



In his message "I have loved You", Pope Leo reminds us that it has been part of the Judeo-Christian tradition to care for the poor and the marginalised. Lent gives us an opportunity to *restore balance* in our lives and relationships and to join in solidarity with people struggling around the world to live with dignity and safety, to feed their families: in our country people who face difficulties and/or rely on foodbanks; people overseas who are more severely affected by climate change, conflict or corporate greed.

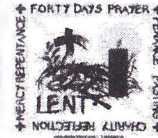
This Lent, we can live out the Gospel call to love our neighbour – at home and abroad - by supporting the work of SVP Furniture store, Grace Foodbank, LIFE, St Wilfrid's Centre and Ben's Centre and the many other Parish partners who enable us to show our care.

By fasting and giving what we save, we join in Christ's compassion and help another family put food on the table. Our donations from CAFOD Family Fast Day on Friday 27th February can help families around the world grow food in difficult conditions – such as on flood-resistant floating gardens or using solar-powered water pumps in times of drought. More information may be found at <https://cafod.org.uk/fundraise/family-fast-day>



**Thank you for any support you can give in Lent
to restore balance.**

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Some extra opportunities in **LENT 2026** for....

REPENTANCE – turning back to the ways of God

- ✘ **Sacrament of Reconciliation:** Every Saturday 10-10.40am before 10.45am Mass.
- ✘ **Penitential Service:** to be confirmed.



PRAYER & REFLECTION – drawing closer to God



- ✘ **Stations of the Cross:** Totley Tuesdays after 10am Mass. OLST Wednesdays at 9.30am
- ✘ **Exposition of the Blessed Sacrament and Rosary** 10-10.40am Saturdays.

- ✘ **Weekday Mass** usually 10am Tues (Totley) & Weds (OLST), 12noon on Fridays (OLST)– but please check the Newsletter.

FASTING & ABSTINENCE – for the good of our body & soul

- ✘ **CAFOD Family Fast Day:** Friday 27th February.
- ✘ **Fridays** are days of fasting & abstinence. Lent encourages us to greater efforts. Make them count for Creation.



ALMSGIVING- for the good of our neighbour's body & soul

- ✘ **Lenten Offertory Collections:-** (More details in Newsletter.)

1. 22nd Feb *Household items for **SVP Furniture Project.**
 2. 1st March *CAFOD Fast Day envelope collection & Regular 1st Sunday *Give to Live collection & *Tinned veg & meat casseroles, cleaning materials for **St Wilfrid's Centre.**
 3. 8th *Commitment to give of your time and skills
 4. 15th *Money collection for **LIFE.**
 5. 22nd *Groceries for **Grace Food Bank**
 6. 29th *Small /medium underwear pants, vests & T-Shirts, socks & size 7-10 shoes - **Ben's Centre.**
- ✘ **Good Friday:** Collection for support of Holy Places in the Holy Land.




OUR LENTEN JOURNEY TO EASTER 18 FEBRUARY – 5 APRIL 2026

PRAY: to give thanks to God and to grow in the love of Christ. **GIVE:** to share Christ's love with others.

FAST: to sharpen your senses and cleanse your spirit.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Lent starts this week</p> <p style="text-align: center;">PRAY FAST GIVE</p>	<p>Reflect on Pope Leo's message <i>Dilexi Te</i> ("I have loved you") referenced here as D.T.</p>	<p><i>Ash Wednesday.</i> "Return to me with all your heart" (<i>Joel 2:12</i>) Note the "all" Token gestures are not enough</p>	<p>Support our Lent collections for local charities. The details are overleaf and / or in our weekly newsletter.</p>	<p>."Keep seeking and be ready to take risks." (Pope Francis at World Youth Day 2023)</p>	<p>Please donate household items this weekend for the SVP Furniture Store</p>	<p>"You shall worship the Lord your God and him only shall you serve." (<i>Matthew 4:10</i>) <i>22 February</i></p>
<p>Pray and act for peace and justice. Visit the Pax Christi website for ideas and resources. www.paxchristi.org.uk</p>	<p>Reflect on Jesus's journey to Calvary at Stations of the Cross, at M/Head at 9.30am, Wednesdays and Totley after Tuesday Mass</p>	<p>In charity I give what I can easily spare; in justice I share what I have. (www.sacredspace.ie).</p>	<p>What gives you hope in troubled times? Start a conversation about it. Share positive, not negative, messages.</p>	<p>Lent Fast Day. Bring in your Fast Day envelopes this weekend. Also your Give to Live and St Wilfrid's gifts.</p>	<p>We now have morning Mass every Saturday at 10.45 after Exposition, Rosary and Confessions from 10. All welcome.</p>	<p>Jesus expresses his glory to the apostles to strengthen them for the challenges that lie ahead. <i>1 March</i></p>
<p>Consider how you could share your time and skills to benefit our parish and parishioners.</p>	<p>There are many online campaigns against injustices in our world. Sign at least two this Lent.</p>	<p>Those who suffer know how great even a small gesture of affection can be and how much relief it can bring. (D.T)</p>	<p>"Hope is not deceptive, because the love of God has been poured into our hearts by the Holy Spirit." (<i>Romans 5:5</i>)</p>	<p>Help charities and support recycling by buying at and donating to charity shops and charity events.</p>	<p>International Women's Day is this weekend. Pray for women and girls who are denied basic human rights</p>	<p>The Samaritan woman was changed by her meeting with Jesus and became a witness to him. <i>8 March</i></p>
<p>Charity has the power to change reality. (D.T)</p>	<p>"God loves a cheerful giver." (<i>2 Corinthians 9:7</i>)</p>	<p>Don't let anxiety or fear of the unknown hold you back from growing in faith - and putting your faith into action.</p>	<p>Pray for our First Holy Communion candidates and for their families. They are our hope for the future.</p>	<p>Pray for the work of Hallam Support for Life and support the cash collection this weekend.</p>	<p>Thank God for all the gifts we share in our parish. Be generous in sharing yours.</p>	<p>Mother's Day By healing the man born blind, Jesus reveals himself as the light of the world. <i>15 March</i></p>
<p>Pray for the leaders of the Church, and for all our priests and seminarians. And for more new vocations.</p>	<p>Feast of St. Patrick "I am a sinner the least of all believers." practice Patrick's humility.</p>	<p>Charity is not optional, but a requirement for true worship. (D.T)</p>	<p>Feast of St. Joseph May we, like St Joseph, accept all that God gives us, and care for those entrusted to us.</p>	<p>What a wonderful world God has given us. Let us each play our part in protecting it.</p>	<p>Please donate food items for the Grace Foodbank to help them give support to those in need in our area.</p>	<p>Jesus raised Lazarus from the dead saying: "I am the resurrection and the life" <i>22 March</i></p>
<p>Pray that those who have witnessed violence, destruction and killing will find help to deal with their experiences.</p>	<p>"Aspire not to have more but to be more." <i>St. Oscar Romero.</i> On his anniversary today, take his words to heart.</p>	<p>Feast of the Annunciation of the Lord. "Nothing is impossible to God." Luke 1:37</p>	<p>"Never repay evil with evil" (<i>Romans 12:17</i>) Bitterness festers like an untreated wound; forgiving heals.</p>	<p>We must continue to denounce the "dictatorship of an economy that kills. (D.T)</p>	<p>Pray for people who suffer from addictions. Support this week's in-kind collection for Ben's Centre.</p>	<p>Palm Sunday We hold palms to remember that Jesus' kingdom is built on peace and service <i>29 March</i></p>
<p>Pray for our politicians, priests, doctors, teachers, police and fire services and all who lead our communities.</p>	<p>The Sacrament of Reconciliation brings us healing. Come along to tomorrow evening's Penitential Service.</p>	<p>Almsgiving will not solve the problem of world poverty but must still be carried out. (D.T)</p>	<p>Maundy Thursday 'They recognised him at the breaking of bread' (<i>Luke 24:35</i>). May we always do likewise.</p>	<p>Good Friday  Let Christ fill the space today.</p>	<p>Holy Saturday Rejoice in your hope, be patient in tribulation, be constant in prayer. <i>Romans 12.12</i></p>	<p>EASTER SUNDAY May we find joy and strength from Jesus' resurrection</p>