

<b>FOURTH SUNDAY OF LENT (B)</b>				'Laetare' Sunday
<b>Saturday 9<sup>th</sup></b>	Monkwick	5.00 pm	Ints: Grace McCartney	
<b>Sunday 10<sup>th</sup></b>	Church	8.00 am	Private Intention	
	Church	10.30 am	Parishioners	
	Church	2.00 pm	Polish Mass	
	Church	6.30 pm	Private Intention	
	West Mersea	8.30 am	Mrs. Pauline Okoli RIP	
	Mile End	9.30 am	Thanksgiving (BA)	
<b>Monday 11<sup>th</sup></b>	<b>Monday of the Fourth Week of Lent</b>			
	Church	9.30 am	Frederick, Elizabeth + Angelo Lucas	
<b>Tuesday 12<sup>th</sup></b>	<b>Tuesday of the Fourth Week of Lent</b>			
	Church	9.30 am	Jovita De Leon RIP	
	Church	6.30 pm	<b>Polish Stations of the Cross</b>	
<b>Wednesday 13<sup>th</sup></b>	<b>Wednesday of the Fourth Week of Lent</b>			
	Church	9.30 am	Mr Thomas Uwadiale RIP	
<b>Thursday 14<sup>th</sup></b>	<b>Thursday of the Fourth Week of Lent</b>			
	Church	9.30 am	Holy Souls in Purgatory	
<b>Friday 15<sup>th</sup></b>	<b>Friday of the Fourth Week of Lent</b>			
	<b>LENT DAY OF MERCY</b>			
	Church	9.30 am	Thanksgiving (JRJ)	
	Church	12.30 pm	<b>Stations of the Cross</b>	
	Mile End	7.00 pm	<b>Stations of the Cross</b>	
<b>Saturday 16<sup>th</sup></b>	<b>Saturday of the Fourth Week of Lent</b>			
	Church	9.30 am	Ints: Agatha Ballaph	
<b>FIFTH SUNDAY OF LENT (B)</b>				
<b>Saturday 16<sup>th</sup></b>	Monkwick	5.00 pm	Holy Souls	
<b>Sunday 17<sup>th</sup></b>	Church	8.00 am	Mrs P. Okoli RIP	
	Church	10.30 am	Parishioners	
	Church	2.00 pm	Polish Mass	
	Church	6.30 pm	Private Intention	
	West Mersea	8.30 am	Dr. Colin Pace + Mr K. Ridge RIP	
	Mile End	9.30 am	Ints: Chris Kenyon	

- ❖ For Baptisms, Weddings and Funerals, please email or contact our parish office.
- ❖ Marriage Preparation: Please be aware that 6 months' notice of intention for Marriage is required especially if marrying outside the Parish. Couples who are planning to get married should contact us **at least 6 months** in advance. Thank you.
- ❖ Sacrament of Reconciliation (Confession) Saturdays after 9.30am Mass (Priory Street) and after 5.00pm Mass (Monkwick).
- ❖ Church Loop System: Please note that the Church loop system serves all the seats in the centre Nave but not the aisles or the chancel.
- ❖ Mass Intentions. Envelopes are available in Church Porch.
- ❖ SUNDAY COFFEE MORNING: after 10.30am Mass on Sundays in Cardinal Bourne Hall.

- **Cardinal Bourne Hall Enquiries/Bookings:** [colchester@brcdt.org](mailto:colchester@brcdt.org)
- **SVP (St Vincent de Paul Society):** Tel: 07493 439427/email: [colchestersvp@gmail.com](mailto:colchestersvp@gmail.com)



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# ST. JAMES THE LESS AND ST. HELEN

## CATHOLIC CHURCH, COLCHESTER

### WITH MERSEA, MILE END AND MONKWICK

#### 1 PARISH, 4 CHURCHES, 1 COMMUNITY



Parish Priest:  
Assistant Priest:

Mgr. Christopher Brooks  
Fr. Philip Okoli

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St James the Less and St Helen RC Church, Colchester



## FOURTH SUNDAY OF LENT (B)

'Laetare' Sunday

Week commencing 10<sup>th</sup> March 2024

We have the second scrutiny this weekend so the readings at the 10.30 Mass are different from those at all the other Masses, hence a generic reflection. Lent, although we focus on prayer, fasting and almsgiving, is also a time of joy. We've all sinned and fall short of the glory of God as St. Paul reminds, but God's merciful love is greater than all our sins. Think of the tradition of spring-cleaning when we bestir ourselves and give our homes a good clean from top to bottom. Do we focus on the dust being hoovered up or rather on the end result, a fresh, clean house? So too with Lent, a spiritual spring-clean so that we can celebrate Easter in a state of renewal. We can also be encouraged by those adults who have asked to be baptised or received into the Catholic church, they wish to be full members of our parish. If you've never been to the Easter Vigil on Holy Saturday (mis-named by the media as Easter Saturday), try to come this year especially as it is earlier than usual at 6.30pm. It is arguably the highlight of the whole Church year.

Fr. Chris

**PLEASE SEE MASS SCHEDULE FOR ALL CHANGES**

<b>DAILY (Mon-Fri)</b>	Rosary/Divine Mercy	<b>at 8.45 am</b>
<b>DAILY</b>	Morning Prayer	<b>at 9.15 am</b>
<b>CHRISTIAN MEDITATION</b>	Wednesdays (Cardinal Bourne Hall)	<b>at 8.00 pm</b>



**THE POPE'S INTENTIONS FOR MARCH: For New Martyrs.** Let us pray that those who risk their lives for the Gospel in various parts of the world might imbue the Church with their courage and missionary drive.

**PRAYER FOR PEACE IN PALESTINE, ISRAEL & UKRAINE.** God of hope and mercy, protect all who are in any form of danger; provide practical help to those in need; strengthen the weary, console the grieving, heal the suffering; and bless those engaged in disaster relief efforts with safety and courage. Amen.



**MARRIAGE MATTERS:** (2Chronicles 36: 14-16, 19-23 Ephesians 2: 4-10 John 3: 14-21) **Called to be a 'sign'.** The world often ridicules marriage saying 'it's just a piece of paper', but Scripture draws attention to God's powerful message. St. Paul says: *"We are God's work of art; created in Christ Jesus to live the good life as from the beginning He had meant us to live it."* Let us shine out so the world sees what it's missing.

**PRAYERS FOR THE SICK:** We continue to pray for those parishioners we know who are sick and housebound especially Jimmy Clarin, Grace McCartney, Diana Irven, Mrs. Maureen McKenna, Joyce Wrobel, Ron & Margaret Griffin, Peter Wyatt, Elizabeth Pace, Jason McLean, Hilda Morah, Nicollas and Adam Campbell-Vencarto, Maureen R. We also pray for all persons who are ill or are in need.



**MOTHERS DAY BLESSING:** Lord God we pray for all Mothers, Guardians & Caregivers everywhere. May those with children feel appreciated. May those grieving empty arms be comforted. May those mourning and missing the one who gave them life be held in the loving grace of God. Amen.

**LENT DAY OF MERCY** on **Friday 15<sup>th</sup> March 2024:** The Church will be open all day with Mass at 9.30am followed by Exposition & Confession all day; to finish with Benediction at 9.00pm. Please do try to attend at some point during the day.

**REPOSITORY:** There is a selection of St Patrick Day Cards & Easter Cards for sale in Church porch.

**SPECIAL COLLECTION:** Loli will be having a bake sale after the coffee morning today to raise funds so she can go on the Lourdes youth Pilgrimage, a special collection will also be taken on 17<sup>th</sup> March if you wish to donate to Loli's fundraising.

**WASHING OF FEET- MASS OF THE LORDS SUPPER AT 8.00PM (Maundy Thursday).** The washing of the feet imitates Jesus' act of love for His "twelve" on the night before He died, this ritual signifies their participation in Christ's mission of love and service to one another and to those in need. If you would like to participate, please add your name to the washing of feet list in Church Porch – 12 volunteers needed.

**DIOCESAN PILGRIMAGE TO WALSINGHAM – 25<sup>th</sup> MAY 2024:** Join Bishop Alan and other parishes around the Diocese of Brentwood in Walsingham. We will celebrate Mass at the Basilica before walking the Holy Mile to the grounds of Walsingham Abbey to celebrate Vespers and Benediction on the site of the Holy House. If you would like to come, and wish to reserve a seat on the coach – please add your name to the Coach Seat Reservation list, which can be found on a clipboard in the Church Porch. A 53-seat coach will be picking up from East Hill near the corner of Priory Street at 07:45 for 8:00am departure, with tickets at £17.00 per person, payable on the coach for those who have reserved seats. Please bring a packed lunch, as the cafeteria at Walsingham will be very busy.



**ST PATRICKS' DAY - AFTERNOON TEA CELEBRATION** in Cardinal Bourne Hall on **Sunday 17<sup>th</sup> March 2023** from **3.00pm-5.30pm**. Menu will include assorted sandwiches, cakes, scones with Tea, Coffee & Soft drinks available. Vegetarian, vegan & gluten free catered for by pre-order. Bring your own Alcohol. Entertainment provided by McGahan Lees Irish Dance Academy + Music by Steve Williams & a Raffle. Ticket prices Adults £17.00; 12-16yrs £8.50; 5-11yrs £4.00. Please contact Frances for tickets on 01206 5674258 or 07767146821

**VACANCY:** The Canonesses of the Holy Sepulchre are recruiting a couple/two adults to support the nine elderly sisters who live in the main house. The role is residential in a two-bedroom bungalow, adjacent to the main home in Colchester. Precise role and salary are dependent on the skills of the successful applicants. For further information please contact: [crssuk@canonesses.co.uk](mailto:crssuk@canonesses.co.uk)

**SOUP RUN:** Could you help the SVP deliver sandwiches at the Soup Run once a month? We would be grateful for donations of sandwiches, which can be left at the Church on our delivery day or picked up from your home. We can offer money for the ingredients. If you think you can help please leave your e-mail or telephone number on: [colchestersvp@gmail.com](mailto:colchestersvp@gmail.com) and we will contact you.

**MISSIO MAGAZINES FOR SPRING 2024** are available free in the church porch

**CARITAS:** Interested in the Catholic response to homelessness, welcoming refugees and migrants, assisting with the Cost of Living Crisis, or tackling the causes and effects of climate change? You are invited to the 2024 Caritas Brentwood Networking Day, Saturday 27<sup>th</sup> April, 10am – 2.30pm, at the St Edward the Confessor Church Hall, **Romford** (10-minute walk from Romford Station on the Elizabeth line, Bus routes from London are regular, parking is available but limited and a bike rack is also on site). This day is a chance to be sustained, share ideas and good practices with people from parishes across Essex and East London and hear about charities and resources available. Details and Registration (for free!) at [www.caritasbrentwood.org/network](http://www.caritasbrentwood.org/network)

**CATHOLIC PARISH SUMMIT:** The Catholic Parish Summit is taking place in Harrogate from the 12<sup>th</sup> to the 14<sup>th</sup> of June with over 1,000 parish leaders from across the country. Our diocese has booked some places for the Summit which are available to anyone who is interested in attending. These places are free but they are limited and you will need to make arrangements for accommodation while you are in Harrogate. For more information about the Summit please visit their website: <https://catholicparishsummit.com/> If you would like to find out more please email Father Dan Mason, the Episcopal Vicar for Parish Renewal at [billericay@brcdt.org](mailto:billericay@brcdt.org)

**THE READINGS AT THE EASTER VIGIL:** On Wednesday 20<sup>th</sup> March at 7.00pm, in preparation for Holy Week, Fr Adrian Graffy, parish priest of Gidea Park and member of the Pontifical Biblical Commission, will give a talk entitled 'The Readings at the Easter Vigil - the four nights of salvation'. The talk will take place in the parish hall at Gidea Park (410 Brentwood Road, RM2 6DH) and will last about 40 minutes. Refreshments will be available from 6.30 pm. No booking necessary. The church is 5 minutes' walk from the station (Elizabeth Line). Ample free parking is also available at the church. All are welcome, especially Readers, Special Ministers of the Eucharist and Catechists.

**THE SYNODALITY LECTURES** at Brentwood Cathedral are being recorded and will be available on the diocesan website. Fr Jan Nowotnik's lecture can be found here: [Fr Jan Nowotnik gives Lenten lecture at Brentwood Cathedral - Brentwood Diocese level here \(dioceseofbrentwood.net\)](http://FrJanNowotnikgivesLentenlectureatBrentwoodCathedral-BrentwoodDioceselevelhere(dioceseofbrentwood.net)) Find our more: [Synodality - opening up the conversation - Brentwood Diocese \(dioceseofbrentwood.net\)](http://Synodality-opening-up-the-conversation-BrentwoodDiocese(dioceseofbrentwood.net))

**CHURCH CLEANING TEAM:** Monday 11/03/24: **Team 2** / Monday 18/03/24: **Team 3**  
**COFFEE MORNING:** 10/03/24: The O'Sullivans / 17/03/24: Peggy & Anne