

M ST MARY'S MENDLESHAM

www.stmarysmendlesham.org.uk

You are welcome to worship at any
of our services.

SUNDAYS:

9.30 a.m. Parish Mass & Address

JAM (Jesus & Me) 3rd March
in Old Schoolroom, then to church at
10.00 am

First Mass of Sunday:

Saturdays: 3.00 pm

Daily Mass: *see calendar on back page
& check porch notice & bulletin.*

Daily Morning & Evening Prayer
see porch notice.

Baptism (Christening), Marriage,
Anointing of the Sick & Holy Communion
from the Reserved Sacrament - *contact
Fr Philip*

Sacrament of Reconciliation

Saturdays 2.00 pm

Before Lent: Mon 4th March: 3.00 pm

Tues 5th March: 4.00 pm; Wed 6th

March: 10.30am & 3.00 pm -or contact

Fr Philip



ASH WEDNESDAY

Vicar:

Fr Philip T Gray, B.A., S.S.C.
Mendlesham Vicarage

01449 766359

Churchwardens:

Hazel Spalding

01449 768616

Andrew Fleming

01449 711065

WHAT'S ON THIS MONTH : ALL WELCOME

For full calendar of daily Mass see inside back cover

3rd Mar	QUINQUAGESIMA: 8th Sunday of Year C 9.30: Parish Mass; JAM in the Old Schoolroom
4th Mar	9.30: Requiem Mass: 1 st anniversary: Beryl Clarke 7.15 pm: Shared supper and Bible study in the Old Schoolroom
6th Mar	ASH WEDNESDAY 9.30: Mass (said) & ashing ceremony 7.30 pm: Sung Mass & ashing ceremony
8th Mar	2.30 pm: Mass at Mason Court followed by refreshments
10th Mar	9.30: Parish Mass; 10.30 (approx.) AGM of Friends of St Mary's
11th Mar	6.30 pm: Mass in church 7.15 pm: Shared supper and Bible study in the Old Schoolroom
12th Mar	9.30: Requiem Mass: March anniversaries
18th Mar	6.30 pm: Mass in church of St Joseph 7.15 pm: Shared supper and Bible study in the Old Schoolroom
19th Mar	ST JOSEPH 2.00 pm Silent Prayer before the Blessed Sacrament 2.30 pm: Mass: laying-on of hands & anointing for healing
22nd Mar	2.30 pm: Mass at Mason Court followed by refreshments
23rd Mar	11.00 – 2.00 pm 'Baked Spud Bash' in URC chapel organised by Friends of St Mary's
24th Mar	LENT III: 9.30: Parish Mass. 10.30 (approx.) Vestry Meeting for election/re-election of churchwardens. Nominations for PCC
25th Mar	ANNUNCIATION OF OUR LORD. 9.30: Mass (said) 7.30 pm: Sung Mass & Confirmation. Celebrant: The Rt Revd Norman Banks, Bishop of Richborough. Shared Party afterwards in church. All welcome
30th Mar	<i>Clocks go forward for Summertime – one hour less in bed</i>
31st Mar	LENT IV: MOTHERING SUNDAY. 9.30: Parish Mass Today we thank God for 3 mothers: Mother Mary, Mother Church and our own mothers, living or departed. Everyone receives a candle as a sign of prayer for our own mother, which is lit and placed on the altar in the Lady Chapel.

LOOKING BACK:

The Christian Aid Crib Appeal raised £916.91. £597.20 was gift-aided, producing a further £149.39, so totals £1066.21. The November special appeal for Indonesia raised £233.75, so the total raised recently for Christian Aid in Mendlesham is

£1299.96. **Thank you** to all who gave to help some of the poorest people in the world.

Fr Philip Writes...

Lent begins in March this year. The word 'Lent' comes from an old English word meaning 'Springtime' and is observed at this time of the year when days begin to get longer. As there is new life in nature during Spring, it also reminds us of spring cleaning. Lent is a time of spiritual cleaning in our lives and we do this through repentance and reconciliation. Lent begins on **Ash Wednesday** – so called because of the ashes (made from last year's Palm Crosses) placed on our foreheads to show we are sorry about our wrongdoing and serious about wanting to overcome sin.



So often the only thing people seem to know about Lent is 'giving up something' without knowing why. The story is told of a priest returning one evening to his Rectory in the dark. He was accosted by a robber who pulled out a gun, pointed it at him and demanded, *"Your money or your life!"* As the priest reached his hand into his coat pocket, the robber saw his clerical collar and said, *"So you're a priest? Then you can go."*

The priest was rather surprised at this unexpected show of piety and so tried to reciprocate by offering the robber his packet of cigarettes, but the robber replied, *"No, Father, I've given up smoking for Lent!"*

The robber was trying to keep an outward show of not smoking in Lent whilst forgetting the far more fundamental commandment not to steal.



The ashes on Ash Wednesday are a sign of repentance of the change of heart we want to achieve so we become closer to God. Of course we can 'do penance' or show repentance by giving up our favourite foods, as **Fasting** is one of the 3 hallmarks of Lent which Our Lord encourages us to do. But we don't give up luxuries like chocolate, for instance, just so we can binge on Easter Eggs 6 weeks later. **Fasting** should go hand-in-hand with the other two: **Almsgiving** and **Prayer**.

- i. **'Almsgiving'** means giving away money, including the savings made on those luxuries - to deserving people or charities. When we give money away we are demonstrating the love of God and love of our fellow human beings. This year we are encouraged to support the diocese of Kagera, a beautiful region in

Tanzania, where the majority of its 1 million inhabitants live on less than £1 per day, mostly through subsistence farming. Parts of Kagera have some of the



highest under-five mortality rates in the country. Lack of education and low capital investment in the area has led to a perception of poverty being the norm and to a dependency on external aid. As well as being twinned with our diocese, there is a closer link. In 2011 on a visit to Suffolk, Bishop Darlington, when a parish priest, joined us with his wife Emelia at a healing service at

Mendlesham and on pilgrimage to Walsingham. His diocese serves communities through spiritual nurture, healthcare, education and poverty alleviation. Please give generously.

- ii. **Prayer.** By prayer we grow closer to Christ, but it is far more important to listen to God than just talk to him. Two of the best ways are by listening to and reading God's Word in the Bible and receiving the Body and Blood of Christ in Holy Communion. We pray, too, for our brothers and sisters in Christ in Kagera.

Lent should not be a miserable time. It invites me to ask: **How enthusiastically do I follow Jesus? Where does my enthusiasm come from? and What keeps my enthusiasm going?** Let us all embrace these challenges wholeheartedly.

