



# MASS & CONFESSION TIMES

<b>MARCH</b>		<b>THE SEASON OF LENT</b>
<b>8 Saturday</b>		<b>Feria</b> 5.15pm-5.45pm
<b>Confessions</b>	<b>18.00</b>	Eileen Gallagher† (Elaine Cottiss and Family)
<b>Vigil Mass</b>		<b>FIRST SUNDAY OF LENT</b>
<b>9 Sunday</b>	<b>10.30</b>	Anne Connolly† (Ana & Ronnie)
	<b>18.00</b>	People of the Parish
<b>10 Monday</b>	<b>10.00</b>	<b>Feria</b> - Delia Back (Back Family)
<b>11 Tuesday</b>	<b>10.00</b>	<b>Feria</b> - George Zerafa† (Shelia Zerafa)
<b>12 Wednesday</b>	<b>9.20</b>	<b>Station of the Cross</b>
	<b>10.00</b>	<b>Feria</b> - Agnes Ho† (Arthur Champ)
<b>Confessions</b>		10.30am-11.15am
<b>13 Thursday</b>		<b>Feria</b> - Brian Evans† (Theresa Durham)
<b>14 Friday</b>	<b>9.20</b>	<b>Feria</b> - <b>CAFOD Fast Day</b>
	<b>10.00</b>	<b>Station of the Cross</b>
	<b>19.00</b>	<b>Station of the Cross</b>
<b>15 Saturday</b>		<b>Feria</b>
<b>Confessions</b>		5.15pm-5.45pm
<b>Vigil Mass</b>	<b>18.00</b>	Xavier Fernandez† (Noel Fernandez)
<b>2<sup>nd</sup> Collection</b>		<b>CAFOD Lent Fast Day</b>
<b>16 Sunday</b>		<b>SECOND SUNDAY OF LENT</b>
	<b>10.30</b>	People of the Parish
	<b>18.00</b>	Brian Buultjens† (Mary Buultjents & Family)
<b>2<sup>nd</sup> Collection</b>		<b>CAFOD Lent Fast Day</b>

**Cycle of Prayer** - Intentions for Lent:  
 Candidates for the Sacraments (*especially on the Sundays*)  
 The Needy and Hungry of the World (*especially on Lent Fast Day, first Friday of lent*)  
 Penitents and Wanderers  
 Women (*especially on Women's World Day of Prayer - Friday 7<sup>th</sup> March*)



To donate online, please scan the QR code.  
 Thank you for the generosity of our Parishioners and Visitors.

**Let us Pray for Pope Francis**, as he continues treatment for respiratory issues. Let us unite in prayer for his healing and strength.

**During Lent** there will be Stations of the Cross on Wednesday & Friday morning at 9.20am and Friday evening at 7pm (*sign-up to lead a station at rear of church*) .  
**Lenten Talks** Tuesday evenings during Lent at 7pm to 8pm in the Parish Centre.

**My Day by Day Lent books** are available at rear of church, suggested donation £1

**Lenten Talks Invitation** - Join us for a series of engaging Lenten Talks, followed by lively discussions! Kicking off on Tuesday, March 11th, these enlightening sessions will take place in the Parish Centre from 7 PM to 8 PM. Each week, the theme of our talks will be featured in the newsletter, so be sure to check it out for all the details. We'll have refreshments available, and if you're interested in lending a hand with them, please reach out to the church office. Here are the topics to consider:

- 1. Prayer** Exploring the significance of prayer in our daily lives and its various forms.
- 2. Fasting** Understanding the spiritual and physical aspects of fasting and how it can enrich our Lenten experience.
- 3. Almsgiving** The importance of generosity and compassion towards others during this season of reflection.
- 4. Holy Mass** A discussion on the centrality of the Eucharist in our faith and its transformative power in our lives.
- 5. Eucharist** This includes the Adoration and Exposition of the Blessed Sacrament as well as Benediction - deepening our appreciation for these sacred practices.
- 6. Sacrament of Reconciliation** Understanding the role of Confession in our spiritual growth and the grace of forgiveness.
- 7. Sacramentals** Exploring various sacramentals and their importance in our spiritual lives.
- 8. Devotions in the Church** A look at the different forms of devotion practiced within our Church and their significance.

I want to take this moment to express my heartfelt gratitude for your kindness and unwavering support as we embark on this enriching Lenten journey together. Your participation means the world, and I eagerly anticipate our discussions, which will surely draw us closer to God and one another.

Thank you once again for your involvement and commitment.  
 Wishing you abundant blessings, Fr. Emmanuel

**Lent Evening Retreat for Catholic Men** Friday 14th March at St Michael's parish, Chatham led by Fr Peter Murphy. Starting at 7pm with stations of the Cross, then Eucharistic adoration, two preached meditations, Confession, silent prayer, Rosary, a tea break and Benediction. For questions, email [MedwayCatholicMen@outlook.com](mailto:MedwayCatholicMen@outlook.com).

**The Knights of St Columba** invite parishioners to leave donations of food and household goods at rear of church for **Medway Foodbank** collection during March.



## **ST. THOMAS OF CANTERBURY RC CHURCH**

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Live Streamed Mass Links are available on our website [www.rcrainham.co.uk](http://www.rcrainham.co.uk)

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## **SUNDAY NEWSLETTER**

### **FIRST SUNDAY OF LENT (Year C) 9<sup>TH</sup> MARCH**

#### **Entrance Antiphon:**

When he calls on me, I will answer him;

I will deliver him and give him glory, I will grant him length of days.

**1st Reading: A reading from the book of Deuteronomy 26:4-10**

#### **Responsorial Psalm 90**

**R:** Be with me, O Lord in my distress..

**2nd Reading: A reading from the letter of St Paul to the Romans 10:8-13**

#### **Gospel Acclamation:**

**R: Praise to you, O Christ, King of eternal glory!**

**The Gospel: Luke 4:1-13**

#### **Communion Antiphon:**

The Lord will conceal you with his pinions, and under his wings you will trust.

**Pope's March prayer intention: For families in crisis.** The intention is that families may find healing through forgiveness and rediscovering each other's gifts.

**Parishioners** with sick or housebound members not on the visitation list, please call the office if they wish to receive visits from communion ministers and clergy.

Dear Friends

Every Christian encounters temptation at some point in their journey. These trials are not merely challenges; they serve to strengthen believers, providing them with a deeper sense of assurance to tackle whatever lies ahead. The goal of temptation isn't to lead a follower astray, even though that may be Satan's intention. Instead, temptations act as a means of testing, refining, fortifying, and purifying one's faith (Jas 1:13). While it is Satan who presents these temptations, it is important to remember that God does not orchestrate them, though He may permit them to occur. If you're feeling tempted, rest assured that you are not alone in this experience. Everyone faces temptations that are common to humanity. "Every test you encounter is the type that typically confronts people. Yet God remains faithful—He won't allow you to be tested beyond what you can bear; when you're faced with challenges, He ensures you have the strength to endure and provides an escape" (1 Cor 10:13).

Even Jesus faced temptation. In the desert, Satan sought to lead Him astray, but Jesus countered by quoting scripture. God promises that He will not allow you to face temptations beyond your capacity. Any struggle you encounter is one for which you already possess the grace to overcome. Remember, Jesus is there to prop up your defenses against temptation. He stands as a compassionate high priest, guiding believers through their trials (Heb 2:27). Therefore, it's vital for believers to yield to God's power—overcoming temptations isn't about our own strength but rather the grace bestowed upon us by God .

To prevail, you must lean into God's strength and resist the devil (Jas 4:4-8). Jesus exemplified this by dedicating Himself to prayer and fasting, constantly drawing on His knowledge of God's word to counter every temptation from Satan. Believers should arm themselves with scripture during their encounters with the devil; it is indeed the most formidable weapon we have against him.

Wishing you every blessing, Fr Emmanuel

**Recently Deceased: Anne Connolly† & Sherly George†** Please remember their family and friends in your prayers, may they rest in peace, Amen

**UCM meeting** Thursday 13<sup>th</sup> March at 2pm in the parish centre. There is a fish and chip lunch for those who have ordered.

**A memorial service** will be held on Friday 14<sup>th</sup> March, Woodlands Cemetery Chapel at 11am for former parishioner Martin Braithwaite who died in France on 21<sup>st</sup> January, followed by the burial of his remains with his daughter Karen.

**CAFOD Family Fast Day is on Friday 14th March.** By Praying, eating simply and giving you'll be supporting local experts to provide simple effective solutions to the toughest problems facing people around the world.