

**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**

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**SPIRITUAL EXERCISES FOR LENT:**

**DAILY HOLY MASS,  
whenever and wherever possible:**

**THE WAY OF THE CROSS /  
STATIONS OF THE CROSS:**

**THE HOLY ROSARY:**

**THE THREE O’CLOCK PRAYER  
&**

**THE DIVINE MERCY CHAPLET:**

**MORNING OFFERING,**

**THE MIDDAY ANGELUS,**

**THE EVENING PRAYERS  
AT HOME,**

**& NIGHT PRAYERS,**

**WITH**

**EXAMINATION OF CONSCIENCE**

**AND**

**AN ACT OF CONTRITION.**

**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: 9th March Anno Domini 2025*  
**THE FIRST SUNDAY LENT (C)**



**Thank you to all those generous souls who returned their Palm Crosses from last year’s Palm Sunday for us to make ‘dust and ashes’ from them for this year’s Ash Wednesday.**

**Ashes were blessed and imposed upon those willing to be known as sinners/ penitents and remember our mortality:**

**“REMEMBER  
THAT YOU ARE DUST,  
AND TO DUST  
YOU SHALL RETURN.”**

*Genesis 3:19*

**“REPENT,  
AND BELIEVE  
IN THE GOSPEL.”**

*Mark 1:15*

**We join Jesus in His Forty Days and Forty Nights of Fasting and Praying in the wilderness and in preparation for our work and ministry of helping those we love and care about to know, love and serve God in this life and to be forever happy with God in heaven.**



**4. 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’)** requires the faithful to sanctify the day commemorating the Resurrection of the Lord, the Blessed Virgin Mary and the saints; in the first place, by participating in the Eucharistic celebration, in which the Christian community is gathered, and resting from these works and activities which could impede such a sanctification of these days.

The second precept: **(‘You shall confess your sins at least once a year’)** ensures preparation for the Eucharist (Holy Communion) by the reception of the Sacrament of Reconciliation, which continues Baptism’s work of conversion and forgiveness.

The third precept: **(‘You shall receive the Sacrament of the Eucharist at least during the Easter season’)** guarantees as a minimum the reception of the Lord’s Body and Blood in connection with the Paschal feasts, the origin and centre of the Christian liturgy.”

*(In 2025 the time for fulfilling these Easter precepts / duties is from Ash Wednesday until Trinity Sunday: 5th March to 16th June 2025).*

The fourth precept: **(‘You shall observe the days of fasting and abstinence established by the Church’)** ensures the times of abscences (*discipline*) and penance which prepare us for the liturgical feasts and help us acquire mastery over our instincts and freedom of heart.

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.”

*(There used to be a sixth precept: ‘You shall not marry within certain degrees of kindred without dispensation’. However, the Church still requires us to marry in accordance with her teachings, rites and rules as laid down from time to time. In England and Wales all couples are required to give at least six months notice and to attend some marriage preparation course. About getting married, wherever, whenever, please see your parish priest. Thank you.)*

**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.**

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**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.**



**“DO NOT WORRY”**

Our Lord Jesus, says this in the Gospel.

In the Diary of St Faustina Kowalska about the Divine Mercy, she writes that Our Lord gave us His Teaching on the Divine Mercy as a way of trusting in God:

**“JESUS, I TRUST  
IN YOU.”**

**FEAST:** the **Feast of the Divine Mercy** is the last and greatest Day of the Resurrection of our Lord, “Low Sunday”, the Eighth Day of Easter, this year: **Sunday 20th April 2025** - a day of great mercy and graces.

**IMAGE:** the Divine Mercy Image to see Christ as if from the Cross and also in the Upper Room on Easter Sunday and eight days later, giving His Divine Mercy in the Holy Spirit and the Forgiveness of sins.

**NOVENA:** nine days prayer from **Good Friday (18th April 2025)** to Divine Mercy Sunday (**27th April 2025**).

**CHAPLET:** the Rosary on which the Divine Mercy may be prayed.

**HOUR:** the **3 o’clock prayer** to mark the **TIME** of Christ’s Death on the Cross.

**JESUS, I TRUST IN YOU!**