

FIRST SUNDAY OF LENT (C)			
Saturday 8th	Monkwick	5.00 pm	Patricia Urquhart RIP
Sunday 9th	Church	8.00 am	Private Intention
	Church	10.30 am	Parishioners
	Church	2.00 pm	Polish Mass
	Church	6.30 pm	William Grahame RIP
	West Mersea	8.30 am	Valerie Reynolds RIP
	Mile End	9.30 am	Private Intention
Monday 10th	Monday of the First Week of Lent		
	Church	9.30 am	John Farrell RIP
Tuesday 11th	Tuesday of the First Week of Lent		
	Church	9.30 am	Ints: Agnieszka (37 th Birthday)
	Polish Stations of the Cross		
Wednesday 12th	Wednesday of the First Week of Lent		
	Church	9.30 am	Frederick, Elizabeth + Angelo Lucas
Thursday 13th	Thursday of the First Week of Lent		
	Church	9.30 am	Rida Masoom + Family
Friday 14th	Friday of the First Week of Lent		
	Church	9.30 am	Donors Intention (CW)
	Church	12.30 pm	Stations of the Cross
	Mile End	7.00 pm	Stations of the Cross
Saturday 15th	Saturday of the First Week of Lent		
	Church	9.30 am	Roman Gavrilov RIP
SECOND SUNDAY OF LENT (C)			
Saturday 15th	Monkwick	5.00 pm	Pat Greene RIP
Sunday 16th	Church	8.00 am	Parishioners
	Church	10.30 am	Ellen Macken RIP
	Church	2.00 pm	Polish Mass
	Church	6.30 pm	Private Intention
	West Mersea	8.30 am	Private Intention
	Mile End	9.30 am	Patrick Irvine RIP

- ❖ 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; Suggested Stipend £10 a mass.



- **CUPPA CLUB:** We meet **every Thursday from 10.00am to 11.30am** in the Hall.
- **SUNDAY COFFEE MORNING** after 10.30am Mass in Cardinal Bourne Hall.

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



Please check out our Facebook page for all the latest Parish/Diocese/Vatican News/ Clergy + Church photos/videos. Please remember to **like** and **follow** our page!

ST. JAMES THE LESS AND ST. HELEN

CATHOLIC CHURCH, COLCHESTER

WITH MERSEA, MILE END AND MONKWICK

1 PARISH, 4 CHURCHES, 1 COMMUNITY



St James the Less & St Helen

Parish Priest:
Assistant Priest:

Mgr. Christopher Brooks
Fr. Philip Okoli

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St James the Less and St Helen RC Church, Colchester



FIRST SUNDAY OF LENT (C)
Week Commencing 9th March 2025

The Church sets before us in the Gospel of this first Sunday of Lent the temptations of Jesus in the desert as he prepares for his public ministry. The present translation is clearer that the forty days are not random but meaningful and in effect determined; Jesus is meant to stay there forty days. The other readings are not there accidentally. Thus, the first temptation is to satisfy a bodily need, seeking comfort one could say. The first reading refers to the Exodus and in particular the manna in the desert. We begin to see the contrast between the Israelites spending forty years in the desert (years rather than days because of their disobedience) and their impatient yearning for bread to satisfy their bodily need and Jesus' patient obedience and resistance to hunger. The second reading also harmonises with the Gospel temptations, with Jesus rising above the way the Israelites acted. We have been baptised into a better kind of life than the Israelites, a different kind of Exodus, and Jesus' example is there to encourage us in that new life. God gives us all the grace we need.

Fr Chris

PLEASE SEE MASS SCHEDULE FOR ALL CHANGES

DAILY (Mon-Fri)	Rosary/Divine Mercy	at 8.45 am
DAILY	Morning Prayer	at 9.15 am
CHRISTIAN MEDITATION	Wednesdays (Cardinal Bourne Hall)	at 8.00 pm
LEGION OF MARY	Fridays (Cardinal Bourne Hall)	at 7.30 pm



2025 Year of Jubilee - Pilgrims of Hope: Pope Francis has declared that 2025 will be a year of Jubilee. A Jubilee happens every 25 years and is a special opportunity for coming closer to Our Lord Jesus Christ. The Church grants special graces called Plenary Indulgences during the Jubilee Year. These graces can be for your own soul or the Holy Souls in purgatory. Our Lady of Light Church, Clacton on Sea, has been designated as a Sacred Place of Pilgrimage for the Jubilee Year. You can obtain the Plenary Indulgence by visiting the church and participating in the Holy Mass, Rosary, Stations of the Cross or Expositions. You need to say a personal prayer for the Pope. You also need to receive the Sacrament of Reconciliation within 20 days of the visit. You can receive one Plenary Indulgence each day. Full details of all services are available at: <https://ourladyoflight.uk/>

THE POPE'S INTENTIONS FOR MARCH: *For families in crisis.* Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.



MARRIAGE MATTERS: (Deuteronomy 26:4-10; Romans 10:8-13; Luke 4:1-13) ***We seek each other.*** Today's Gospel reminds us that there is more to our life as married couples than we see. Our desire for each other has a deeper yearning – to be loved and accepted for who we are. In this season of Lent let us be led by the Spirit to resist the temptation to lead individual and separate lives within our marriages.

PRAYERS FOR THE SICK: We continue to pray for those parishioners we know who are sick and housebound especially Anthony (Tony) Weekes, J Brian Critchley, Edwina Pastor, Jimmy Clarin, Ron & Margaret Griffin, Margaret Hawkins, Valerie Thurston, Grace McCartney, Diana Irvén, Mrs. Maureen McKenna, Peter Wyatt, Hilda Morah, Jason Christopher McLean, Nicollas and Adam Campbell-Vencarto. We also pray for all people who are ill or are in need.

LENT FAST DAY will be on Friday 14th March. We are asked to eat simply and give what we have saved to CAFOD to support families with resources, tools and training to help feed themselves. Envelopes will be in church the porch. A 2nd collection will be taken on **Sunday 16th March.** Thank you for your support and prayers.

NATIONAL COLLECTION: *For the Jubilee 2025.* This collection will take place in all parishes in England on **23rd March** and is dedicated to supporting the Jubilee initiatives and projects at the Catholic Shrine & Basilica of Our Lady of Walsingham.

SPECIAL COLLECTION: A special collection for Church Easter Flowers (*Mile End + Priory Street*) on **30th March.**

STATIONS OF THE CROSS (LENT): This will take place every Friday afternoon at 12.30pm in Priory Street and at 7pm in Mile End. Please do try and join us.

POLISH STATIONS OF THE CROSS (Lent): This will take place every Tuesday evening at 6.30pm in Priory Street, commencing on Tuesday 11th March only exception will be on Thursday 27th March at 6.30pm.

MILE END: *St Joseph's Day* There will be a Mass to celebrate the 75th anniversary of St Joseph's Church, in Mile End on **Wednesday 19th March at 7pm.** All Welcome!

SAVE THE DATE: DAY OF MERCY on **Friday 11th April 2025:** The Church will be open all day with Mass at 9.30am followed by Exposition & Confession all day; to finish with Benediction at 8.30pm. Please do try to attend at some point during the day.

SAVE THE DATE: The Diocese Pilgrimage to Walsingham will take place on **Saturday 31st May 2025.** Further details will follow in due course.

'WALK WITH ME' Booklets (LENT EDITION): These are available for sale in the church.

THE JUBILEE COMPANION BOOKLET: This booklet will help pilgrims ponder and pray, focusing on the great themes of the Holy Year: hope and forgiveness, the Apostles Peter and Paul and their Basilicas in Rome, and the key places of prayer and repentance. **THE LAST FEW COPIES ARE AVAILABLE FOR SALE IN CHURCH AT £1.50 PER COPY**

WEDNESDAY FILM GROUP: The next film showing will be on **Wednesday 12th March** and will be a well-known musical set in France – this will start at 12.00pm. (screenings will continue on the 1st Wednesday of each month). Everyone is most welcome.



ST PATRICK'S DAY CELEBRATION: The social committee at St Teresa's parish would like to invite you all to join us for our St Patrick's celebration 2025. To be held at St Teresa's school, **Saturday 22nd March 7-10.30pm.** 2-course meal, music, singing, dancing and shenanigans. Adults £15, child £5, family ticket £35. For more info speak to Paula Light 07718088834.



LENTEN TALKS 2025 A series of Lenten talks on the power and significance of the Holy Eucharist in our lives of faith, entitled, *"Those who believe, don't leave."* Canon John J Harvey (Cathedral Dean). which will take place in the Cathedral

- **Wednesday 12th March:** Brendan Thompson who is the U.K. Programme Director for Word on Fire Ministries. Brendan is a Lay Theologian speaking to thousands of people each year. Theme: This is my Body – Eucharistic revival.
- **Wednesday 19th March:** Fr Philip Caldwell who is a parish priest of the Salford Diocese who taught Theology for many years at Ushaw Seminary before its closure; he writes for the Catholic Truth Society and gives retreats. Theme: The Eucharist & the Saints.
- **Wednesday 26th March:** Bishop Alan Williams, our own Bishop of the Diocese, a Marist, former Director of the Shrine in Walsingham, and Bishop of the Diocese for over ten years. A Doctor of Psychology, and the Conference of Bishops' delegate on many commissions. Theme: The Eucharist & Our Blessed Lady.
- **Wednesday 2nd April:** Fr Stephen Morrison (O. Praem), Norbertine Parish Priest of Our Lady of Sorrows, Peckham. After studying French at Oxford entered the Norbertine Order. Latin Scholar and speaks several other languages. Gifted preacher. Theme: "Eucharistic Doctrine of Song: The 'Lauda Sion' of St Thomas Aquinas."



JOIN CAFOD'S BIG LENT WALK IN THE JUBILEE YEAR: For more info and to Sign up: <https://walk.cafod.org.uk/>

THE LITURGY OF THE WORD: In the 2nd talk in the series *'Proclaim the Word'*, entitled *'A richer table of God's word'*, Fr Adrian Graffy explains how after the Second Vatican Council readings from all parts of the Bible were arranged so that more abundant provision of Sacred Scripture is available to all at Mass. The talk will be at 7pm on **Wednesday 2nd April** at the Catholic Church of Christ the Eternal High Priest, Gidea Park, RM2 6DH. The talk is also available via live stream on www.whatgoodnews.org. No need to book for this free event.

BEGINNING EXPERIENCE WEEKEND: This is a special residential weekend Programme for widowed, separated & divorced people, which helps participants with natural feelings of grief and loss. The weekend is led by trained volunteers, who have experienced having to adjust to life as single people again. This next Programme will be held on 4-6 April at the Sion Community, Essex; for further details please contact: Mary: 07730 884315, or email BeginningExperience.SoE@gmail.com.

CHURCH CLEANING TEAM: Friday 14/03/25: **Team 5** / Thursday 20/03/25: **Team 1**
COFFEE MORNING ROTA: 09/03/25: SVP / 16/03/25: Matthew + Mariamma