

ST BON'S BISHOPSTON NEWSLETTER

A Community of Missionary Disciples With Contemplative Hearts

Eighth Sunday in Ordinary Time

Sunday 26th February 2017

Lent is here, there's nowhere to hide, nowhere to run. But why would you want to run? The purpose of Lent is to grow in holiness not torture yourself. I have to remind myself of that. I usually see Lent as an opportunity to do all the things I am not doing but feel I should be. I think to myself that I should give up alcohol and caffeine and TV to discipline myself, that I should take up some extra spiritual practice and that is not to mention the extra confessions and devotional practices during Lent. Oh and I forgot alms giving. I seem to expect a lot from myself in Lent and I often dread it because of that.

So this Lent I am going to try and make it a bit lighter and hopefully because of that it will be more grace filled. It will only be grace filled if I do not get in the way of God's grace. Piling on ascetic practices is a sure way for me to get in the way of God's grace, so I hope I will find a practice or discipline that will help me open to God more. Maybe you are struggling with what to do as well? A few weeks ago I suggested we consider leaving behind our childhood practices like giving up chocolate and do something that will be transformative or life changing. For something to be spiritually transformative it has to come from God; that is it has to come from his grace. Whatever we decide to give up or do it should be something that helps us open up to God, to open our hearts to him.

Jesus gives us three tried and trusted means to open up to God: prayer, fasting and almsgiving. I think a Lent with a little of all three can be very powerful because they are all work together to help us move out of ourselves towards God and others. Maybe a positive expectation for Lent would be a little daily prayer, ten minutes or so, with some weekly fasting - Wednesdays and/or Fridays, and some weekly almsgiving to a favourite charity. Our discipline of prayer helps us open our hearts to God and others. Our fasting disciplines our bodies and is a form of bodily prayer. The fruit of that fasting is a little money to give to those who have less than us.

If the thought of a little prayer, fasting and almsgiving seem challenging it is probably just what you need. If we can tackle it with moderation it should help us persevere and give us hearts open to God and our neighbour. Lent is a time of growth in nature and hopeful this joyful and graceful season of the church is a time of interior growth for us.

Don't forget the Lent Confession Challenge, I will be available to hear confessions on Tuesdays at 7.30pm, Wednesdays and Fridays at 9.45am and Saturdays at 6pm. It is wonderful to go to confession and start over and both Lent and spring are about new life.

Fr Tom

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Parish Office Hours (term time only): Tuesdays 12-3pm, Thursdays 9am –12pm, Fridays 1-3pm

Parish Priest: Fr.Tom Smith

Parish Administrator: Caroline Evans

Sick and Housebound: Please pray for Una Cunniffe, Ivy Sewell, Maria Wysocka, Isabella King, Monica Fletcher, Zygmunt Sawko, Pat Parry, Nedra Paynter and Brendan Woodhouse.

Ash Wednesday 1st March: There will be two Masses at St Bon's on Ash Wednesday. The usual 9.15am Mass which will be attended by Years 3-6 from the School. There will be plenty of space for parishioners. There will also be a Mass at 7pm.

Fasting & Abstinence: Ash Wednesday is one of two days of fasting and abstinence in the Church's calendar. The guidelines are detailed on the back page of the newsletter.

Stations of the Cross: Every Friday during Lent at 11.20am and 6.15pm.

All Night Prayer Vigil: The next All Night Prayer Vigil is this Friday 3rd March. A sign up sheet is at the back of Church.

Perpetual Eucharistic Adoration: Fr Gary Holmes will be leading a mission here at St Bon's at each Mass over the weekend of 18th-19th March. We look forward to welcoming him.

Fr Clem Memorial Mass: This will take place on Tuesday 21st March at the 7pm Mass.

Parish Visits: If you know of someone who lives alone or may be housebound and would welcome a visit from a Parish Visitor, we can link them up. To arrange this please contact Linda Spong via the Parish Office. If you know of someone who suffers with a mental health condition who would welcome a visit please speak to Fr. Tom.

Journey in Faith Group: If you are not Catholic but interested to learn more about the Catholic faith, Journey in Faith is for you. We welcome all at St Bon's and would love for you to come to our Journey in Faith group on Wednesday evenings 7.15pm to 9pm in the Presbytery.

Parish General Meeting; We invite you all to the St Bon's Parish General Meeting on Sunday 2nd April at 11am in the Parish Hall. The meeting is an opportunity to get together to update you all on the progress of the Business Centre project and get involved in a general discussion around the finances of the Parish. We look forward to seeing you there!

St Bons Development Fund: Thank you for your tremendous support and pledges towards the proposed Business Centre. Your generosity has been incredible. We are not yet over the finishing line so if you have not had the opportunity to pledge or donate now really is the time so please contact the Parish Office. The planning application has been submitted and the intention is for the works to commence at the end of March once we have the Council's consent so please do also keep us in your prayers.

Car Boot and Wheelbarrow Sale: Saturday 25th March 10am to noon in St Bon's car park. This event is to raise money for the business centre development. £5 for cars £3 for wheelbarrows. We will be serving drinks and cakes. Helpers will be needed and donations of cakes. Please contact Mary Moore mcmoore@blueyonder.co.uk 07929 399907, Hilary Farey hilary@farey.org or Veronica Swann veronica.swann@hotmail.co.uk for a car/barrow or to offer help.

Clifton Singers "Light of Light": The Clifton Singers will be returning to St Bon's on Sunday 26th March at 3pm with a programme of contemplative music for Lent. Admission free. Retiring collection in aid of Church funds.

Bristol 10K: The Great Bristol 10K Run takes place on Sunday 7th May around the City Centre and the Harbourside. Angela Parry is keen to enter but would like a St Bon's team to take part with her. Why not take on the challenge and start training as part of your Lenten observances and collect sponsorship for the St Bon's Development fund at the same time? Further details of the run can be found at www.greatrun.org/great-bristol-10k or contact Angela on 9423176.

Children's Liturgy: On those Sundays when the children preparing for First Communion have their own group at 9.30 Mass, there will be pre-school/Reception and Year 1 & 2 liturgy groups as usual, but not an older group. Children in Year 4 & above should stay in church with their families. This applies from this week through to 2nd April, plus 7th, 14th & 21st May.

Cake Sales for CAFOD: First Holy Communion groups will be holding a cake sale after the

Family Mass this Sunday 26th February. Please join us in the Presbytery and, also, enjoy a hot or cold drink. All proceeds from the cakes and drinks will go to CAFOD. There will be a further cake sale by First Holy Communion groups on Sunday 7th May 2017.

Praying the Rosary: The monthly Parish Rosary Revival Prayer Group will meet on Tuesday 7th March at 2pm in the Dining Room in St Bon's Presbytery. We will pray and discuss the rosary and have a cup of tea. Contact Chris Searle 07771161259. All welcome. Prayer requests most welcome.

Lent Reflections for Young People & Young Adults: Throughout Lent, Clifton Diocese Youth Ministry are holding reflection evenings for young people aged 10 – 18 (school year 6+) and for Young Adults aged 18+ in many different parishes across the diocese. For more information see the poster in Church or visit www.clifondiocese.com/youthministry.

CAFOD Event—Laudato Si and developing a CAFOD Live Simply Group in our Parish: There are two dates to choose from: Sunday 12th March in the St Bon's Presbytery Dining Room after the 9.30am Mass or Wednesday 15th March 6-8pm with light refreshments, in the CAFOD Volunteer Centre, also here at St Bon's. Booking is essential – contact Liz on ebaldwin@cafod.org.uk or 01179 428 328.

Scout Leader Wanted: The very successful 1st Bishopston Scout Group which is affiliated to St Bon's is looking for a new leadership team to run a brand new Scout troop on Monday evenings at the Scout Hut. We need to open a 3rd Scout Troop in order to cope with the demand. Any new recruits don't need any experience, just a sense of humour and a desire to help the young people reach their full potential. All training will be given and support from the established leadership team. Please contact Kate for more information on 9 2 4 8 3 9 5 or email kate.s.mcgrath@blueyonder.co.uk.

1st Bishopston Scouts Bristol Post Competition: Please can you collect the tokens which are being printed from 20th Feb until 20th March. The more tokens we have the more chance we have of winning some money to repair the Scout Hut. Please

leave all collected in an envelope marked FAO Kate McGrath at the back of Church or at the School Office.

Women's World Day of Prayer: "Am I being unfair to you?" on Friday 3rd March 2017 at the Church of the Good Shepherd at 11am.

Little Sisters of the Poor Fundraising Events at St Joseph's Home, Cotham Hill: There will be a Coffee Morning/Bring & Buy on Saturday 18th March from 11.30am. They are also holding a Quiz Night on Friday 31st March. Teams of 6-8. 7pm for a 7.30pm start.

North Bristol Foodbank: There will be a meeting on Friday 3rd March at Ebenezer Church, 286 Filton Ave, Horfield, BS7 0BA at 12.30pm with a buffet lunch and an opportunity to share some recent developments and volunteer needs that they have. Please let the Parish Office know if you would like to attend.

HCPT 200 Club: Congratulations to the winners of the February draw:
£60 Ann and Paul Silvertown 121, £25 Chris Harris 163, £15 Frances Wright 59

Finance and Fabric: Many thanks!
w/e 12th February: £576.81
Plus £750 Standing Order each week

Eucharistic Adoration

Tuesday 7.30pm-8.30pm

Wednesday 9.45am– 10.45am

Thursday 9.00pm-10.00pm

Friday 9.45am –10.45am

Saturday: 6.00pm –6.45pm



Ash Wednesday: Ash Wednesday, 1 March, 2017, is the Church's solemn call to keep the season of Lent. We accept this call united with the catechumens and recalling our own baptism as we enter this special time of prayer and penitential practice. Lent is not simply a time of personal devotion and renewal. It is a time of community renewal as we seek to renew hearts and souls together. Ashes are blessed and distributed after the homily of the Mass, opening this season of sorrow and mercy. These ashes will be ritually washed away in the new waters of the Easter Vigil. These ashes are of branches of the olive, palm or other tree, which have been blessed on Palm Sunday, the previous year.



Fasting is observed by all 18 years of age and older, who have not yet celebrated their 59th birthday. On a fast day, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed. Parents should ensure that even those who are still too young to be bound by the laws of fasting and abstinence are trained to have a true appreciation of penance.

Abstinence is observed by all 14 years of age and older. On days of abstinence, no meat is allowed. Note that when health or ability to work would be seriously affected, the law does not oblige. When in doubt concerning fast and abstinence, the parish priest should be consulted. Almsgiving in conjunction with fast and abstinence and linked with a greater intensity in prayer opens our awareness to the needs of others for whom fasting and abstinence are a way of life by virtue of their socio-economic status. For those of us who have the privilege of being able to fast and abstain, we do so in solidarity with our less fortunate sisters and brothers throughout the world, and unite our sacrifice with theirs in interceding to the Lord for peace in our time.

Lent Confession Challenge

Tuesday 7.30pm-8.20pm
 Wednesday 9.45am- 10.45am
 Friday 9.45am -10.45am
 Saturday: 6.00pm -6.40pm



Liturgy Schedule

Eighth Sunday in Ordinary Time (A)

Sunday 26th February – Eighth Sunday in Ordinary Time

9.30am Mass *Gerry Condron R.I.P.*

7.00pm Mass *Keith & Maida Colliver*

Monday 27th February – Weekday in Ordinary Time

No Mass

Tuesday 28th February – Weekday in Ordinary Time

7.00pm Mass *Deceased Members of the Silvertown Family*

7.30pm Holy Hour

Wednesday 1st March – Ash Wednesday

9.00am Morning Prayer

9.15am Mass *Sue Lees & Family*

7.00pm Mass

Thursday 2nd March – Thursday after Ash Wednesday

No Morning Prayer or 9.15am Mass

10.30am Requiem Mass for Bridie Hearn

Friday 3rd March – Friday after Ash Wednesday

9.00am Morning Prayer

9.15am Mass *Matthew Zaribugire R.I.P.*

Saturday 4th March – Saturday after Ash Wednesday

7.00pm (vigil) Mass *Marjorie Castleton R.I.P.*

Sacrament of Reconciliation:

Saturday 6.00pm-6.40pm