

**Thought for the week**  
**1st Sunday of Lent**  
**21st February, 2021**

Lord Jesus Christ,  
our Divine Physician,

we ask you to guard and protect us  
and all people from the  
coronavirus and all serious illness.

For all who have died from it ,  
have mercy;

For all who are ill now,  
bring healing;

For all searching for a remedy,  
enlighten them;

For medical caregivers, helping the sick,  
strengthen and shield them;

For all working to contain the spread,  
grant them success;

For those afraid,  
grant peace of mind.

By your grace,  
may you turn the evil of disease  
into moments of consolation and hope.

We abandon ourselves into your  
infinite mercy.

Amen.

Lent has begun and we might still be asking ourselves what we are going to give up or take up as part of our spiritual discipline over the next six weeks.

In today's gospel, we hear that the Spirit led Jesus into the wilderness for forty days to be tempted and tested. During Lent we too can be led by the Spirit to follow Jesus on a journey towards renewing our baptismal promises on Easter Sunday.

Many of us may feel that we have been in a sort of wilderness over the past 11 months or so; missing members of our families who do not live locally, longing for a holiday or a meal out with friends. The prospect of further sacrifices might seem daunting, but it is worth remembering why we are encouraged to fast, pray and give alms during this time. Choosing to do without something we enjoy requires self-discipline and this can help us focus on our need for God. Relying on His help to resist the temptation of giving in to our own desires can bring us closer to God as we become aware of His mercy and forgiveness.

Last weekend Fr Michael shared St Augustine of Hippo's advice on Lenten practices: do something little and often.

In our parish we are blessed with many opportunities to embrace a fulfilling lenten journey in addition to the regular daily Masses. Holy Hour takes place every Monday evening; on three days of the week, we can be guided through the Gospel of St Mark and on two days, we are offered the Stations of the Cross.

It is not too late to follow St Augustine's advice, determine your 'little' action, do it often with the support of the Spirit, and enjoy a holy Lent.

Mary



## Prayers Please

Maddy Sharman has asked for our prayers.

Vera Bird has asked for our prayers for her Great, Great Grandson Harry

Please pray for Cecilia Fung, the mother of Fr Jojo. She has had a stroke.

Please pray for Timothy Kehoe, who is very ill.

Prayers please for Antonita's nephew Peppin who remains in hospital due to the coronavirus.

Please pray for Caroline Mikhail (daughter – in - law of Jane and Ramsay Mikhail) who suffered a stroke.

Please pray for Peter Halter's sister Jean who has macular degeneration and for Jean's great grandson Rogan who is 8 and has leukemia. Rogan continues to need our prayers.

Please pray for Ted Cotter (brother of Philomena) who has cancer and is undergoing chemotherapy.

Please pray for children under stress.

Please pray for the residents and staff at the two nursing homes in our parish, Abbeycrest and St Luke's.

Please pray for all victims of the Coronavirus.



**Please also remember in your prayers those whose anniversaries occur at this time including;**

Mary Ann Kennedy, Edward Lonsdaloe, Kevin Watters, Lazard Custodio Joanes, Mrs Mee, Mrs Maria Motyka, Una Cottrel, Nancy Evach and Bazie, Nancy Iwasyk, Father Robert O.F.M, Wyn Hyman.