



Whitchurch

# Parish of St. Teilo's with Our Lady of Lourdes

A Parish of the Archdiocese of Cardiff, Registered Charity 242380

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## Parish Newsletter

### Weekend 20<sup>th</sup> and 21<sup>st</sup> February 2021

### First Sunday of Lent

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Mass Times and Intentions week beginning 21 <sup>st</sup> February				
			Canon	Fr. Dwayne
Sunday 21 <sup>st</sup> February First Sunday of Lent	Online	10.00am	For the People of the Parish	Geraldine Fitzgerald (MT)
Monday 22 <sup>nd</sup> February The Chair of St Peter, Apostle – Feast	Online	10.00am	Christopher Doherty and Gornald Parsons – Anniversary (P&ED)	Pat Norris – RIP
Tuesday 23 <sup>rd</sup> February St. Polycarp, Bishop and Martyr	Online	10.00am	Jess Burton – Recently Deceased (CR)	Pat Norris – RIP (UMcC)
Wednesday 24 <sup>th</sup> February	Online	10.00am	In Thanksgiving (KN)	Pat Hall – Anniversary (CH)
Thursday 25 <sup>th</sup> February	Online	10.00am	Deceased members of the Doherty Family (P&ED)	Fr. Ray O’Shea – RIP
Friday 26 <sup>th</sup> February Family Fast Day	Online	10.00am	Wellbeing of Sheila Steer (TC)	Avril Clear – Anniversary (UMcC)
Saturday 27 <sup>th</sup> February	Online	10.00am	For the People of the Parish	Pat Norris – RIP (TC)
Sunday 28 <sup>th</sup> February Second Sunday of Lent	Online	10.00am	Mairead Sutherland – RIP	Katherine Law – Anniversary (UMcC)

**St. Teilo’s remains closed for public worship,**

Due to the Alert Level Four in place for the whole of Wales, with a very high risk of infection and the ‘at risk’ profile of many of our parishioners, **Mass will be live streamed only from St. Teilo’s** until further notice.

Please take the Welsh Government advice and STAY AT HOME if at all possible.

The Bishops’ Conference of England and Wales has confirmed that the obligation to attend Sunday Mass remains suspended.

**Quote of the Week**



*“And so, this is the gift and duty for each one of us during the season of Lent: to listen to Christ, like Mary. To listen to him in his Word, contained in Sacred Scripture. To listen to him in the events of our lives, seeking to decipher in them the message of Providence. Finally, to listen to him in our brothers and sisters, especially in the lowly and the poor, for whom Jesus himself demands our concrete love. Pope Emeritus Benedict XVI*



## Live Streaming

The webcam in St. Teilo's will be left on at all times, so please take the opportunity to 'look in' on the Church for prayer at any time.

## Mass Times

Mass will continue to be broadcast live on the Parish Website from St. Teilo's at 10am each day. You are encouraged, not only to listen and watch the Mass but to take part by making the responses in your own home.

At Communion time each day, we will be led in praying St. Alphonse Liguori's Act of Spiritual Communion:

My Jesus,  
I believe that You  
are present in the Most Holy Sacrament.  
I love You above all things,  
and I desire to receive You into my soul.  
Since I cannot at this moment  
receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as if You were already there and unite myself wholly to You.  
Never permit me to be separated from You.  
**AMEN.**

## Dial for Mass

We continue to operate the 'Dial for Mass' scheme for those who do not have access to the Internet. Ring to access our 'Dial for Mass' service. Mass will be available each Sunday from about 2.00pm and you can hear the previous Sunday's Mass by ringing the service at any time of day or night during the week. The number is a local number from Cardiff based landlines – 22 670 999. If you are dialling from outside Cardiff or from a mobile phone, you will need to dial 029 2267 0999.

## Rest in Peace



In your mercy, please pray for the repose of the souls of Irena Davis, Marion Freeman, Michael Kinsella and Fr. Ray O'Shea who have all died recently.

Mrs. Davis' Requiem Mass is on Thursday, February 25<sup>th</sup> at 12.15pm at St. Teilo's. Mrs. Freeman's Requiem is on Friday, February 26<sup>th</sup> at 12:15pm at St. Teilo's. Due to COVID-19 restrictions, attendance is limited to family members and invited guests. However online attendance at the Requiem Mass will be available on the Parish Livestream. The funeral arrangements for Mr. Kinsella have yet to be confirmed.

Fr. Ray's body will be received into St. Brigid's Church on Wednesday, March 3<sup>rd</sup> at 4.30pm with Evening Prayer. The Requiem Mass for Fr. Ray will take place the following day, Thursday March 4<sup>th</sup> at 11.30am also at St. Brigid's, followed by committal at Thornhill Crematorium. Due to COVID-19 restrictions, attendance at both services is limited to family members and invited guests. However online attendance at both the Reception of the Body and the Requiem Mass will be available on the St. Brigid's Livestream which is available [here](#).

Please pray also for those whose anniversaries occur at this time: Meryl Seaton, Ethel Forward, Carmel Wood, Eleanor Mundell, Patrick Lyons, Maureen Cashin Catherine Belt, Margaret Pervoe, Ross McKendrick, James Milne, Josephine McCann, Kathleen King, Gwladus Lewis, Sara Day, Eileen Bryant, Gerald English, Avril Clear, Francis Hyde, Thomas Mullins, Mary Lock, Mark Entiknapp and Angela Simmons.

### Family Fast Day



Friday this week, February 26<sup>th</sup>, is CAFOD Family Fast Day. With the limitations of lockdown, CAFOD is not able to have a collection in the parish for Family Fast Day this year but encourages you to continue to support the work it is undertaking.

This year the focus of the CAFOD Family Fast Day appeal is built around Abdella who lives in an extremely remote and mountainous part of Ethiopia. It takes him ten hours a day to collect water. He says his life is being wasted as he has no time for anything else. You can hear more about Abdella [in this video](#).

You can donate to CAFOD to reach vulnerable communities around the world with water and to provide other vital support – the link to donate to CAFOD's Lent Appeal is <https://cafod.org.uk/Give/Donate-to-CAFOD/Lent-Appeal>

### Ways to Celebrate Lent 2021

Even though Lent started last Wednesday, it is not too late to engage with additional prayers and devotions during this holy season. We would like to share a few examples of different ways in which you may mark Lent this year. Please feel free to use those that appeal to you and ignore those that do not.

## Personal Devotions for Lent



The God Who Speaks Team has gathered together a selection of online Stations of the Cross and prayer resources to aid personal devotions during Lent. They may be accessed [here](#).



## Perpetual Adoration

Perpetual Adoration is the Eucharistic devotion whereby members of a community unite in prayer before the Blessed Sacrament exposed, both during the day and throughout the night, seven days a week. While we may not be able to facilitate Perpetual Adoration in the parish, we are able to join with other communities who practise this devotion by attending adoration online. During Lent, why not set time aside to pray before the Blessed Sacrament along with others throughout the world. [This link](#) draws together adoration sites from throughout the world. It can be handy if one or other of the regular centres is offline.

The first site in the link above is the Convent of the Benedictine Adorers at Tyburn, London. A number of parishioners have mentioned that they appreciate adoration at this centre as the shadows created by the monstrance on the back wall reminds them that this opportunity of prayer is happening in the same time zone as we are when we are praying. You can [link directly to the Tyburn Convent Adoration site](#).

## The Art of Listening – Lent Retreat Days – Belmont Abbey



On the Wednesday mornings of Lent from Wednesday February 24<sup>th</sup>, Fr. Brendan Thomas OSB will be leading three hours of reflection and prayer from Belmont Abbey. The 'day' will last from 10am to 1pm including Mass from the Abbey at 11.30am via Zoom. To follow the Retreat, please register at the [link here](#). Videos of the talks will be made available online after each talk if you are not able to take part live. These will

be available at the same link.



## Finding Hope in Scripture Online Lenten Retreat



This Retreat led by Sr. Hyacinthe of the Portsmouth Diocese begins on Monday, February 22<sup>nd</sup> at 7.30pm for 6 weeks. The Retreat will take a look at the virtue of hope from different Scripture passages, so that we may grow in hope with others. The reflections will be followed by live-streamed Adoration and Compline with the Dominican Sisters of St. Joseph. [Register here to participate](#).



## Knowing Jesus – Ignatian Spirituality Centre Lent Online Retreat developed in collaboration with Radio 4



Knowing Jesus is a Retreat open to all who are interested in coming to know Jesus better. If we are to follow Jesus and imitate Him, we need to know Him through His words and actions as shown in the Gospels.



The Retreat is an invitation to spend a little time each day during Lent in coming to understand, know and love Jesus ever more closely.

The Retreat invites you to ponder Gospel stories, reflect on their meaning and see how startlingly relevant Jesus is to living a truly human life in the 21st Century. The Retreat, produced in Scotland by the Society of Jesus, is available online at [Online Prayer](#). A smartphone app is being developed and will be launched before Ash Wednesday.

Every day there is a passage from Scripture plus 'A Thought for Today', a piece of music and a picture to ponder. The Retreat team also gives suggestions on how to pray with the day's materials. Participants are invited to find a time to pray with the Scripture or other material daily; anything from 15 minutes to an hour a day, whatever works best for you.

If you wish to receive a daily email reminder to pray [click here](#)

If you wish to receive more details about the Retreat and the App [click here](#). Small group discussions will be facilitated during Lent. If you would like to join a group weekly to share the fruits of your prayer, then [register for one of our online groups here](#)

The BBC [Radio 4 Daily Service](#) will be taking up the themes of the Retreat (Monday to Friday 9.45am – Radio 4 Long Wave). So those who cannot access the web or app will be able to take part in the Retreat via the Radio.

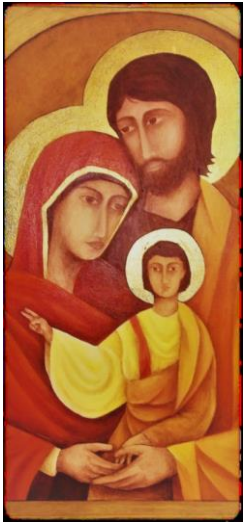
### Global Healing

The Global Catholic Climate Movement has developed a series of reflections for Lent. These take place across the six Thursdays of Lent from February 18<sup>th</sup> to March 25<sup>th</sup> from 7.30pm to 8.30pm.

In 2015, Pope Francis published his ground-breaking letter on the environment, 'Laudato Si'. Since then, millions of people worldwide have joined the global movement to address the environmental crisis our world is facing.

This Lent, the Global Catholic Climate Movement is inviting YOU to join them for a series of reflective evenings with inspiring speakers, prayer and discussion, using the film-based resource "Global Healing". These engaging documentaries will inform and challenge people to respond to Pope Francis' call to Care for Our Common Home. Suitable for all who are concerned about what is happening to our world and who want to take action. Please [click here](#) for more details.

## **National Novena to St. Joseph - APF – Mill Hill - March 10<sup>th</sup> – 18<sup>th</sup>**



In this Year dedicated to St. Joseph, the Mill Hill Missionaries, in collaboration with the APF are preparing for the Feast of St Joseph, their patron, with a special Novena of Masses and prayers to ask for God's blessing on their Society's missionary outreach and for the intentions of all those who support their work.

The Mill Hill Missionaries are offering their annual Novena of Masses and Prayers in preparation for the Feast of St. Joseph, their patron, at St. Joseph's Church in Maidenhead from Wednesday, March 10<sup>th</sup> to Thursday, March 18<sup>th</sup>. For the first time this year, Masses from St. Joseph's Church will be available to follow via the St. Joseph's Parish [YouTube](#) site or and via the Mill Hill [Novena webpage](#). The novena webpage also allows you to download the Novena prayer leaflet.

You are encouraged to join in the Novena by praying the daily Novena prayer. If you are unable to access the website to download a prayer leaflet you can request a printed prayer leaflet by writing to the Novena Director, 41 Victoria Road, Liverpool, L37 1LW, or emailing [novenamhm@gmail.com](mailto:novenamhm@gmail.com).

### **The Raphael Cartoons for the Sistine Chapel**

The Victoria and Albert Museum in London currently has a display of the huge, full-scale designs (called cartoons) of tapestries which were created by the renaissance artist Raphael for the Sistine Chapel in the Vatican Palace, at the commission of Pope Leo X shortly after his election in 1513. The cartoons depict key episodes of the lives of Saint Peter and Saint Paul. The display was originally designed for face to face visits but given the current pandemic, the V&A have made the cartoons available online for anyone who would like to see them or read more about them. Find out more at [this link](#).

### **Housebound Parishioners without internet access**

If any parishioner knows of any Catholic in the parish who is housebound and unable to access the parish newsletter online, please let us know at [whitchurch@rcadc.org](mailto:whitchurch@rcadc.org) so that the newsletter can be mailed directly to them. Many thanks to Peter Searle who prints and posts the newsletter to housebound parishioners each week.

### **Donations to the Parish – Virgin Money Giving**

Donations to the parish made online should be completed at the following web address: <https://uk.virginmoneygiving.com/fund/Stteiloswitholol>

Please continue to donate via Virgin Money Giving for those one-off donations or consider a Standing Order for regular monthly donations to the life of the parish. If you would like to set up a standing order, please e-mail [whitchurch@rcadc.org](mailto:whitchurch@rcadc.org) for more information.

## **Prayer for the week - Footprints in the sand**

While this prayer will be familiar to many of you, it bears repeating at this challenging time for everyone. Many thanks to the parishioner who suggested it for this week's newsletter. If you have any favourite prayers you would like to share, please email: [whitchurch@rcadc.org](mailto:whitchurch@rcadc.org)

One night a man had a dream.  
He dreamed he was walking along the beach with the Lord.  
Across the sky flashed scenes from his life.  
For each scene he noticed two sets of footprints in the sand:  
one belonging to him, and the other to the Lord.

When the last scene of his life flashed before him,  
he looked back at the footprints in the sand.  
He noticed that many times along the path of his life,  
there was only one set of footprints.  
He also noticed that it happened  
at the very lowest and saddest times in his life.

This really bothered him  
and he questioned the Lord about it.  
"Lord, you said that once I decided to follow you,  
you'd walk with me all the way.  
But I have noticed that during  
the most troublesome times in my life,  
there is only one set of footprints.  
I don't understand why  
when I needed you most  
you would leave me."

The Lord replied:  
"My son, my precious child,  
I love you and I would never leave you.  
During your times of trial and suffering,  
when you see only one set of footprints,  
it was then that I carried you."

## **Mass Intentions**

If you would like to book Mass Intentions, please do so by email to [whitchurch@rcadc.org](mailto:whitchurch@rcadc.org). The donations can be made via the [Donation link](#) on the Parish Website. The guidance is that the minimum donation for a Mass intention should be £10 but your donation amount is at your discretion.



## Praying for the Sick and the Dead

We have a long-standing tradition of praying for the sick and the recently deceased by name during our Masses on weekdays. During the pandemic, we are remembering our sick and dead at each Mass. Please do let me know if you would like me to add someone to the sick list or the list of the recently deceased. To do so, please email me on [whitchurch@rcadc.org](mailto:whitchurch@rcadc.org) ensuring that you include the person's name and whether (s)he should be added to the sick list or the list of those who have died.

## Online Newsletter

If you have any items you would like us to include in the newsletter, please email: [whitchurch@rcadc.org](mailto:whitchurch@rcadc.org).

## Staying in touch with the Parish

If there are any updates on the situation or items of parish news, these will be updated first on the parish Facebook page (<https://www.facebook.com/stteilos.olol/>) or the parish twitter account ([https://twitter.com/stteilos\\_olol](https://twitter.com/stteilos_olol)) followed by the parish website (<https://stteilos-olol.co.uk/>).

## Children's Liturgy and Family Time

The sheet that would have been used for Children's Liturgy this weekend is below; many thanks to Nick for providing them and for all that he is doing to support the children of our parish at this time. You can access the companion Family Time Leaflet by clicking on [this link](#).

Name \_\_\_\_\_

## ROOTS Activity Sheet

21-27 February 2021  
Lent 1



### Mark 1.9-15

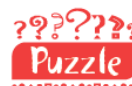
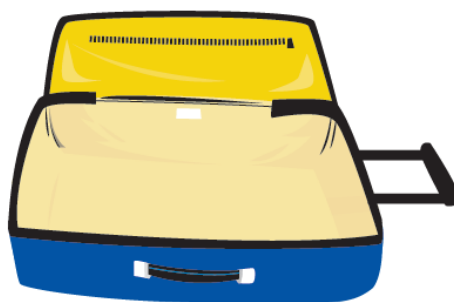
After his baptism by John, Jesus is sent into the wilderness by the Spirit, where he is tempted by Satan for 40 days.



God prepared Jesus to get through the wilderness.



Draw the things you might need to be ready to go into the wilderness.



God was making Jesus ready for what came next, when he was baptized by John in the river. Can you fit some of the key words from today's story into the word 'ready'?

r  
e  
a  
d  
y

you, beloved, water, baptism, Jordan



Make a list of all the qualities that make you who you are, inside the box.

God loves me because...

# Children and Family Lent Calendar

As an extra resource we have also received a copy of a Lent Calendar. There is a reflection for each day of Lent. If you haven't done so already you can print and keep the calendar by downloading it from [here](#)

## LENT CALENDAR

A calendar for daily reflection and preparation during Lent inspired by seven of the last sayings of Jesus from the cross. This is designed for families of all ages to do together at home. During ongoing COVID-19 restrictions, ensure that seeing or contacting others is done in a safe and socially-distanced way.



WEEK BEGINNING	14 February	21 February First Sunday of Lent	28 February Second Sunday of Lent	7 March Third Sunday of Lent	14 March Fourth Sunday of Lent	21 March Fifth Sunday of Lent	28 March Palm Sunday
<b>Words spoken by Jesus</b>	Father, forgive them for they do not know what they are doing. Luke 23.34	Today you will be with me in Paradise. Luke 23.43	Woman, here is your son... here is your mother. John 19.26-27	My God, my God, why have you forsaken me? Matthew 27.46	I am thirsty. John 19.28	Father, into your hands I commend my spirit. Luke 23.46	It is finished. John 19.30
<b>THEMES</b>	Forgiveness	Hope	Family and friends	Courage	Justice	Trust in God	Love
<b>SUNDAY</b>		Smile! Share happiness with those around you.	Pray for your church community today.	Have courage in your faith in God – share it with others!	Raise some money for charity during this week.	Pray Jesus' words today: 'Into your hands I commend my spirit.'	<b>Holy Week</b> Start Holy Week by making a palm cross.
<b>MONDAY</b>		Pray the Lord's Prayer. How can you make your bit of earth more like heaven?	Spend some quality time with your family or friends	Pray for those who are facing an uncertain or challenging future.	Be grateful for all that you have – try not to waste anything.	If you have any worries pass them over to God.	Jesus prays with his disciples. Pray for your friends today.
<b>TUESDAY</b>		Think before you judge people – give them a chance.	Be grateful for the little things that happen today.	Look out for anyone who appears to be lonely. Make time for them.	Read a newspaper. Pray for any situations that trouble you.	Pray for the first (non-family) person that you see today.	Jesus is denied by Peter – be confident and proud of your faith in the Lord!
<b>WEDNESDAY</b>	<b>Ash Wednesday</b> Start Lent in prayer – ask God to help you each day.	Pray for all who are persecuted.	Are there any housebound people in your neighbourhood whom you could help?	Pray for the unemployed and for all who feel desperate.	Look at a charity website (e.g. Tearfund, Oxfam) and pray for their current work.	Do you know anyone who is recently bereaved? Give them a call.	Jesus prays in the Garden of Gethsemane. Spend some quiet time today.
<b>THURSDAY</b>	Do you need to seek forgiveness from anyone?	Talk to somebody you'd normally ignore.	Surprise a friend by doing something special for them.	Ask God to help your belief to grow stronger.	Think about how you treat others. Are you always fair?	Keep focused on God – think before you speak and act.	Jesus washes the disciples' feet – show compassion to someone today.
<b>FRIDAY</b>	Try to be peaceful all day – no negative words or actions!	Surprise someone by sending an affirming text message.	Make contact with someone you have not seen for a while.	Think about those who are in hospital – pray that they will be strengthened.	Check any prejudices that you might have. Change any negative attitudes.	Think about your relationships with others – put right any disagreements.	Fast today as you think about the cross – just have a simple meal and water.
<b>SATURDAY</b>	Make friends with anyone you've fallen out with – forgive as Jesus forgives.	Pray for those who are sick – that they will be comforted.	Do a positive action to show appreciation to someone who cares for you.	Think differently: challenge yourself to do something new!	Try not to spend any money on yourself.	Ask someone to pray for you and your intentions. Pray for them too!	Jesus is placed in the tomb. Pray for those who have died.