



Ss. Mary & Benedict RC Church, Coventry



The Parish is in the Care of the Apostles of Jesus Missionaries

Parish Newsletter— 8th Sunday in ordinary time-2nd to 9th Mar 2025

MASSES— 2nd to 9th Mar 2025

Sun	02	9.30am	Emmanuel Malize, Tran family (Spl int)
		11.30am	Honorine (Thanksgiving for the gift of a baby) People of the parish
Mon	03	12.00noon	Zygmunt Drabik (RIP), Patrick Tanner (B'day)
Tues	04	9.30am	Geraldine Clarkson (Thanksgiving)
Wed	05	9.30am	Ash Wednesday- People of the parish
		6.30pm	People of the parish
Thurs	06	9.30am	Frank McGonigal (Good health)
Fri	07	6.30pm	Stations of the cross
		7.00pm	Halima Noorie Hakin (Good health)
Sat	08	9.30am	Keith Banner (RIP)
Sun	09	9.30am	Mary & Toney Mulrooney (Anniv) People of the parish
		11.30am	People of the parish

Lectors

	<u>02/03/2025</u>	<u>09/03/2025</u>
9.30am	Leslie, Filomena	Anthonia O., Demisha
11.30am	Nyelum, Angela	Louise, Maame

Eucharistic Ministers

	<u>02/03/2025</u>	<u>09/03/2025</u>
9.30am -	Sophie	---
11.30am	Frank, Cathrine	Lilian

LET US PRAY TO THE LORD

The sick of the Parish: Norah Griffith, Gerard Griffith, Ann Crowley, Christopher Browne, Bridie McAndrew, Teresa McAffer, Chinasa Okosi, John Crowford, Mr. Tran, Owen Darroch, Lucia Drabik, Mick Hogan.

Anniversaries during the week : Betty Heavy, William Mooney, Maureen Power , Michael Joseph Lanigan, Josiah Morgan, Fr. Bob Wright , John O'Driscoll, Maisie Evelyn Burke, Tommie Doyle, Ada Ryan, John Gill, Ian Stuart McClean, Delia Sheridan, Joe Clark, Anthony Nicholl.

Clergy Anniversaries: Rev. Douglar Carter, Rev. John Pinkman Rev. Robert Wright, canon Peter Taylor, Rev. Terence Luxon, Canon Anthony Alport.



LENT is a time to rediscover the gift of prayer, a moment of genuine personal encounter with Jesus, who is the door of our salvation but also our living hope. This Lent, let us open our hearts to a fresh outpouring of hope, a new joy in our hearts and a bold confidence in the future.

'Return to me with all your heart, with fasting, weeping and mourning.' (Joel 2:12)

What about Spiritual Autophagy in Lent?

This 8th Sunday in Ordinary Time is ushering us in the week of seasonal transitions. The 5th March is Ash Wednesday and the start of the Lenten Season, whose emphasis is prayer, fasting and almsgiving. These three interrelated spiritual practices help us to prosper in our journey of faith, which entails deeper knowledge and love for Jesus Christ, purification from earthly distractions, and staying steadfast on the way to holiness.

At the heart of the Lenten season, as indeed all of our Christian life, is the message of Christ to 'repent and believe the Gospel' (Mark 1:15); a message that is repeated with the imposition of ashes on our faces.

Our Christian tradition highly prizes the practice of fasting as an aid to our spiritual health, in fact Lent is a season of 40 days in which we follow our Lord as he fasted and prayed in the wilderness (Matthew 4:2). In so far as we understand as human beings, a lot that applies to our bodies applies to our spirits too.

Current natural medicines are encouraging fasting as a way of enhancing bodily health. There is evidence, for all including addicts, that periodic fasting from certain substances such nicotine, sugar, and alcohol, triggers a process of healing known as autophagy. The term autophagy (self-eating) derived from the Greek language, means that healthy body cells eat up the toxic ones and so enhance overall physical wellbeing. Autophagy helps the body to strengthen its immune system and leads to resistance against certain infections.

Fasting for religious reasons has a related spiritual autophagy that enhances one's resistance against the inclination to sin. It strengthens the urge to pray and recognises the power of the mind and spiritual self over the body. In all this, a seeker after holiness focuses on spiritual values to which we Christians are invited to tend.

In my opinion, fasting is the bedrock of Christian disciplines of prayer and almsgiving. This is because fasting garners the superior human faculties as resources that direct an individual to a personal union with God, the goal to which humans are to ultimately tend. The more frequently one fasts, the easier it becomes an ordinary and useful practice. Remember to fast as a way of charging your spiritual autophagy.

I wish you a fruitful 2025 Lenten Season

Fr. Aloysius

St. Mary & St. Benedict R.C Church

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Parish email: stmaryandbenedictch@yahoo.com

Website: www.ssmaryandbenedict.org.uk

Web cam: mcn.live/camera/st-mary-and-st-benedict

Youtube: [st mary and benedict church coventry](http://stmaryandbenedictchurchcoventry)

Donations to the parish : <https://www.birminghamdiocese.org.uk/parishes-online>.

<https://donate.myдона.com/ss-mary-benedict-church>

Parish Priest: Fr. Aloysius L. Bukenya, Apostles of Jesus.

E-mail : fr.aloysius.bukenya@rcaob.org.uk

Assistant Parish Priest: Fr. Reginald Agapiti Tarimo, Apostles of Jesus.

E-mail : fr.reginald.tarimo@rcaob.org.uk

Parish Sisters: Srs. of St. Ann of Providence

Leena and Leera Tel. 02477045457

Sunday School: Perpetua Sam & Emmanuella

Parish School: St Mary & St Benedict's, Leigh Street CV1 5HG

Tel: 02476 229486 Head teacher - Mrs Pauline MacDonald

The Parishes are part of the Archdiocese of Birmingham Reg. Charity No. 234216

YOU ARE MOST WELCOME to our Parish Church. If it is your first time here, or even if you have been here before, your presence with us at this moment at our community worship is greatly appreciated. Our Parish Church is the second to be built in Coventry after the Protestant Reformation. It was built in 1893 and the pews have never moved since then! Our Musical Pipe Organ was inaugurated in 1898 - it was the best of its kind at the time. Our parish has had thirteen parish priests since 1889. Our Parish welcomes you to promote initiatives that build up and sustain our faith community.

Parish Development

23/02/25: Gift Aid :£ 188.00 Dona: £185.50 Non-Gift Aid: £ 333.15 Total: £ 706.65

SO (Feb): £ Second collection - Thank you and may God bless you all.

2nd collections 2nd March—Cathedral maintenance; 9th Mar.- Mill Hill Missionaries; 16th Mar— CAFOD

Bonus Ball : No. **Mass Attendance :** 355

Choir practice : Fri— 7.30pm **Church cleaning:** 7.30am

Confessions: Saturday— 10.10—11.00am (& by appointment)

Pious Devotions : Divine Mercy - Last Thursday of every month at 6pm

Legion of Mary: Meet every Sunday after 11.30am Mass

SAFEGUARDING : The Parish operates in accordance with Statutory Safeguarding Guidance and the National and Archdiocesan policies & procedures at all times. Our Parish Safeguarding Representatives are Perpetua Sam & Asipita Iroko. They can be contacted at: sg.stmary-stbenedict.covty@rcaob.org.uk or alternatively the Diocesan Safeguarding team can be contacted on 0121 230 6240 safeguarding@rcaob.org.uk if you have any concern.

CHILDREN OF PRIMARY SCHOOL AGE: must be accompanied by an adult if they need to leave the church to use the toilets during Mass or other Church services. Also, please do not let children of this age go near the votive candle stands unaccompanied, and do not let them run around the car park. It is important that we do everything to ensure that children are safe.

CHURCH NOTICES

Prayers for the Holy Father: At this time, we are united in praying for the health and well-being of the Holy Father, Pope Francis. Cardinal Vincent has written to Pope Francis to assure him of the prayerful support of Catholics in England and Wales. He said “I assure you of the prayers of so many here in England and Wales. The prayers of the Catholic community are fervent and heartfelt.”

Prayer intention for March: *For families in crisis*— Let us pray that broken families may discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.

Welcome to the Lenten Season: A time for consolidating our following of Jesus in fasting and prayer as a preparation for the celebrations of his resurrection. This season revolves around prayer, fasting and almsgiving. We shall start this season on *Ash Wednesday* with two Holy Masses at 9.30am and 6.30pm with the rite of the imposition of ashes. The Stations of the Cross will be at 6.30pm on Fridays during Lent. We encourage daily prayer, meditation, reading of the Word of God, and the Sacrament of Reconciliation. Please, pick up a copy of the *Walk with Me for Lent 2025* this is designed with reflections that are appropriate during this Jubilee Year.

Red Box Appeal Missio & Mill Hill Missionaries

Next Sunday, we will welcome Fr. Gerry Hastie, MHM, to give a Red Box Appeal. Missio is the Pope's charity for world Mission and through the Red Box they support the Church around the World where it is young and in need. Please do consider supporting this important cause by taking a Red Box or signing up to give via Direct Debit.

Vocations - Is God calling you? A vocation to priesthood, diaconate or religious life in the Church often begins by somebody suggesting it to you. So, what about you? www.vocations.org.uk

The Jubilee Year Lenten sessions - Pilgrim of Hope on the Synodal Pathway (see Pope Francis) which will take place over four Monday evenings, 7pm – 8.30pm, at **St Osburg's Parish Hall on 10th, 17th, 24th and 31st March 2025**. Please register your interest in these sessions, by contacting one of the following: **Barbara McGowan – 07528644617, Paschal Somers – 07403625292**. The deadline for registration is **Monday 24th February 2025**.

Gift Aid Scheme : If you are a tax payer and you want to donate your Sunday collection through GIFT AID please contact Sr. Leera. Thank you all for your generous contributions.

Dates for your diary:

Thursday 6th March at 6.30pm: Finance Committee Meeting (Quinquennial Report).

Saturday 22nd March at 9.30am to 1pm: Retreat for Eucharistic Ministers, at St Thomas More Parish.