

6.

SIX BIBLE STUDIES ON THE LENTEN SUNDAY GOSPELS

Mauro Iannicelli will break-open the forthcoming Lenten Sunday Gospels with in-depth teaching and stimulating questions.

Starts:

Tues 17th February, 2026 @7pm

Six consecutive Tuesdays:

17 Feb | 24 Feb | 03 Mar |

10 Mar | 17 Mar | 24 Mar

(7-8:15pm). **Free of Charge |**

LIVE on YouTube. Registration:

comeandsee.org/lent26

Formerly known as:

“The Women’s World

Day of Prayer”,

and held on

the First Friday of March

i.e.:

Friday 6th March 2026 at 8pm,

THE WORLD DAY OF PRAYER

will be here

in St Mary of the Crays

this year. The women of

Nigeria have prepared

this year’s service.

Please come. Please help.

Please contact Tina Saunders.



THERE WILL BE
“A DAY WITH MARY”
HERE, IN ST MARY OF THE CRAYS,
ON THE FIRST
SATURDAY 7TH MARCH.
PLEASE, put this date in
your diaries today
and commit
to come to the whole,
or part of, A DAY WITH MARY.



3.

+ J. M. J. + is + JESUS, + MARY, and + JOSEPH +
Newsletter Supplement: 15th February Anno Domini 2026
THE SIXTH SUNDAY IN ORDINARY TIME (A)

Pages 136-138 in the Parish Mass Book

(Rite of Blessing and Sprinkling of Holy Water on Page 62.)

(Music in Parish Mass Book begins page 320,

Gloria on page 323, Preface Dialogue page 15,

Holy, holy /Sanctus page 16,

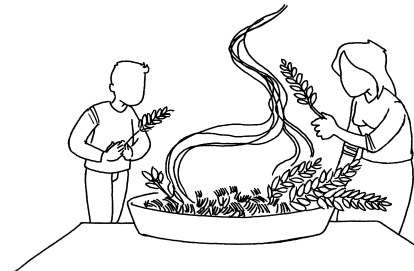
Mystery of Faith: “SAVE US ...” page 29,

Lamb of God/Agnus Dei page 57 & 78)

PALMS FOR ASHES FOR
ASH WEDNESDAY 18TH FEBRUARY
Please bring in your Palms from
last year’s Palm Sunday
so that we might burn them
and create the Ashes for
Ash Wednesday. Thank you

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 Je-
sus 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 occa-
sions of sin. **Amen.**

**“Repent, and believe
in the Gospel.”**

**“Remember that
you are dust, and
to dust you shall return.”**



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

St Alphonsus de Liguori

4.

PRAY THE ROMERO ROSARY AT ST GEORGE'S CATHEDRAL.

Join Archbishop John Wilson and the Cathedral clergy in praying the rosary every Friday at 5pm throughout Lent.

This is a beautiful opportunity to draw closer to the Lord Jesus in prayer. Archbishop John will personally lead the devotion at the National Shrine of St Oscar Romero at St George's Cathedral (SE1 6HR) on Ash Wednesday (18th February) at 5pm, and again on Friday 6th and Friday 27th March.

On all other Fridays during Lent, the Cathedral clergy will lead the Rosary, followed by the Stations of the Cross at 6pm. Let the rosary connect you to the Lord Jesus this Lenten season.

Find out more at:

rcaos.org.uk/romerorosary

Please, let Housebound folk know, and pray together, as Families with the Cathedral.

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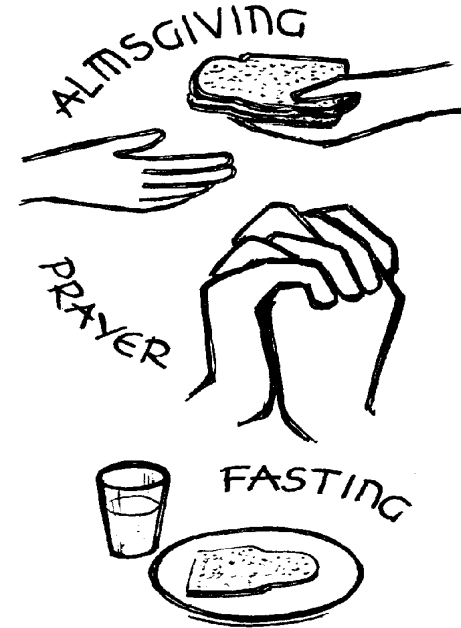


As we prepare for LENT AND EASTER, the greatest Season of the Church's Calendar and Liturgy some of us have been planning and pondering.

Please, do we have some folk and families who would be willing to help 'MEET AND GREET' our Parishioners and visitors before Holy Mass each Saturday and Sunday, to help with the Books and Newsletters and any information that an occasional visitor might need?

THE TEN COMMANDMENTS:

- 1. I am the Lord your God: You shall not have strange gods before me.
- 2. You shall not take the Name of God in vain.
- 3. Remember to keep the Sabbath day holy.
- 4. Honour your father and your mother.
- 5. You shall not kill.
- 6. You shall not commit adultery.
- 7. You shall not steal.
- 8. You shall not bear false witness.
- 9. You shall not covet your neighbour's wife.
- 10. You shall not covet your neighbour's goods.



ASH WEDNESDAY IS A DAY OF FASTING AND ABSTINENCE:

"3. Lent is the traditional season of renewal and repentance in Christ. The New Code re-affirms this. It also prescribes that Ash Wednesday and Good Friday are to be observed as days of fast and abstinence.

Fasting means that the amount of food we eat is considerably reduced.

Abstinence means that we give up a particular kind of food or drink or form of amusement.

Those over eighteen are bound by the law of fasting until the beginning of their sixtieth year, while all over fourteen are bound by the law of abstinence.

Priests and parents are urged to foster the spirit and practice of penance among those too young to be the subjects of either law.

4. Because each Friday recalls the crucifixion of Our Lord, it too is set aside as a special penitential day. The Church does not prescribe, however, that fish must be eaten on Fridays. It never did.

Abstinence always meant the giving up of meat rather than the eating of fish as a substitute. What the Church does require, according to the new Code, is that its members abstain on Fridays from meat or some other food or that they perform some alternative work of penance laid down by the Bishops' Conference."

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