

## PARISH OF BLESSED JAMES BELL

*Serving St Benedict's, St Mary's & St Oswald's  
Warrington*

### 10) Mondays in Lent

From Monday 7 March, the new Archdiocesan Pastoral Development Department will be running 'Belong and Believe' online sessions from 7.00 – 8.00 pm using "Cafe" materials.

March 7	Building Welcoming Communities
March 14	Growing in Faith Together
March 21	Renewed in the Holy Spirit
March 28	Caring for God's Creation
April 4	Evangelising with Love & Action

To register for the series, please use the link below:

<https://us06web.zoom.us/meeting/register/tZ0ldO6oqD0sE9GOs3Eewqn1hNhwIxPPFpG6>

### 11) A Lenten Journey

Redemptorist priest, Fr Denis McBride CSsR, will be leading a free online retreat each Sunday during Lent beginning on Sunday 6 March. For full details: [www.rpbooks.co.uk/retreat-with-fr-denis-2022](http://www.rpbooks.co.uk/retreat-with-fr-denis-2022)  
Each video will remain online throughout Lent, so you can watch them anytime.

### 12) Some Ideas for Children

- Ask your mum or dad to bring you to Sunday Mass during Lent
- Save a penny a day for CAFOD or another charity
- Say a prayer before you go to bed at night
- Offer to do a five-minute job around the house each day
- Use the Lenten Calendar for Children (available from Fr Dave)



The purpose of doing something for Lent isn't about achieving something perfectly, rather it's about trying to become a little bit more like Jesus in our daily lives. So, if you mess up, don't give up, simply try again or try something else. It's the trying that matters.



**Some Ideas for Lent 2022**

## SOME IDEAS FOR LENT

### 1) **Prayer**

If you've got out of the habit of spending a few minutes in prayer each day, why not try and get back into the habit during Lent. It can help to 'book it in', as it were. Don't bite off more than you can chew. A few minutes is enough – either to read the Gospel of the day and think about it, or simply to sit quietly... perhaps talk to the Lord in your own words, pray for someone or something you need help with, or just enjoy the silence. Prayer is simply about keeping in touch with our Lord like we keep in touch with family and friends.

### 2) **Fasting**

Going without a meal or something we enjoy can be good for us. It makes us think of those who don't have the basic necessities in life and moves us to help where we can.

### 3) **Almsgiving**

Some opportunities to give to charity:

- a) **CAFOD** – the Catholic international aid agency working to alleviate poverty and suffering in developing countries. [www.cafod.org.uk](http://www.cafod.org.uk)
- b) **Nugent** – a registered charity which cares, educates and protects vulnerable children, young people and adults through schools, care homes, community and social work services across the Archdiocese. [www.wearenugent.org](http://www.wearenugent.org)
- c) **Mary's Meals** provides chronically hungry children with one meal every school day, encouraging education that can lift them out of poverty in later life. [www.marysmeals.org.uk](http://www.marysmeals.org.uk)
- d) **Parish Caritas** – donations are used weekly to help those who are struggling in our own community.

### 4) **Looking after yourself**

The pandemic has taken its toll on many of us. We may find ourselves struggling to do the things we need to do to stay healthy in mind and body. So 'looking after yourself' could be an area to work on during Lent. For example, walk a mile a day – it's good exercise and great for

mental health; meet up with a friend instead of staying inside on our own which can breed depression and ill-health; etc.

### 5) **Prayer List**

One of the best gifts we can give to another person is to pray for them. There's a prayer list at the end of the newsletter each week. Why not cut it out and stick it on your bathroom mirror? Then, every time you look in the mirror, pick a name and simply ask our Lord to bless that person.

### 6) **Spiritual Reading**

The annual publications – 'Lent Extra' (large booklet) and 'Walk With Me' (small booklet) – are available in church. You will also find resources on the parish website under 'News & Information' (left-hand side of the home page). These will be added to during the season.

### 7) **Thank You**

Why not use the season of Lent to thank people you might not normally thank who have made a difference to your life during the pandemic? Choose one person a day and send them a card, or give them a call, or drop them an email. It's a little thing but will mean so much to someone else – it will build them up for the day!

### 8) **Sunday or Weekday Mass**

Quite a number of parishioners are nervous about going out because of the pandemic. They've got used to staying at home. They would like to come to Mass but feel unsure in themselves about going out. If you know someone like this, why not invite them to come along with you?

### 9) **Helping in the Parish**

The pandemic has decimated congregations, ministries, and volunteers across the parishes of the Archdiocese. It will take us some years to recover. Could you help? We need Eucharistic Ministers, Readers, Altar Servers, Church Cleaners, Catechists, Parish Visitors, and so much more. If you think you might be able to help in some way in the near future, please let Fr Dave know or phone Celia in the Parish Office. Many thanks.