



# PARISH OF ST JOHN XXIII, PRESTON

## *St Joseph's and English Martyrs' Churches*

Incorporating the districts of St Augustine, English Martyrs, St Ignatius, St Joseph & St Teresa

1<sup>st</sup> March 2026

**Second Sunday of Lent [A]**

### Upcoming Masses & Services this week:

	<b>Time</b>	<b>Church</b>	
<b>Sunday 1<sup>st</sup> March</b> <i>Second Sunday of Lent</i>  <i>Special Collection: CAFOD</i> <i>[envelopes]</i>	5.30 - 5.50pm	SJ	Sacrament of Penance [ <i>Confessions</i> ]
	6.00pm	SJ	Mass   <i>People of the Parish</i>
	10.30am	SJ	<i>First Holy Communion Prep [1]</i>
	11.15am	SJ	Mass   <i>Thomas Woan</i> <i>Followed by Altar Server Training</i>
	4.30 - 4.50pm 5.00pm	SJ SJ	Sacrament of Penance [ <i>Confessions</i> ] Mass   <i>Special Intention</i>
<b>Monday 2<sup>nd</sup> March</b> <i>of the 2<sup>nd</sup> week of Lent</i>	6.00pm	EM	Exposition of the Blessed Sacrament Mass   <i>War Dead</i>
	6.30pm	EM	
<b>Tuesday 3<sup>rd</sup> March</b> <i>of the 2<sup>nd</sup> week of Lent</i>	<b>2.00pm</b>		<b>Mass in St Teresa's School</b> <i>John Galway</i>
<b>Wednesday 4<sup>th</sup> March</b> <i>of the 2<sup>nd</sup> week of Lent</i>			No Public Mass
<b>Thursday 5<sup>th</sup> March</b> <i>of the 2<sup>nd</sup> week of Lent</i>	9.00am	SJ	Exposition of the Blessed Sacrament Mass   <i>Holy Souls</i>
	9.30am	SJ	
<b>Friday 6<sup>th</sup> March</b> <i>of the 2<sup>nd</sup> week of Lent</i>	6.00pm	SJ	Exposition & Sacrament of Penance Mass   <i>Canon A Walsh</i>
	6.30pm	SJ	
<b>Saturday 7<sup>th</sup> March</b> <i>of the 2<sup>nd</sup> week of Lent</i>	9.30am	SJ	Mass   <i>Rosamond Sutton</i>
	10-10.30am	SJ	Sacrament of Penance [ <i>Confessions</i> ]
	5.30 - 5.50pm	SJ	Sacrament of Penance [ <i>Confessions</i> ]
	6.00pm	SJ	Mass   <i>St Augustine's Foundation [1]</i>
<b>Sunday 8<sup>th</sup> March</b> <i>Third Sunday of Lent</i>	10.30am	SJ	<i>First Holy Communion Prep [2]</i>
	11.15am	SJ	Mass   <i>Lingeswaran Family</i>
	12.30pm	SJ	Baptism   <i>Bernadette Donnelly</i>
	4.00pm	SJ	Stations of the Cross & Benediction
	4.30 - 4.50pm	SJ	Sacrament of Penance [ <i>Confessions</i> ]
	5.00pm	SJ	Mass   <i>Michael Kelly</i>
<b>EM = English Martyrs [PR1 1NA]</b>		<b>SJ = St Joseph [PR1 5UQ]</b>	

### PROGRESS IN FASTING THIS LENT

Fasting in Lent is perhaps the tool we obsess over most, what we give up and the constant thinking about food. We can find links to fasting in wider society and 'woke' thinking. Some decades ago, this took the form of weight loss programs. The secular world's latest trend is intermittent fasting. One builds up how long a person can go in between meals. The ideal is to eat one meal a day. The meal could consist of almost your regular day's intake. What happens is that your body, when full out fasting, actually dips into fat storage for energy. You maintain your energy, lose weight, and it is perfectly healthy, if not natural. Science shows that intermittent fasting done twice per week is ideal. Long story short, intermittent fasting is a great success story in the secular world and has science to back it up. We Catholics have long known this, and we had long practised this, and yet this can be presented to us again and again as a revelation.

In the 13<sup>th</sup> century, Lent involved no meat, dairy, or eggs. A person would fast completely until 3pm every day as well, with only water allowed. Later on, the Lenten requirements were lessened due to the heavy long working days of the industrial revolution. Locally we can relate given the mills of the 19<sup>th</sup> century. Even on non-Lenten seasons, the traditional Catholic practice was to fast on Wednesdays and Fridays, and then of course to feast on Sundays. Why Wednesdays and Fridays? Jesus was betrayed and died on those days.

Does a weak challenge set in regard to fasting result in a weak approach to our faith? Do I consider fasting as an opportunity to actively live my faith and to unite myself to the suffering Christ and His Church?

## OUR PRAYERS

We pray for all our sick and housebound parishioners and those who care for them. We also pray for all the lately dead: Irene Boylan, and all whose anniversaries occur: Rosetta Roach, William Walmsley, and Sheila Wilkinson.

### SHRINE CHURCH OF THE ENGLISH MARTYRS

Following the safety concerns at English Martyrs, the Vigil Mass [on Saturday evening], is currently celebrated at St Joseph's.

Monday evening Adoration and Mass continue to be celebrated at this time in the War Memorial Chapel. Thank you for your support! *Fr E*

### CLEANING/MAINTENANCE ST JOSEPH'S

If you can give some time to this work, cleaning in church, polishing brass, preparing the hall, or tidying and weeding the grounds, a rota is available in the church porch for individuals and families to volunteer.

### ALTAR SERVERS' TRAINING

After the 11.15am Mass this Sunday, 1<sup>st</sup> March there will be a little on-going training session for Altar Servers. If others would like to serve at Mass [perhaps those preparing for 1<sup>st</sup> Holy Communion] do please come along for a brief introduction. The older men of the parish, who may have served as boys, are also encouraged to consider perhaps serving at weekday Masses and for funerals.

### GIVING TO YOUR PARISH

Our new Financial Year begins in early April, so perhaps, if you are in a position to do so, you could consider in Lent the offering you make to your parish. Perhaps, if you pay Tax and make cash offerings, you could start using **Gift Aid envelopes**? Perhaps you could make your offering or part of it by standing order? This can also be claimed against the Tax you contribute, if declared.

If you are no longer paying Tax or want to know more, please contact our priests. Thank you for your continued support!

Setting up a Standing Order: St John XXIII,  
Sort Code: 40-27-02 A/C: 71335391 [HSBC UK]

### COLLECTION FOR THOSE IN NEED

Non-perishable food goods for those in need can be placed in the buckets found in the porches of our two churches. Thank you for your contributions.

## LENT

Continue to use the opportunities of Lent: try to attend Mass on a weekday, spend time with the Lord in Exposition, donate in our various collections, come to Benediction, participate in the Stations of the Cross, and take up some spiritual reading [some options available in the Holy Shop].

### ROSARY

During Lent, the Holy Rosary is being prayed before Sunday Morning Mass. The Rosary begins about 20 minutes before Mass. If you are coming into church during the rosary, do please be quiet and respectful of those praying and preparing for Mass.

### STATIONS & SUNDAY BENEDICTION

The celebration of Benediction on Sundays at St Joseph's had begun again. During the season of Lent Benediction is celebrated *after* Stations of the Cross. Do consider taking part in this beautiful tradition on Sunday afternoons at 4.00pm. Booklets are provided to assist you.

### SOLEMNITY OF ST JOSEPH

On Thursday 19<sup>th</sup> March is the solemnity of St Joseph, patron of our Parish Church, perhaps consider making the special effort to come to Mass that day. Children from St Joseph's school will join for 9.30am and a Solemn Mass will be offered at 6.30pm, followed by a simple reception in the Lancaster Room.

### CATHOLIC VOICE

If you did not pick up a copy of the *Catholic Voice* [the diocesan newspaper] last weekend, please do so this weekend.

### CAFOD LENT FAMILY FAST DAY

Last Friday, 27<sup>th</sup> February, CAFOD invited you to participate in their Family Fast Day. Your donations will help CAFOD work with local partners in some of the world's poorest communities to find solutions and give them the tools to overcome crops failing and natural disasters bringing waves of devastation. Please give today, if you can, using the designated envelopes, found in our church porch, scan the QR code on the poster or give *directly* at: [www.cafod.org.uk/give](http://www.cafod.org.uk/give)

### SACRED TRIDUUM

*Maundy Thursday* 7.00pm *Good Friday* 3.00pm  
*Easter Vigil* [with Baptism & Confirmation] 7.00pm

## The Catholic Parish of St John XXIII, Preston

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