

6.

**SPUC: The Society for  
the Protection  
of Unborn Children  
WHITE FLOWER  
APPEAL 2024**

will be holding its postponed annual appeal on Saturday 17th and Sunday 18th February.

SPUC's vision is for a world where abortion is unthinkable. This year's appeal calls for the Government to end the pills-by-post DIY abortion policy.

Please be a generous as you can to help SPUC defend unborn babies and their mothers by highlighting this urgent problem.



O Mary,  
Conceived without sin,  
**pray for us who have  
recourse to Thee!**  
Our lady of Lourdes:  
**PRAY FOR US!**

**THE MIRACLE PRAYER OF  
FATHER PETER MARY ROOKEY**

"Lord Jesus,  
I come before You just as I am.  
I am sorry for my sins,  
I repent of my sins,  
please forgive me.

In Your name I forgive all others  
for what they have done against me.

I renounce Satan,  
the evil spirits and all their works.  
I give You my entire self, Lord Jesus,  
now and forever.

I invite You into my life,  
**JESUS.**

I accept You as  
my Lord, God and Saviour.

*Please, heal me, change me,  
strengthen me in  
body, soul, and spirit.*

Come, Lord Jesus,  
cover me with  
Your Precious Blood,  
and fill me with  
Your Holy Spirit.

I Love You, Lord Jesus.

I Praise You, Jesus.

I Thank You, Jesus.

I shall follow You  
every day of my life. Amen."

*Please, holding and looking at  
the Corpus of Jesus on a Crucifix:*

*"Pray this prayer faithfully no matter how you  
feel. When you come to the point where you  
sincerely mean each word,*

*with all your heart, something good  
spiritually will happen to you.*

*You will experience Jesus, and He will change  
your whole life in a very special way".*

*You will see. - Fr. Peter Rookey*

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**14th FEBRUARY 2024:  
ASH WEDNESDAY  
IS a Day of  
FASTING and ABSTINENCE,  
PRAYER and PENANCE:**

**The age at which  
ABSTINENCE**

*(that is: not eating meat)*

becomes binding is fourteen  
years.

**THE OBLIGATION OF FASTING**

is restricted to those who have  
completed their eighteenth year  
and it continues until they have  
begin their sixtieth.

**Fasting and Abstinence  
are binding throughout  
the Church on**

**Ash Wednesday (14th February)  
and Good Friday (29th March).**

*(Please note: Every Friday is a Day  
of Penance, of abstinence, and so:  
Meatless, and If you are already  
'meatless', then some other penance  
must be done.)*

**Ash Wednesday  
is NOT a Holyday of  
Obligation, however,  
there will be two  
Holy Masses that  
day in St Mary's Church,  
at 9:15am and 7:30pm,  
during which Ashes, made from  
last year's Palms, will be bless and  
imposed on the heads of all who  
wish to make the forty days and  
nights of the Lenten Preparation  
for the Solemnities of Easter.**



+ J. M. J. +

**Jesus, Mary and Joseph.  
The Sixth Sunday  
in Ordinary Time B  
11th February 2024**

**DATES FOR**

**YOUR DIARIES AND CALENDARS:**

This Sunday is the Sixth Sunday  
of Ordinary Time, but it is also  
the 11th February and  
**the Feast of Our Lady of Lourdes.**

Lent begins with

**ASH WEDNESDAY  
on 14th February**

*(also known as St Valentine's Day!)*

Ash Wednesday is

**a Day of Fasting  
and Abstinence,**

that is: reducing one's food and re-  
fraining from Meat, and if not a meat-  
eater, then refrain from something  
you usually eat. Perhaps party on

**Shrove, or 'pancake',**

**Tuesday on the 13th February!**

**GOOD FRIDAY,  
a Day of Fasting  
and Abstinence,**

will be on  
**Friday 29th March  
and**

**EASTER SUNDAY  
will be on  
Sunday 31st March.**



**Archdiocese of Southwark**  
**Pastoral Letter**  
**6<sup>th</sup> Sunday of Ordinary Time**  
**11 February 2024 –**  
**Sunday before**  
**Ash Wednesday**

Dear Brothers and Sisters  
 in Christ

With Christmas, the great Feast of God entering our world, still a recent memory, it perhaps seems strange that we are now fast approaching the season of Lent. For some, the Christmas crib and decorations have only just come down at Candlemas. Now Lent, beginning this coming Ash Wednesday, provides an opportunity to reflect on the great mystery of God choosing to be with us.

Our readings today, and throughout the Lenten season, ask us to take seriously our responsibility as disciples. How are we living and sharing the Good News of the Lord Jesus? What does it mean to

you that God is with you and that God is with and for all people?

When we know personally the Lord Jesus' healing and loving embrace, we cannot keep it to ourselves. By our baptism into Christ, we are commissioned to reach out to those who do not know how precious they are in God's sight, to seek those who have given up their faith, or never known its beauty. The open arms of the Child in the manger, and the open arms of our Saviour on the Cross, are an invitation from God-with-us – to us, and through us to others.

We are each, without exception, called to be an extension of the Lord Jesus' reach to all people. His open arms welcome all. During Lent, this great season of Christian renewal, we ponder anew how we might help others find their way into the loving fold of Christ's Church. The Lord Jesus reached out to the leper with compassion and healed him. How can we reach out to those who need to receive the healing power of faith and the transformative love of God?

It is sometimes easy to forget our common vocation of discipleship and overlook the fact that the responsibility for evangelisation – of spreading the Good News of the Lord Jesus in word and deed – is something shared by all the baptised: laity, consecrated women and men, and clergy. Together, as married, single, lay, ordained, or consecrated people, evangelisation is a work of the entire People of God. This requires all of us being fully aware of our baptismal vocation and our collective mission to bring to life the Good News of Jesus Christ to our families, culture, and society. This, wrote Pope St Paul VI, is our "*deepest identity*" as Christians. (*Evangelii Nuntiandi*, 14)

*"Every Christian is a missionary,"* wrote Pope Francis, *"to the extent that he or she has encountered the love of God in Christ Jesus: we no longer say that we are 'disciples' and 'missionaries', but rather that we are always 'missionary disciples.'"* (*Evangelii Gaudium*, 120)

How do we encounter the love of God in Christ Jesus? By being part of the living community of believers that is the Church; and through that vital contact with the Lord in prayer, and our participation in the sacraments, especially the Eucharist and Confession. We encounter the love of God by learning to recognise God in the faces and the suffering of

others, by allowing ourselves to become infected by the holiness of joy, zeal, and love. Only our encounter with God's love can cause us to be "missionary disciples," bearers of Christ's loving mercy in our daily lives.

As we enter this season of Lent, please join with me in renewing our shared commitment to holiness, evangelisation, and mission. By the witness of our lives, we can each reveal to others the love and mercy of Christ. Let us work together, as clergy, laity, and consecrated people, all of us missionary disciples, committed to spreading the Gospel to all God's people.

Dear brothers and sisters, may the coming season of Lent be a time of grace and renewal for each one of you as we embrace our call to proclaim the Light which enlightens all people (Cf. John 1:9). At our baptism, the Spirit given to us "... was not a spirit of fear, but of power and love." (2 Timothy 1:7) May the power of God's love and mercy in Christ steer us on our Lenten journey.

With every blessing  
 and the assurance of  
 my prayers and gratitude

Yours devotedly in Christ

**+ John Wilson**  
 Metropolitan Archbishop of Southwark