

**MASS INTENTIONS**  
**First Sunday of Lent (C)**

Saturday 8 <sup>th</sup> March – <b>First Sunday of Lent</b>	6:30pm	Slyvester Regan (R.I.P)
Sunday 9 <sup>th</sup> March – <b>First Sunday of Lent</b>	9:00am	Salvatore & Serafina Spadafora
	11:00am	Garry Honeyball (R.I.P)
Monday 10 <sup>th</sup> March – <b>Monday of the First Week of Lent</b>	9:00am	Pat Quinn (R.I.P)
Tuesday 11 <sup>th</sup> March – <b>Tuesday of the First Week of Lent</b>	9:00am	James Cronogue (R.I.P)
Wednesday 12 <sup>th</sup> March – <b>Wednesday of the First Week of Lent</b>	9:00am	Private Intentions
Thursday 13 <sup>th</sup> March – <b>Thursday of the First Week of Lent</b>	9:00am	Tony Eastman (R.I.P)
Friday 14 <sup>th</sup> March – <b>Friday of the First Week of Lent</b>	9:00am	John Moody (anniversary)
Saturday 15 <sup>th</sup> March – <b>Saturday of the First Week of Lent</b>	9:00am	Manuel Jesus Rosules (R.I.P)

**Second Sunday of Lent (C)**

Saturday 15 <sup>th</sup> March – <b>Second Sunday of Lent</b>	6:30pm	Tom & Bernadette Glennon (Int)
Sunday 16 <sup>th</sup> March – <b>Second Sunday of Lent</b>	9:00am	Agnes LO (R.I.P)
	11:00am	Thomas Megoran (R.I.P)

**Thought for the Week: The Battle of Prayer**

Prayer is a gift of grace. It is also a decision of the will, a choice requiring effort. The Old Testament prophets, the saints, Mary, Mother of God, and Jesus too, all testify that prayer involves a battle. But who is the enemy? The battle is against ourselves and the wiles of the tempter. Who does all he can to drain the fount of prayer. Temptations that prevent us from praying are many: distractions, dryness, lack of faith, discouragement, laziness and lukewarmness, to mention only a few. We pray as we live because we live as we pray. In other words, prayer is an interior disposition but also a decision, a choice and a way of life. – **Walk with Me**



**ST ALBAN'S PARISH NEWSLETTER**  
Langdale Gardens RM12 5LA  
PARISH PRIEST: Canon Maurice Gordon



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**First Sunday of Lent (Year C)**  
**8<sup>th</sup> & 9<sup>th</sup> March 2025**

Dear Friends

The common thread running through all the temptations is an urging for Jesus to withdraw his total obedience to his heavenly Father's plan. Turning the stones into bread to satisfy his hunger, leaping from the temple in a flamboyant display, seeking authority over the kingdoms of the earthly domain – none of these are in accordance with God's plan for the salvation of mankind.

In today's liturgy through our prayer and readings, we are invited to reflect on the reality of self-interest and the drive for power and plenty, which motivates much of our behaviour in contemporary society.

We are challenged to break crippling self-desire by focusing on the God-values in our lives. Today's readings are about choices and decisions we are invited to make.

**Prayer:**

Lord, you know how it feels to be tempted. You also know my weakness. Be with me when temptation comes my way. Help me to rely, as you did, on my heavenly Father's love.

*God Bless*  
*Canon Maurice*

## **Please pray for all who are sick, including:**

Nell Addison, Christophe Amblard, Paul & Eva Au, Michael Balfour, William Bradbury, Rose Cahill, Marlene Camay, John Carty, Bernard Carantinos, Macmillan Chitoma Bras-Goncalves, Sarah Content, Maureen Daly, John Detheridge, Katherine Day, Gerry Margaret Dumbrill, Eddie and Martha Dwyer, Fiona Forder, James Francis, Mary Gallet, Anna Gawlik, Ian Gilling, Maisie Glennon, Maureen Gorham, Kevin Harty, Bernadette Hedde, Peter Hemsley, Ellen Hurley, Mathew John, Julia Joseph, Kathleen Kavanagh, Rev Tom Keighley, Baby Stephen Kelly, Vicky Loik, Mary Lynes, Amaogechi Mbanu, Siobhan McKeon, Norah McLoughlin, Gladys McQuaid, John Morrison, Ann Mount, Jim Nolan, Brian Nash, Iivan Opoku-Agyemang, Baby Teegan Oakley, Dean Partleton, Michelle Pointer, Baby Teddy Rands, Dr Nikhil Rao, Jennie Reddy, Louis Russo, Dorothy Ryan, Fr Francis Coveney, Mary Sayers, Marina Scarff, Elizabeth Smith, Julia Stokes, Teresa Shorey, John Sinclair, The Salter Family (Bert, Charlie and Bert's Daughter-in-law), Joanne Gardener, Charles Stimpson, Julia Thomas, Melon Vigo, Elizabeth Wyles, Jay Spencer, Irene (Evelyn's sister) and Clara Yankey. For those we know and the many we do not know, we pray to the Lord.

### **PARISH FINANCES:**

1<sup>st</sup> & 2<sup>nd</sup> March 2025

### **Loose**

£622.60

### **Envelopes**

£374.20

### **Right to Life:**

As we begin this season of Lent, we offer up the merits of our daily sacrifices to the needs of the most vulnerable in society. We offer them especially for the poor, the terminally ill, the lonely, the homeless and the unborn, that the Lord would see their needs and pour out his love and blessing upon them.

### **Holy Communion Programme:**

The next session will take place this Thursday the 13<sup>th</sup> of March 2025 at 7pm.

Children will meet in the Parish hall and Parents in the Church.

We also continue the sessions for the children and parents not attending Catholic Schools will be next Sunday the 16<sup>th</sup> of March at 10.10am to 10.45am just before 11am Mass.

### **Baptism Course:**

The next session for the Baptism course will take place on Saturday the 12<sup>th</sup> of April at 9am in the Parish Hall. To attend please register with Mr & Mrs Law on 07454 962277.

### **Confirmation Programme 24/2025:**

The next session for confirmation programme will be on Saturday the 12<sup>th</sup> of April.

### **Annual Mass of Thanksgiving for Marriage and Family Life:**

The Mass will take place on 21<sup>st</sup> of June in Brentwood Cathedral. If you are celebrating a significant anniversary this year, please let Canon Maurice know. Bishop Bosco MacDonald, the lead Bishop for Marriage and Family Life writes "The hope of marriage is that it becomes a source of stability and happiness showing us the endless love that God has for all of us".

### **Pilgrims Of Hope/ Ambassadors Of Hope:**

Fr Mark at Mary's in Hornchurch will give a talk on Thursday 3<sup>rd</sup> April in the church at 7pm entitled '***Pilgrims of hope/ Ambassadors of Hope***' as he explores how we might understand and enter the Jubilee year more fully and become beacons of hope for others.

### **Family Fast Day:**

It is this Friday the 14<sup>th</sup> of March. The CAFOD envelopes will be given out at the end of all Masses today. Please return them next Sunday.

### **Mother & Toddler Group:**

If you would like to join us in 2025, please contact Maria at [stalbanstoddler@yahoo.com](mailto:stalbanstoddler@yahoo.com) or 07774 719 806 for more information.

### **Lourdes Pilgrimage 2025:**

The Diocesan Lourdes Pilgrimage, led by Bishop Alan, will be from Friday 18<sup>th</sup> July – Friday 25<sup>th</sup> July 2025. The flights will be Southend to Lourdes. *For further information, please phone Tangney Tours on 01732 886 666 or book online: [Brentwood Lourdes Pilgrimage - Tangney Tours](#).*

### **R.I.P:**

Please pray for James Sangwine who died recently. His funeral will take place on Friday the 28<sup>th</sup> of March at 12noon. May he rest in peace.

### **Dates for your Diary:**

- **Wednesday 12<sup>th</sup> of March – Lenten Talks for 3 weeks at 7:30pm (*More details below*)**
- Friday 14<sup>th</sup> of March – Visit to Oscott Seminary Birmingham
- Sunday 25<sup>th</sup> of May – May Procession at 3pm
- Wednesday 4<sup>th</sup> of June – Bishop's visit

### **Lenten Talks:**

As this is the Holy Year and the general theme is Pilgrims of Hope, we will be having our first Lenten talk this Wednesday 12<sup>th</sup> of March at 7:30pm at the Parish Hall. Tea and coffee available from 7pm. The theme of this talk is "*Hope in a Time of Discord: St Augustine and the struggle for faith*". The talk will be given by Br Christopher Dyczek OFM.

### **Job Vacancies:**

**Headteacher – St Peter's Catholic Primary School, Romford.** – Headteacher to begin in September. Full details:

<https://www.dioceseofbrentwood.net/departments/education/vacancies/school-vacancies/>. Salary Group 3 L18-24a (depending on experience). **Closing date for applications: Monday 17<sup>th</sup> March**

### **Beginning Experience Weekend**

Beginning Experience is a special residential weekend programme for widowed, separated and 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<sup>th</sup> – 6<sup>th</sup> of April at the Sion Community, Essex; for further details please contact Mary: 07730 884315, or email [BeginningExperience.SoE@gmail.com](mailto:BeginningExperience.SoE@gmail.com).

### **Lenten Holy Hour:**

You are invited to spend time in prayer, face to face with Jesus in Adoration of the Blessed Sacrament: each Sunday evening 6pm – 7pm. You can pray with scriptures, rosary or simply in your own words as you enjoy his presence. It was suggested during our Mission last year that we pray for the following intentions:

- For the Young People of our Parish
- For those caught up in addictions of one kind or another
- For the spiritual and temporal wellbeing of married couples and the families of our Parish
- For those struggling with emotional and psychological wounds
- For Vocations to the Priesthood and Religious Life

### **Rite of Election:**

The Rite of Election takes place this Sunday at 3pm at the Cathedral of Brentwood for those who will be received into full communion with the Catholic Church at the Easter Vigil. We the Parish community pray for our own candidates and Catechumens – Paul Wiltshire, Laura Sparkes, Graice Gillard and Robin Stinson.