

LENT PEACE THOUGHTS

May these wise words challenge us to seek peace and become the peacemakers our world so desperately needs, for peace begins with us.

In times of great personal and social upheaval, real peacemakers, genuine bridge-builders, do four things:

First, they tap into their own deepest spiritual self and recommit to the higher values that dwell in them there.

Second, they speak kindly to the other at all times - no name-calling, no threats, no ultimatums, no personal judgments.

Third, they articulate their own values, goals, concerns and hopes, clearly and calmly.

Fourth, and perhaps most importantly, they listen carefully to the issues and commitments that impel and motivate the other, looking for desires that are common to both sides.

Then, and only then, can we say that we are honestly committed to working together for the common good. Only then can we call ourselves peacemakers.

We need this kind of common commitment so badly - for honesty, clarity, kindness and wisdom are the key to a just future.

None of this is easy, but it is where the work of peace begins!

From: 'To Be A Peacemaker' by Sr. Joan Chittister OSB

TV WITH A CONSCIENCE

MONDAY 8.00PM BBC1: THE RISING COST OF HEALTH BENEFITS

Investigates the reported rise in claims for disability or incapacity benefits.

MONDAY 9.00PM BBC2: AI CONFIDENTIAL WITH HANNAH FRY

Series, which examines the AI revolution and investigates the potential risks and rewards of this powerful new technology.

TUESDAY 9.00PM BBC2: ZERO LINE: INSIDE RUSSIA'S WAR

Russian soldiers on the front line give testimony to the horror of the war, despite the risk of arrest or worse and Russia's tactics to ensure nobody dissents.

TUESDAY 11.30PM BBC4: iHUMAN

2023 documentary about artificial intelligence and how it can simulate, augment and even outperform the human mind! Should we be filled with optimism or fear?

THURSDAY 7.30PM ITV1: RISING SCAMS: WHAT YOU NEED TO KNOW

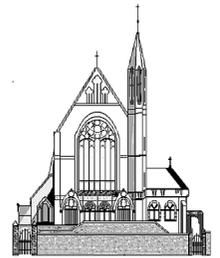
What should we be aware of and what is being done to try to stop money being taken from unsuspecting victims.?

Registered Charity **232709**



THE PARISH OF ST MICHAEL AND SACRED HEART

Fr. James Nugent Pastoral Area
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Sacred Heart Church, Low Hill, L7 8TN
Tel: 0151 263 6578



21st & 22nd February 1st Sunday of Lent Year A p.151

MASS TIMES

Tuesday 9.30am St Michael's

Wednesday 12 noon Sacred Heart

Thursday 7.00pm St Michael's

Saturday 6.30pm Sacred Heart

Sunday 10.30am St Michael's

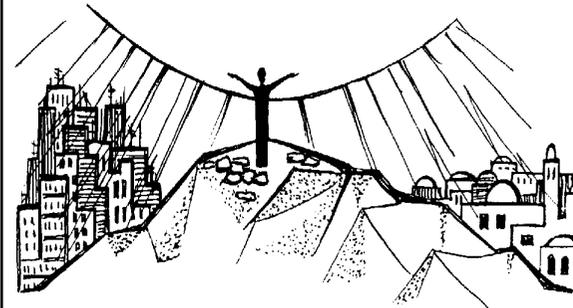
GOSPEL THOUGHTS Matthew 4: 1-11

In the 70's they all wore flares. (Ask your grandad). Today, they wear shorts. Fashions change and we all change with them. What everybody else is doing, we follow suit. The same coats other people buy, makes our decision for us. 'You don't have to go to church to say your prayers these days,' some say, 'I can say them at home.'

Lent is a time to notice what we do and who we follow. Without time with Jesus in the gospels, we are likely to follow the crowd. Certain people only love some people, while the gospels challenge us to love everyone. Read the gospels; read the gospels; read the gospels! Only if we read the gospels will we find our way, even if we are going a different way to others.

'We do not live on bread alone but on every word that comes from the mouth of God.' Seek out the word. One person following God's

way allows every other person the example to follow. A father leaves an imprint on his children, like a mother's love creates the confidence of the growing child. We are privileged to set a fashion; the same one as Jesus. Follow Jesus by reading the gospels!



REMEMBERED...during Mass

Kathleen McIlwaine, Anthony Perry, Jose Mathew,
Eamonn Burke, Christine Grant,
Please keep these families in your prayers.

ACTION FOR PALESTINE IN LENT

LEAFLETING: At Barclays Bank, Lord Street,
Monday 23rd February, 1.30pm, highlighting the bank's role in financing
Israeli apartheid and inviting customers to move their accounts.

INFORMATION STALL at Lark Lane Farmers Market on
Saturday 28th February from 10am. Why not help for half an hour?

PALESTINE MARCH Sunday 1st March, 2.00pm from the
Catholic Cathedral then walk through town to Derby Square
where there will be speakers.

PALESTINE QUIZ NITE (with special reference to International
Womens' Day), **Friday 6th March, 7pm** at the Unitarian Church Hall
on Ullet Road. Entrance: £9 / £5.

STATIONS OF THE CROSS

Stations of the Cross, Fridays during Lent, 6.30pm at St Michael's Church.

PILGRIMAGE THROUGH LENT

You are invited to a series of Lenten Evenings at the Irenaeus Centre,
32, Great Georges Road, L22 1RD on Tuesdays at 7pm starting 24th February,
then 3rd, 10th, 17th, 24th March. You can join via Zoom. For more info.
contact centreirenaeus@gmail.com or ring Jenny on 0151 949 1199

CAFOD FAMILY FAST DAY FRIDAY, 27th FEBRUARY

This Lent, let's live out the Gospel call to love our neighbour. By fasting and
giving what we save, we join in Christ's compassion to help other families put
food on their table. Your donation will help families around the world grow
food in difficult conditions. Please take a CAFOD envelope to bless others
with your support; also donate online at cafod.org.uk/envelope or call
0303 303 3030. Thank you!

DAY OF RECOLLECTION

FOR READERS, EUCHARISTIC MINISTERS & CATECHISTS

Everyone from our Family of Parishes involved in the above ministries,
or interested in getting involved, is invited to a day of recollection on
Saturday, 28th February at St Patrick's, Park Place, 10.00 a.m. to 2.00 p.m.
Fr Matthew Nunes will guide us through the day,
helping us to reflect more deeply on the spiritual richness of our ministries,
with others from our local parishes.

UPCOMING ACTIVITIES

Stations of the Cross Each Friday during Lent 6.30pm St Michael's

Baptism Preparation Sessions - Mondays 2nd and 16th March
7.30pm., St Michael's Horne St.

Pax Christi - Tuesday 12th March Friends Meeting House

WYA Session 4 - Tuesday, 10th March 5.30pm, The Irish Centre.

COMPANIONS FOR EUCHARISTIC MINISTERS

We are asking for adults visitors to the housebound, if you have a spare hour.
Please let Fr. Fitz know if you can be part of this.

SAFEGUARDING TEAM

Archdiocese Safeguarding Team will be visiting our parish on Monday 9 March at
St Michael's parish rooms between 4:00-7:00pm to help complete DBS forms, for
those who support the children, housebound and vulnerable in our parish. It is
essential that this process is completed. If you are unable to attend please let
Father know as soon as possible.

BAPTISM PREPARATION SESSIONS

Baptism Preparation Sessions will take place Mondays 2nd and 16th March,
7.30pm in St Michael's, Horne St. For a place on the
Programme, please see Fr Fitz after mass Saturday or Sunday.

LENTEN RETREAT FOR YOUNG ADULTS

Archdiocesan Lenten Retreat Day for Young Adults (aged 18 to 35) on
Saturday, 7th March at the Carmelite Monastery, Allerton Road, Liverpool,
L18 3NU. The day is free of charge, beginning at 10:00
and concluding at 16:00. Fr Peter McGrail will talk about the challenge of
baptism and baptismal priesthood. Please bring your packed lunch.
Interested? Sign up at: [https://forms.office.com/e/B8jbFyeYzV?](https://forms.office.com/e/B8jbFyeYzV?origin=lprLink)
[origin=lprLink](https://forms.office.com/e/B8jbFyeYzV?origin=lprLink). For more info. contact Moses at m.mui@rcaol.org.uk

EUCHARISTIC MINISTRY TRAINING DAY

The Irenaeus Centre will be leading a Eucharistic ministry training day
On 14th March 2026. Please see to Fr Fitz if you are interested and
we can get you registered for the training for this important ministry.

CUPPA AFTER MASS

Please join us after mass in the Parish Room
on Sunday mornings for a cuppa, biscuit and a chat.
All are welcome.

SVP

The SVP is an important part of parish outreach. The collection is the
first weekend of each month. You are very generous. Thank you.