

6. At the Friars, Aylesford:

**GRIEF IN LOSS,
HOPE IN CHRIST RETREAT
21-23 March 2025
and 10-12 Oct 2025**

for anyone who has experienced bereavement, whether recently or sometime ago. We grieve, remember, hope and give thanks for our loved ones in the light of the Resurrection of Jesus. Guided by Liz Taylor, Barabara Slalmonczyk and Fr Ged Walsh O.Carm.

Cost:
£260.00 single;
£230.00 shared.

For more information and booking contact:
Tel: **01622 717 272**
Email:

reception@thefriars.org.uk

**SECOND (ANGEL'S) PRAYER OF
THE ANGEL OF FATIMA:**

**MOST HOLY TRINITY, FATHER,
SON AND HOLY SPIRIT,
I adore You profoundly,
and I offer you THE MOST
PRECIOUS BODY, BLOOD, SOUL
AND DIVINITY OF JESUS CHRIST,
PRESENT IN ALL THE TABERNACLES
of the world, in reparation for the
outrages, sacrileges and indifference
with which He Himself is
offended. And through
the infinite merits of
HIS MOST SACRED HEART, and
THE IMMACULATE HEART OF MARY,
I beg of You the conversion
of the poor sinners. Amen.**

(Angel of Peace, Autumn 1916)

ACTS OF CONTRITION:

O My God,
because You are so good,
I am very sorry
that I have sinned against You,
and, with the help of Your grace,
I will not sin again. **Amen.**

O my God,
I am sorry and beg pardon for all my
sins, and detest them above all things,
because they deserve Thy dreadful
punishments, because they have crucified
my loving Saviour Jesus Christ,
and most of all because they offend
Thine infinite goodness; and I firmly
resolve, by the help of Thy grace, never
to offend Thee again, and carefully to
avoid the occasions of sin. **Amen.**

I love You Jesus,
My Love above all things. I repent with
my whole heart for having offended
You. Never permit me to separate myself
from You again. Grant that I may
love You always, then do with me what
You will. **Amen.**

St Alphonsus de Liguori

THE 'JESUS' PRAYER:

**LORD JESUS CHRIST,
SON OF (the living) GOD,
HAVE MERCY ON ME,
A SINNER!**



3.

**+ J. M. J. + JESUS, + MARY, and + JOSEPH +
Newsletter Supplement: 16th March Anno Domini 2025
THE SECOND SUNDAY LENT (C)**

**LENT HAS BEGUN:
"Ash" Wednesday
5th March 2025**

**Consider and resolve TO DO ONE IN
EACH OF the following areas:**

GIVE UP:

**Cut out all snacks,
desserts / puddings,
milk in tea or coffee,
chocolate, sweets, sugar,
sweetener, alcohol,
Wasting time on:**

**E-Devices, tablets, 'phones etc.,
T.V., Films, Video Games, Sports;**



FAST:

**twice a week on
Wednesdays and Fridays
by eating less,
or simply consuming
Bread and Water;**

and ABSTAIN:

**from Meat and meat
products, at least on
Wednesdays and Fridays;**

LISTEN TO:

**Gregorian Chant,
uplifting Music
and Talks that raise
the mind and heart to God;**



READ:

**the Holy Bible,
the Catechism of
the Catholic Church,
the lives of the Saints;**

**PRAY DAILY
(AND WHILE
WALKING / EXERCISING)**

**the Holy Rosary
- as a Family, or
the Divine Mercy Chaplet,
or make
the Way / Stations
of the Cross;**

PRAY DAILY:

**Vocal Prayer:
Daily Rosary
/ Divine Mercy Chaplet,
Attend an extra Holy Mass
during the week,**

Mental Prayer / Meditation

**/ Silent Prayer:
for at least 20 minutes everyday
reflecting upon a Crucifix /
Holy Picture / Reading from
the Gospels / one of the
Mysteries of the Holy Rosary ...**

THE SACRAMENTS:

**ATTEND HOLY MASS
on Sundays,
and on at least one
other day every week;**

**Prepare with
a daily
Examen / review of life
to, and celebrate,
PARDON AND PEACE /
CONFESSION
every month ...**

4.

**THE WAY OF THE CROSS
"VIA CRUCIS"**

a.k.a.:

THE 'STATIONS OF THE CROSS'

Is to walk with Jesus on His Royal Road, from judgement before Pontius Pilate, to His death on the Cross on Calvary, and beyond, to His Burial in the Tomb, the Holy Sepulchre, which became the place of His Resurrection from the Dead.

Prayers at each station, genuflect or KNEEL, if you can and say:

V/: We adore You O Christ, and we praise You:

R/: BECAUSE BY YOUR HOLY CROSS YOU HAVE REDEEMED THE WORLD!

Say an 'OUR FATHER ...'

and / or

a 'HAIL MARY ...'

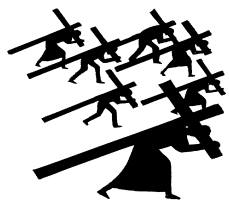
Reflect upon the "Station" and then:

"I LOVE YOU JESUS,
MY LOVE ABOVE ALL THINGS.

I REPENT WITH MY WHOLE SOUL FOR HAVING OFFENDED YOU.

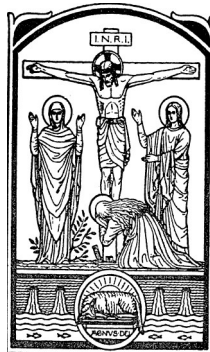
NEVER PERMIT ME TO SEPARATE MYSELF FROM YOU AGAIN.

GRANT THAT I MAY LOVE YOU ALWAYS, THEN DO WITH ME WHAT EVER YOU WILL. AMEN.



**THE 'STATIONS' ON
THE WAY OF THE CROSS:**

- 1: Jesus is condemned to death.
- 2: Jesus takes up His cross.
- 3: Jesus falls for the first time.
- 4: Jesus meets His Blessed Mother.
- 5: Simon of Cyrene helps Jesus to carry His cross.
- 6: Veronica wipes the face of Jesus.
- 7: Jesus falls for the second time.
- 8: Jesus consoles the women of Jerusalem.
- 9: Jesus falls for the third time.
- 10: Jesus is stripped of His garments.
- 11: Jesus is nailed to the Cross.
- 12: Jesus dies on the Cross.



- 13: Jesus is taken down from the Cross and laid in the arms of His Sorrowful Mother: "The Pieta".
- 14: Jesus is laid in the Tomb / Sepulchre.

A 15th Station might be added in front of the Altar, and the High Cross in St Mary of the Crays Church:

- 15: Jesus is raised from the Dead: THE RESURRECTION.

5.

IN SOUTHWARK DIOCESE
we are invited to gather in
AYLESFORD on
SATURDAY 7TH JUNE 2025.
Pentecost weekend,

and to England's Nazareth
IN WALSINGHAM, Norfolk,
SATURDAY 28TH JUNE 2025,
the day of the Immaculate Heart of the Blessed Virgin Mary, and the weekend of Saint Peter and Saint Paul.

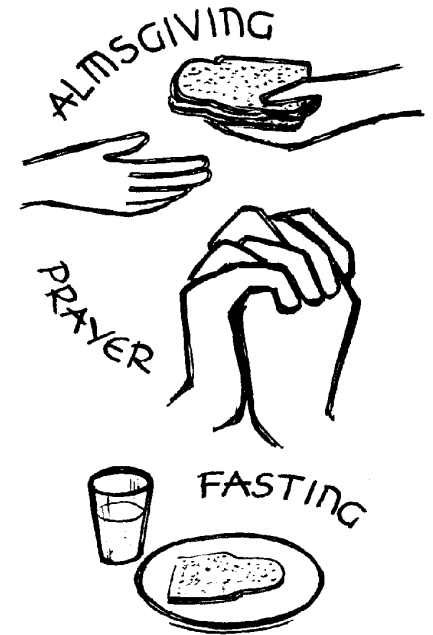
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In **THIS DEANERY OF BEXLEY,** we can be Pilgrims too and travel, on foot, or by car, or bus, or cycle, to **ST JOHN VIANNEY CHURCH,** Heathfield Road, **BEXLEYHEATH, on SATURDAY 5TH OF JULY 2025**

Please, enter this date in your diaries.

BE PILGRIMS OF HOPE in 2025!

JUBILEE 2025

Every 25 years there is a **YEAR OF JUBILEE IN ROME.**
The Holy Father, Pope Francis, invites us all to become & Be Pilgrims.



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THE PRECEPTS (COMMANDMENTS) OF THE CHURCH & EASTER DUTIES:

from the Catechism of the Catholic Church Nos: 2041 - 2043

"The first precept: (You shall attend Mass on Sundays and on Holy Days of Obligation and rest from servile labour')

The second precept: ('You shall confess your sins at least once a year')

The third precept: ('You shall receive the Sacrament of the Eucharist at least during the Easter season')

"The fourth precept: ('You shall observe the days of fasting and abstinence established by the Church')

The fifth precept: (You shall help to provide for the needs of the Church') means that the faithful are obliged to assist with the material need of the Church, each according to their ability."