMILY FAST DAY** is on Friday 23rd February. Your **CAFOD** donations made between 13 February (Shrove Tuesday) and 12 May will be matched by the UK Government, up to a total value of £5m. If we can all prepare for Family Fast Day many who are hungry or desolate will be helped. Pope Francis has asked that we make this a Day of Fasting and Prayer for Peace in the Democratic Republic of the Congo, South Sudan and all the World. A young parishioner Kelly McCauley is currently working in South Sudan with the UN. Pray for her especially please.

Please pray for the repose of the souls

of: Gwen Kenny, Peter Crossley, John Muldoon, Eddie Hughes, Dorothy Reid, Mary Tilt, Rhoda Gracey, Margaret (Peggy) Molyneux Eilien Light, Ronald Roach, Isabel Coward, Peter Curran, Maureen Roebuck, Bob Murphy, Eileen Richards, Kevin Walton, Patrick Hallissey, Mary Tovey, Edna Allen, Elaine Roberts, Teresa Nevitt, Doreen Patterson, Denis McLaughlin, Susan Duck, Margaret Owen, Philip O'Dwyer, Dolores Ann Brownley and Margaret Jones.

Eternal rest grant unto them O Lord, and let perpetual light shine upon them.

For the sick: Barbara and Frank Cottington, Josephine Brady, James Warburton, Arthur Jones, Aileen Bull, Marion Roberts, Norrie and Bill Jones, Lisa Gawn, Brian Harris, Mrs. Whitely, Thomas Nelson, Edith Lowe, Val Byrne, Georgina Wright, Jack Doyle, Mary Peters, John, Corinna Edwards, John Burke, Frank and Kathleen Fox, members of the Mantova family John, Margaret and Anthony, Pamela Ramsay, Wendy Hargreaves and all sick parishioners. *(Please let us know if you wish to add a name to the sick list, or let us know if people no longer need to be prayed for).*



Our Lady of the Assumption Catholic Church

119 WELLINGTON ROAD, RHYL
DENBIGHSHIRE LL18 1LE

6th Sunday of the Year

11th February 2018

(reading cycle B, year of Mark's gospel)

Mass time

Mass Intention

SUNDAY	10.00 am - Mass for the People
MONDAY	- No service -
TUESDAY	9.30 am - Rose and Brian Daley RIP
Ash Wednesday	9.30 am - Tony Walker RIP 1.30 pm - Funeral service for Dolores Ann Brownley
THURSDAY	9.30 am - Teresa Lees RIP
FRIDAY	9.30 am - Eugene Robinson RIP
SATURDAY	10.30 - 11.00 am Holy Hour with morning prayer of the Church (Sacrament of Reconciliation is available during this time)

Sacrament of Reconciliation Saturdays 10.30am-11.15am and on call.
Open Office Day Thursdays 9.00am—4.00pm

For all enquiries or sacraments see as below For **Baptism** tel 01745 354311

Please let Fr Charles know of anyone who is ill or housebound
Who would like to receive Holy Communion at home or the **Anointing of the Sick** for healing

Priest: Fr Charles Ramsay

Tel 01745 353395 email chas37free@gmail.com
Parish website: catholicchurchrhyll.co.uk

(Webmasters: Ernest Jones & Shane Owen
(webmaster@catholicchurchrhyll.co.uk))

Diocese of Wrexham Reg Charity no. 700426

Parish Finances: The church collection for Sunday, 28th January, amounted to £523.49p of which £332.49p was 'loose' and £191p was Gift Aid.

Hospital Chaplains on call:
Glan Clwyd: Mrs. Sheila Johnson, 01745 354311 /07717182557 Llandudno Hospital: Fr Moses Amune 01492 877353 Ysbty Gwynedd; Bay Hospital: Fr Frank 01492 532670 group.

UCM Lenten Retreat
The UCM are organising a Lenten Retreat at Noddfa Retreat Centre, Penmaenmaw, on Saturday, 17th February, cost £20.00. If any parishioners would like to join them, please contact Ellen Aspinall Tel. 332753, or any member of the UCM.

Week of Guided Prayer
25th February – 4th March
During Lent we prepare ourselves for our Easter celebration of the Lord's Resurrection. Would you like to do so through deepening your relationship with the Lord? Would you Like some help from a trained prayer guide? If your answers to these questions are 'yes', then maybe this week is for you!
Opening Session
3.30 p.m. Sunday 25th February at the Friary. (Organised by the St. Beunos Outreach Team)
Everybody welcome! Contact Br. John for more information.
07856 363 760

Requiem: Your prayers are asked for Margaret Jones, who died last week, and for her family. Margaret (and husband Bob, to whom we offer sympathies) over many years contributed a huge amount of time and energy to building the parish community and will be greatly missed. Margaret's Funeral Mass will be on Thursday, February 22nd, at 1.00 pm .

In LENT Catholics between the ages of 14 and 59 fast on Ash Wednesday and Good Friday to honour the passion of Christ. Fasting means we can have only one full, meatless meal. Some food can be taken at the other regular meal times if necessary, *but combined they should be less than a full meal.* Liquids are allowed at any time, but no solid food should be consumed between meals. Those that are excused from fast and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant or nursing women. In all cases, common sense should prevail, and ill persons should not further jeopardize their health by fasting. We also abstain from meat every Friday during Lent. These practices are disciplinary in nature and often more effective if they are continuous, i.e., kept on Sundays as well. That being said, such practices are not regulated by the Church, but by individual conscience.

From the website of the US Catholic Bishops.

Also, a regular practice of fasting can improve digestive efficiency, increase mental clarity, increase physical and mental vigor, remove toxins, improve vision and give a general feeling of well being. A 24-hour fast, once a week, is a common religious practice in many communities.

QUOTE Lent comes providentially to re-awaken us, to shake us from our lethargy.

Pope Francis



Weekly Guide to Daily Prayer

This is a wonderful week to ask the question: "What do I want?" We may feel like we never have enough; enough money, time, love, status or anything else that seems to be the focus of our lives. We live lives that are packed with activities, meetings and obligations - keeping our hearts distracted away from our relationship with God, from our families and from others in our lives who need our love.

In these few days before Lent begins, we can begin to prepare our hearts by asking ourselves how we want Lent to be different this year. What do we want to ask the Lord to give us - and more importantly, we can ask *what the Lord wants for us* this Lent. What gift of generosity, love or attention can we share with others in the weeks ahead? How can we focus on the Lenten season and ask that our hearts be opened to what is real - not to the externals which distract us so much? How will I be with my family and friends this Lent? What will I do that sets this season apart from my normal routines? How can I name, anticipate and feel the gifts the Lord showers on me with such love in the weeks ahead?

For the first few days of Lent, it will be a great help to set aside some time, even if it means getting up earlier each morning, to read about what Lent can mean and to let that soak into our hearts. The key is not to be sombre or severe in any way, but to know that this is a time of great grace so that we can be attentive to it. The first thing to remember is that these 40 days are a gift to us. We are not trying to save ourselves by our Lenten practices. God has already saved us. We are only trying to let God get our attention and to give grace a chance to work in us. These days are critically important for choosing to establish some Lenten patterns. Depending upon our age or health, we will want to do some fasting and abstinence, in regard to food But each of us

can choose what else we can fast and abstain from during Lent. What practices of mine get in the way of my being open to hearing God's word and responding freely. That's what needs transforming. Giving up needing to be right, fasting from my impatience, totally abstaining from escapist fantasies will open our hearts to God's grace. None of that takes extra time. It just takes desire. Adding new acts of kindness, gratitude and love each day for family and friends will open our hearts to the greater acts of charity and generosity for the poor.

Finally, Lent is the perfect time to choose to grow in gratitude. Every night, before going to bed, let us be faithful to giving thanks to the Lord who has given us so many blessings and offers us new graces each and every day.

Stations of the Cross—Lent

Stations of the Cross will be said through lent on Friday evenings, at 6.30 pm, as follows:

Friday, 16th Feb.	K.S.C.
Friday, 23rd Feb.	Iris Norcross and Val Gupta
Friday, 2nd March	Altar Servers
Friday, 9th March	Altar Servers
Friday, 16th March	U.C.M
Friday, 23rd March	Confirmation Group

Special Mass for the Sick in Cathedral, Wrexham 12 noon on Saturday 17th February.

Confirmation information evening to night at 6.00pm in church centre.