



**A LENTEN JOURNEY TO EASTER 2021    17<sup>th</sup> February – 4<sup>th</sup> April**  
**Fasting for the good of your health. Almsgiving for the good of your neighbour's health.**  
**Prayer for the food and water of life.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>This Lent.... not everything is locked down. Enjoy, be grateful for and share God's many gifts to us.</b>	<i>Why not Walk for Water this Lent - in solidarity with those who literally have to do just that. See <a href="http://cafod.org.uk">cafod.org.uk</a></i>	<i>Ash Wednesday</i> Do not let the grace of God you have received come to nothing. <i>2 Corinthians 6:1</i>	Attend Masses safely at home on Livestream. Your tv/computer room is your chapel. Listen and answer as in church	Extend your Friday fasting from meat to at least one more day a week, and try out some alternatives to dairy.	There are no in-kind collections this Lent. See the newsletter for how can still support our Outreach partners.	<b>The kingdom of God is close at hand. Repent and believe the Good News <i>Mark 1:15</i></b> <i>21 February</i>
Try to find some quiet time each day. Shut out the background noises so you can hear what God is saying to you.	People can't just "snap out of" feelings of grief, depression or anxiety. Just let them know you are there for them.	In Fairtrade Fortnight visit <a href="http://fairtrade.org.uk">fairtrade.org.uk</a> . Trade justice requires climate justice. We all must play our part.	Take part in some reflective livestream or Zoom services, e.g. Stations of the Cross / Evening Prayer /Rosary.	<i>Lent Fast Day.</i> Support CAFOD's fundraising. Stay in touch with their campaigns via social media and their website	Pray for people who suffer from addictions. Your Outreach gifts help support the work of Ben's Centre.	<b>"This is my Son, the Beloved. Listen to him"</b> <b>Do we really listen to Jesus's message today?</b> <i>28 February</i>
Saying Grace before each meal can remind us of God's presence and His blessings to us throughout the day.	There is someone out there who is lonely and longing for a phone call. Will you share some time with them?	Have you joined the Give to Live 100 Club in aid of our Outreach partners? See parish website - Outreach page	When restrictions are lifted don't abandon any planet-friendly lifestyle changes enforced on us by the pandemic.	Creator God, inspire us to treat creation and each other as you would, with respect.	Pray for the clients and the work of our parish SVP, the SVP Furniture Store and the Sheffield Besom project.	<b>Are we ready to appear foolish in the eyes of the world by showing our faith in a crucified Christ?</b> <i>7 March</i>
On <i>International Women's Day</i> , say thank you to one of the women who has helped you in your life.	Read up on Pope Francis's encyclical Fratelli Tutti. (Full text & helpful commentary on CAFOD's website)	Thank frontline workers whenever you meet them for always being there for us, especially during the pandemic.	Give up comparing yourself with others. God loves you as you are.	When you are fasting, remember those who have no option but to go without things that you take for granted	Pray for people with money worries. Donate to Food Banks if you are shopping at the large supermarkets.	<i>Mothers Day</i> <b>Pray especially for the work of LIFE this weekend.</b> <i>14 March</i>
Keep our priests in your prayers at all times, but especially now, during the COVID-19 crisis.	People begging on the streets are our brothers and sisters. Giving cash may not help them, but don't ignore them.	<i>Feast of St. Patrick</i> - a man of action, tireless in his vocation to preach the Gospel. May we be inspired by his example.	Review your giving to charity. Give regularly, not just when there's a crisis or disaster. Could you give more?	<i>Feast of St Joseph</i> May we, like St Joseph, accept all that God gives us, and care for those entrusted to us.	Pray for the work and clients of St Wilfrid's Centre Visit <a href="http://www.stwilfridscentre.org">www.stwilfridscentre.org</a> for their latest news.	<b>Today is Racial Justice Sunday. As Catholics we must acknowledge and confront our own failings.</b> <i>21 March</i>
On <i>World Water Day</i> , pray for those people who are still denied the basic human right to clean water.	Many of us are descendants of refugees. Welcome newcomers to our country and community.	Read about November's crucial climate summit (COP26) at <a href="http://cafod.org.uk">cafod.org.uk</a> . Sign the petition to the PM for climate justice.	<i>The Annunciation of The Lord</i> God has become one of us. The God-Man embraces all humanity.	If we take happiness from God's hand, must we not take sorrow too? <i>Job 2.10</i>	Pray for Christians in the Holy Land and the work of the Bethlehem Care & Hospice Trust.	<b><i>Palm (Passion) Sunday</i></b> <b>The spirit is willing but the flesh is weak. (Mark 14.38)</b> Jesus can help us if we let him <i>28 March</i>
Pray for Christians who are persecuted for their beliefs and that their persecutors will have a change of heart.	Let go of any grudges you are nursing and say you are sorry to anyone you have hurt.	Thank God every day for your family and friends (living and dead) and for all the good things in your life.	<i>Maundy Thursday.</i> Jesus came not to be served but to serve. He asks us to do the same.	<i>Good Friday.</i> Plug into this day of prayer by unplugging all non-essential electrical devices.	<i>Holy Saturday</i> Rejoice in your hope, be patient in tribulation, be constant in prayer. <i>Romans 12.12</i>	<b>EASTER SUNDAY</b> <b>He has risen, as he said he would. <i>Matthew 28.6</i></b> <b>Stay with us Lord on our journey.</b>