



ST BONAVENTURE'S NEWSLETTER

Lent Week 1
1st March 2020

A Community of Missionary
Disciples With Contemplative Hearts

I don't know if you noticed, last Wednesday was Ash Wednesday, Lent has begun! In the past I sometimes felt that Lent crept up almost by surprise, and it when it pounced, I had not really prepared what to do. Maybe you are in that situation now, if so, all is not lost. I thought I would share a few ideas with you that might help make your lent a more spiritual experience. Lent is a time where we can make a serious effort to put God first. Ancient Jewish tradition, Jesus and Church Tradition all speak of three powerful tools to help us enter into spiritual warfare against our ancient foe, the devil, against the 'flesh' and against the 'world'. These tools are Prayer, fasting and almsgiving. That may all sound a bit scary or intense but it is simply reality; the Devil has been tempting us since the beginning of creation, our 'flesh' can often lead us to inappropriate desires like lust or gluttony, or sloth and the 'world' can often tempt us to put riches before God or to seek power or self image. Lent is a time to step up our game and put God First. Prayer, fasting and Almsgiving help us do just that.

Prayer is simply being in a relationship with God, placing ourselves in his presence, listening to him or talking with him. There are many different ways of praying, we can sit still with scripture, meditate, pray the rosary, pray for others, we have to find what works for us. The challenge, I find, is to make the time. I think that is probably the No.1 biggest struggle for any Christian, making time in our busy lives for God. Why not make a commitment to a minimum of 10 mins prayer a day, each day for the whole of Lent.

Fasting is probably the most underused tool of spiritual renewal we have. For some reason it has dropped off the radar of Catholic practice, maybe this is due to the 'giving something up for lent' culture that has arisen in the church, that mentality has almost replaced fasting as a 'thing'. Fasting can be hard and in the moment often unenjoyable but by controlling or reigning in our desire to eat and drink we strengthen our spirit and purify our body. The sacrifice of fasting is a powerful offering to God. If you are scared by it as I have been at times just give it a go. Start small and build up, you will not regret it. The main thing is you want to do it. If you don't, try praying for the desire to want to fast. It is customary to fast on Fridays in Lent, you can always add in a Wednesday too.

Almsgiving is a powerful way of overcoming worldliness, I am always disturbed at how hard I find almsgiving and I think it is a good barometer of my spiritual health. Am I prepared to give away money I wanted to spend on myself? It is a simple way of putting God and our neighbour first. You could give a lump sum at the beginning or end of Lent but to make it more spiritually fruitful it is probably better to try and give a certain sum each week. You set the sum, £10, £15, £20 and then pick a charity and make sure you do it, I always find the intention the easiest bit, rather than the actual doing.

Three simple suggestions, a minimum of 10 mins prayer a day, fasting once or twice a week and a weekly offering to those less well off than you. If we can do them I think we should all find lent a renewing experience, let's pray for each other that we can persevere in what we start and that it will bring each of us closer to our loving father in heaven.

Fr Tom

Egerton Road, Bishopston, Bristol BS7 8HP
Tel: 0117 942 4448
bristol.stbonaventure@cliftondiocese.com
<https://stbonsbristol.co.uk/>

@stbonsbristol @stbonsbristol
 www.facebook.com/stbonsbristol
 St Bons Bristol #frtomtalks

Parish Priest: Fr.Tom Smith
Parish Office Hours: Monday
& Friday 9:30am-12:30pm.
Wednesday 11am-1pm.

OUR PARISH

Stations of the Cross: Every Friday during Lent there will be Stations of the Cross at 6.15pm. The Stations follow the saving journey Jesus made to the Cross for our redemption. Praying the Stations is a powerful way of entering into the suffering of Jesus and keeping him company on his painful journey to the cross.

Confessions: In addition to Saturday evenings, confessions will be available Tuesdays and Fridays after mass during Lent. The Sacrament of Reconciliation or Penance is a powerful encounter with the mercy of God and enables us to live more spiritually fruitful lives, Why not come and open your heart more to God's Grace!

Please Pray For: Ray Gunning. Anne James. Bob James. Veronica. Anna McGinn. Nachtter Kaur. Kathleen Ward. Pat Kissane. Desmond Anglin. Reena James. Mike Crowley. If you would like to be named in the Newsletter, please contact the Parish Office to give your consent so it can be recorded.

Second Collection: 8th March for CAFOD Lent Fast Day.

R.I.P. Emily Hyde who died suddenly, we keep her family very much in our prayers at this time.

OUR COMMUNITY

livesimply Thought for the Week: As Lent begins let's show solidarity to our poorer sisters and brothers by supporting Fairtrade Fortnight. When we choose to buy goods with the Fairtrade logo we are helping poor communities get a fair price for the commodities they sell. Chocolate farmers in parts of Africa are struggling with the impact of climate change but the price of cocoa remains unsustainably low. See <https://www.fairtrade.org.uk/> for more information.

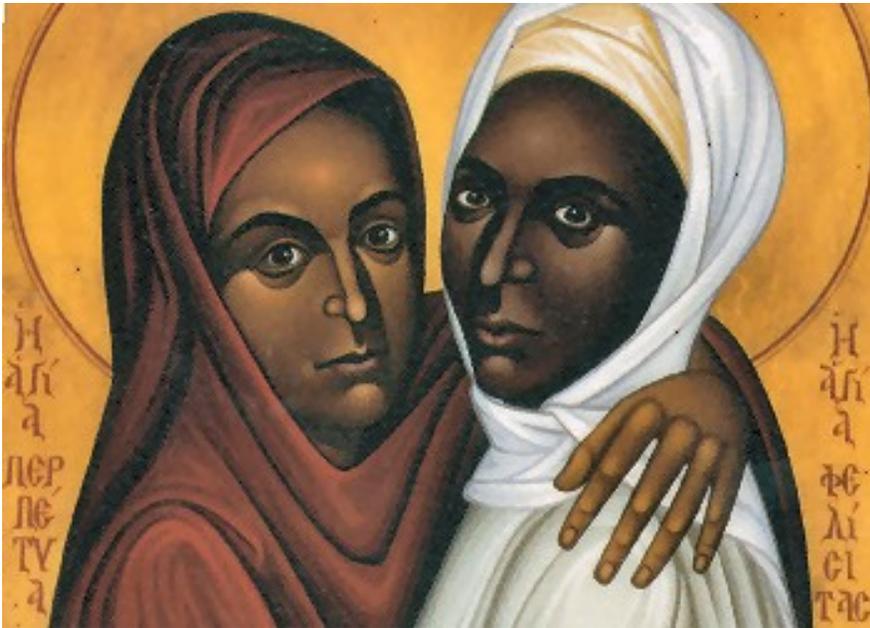
My Fair Lady: Get yourself to the church on time to buy tickets for St Bon's Drama Club's production of My Fair Lady. There will be three performances of this classic Lerner and Loewe musical in St Bon's School Hall on Friday 20th March 7.30pm, and Saturday 21st March at 2.30pm and 7.30pm. Tickets on sale Sunday 23rd February from Neta. Adults £5, Children £3. Proceeds to St Bon's Church and school.

Red Box Holders: The Spring Edition of 'Mission Today' is now available for collection from the table in the church porch. Please help yourself to a copy. Gift Aid brings in an extra 25p for every £1 donated. If any Red Box Holder would like to Gift Aid their donations and has not already done so, then please download a form at: missio.org.uk/LS . Thank you, as always, for your generosity.

CAFOD Lent Family Fast Day: On Friday 6 March, is the 60th anniversary of the first Family Fast Day led by our founding mothers and, as it has been for sixty years, is an opportunity to reach out and support highly-skilled local experts around the world who help the poorest members of our global family. Please collect your Family Fast Day envelope this week and give whatever you can to help experts like Sister Consilia - a nun and trained pharmacist who treats people in rural Zimbabwe - continue their vital work.

SAINT OF THE WEEK

St Perpetua and St Felicity



Sts Perpetua and Felicity were Christian martyrs who lived during the early persecution of the Church in Africa. ***The Passion of Saints Perpetua and Felicity*** is a diary by Perpetua describing her imprisonment as a Christian in 203, completed after her death by a redactor. It is one of the oldest and most notable early Christian texts. Sts. Perpetua and Felicity are the patron saints of mothers, expectant mothers, ranchers and butchers. Their feast day is celebrated on March 7.

MASS TIME

It has been about a year and a half since we have been running the summer and winter time Sunday evening masses. Over that time I have received a number of comments asking for the mass to stay at 6pm throughout the year. Having considered these comments I believe it would be a better decision to make. It is a time friendlier to families, a lot more families have been coming than before. It also takes away confusion over mass time, people still miss mass at the change over. I would welcome your comments before I make a final decision. Fr Tom.

WHAT'S ON?

Business Centre Blessing & Opening:

We will proudly open the second Phase of our Business Centre on Monday 2nd March. We would love to give you an opportunity to see the new offices, whose income will be supporting the mission of the parish in the decades ahead. Tony Nelson who has overseen the building of both phases will be waiting to greet you and give you a tour of the whole facility after each of the weekend masses on 29th Feb/1st Mar. Fr Tom will bless the Centre and it's new wing after the 9.30am mass on 1st March, you are all very welcome.

Praying the Rosary: The monthly Parish Rosary Revival Prayer Group meet on the first Tuesday of every month and our next meeting will be on Tuesday 3rd March at 2pm in the Dining Room in t Presbytery. We will pray and discuss the rosary and have a cup of tea. Contact Chris Searle 07771161259. All welcome.

Art Club: The Art Club continues on the 1st and 3rd Wednesday of the month 10-11:30am. All welcome to anyone who enjoys drawing or painting and for a drink and chat.

Friday Soup Lunch: All are very welcome to come for a chat and to share a simple lunch. Fridays at 12.00pm in the St Bon's Presbytery. A donation is made to charity.

Save the Date: Feast Day of St Bonaventure, Sunday 12th July 2020.

YEAR OF COMMUNION

The Diocese's Department for Adult Education share these reflections.

1ST SUNDAY OF LENT

In this beautiful season of Lent, we are invited to participate on a journey into the wilderness. It is not an outwardly physical journey, rather it is a journey into the depths of our heart and soul. For forty days and nights we are encouraged to reflect on who we are and how we are in our relationship with the Lord. Spending time in the wilderness brings its own trials, just as it did for Jesus. Reflecting on the journey Jesus himself made, we might consider the role of temptation in our own life. Temptations come in all guises. The result of giving into temptation is that it imprisons us in a way of being which leads us away from God. Lent is an opportunity, not to feel discouraged in the face of our weakness, but to rediscover the freedom which comes from seeking the loving mercy of God who is full of compassion and love. As we take on this journey let us pray for the grace we need to overcome the temptations life puts in our way and ask the Lord to show us the way to live our lives to the full in him.

TWEET OF THE WEEK



Pope Francis ✓
@Pontifex

#Ashes remind us of the direction of our existence: a passage from dust to life. We are dust, earth, clay, but if we allow ourselves to be shaped by the hands of God, we become something wonderful.

vatican.va/content/france...

5:30 pm · 26 Feb 2020 · TweetDeck

1.8K Retweets 8.9K Likes

LITURGY SCHEDULE

Lent Week 1 (Year A)

Sunday 1st March

First Sunday of Lent

(Sat Vigil 6.00pm Marge Bonehill R.I.P.)

9.30am Mass *Marge Bonehill R.I.P.*

6.00pm Mass *Pro Pop*

Monday 2nd March

Weekday of Lent

9:00am Morning Prayer

9:15am Mass *Bella & Gerry Condron R.I.P.*

Tuesday 3rd March

Weekday of Lent

9:00am Morning Prayer

9:15am Mass *Sean Callaghan R.I.P.*
Confessions After Mass

Wednesday 4th March

Weekday of Lent

9:00am Morning Prayer

9:15am Mass *Emily Hyde R.I.P.*

Thursday 5th March

Weekday of Lent

No Mass

Friday 6th March

Weekday of Lent

6.15pm Stations of the Cross

7.00pm Mass

7:30pm Holy Hour

Confessions After Mass

Saturday 7th February

Weekday of Lent

5.00pm Confessions

6.00pm Mass *Bernadette Baldwin R.I.P.*