



Our Lady
Lourdes
Wanstead

ourladyoflourdeswanstead.com



1st - 3rd Sunday of Lent Year C

9th - 23 March 2025

Parish Priest
Father Martin Boland

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DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints; contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness; fill your hearts with joy.

Fast from selfishness and be compassionate.

Fast from grudges and be reconciled.

Fast from words; be silent and listen.



AID TO THE CHURCH IN NEED (ACN) APPEAL Thank you for your generosity last weekend and for raising the fantastic sum of £2,242.15 for the work of Aid to the Church in Need.

If you wish to get involved in the charity, please contact John Ravi on 07932 973650, John.Ravi@acnuk.org or www.acnuk.org.₂

STATIONS OF THE CROSS every Friday evening at 7.00 p.m.

R. We adore you, O Christ, and we bless you.

V. Because by your holy cross you have redeemed the world.

On Friday 21st March, students from Holy Family School, Walthamstow will lead the Stations of the Cross.

On Friday 4th April, pupils from Our Lady of Lourdes school will lead the Stations at 9.30 a.m. All are welcome to attend. There will be no morning Exposition and no evening Stations of Cross on this day.

On Tuesday 15th April, the Stations will be led by Rev. James Gilder, Priest at Christ Church.

Please note that there will be no evening Adoration of the Blessed Sacrament during Lent.

HELPING THE PEOPLE OF UKRAINE THIS LENT. Some parishioners will be travelling to Ukraine before Easter with items to help people. You can support them by purchasing items and leaving them in the boxes in the entrances to the Church. *If every parishioner donated one item this would make a real difference to men and women in Ukraine. These are the items that are most needed:*

Toiletries: liquid soap, toothpaste and wet wipes

Clothes: mens t-shirts, sweatshirts, socks and pants

Food: Protein bars and instant noodles.

LENT CAFOD FAST DAY is on Friday 14th March. Please donate to our Family Fast Day parish collection and be a pilgrim of hope with CAFOD this Jubilee Year. You'll be supporting communities suffering the impacts of war, poverty and climate change to find solutions and hope.

Use the CAFOD envelope in church, donate online at cafod.org.uk/envelope or call on 0303 303 3030. You can also text CAFODLENT to 70085 to donate £10 or use the QR code at the church entrances.

NEW PARISH CHARITY Thank you to everyone who nominated a charity for consideration. Of course, all the nominations are doing valuable work but after careful deliberation, the Social Committee chose Cardia Risk for the Young. (CRY)

This charity aims to reduce the risk of sudden cardiac deaths among young people through awareness, screening and research, and supporting affected families. For more information go to www.c-r-y.org.uk

Every time you support a parish social event or buy a raffle ticket during this coming year, 25% of the money raised will go to CRY and the remainder to the running and maintenance of the parish centre.

The next social event is a **CAKE SALE** on Sunday 23rd March after the 9.30 a.m. Mass. Calling all bakers! Would you bake something for the cake sale? *Cakes can be left at Clergy House on Friday or Saturday or at the Pastoral Centre before the 9.30 a.m. Mass.* Thank you in advance to all the parish bakers!

LENTEN RETREAT/QUIET DAY A time to stop and reflect in preparation for the Great Feast of Easter at the Convent of the Assumption, 13 The Avenue, Wanstead on Thursday 20th March and repeated on Saturday 22nd March (for those not able to come on a Thursday) at 10.30 a.m.—3.00 p.m. A light lunch will be provided. Further information—Sr Veronica Anne, Tel: 07949 995702

LENT RECONCILIATION SERVICE on Wednesday 9th April from 7.00 p.m. A number of priests will be available to hear confessions and bring you the healing and mercy of God.

WHAT HAPPENED TO THE FINAL HYMN AT SUNDAY MASS? Lent is forty days of more serious and disciplined preparation for the celebration of the Death and Resurrection of Jesus. It is for this reason that our worship is more restrained: we do not sing the joyful Gloria, there are no flowers on the sanctuary and we will not sing final hymn. This restraint focuses our attention on our relationship with God and a deepening of faithfulness to that relationship.

SUPPORT James Donovan, a parishioner, who will be cycling 550 miles from Paris to Lourdes to raise funds in aid of HCPT The Pilgrimage Trust. If you are able, you can sponsor him at www.justgiving.com/page/james-donovan-25 This charity offers holidays to children and young people with complex needs and gives respite care to their parents and carers.

HOLY YEAR PARISH PILGRIMAGE TO LOURDES for *the Feast of the Immaculate Conception*, 8th December. Our first step is to see if there is any interest from parishioners in going to Lourdes at this time. If you are interested, please sign up on the **HOLY YEAR PILGRIMAGE SHEET** at the church entrances.

After we have an idea of interest, we will be in contact with more information.

BRENTWOOD CATHEDRAL LENT LECTURES at 7.30 p.m.
Wednesday 12th March: Brendan Thompson, U.K. Programme Director for Word on Fire Ministries : *This is my Body - Eucharistic revival.*

Wednesday 19th March: Fr Philip Caldwell, parish priest of the Salford Diocese: *The Eucharist & and the Saints.*

Wednesday 26th March: Bishop Alan Williams: *The Eucharist & Our Blessed Lady.*

Wednesday 2nd April: Fr Stephen Morrison (O Pream), Nover-tine Parish Priest of Our Lady of Sorrow, Peckham: *Eucharistic Doctrine of Song: The 'Lauda Sion' of St Thomas Aquinas.*

INTER FAITH DIALOGUE A recording of the talk recently given by Cardinal Michael Fitzgerald at Gidea Park parish is now available on www.whatgoodnews.org

The Cardinal explained how the Second Vatican Council encourages dialogue with people of other faiths.

BEGINNING EXPERIENCE WEEKEND 4th-6th April for widowed, separated and divorced people at the Sion Community, Essex. For further details please contact Mary: 07730 884315 or email BeginningExperience.SoE@gmail.com

PARISH FINANCES PAYMENT METHOD

Contributions to the parish can be made online via the Diocesan website at www.dioceseofbrentwood.net/donations?Parish=wanstead or by scanning the QR code shown here with your smartphone and selecting “General Offertory.” You can also pay by standing order or bank transfer. If you are a taxpayer, *please* Gift Aid your donations. Any queries, please contact Bob Fox at wansteadfinancegiftaid@brcdt.org



The Ursuline Academy Ilford are looking to recruit an Exam Invigilator. Please see school website for further details: [The Ursuline Academy Ilford - Vacancies](#)

Pastoral Assistants

Carmel Docherty Tel: 07906 406938
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Parish Secretary - Eileen Crotty
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Chair of Parish Council - Fiona Christison
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LOLO Site Manager - Bernie Dando
BernadetteDando@brcdt.org

Pastoral Centre Caretaker - Camille Mouquet
Tel: 07464 313389 (Text messages preferred)

To register as a new parishioner - Tricia Webb
wansteadregistrar@brcdt.org

Headteacher OLOL School - Ruth Boon
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Finance and Gift Aid Queries - Bob Fox
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WEEKDAY AND SUNDAY MASS INTENTIONS

Sunday 9th March –First Sunday of Lent C

6.30 p.m. Vigil Mass—Olga Nunes RIP

9.30 a.m. Mass—David Cooté RIP

11.30 a.m. Mass—Leanne de Silva RIP

5.00 p.m. Mass—People of the Parish

Monday 10th March

9.00 a.m. Mass—Pauline Atkinson (Legacy) RIP

Tuesday 11th March

NO MORNING MASS

Wednesday 12th March

9.00 a.m. Mass—Kieran Levis RIP

Thursday 13th March

9.00 a.m. Mass—Mike & Jean Falco INT

Friday 14th March

9.00 a.m. Mass—John & Anna McGinley RIP

Saturday 15th March

NO MORNING MASS

10.45 a.m. Baptism of Isla Helena Angela Roberts

CONFESSIONS 5.00 - 6.00 p.m.

6.30 p.m. Vigil Mass— James Duffy RIP

Sunday 16th March—Second Sunday of Lent C

9.30 a.m. Mass— Gaelie McManamin RIP

11.30 a.m. Mass— Anne & Maurice Silcock RIP

5.00 p.m. Mass—People of the Parish

Monday 17th March—St Patrick

9.00 a.m. Mass—Rosa Brand RIP

**Tuesday 18th March
NO MORNING MASS**

Wednesday 19th March - St Joseph

9.00 a.m. Mass—Nancy Furzer INT

Thursday 20th March

9.00 a.m. Mass—Alice Duffy RIP

Friday 21st March

9.00 a.m. Mass—Marie Francis RIP

**Saturday 22nd March
NO MORNING MASS**

10.45 a.m. Baptism of Esme Catherine Orr Robertson

5.00 p.m. - 6.00 p.m. **CONFESSIONS**

6.30 p.m. Vigil Mass—Celine Fernando RIP

Sunday 23rd March THIRD SUNDAY OF LENT C

9.30 a.m. Mass—Roisin Clerkin RIP

11.30 a.m. Mass—Ruby Parfitt RIP

5.00 p.m. Mass—People of the Parish

