

Liverpool Bach Collective

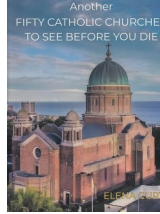
The Liverpool Bach Collective will sing Evening Prayer and present JS Bach's *Widerstrehe doch der Sunde* (Be steadfast against sin). A preparation for Lent, the text dwells on the nature of sin and the need to overcome it.

It takes place this evening at St. Paul's Church, Spring Grove, West Derby and begins at 6.30pm Everyone is welcome.



Another Fifty Catholic Churches to See Before You Die

In this talk, Elena Curti takes you on a journey of discovery exploring churches featured in her new book, *Another Fifty Catholic Churches to See Before You Die*. Elena shares stories of the architects, benefactors, priests and poor Catholics who raised these extraordinary places of worship. And she looks at hopes and challenges for their future conservation. The talk takes place on Saturday 24th February at 11.00am and tickets are available from the Events page at www.liverpoolcatholic.org.uk



Family of Parishes

What happens next? As you know we are treading a new path in this area of Diocesan life so the easy answer is I don't know. But we need to give some guidance. In order to do this anyone who wishes to be part of a think tank – is invited to a roadshow, so that together we can explore ways ahead.

The first of these (and you will only commit to one) will be at Canons Hall, St Oswald's, Ashton in Makerfield, on Saturday 17th February 10.30am – 12 noon. (WN4 9NP). There is Mass at 10.00am at St Oswald's on a Saturday morning and all would be made welcome.

This think tank event will be repeated on Tuesday 20th February 7.00pm – 8.30pm at Holy Rosary Parish Hall, Altway L10 2LG.

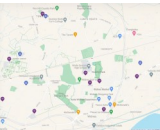


Widnes – 9 Years ON

It is now over 9 years since the parishes of Widnes, after much consultation and discernment, became one parish with 4 churches. In that time people and priests have changed. We want to invite you to hear the story and ask questions

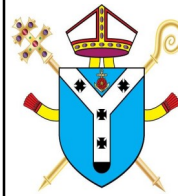
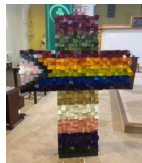
- Has it worked? What can we learn? Is this a model that should be copied?
- What is it like to be a parishioner/priest/deacon in Widnes?
- Can this model teach us anything about Families of Parishes?

on Thursday 29th February 7:30pm at St. John Fisher Hall, Moorfield Road, Widnes, WA8 3JA
No need to book, just turn up!



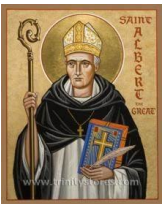
LGBT+ Catholics Archdiocese of Liverpool

The next Mass and gathering for the LGBT+ Catholic community will be on Sunday 3rd March 2024 Mass 2.00pm at All Saints Church Oakfield, Liverpool, L4 2QG. All are welcome.



The Parish of Saint Albert the Great

31 Hollow Croft, Stockbridge Village, Liverpool L28 4EA
☎ 0151 228 7308 ✉ stalberts@rcaol.org.uk



Parish Priest: Rev. David Gamble Parish Deacon: Rev. Daniel Piwowar

Newsletter



St Albert The Great RC Parish
Stockbridge Village

[saintalberts128](https://www.instagram.com/saintalberts128)



6th Sunday of the Year (B)

11th February 2024

Mass Times and Intentions

Sunday 11th February *(5th Sunday of the Year)*
10.00am Sophia Ovienloba (b'day) & Parishioners

Monday 12th February *(Saint Agatha)*
10.00am **No Mass**

Tuesday 13th February
10.00am Pat Caddell

Wednesday 14th February *(Ash Wednesday)*
10.00pm Parishioners
7.30pm Monsignor George Mooney

Thursday 15th February *(Thursday after Ash Wednesday)*
10.00am Canon Bob Evans

Friday 16th February *(Friday after Ash Wednesday)*
10.00am Linda Barton
7.00pm Stations of the Cross & Benediction

Saturday 17th February *(Saturday after Ash Wednesday)*
10.00am **No Mass**

Sunday 18th February *(1st Sunday of Lent)*
10.00am & Parishioners



The leprosy left the man at once, and he was cured

Please remember in your prayers:

The Sick in our parish:

Pat Fleming, Sylvia Fleming, Tobin Lee, Katie Westwell, Rose Mary Marston, Ethel Waite, Betty Carroll, Anne Viz, Archbishop Patrick Kelly, Patricia Louise Jones, Mr & Mrs McDonagh, Christopher McRae, Sister Savio, Dee Kelly, Denise Ball, Br. John Smith MHM, Fr. Tony Slingo, Matt Ingham, Sr. Eva M^cHale, Vera Henry

Those who have died recently Canon Bob Evans, Monsignor George Mooney, Maureen Knight

*Eternal Rest, grant unto them O Lord,
And let perpetual light shine upon them.
May they rest in peace,
Amen.*

LENT 2024

Lent begins this week with Ash Wednesday, and is a day of fasting and abstinence. Distribution of Ashes will take place during Mass at 10.00am and 7.30pm

Last year during Lent, we celebrated Stations of the Cross and Benediction one night a week, and it seemed very popular, We will do it again this year, but on Fridays at 7.00pm. Everyone is welcome.

Please remember, Stations of the Cross does not have to be led by the clergy, it is a devotion that anyone can do. So if you would like to lead the Stations of the Cross, you are welcome to. Please do let me or Deacon Daniel know.

A heads up—on Good Friday evening, I will play a meditation called the First Good Friday, by Father John Ramsay at 7.00pm in Church. It has been part of my Good Friday routine for over 30 years now and it is still as poignant and moving today, as it was all those years ago. I would encourage you to come along that evening.



CONFIRMATIONS 2024

Confirmations are celebrated annually with Year 8 pupils. Any young people, in Year 8 or above who would like to be Confirmed this year, you need to register on the website www.liverpoolcalled.co.uk from January 15th and it will close on 15th March. While the registration period is open Animate will visit schools in the diocese to promote the Sacrament. At the same time schools will teach about the Sacrament in their RE classes.



Liverpool
Called

Washing Altar LINEN

After many years of keeping all the altar linen immaculate so immaculate, Sandra O'Boyle has decided to step down from these duties.



I am immensely grateful to her, for all the hard work she has put in, over the years.

This means we are looking for someone who would be willing to wash and iron the altar linen. If you would be willing to do it, can you please let me know as soon as possible and Sandra has kindly offered to show the new willing volunteer all that it involves. So far nobody has volunteered which is sad.

CAFOD Family Fast Day Appeal -

Lent Collection at Masses takes place 24th February

This Lent, your donations to CAFOD's Family Fast Day appeal will help hardworking people like James the fisherman in Liberia with



Family Fast Day
FRIDAY 23 FEBRUARY 2024

resources, tools and training to feed their families for good. Give today using the envelope or online at cafod.org.uk and please join us in praying with



James that our sisters and brothers around the world have what they need to feed their families. Use the envelope in church or give online at cafod.org.uk. James' story can be seen by going to the Cafod website or by scanning the QR code. Family Fast Day is Friday 23rd February and envelopes will be available to collect from next Sunday.

The Belle Vale Passion.

Holy Saturday 12noon



The Belle Vale Passion

Belle Vale Shopping Centre (L25 2RF)

What are you doing for Lent? This project promises to be a great way to prepare for Easter. It will offer the opportunity to nurture new friendships, contribute towards a community project, and above all, bring the Easter story to the local community. There are many roles, tasks, and voluntary jobs. We would like to get 100 people signed up by Ash Wednesday (14th Feb) and there is a role for everyone. Every parishioner is invited to join this unique journey throughout Lent. Those who live some distance away may feel this is something they could commit to this year. Please visit the website bellevalepassion.co.uk to watch a short film and find out how you can get involved.

Pause for thought.....

The sick, the vulnerable, and the poor are at the heart of the Church. They must also be at the centre of our human concern and pastoral care. May we never forget them!



-Pope Francis

LENT FASTING RULES



What Is Fasting?

In the Catholic Church, fasting is a practice in self-discipline with a penitential focus. In the context of Lent, it refers to reducing food intake and limiting how many meals we have.

What are the Lent fasting rules?

On Ash Wednesday and Good Friday, fasting rules allow Catholics to eat only one full meal and two smaller meals which, combined, would not equal a single normal meal. Additionally, Catholics may not eat meat on these two days—or on any Friday during Lent.

What are the Lent rules on abstinence?

In this context, abstinence refers to “abstaining” from meat on Fridays during Lent. Whereas Catholics fast on Ash Wednesday and Good Friday with just one large meal, Catholics must refrain from eating meat on other Fridays, though they can have three full meals.

At what age do you start fasting for Lent?

Those ages 18-59, in reasonable health, are required to fast on Ash Wednesday and Good Friday. Those 14 and older must abstain from meat on Fridays during Lent. Canon Law does mention that for young children not fasting, parents should still communicate the meaning and penance.

Who is exempt from fasting during Lent?

Children, adults with physical and mental illness, pregnant women and those nursing are all exempt. The USCCB stresses that “common sense should prevail” and that no one should jeopardize their health to fast.



The Meaning of Ash Wednesday

Wednesday 14th February 2024

The First Day of Lent



Ash Wednesday takes place 46 days before Easter Sunday, and is chiefly observed by Catholics, although many other Christians observe it too.

Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes

on the head.

The ashes symbolize the dust from which God made us. As the priest applies the ashes to a person’s forehead, he speaks the words: “Remember that you are dust, and to dust you shall return.”

Alternatively, the priest may speak the words, “Repent and believe in the Gospel.”

Ashes also symbolize grief, in this case, grief that we have sinned and caused division from God.

Writings from the Second-century Church refer to the wearing of ashes as a sign of penance.

Priests administer ashes during Mass and all are invited to accept the ashes as a visible symbol of penance. Even non-Christians and the excommunicated are welcome to receive the ashes. The ashes are made from blessed palm branches, taken from the previous year’s palm Sunday Mass.

It is important to remember that Ash Wednesday is a day of penitential prayer and fasting. Some faithful take the rest of the day off work and remain home. It is generally inappropriate to dine out, to shop, or to go about in public after receiving the ashes. Feasting is highly inappropriate.

Small children, the elderly and sick are exempt from this observance.



It is not required that a person wear the ashes for the rest of the day, and they may be washed off after Mass. However, many people keep the ashes as a reminder until the evening.

Recently, movements have developed that involve pastors distributing ashes to passersby in public places. This isn't considered taboo, but Catholics should know this practice is not encouraged. Catholics should still receive ashes within the context of Mass or service.

In some cases, ashes may be delivered by a priest or a family member to those who are sick or housebound.

Ash Wednesday marks the beginning of the Season of Lent. It is a season of penance, reflection, and fasting which prepares us for Christ's Resurrection on Easter Sunday, through which we attain redemption.

Why we receive the ashes

Following the example of the Ninevites, who did penance in sackcloth and ashes, our foreheads are marked with ashes to humble our hearts and reminds us that life passes away on Earth. We remember this when we are told

“Remember, Man is dust, and unto dust you shall return.”

Ashes are a symbol of penance made sacramental by the blessing of the Church, and they help us develop a spirit of humility and sacrifice.

The distribution of ashes comes from a ceremony of ages past. Christians who had committed grave faults performed public penance. On Ash Wednesday, the Bishop blessed the hair shirts which they were to wear during the forty days of penance, and sprinkled over them ashes made from the palms from the previous year. Then, while the faithful recited the Seven Penitential Psalms, the penitents were turned out of the church

because of their sins — just as Adam, the first man, was turned out of Paradise because of his disobedience. The penitents did not enter the church again until Maundy Thursday after having won reconciliation by the toil of forty days' penance and sacramental absolution. Later, all Christians, whether public or secret penitents, came to receive ashes out of devotion. In earlier times, the distribution of ashes was followed by a penitential procession.

The ashes are made from the blessed palms used in the Palm Sunday celebration of the previous year. The ashes are christened with Holy Water and are scented by exposure to incense. While the ashes symbolize penance and contrition, they are also a reminder that God is gracious and merciful to those who call on Him with repentant hearts. His Divine mercy is of utmost importance during the season of Lent, and the Church calls on us to seek that mercy during the entire Lenten season with reflection, prayer and penance.

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