

## FASTING AND ABSTINENCE

*Your handy guide especially for this coming Ash Wednesday and Good Friday,  
and for the rest of the year: courtesy of the Code of Canon Law...*

*In the Latin Church (ie the largest of the Particular Churches in communion with the Holy See, the others being generally known as the Eastern Catholic Churches), we have different types of fasting and abstinence throughout the year:*

**1) The Eucharistic Fast** (*Fasting before receiving Holy Communion*)  
Canon 919 §1. A person who is to receive the Most Holy Eucharist is to abstain for at least one hour before holy communion from any food and drink, except for only water and medicine.

**2) The 'Friday Fast'** (*this is what is, strictly speaking, called 'abstinence'*).  
Canon 1250 All Fridays through the year and the time of Lent are penitential days and times throughout the entire Church.

Canon 1251 Abstinence from eating meat or another food according to the prescriptions of the conference of bishops\* [see below] is to be observed on Fridays throughout the year unless they are solemnities.

Canon 1252 All persons who have completed their fourteenth year are bound by the law of abstinence; all adults are bound by the law of fast up to the beginning of their sixtieth year. Nevertheless, pastors and parents are to see to it that minors who are not bound by the law of fast and abstinence are educated in an authentic sense of penance.

*\* The Conference of Bishops of England and Wales has, as of 2011, determined that our penitential obligation on Fridays is fulfilled by abstaining from meat, as the common act of witness and sacrifice undertaken by Catholics. If this isn't a sacrifice for us (eg because we're vegetarians), some other act may be undertaken instead.*

*Note: abstaining from meat does not necessarily equal eating fish!*

**3) Fasting and Abstinence** The law of fasting requires a Catholic from the 18th to the 59th birthday to reduce the amount of food eaten from normal. Because people ask about these things, the Church defines this as one main meal a day, and two smaller meals which if added together would not exceed the main meal in quantity. Such fasting is obligatory on Ash Wednesday and Good Friday.

**Those who are excused from fast or abstinence** Besides those outside the age limits: the sick, the frail, pregnant or nursing women according to need for meat or nourishment, manual labourers according to need, those in situations where it is morally or physically impossible to observe the penitential discipline. Remember that we are obliged to perform the duties of our state in life. Any deprivation that would seriously hinder us in carrying out our work, as students, employees or parents would be contrary to the will of God.

But these penitential disciplines can still be undertaken (if safe) by those who are not bound to do so, as acts of devotion to Our Lord.

First Sunday of Lent  
Genesis 9:8-15; Psalm 24; I Peter 3:18-22; Mark 1:12-15



St Edmund Campion Deanery, Old Berkshire  
Thames Isis Pastoral Area

## Hinksey Catholic Parish

**Parish Priest** Fr Daniel Lloyd **T** 07584 323915 **E** dlloyd@portsmouthdiocese.org.uk  
**Parish Office Opening Hours** Tuesday-Thursday 8.30am-1.30pm; Friday 1-4.30pm  
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SUNDAY 11 February	<p><b>SUNDAY 6 PER ANNUM (YEAR B)      QUINQUAGESIMA</b>  <b>Saturday Vigil</b> Sung Mass 5.00pm Holy Rood <i>Divine Worship</i>                  Confessions 6.10pm Our Lady of the Rosary                  Sung Mass 6.30pm Our Lady of the Rosary <i>Magdalen Kelly RIP (Anniv)</i>                  Mass 7.30pm Holy Rood (in Portuguese)  <b>Sunday</b> Sung Mass 9.15am Our Lady of the Rosary <i>Pro populo</i>                  Sung Mass 11.15am Holy Rood <i>Eileen Burton RIP</i></p>
Monday 12 February	<p><i>Feria (Monday of Week 6 per annum)</i>                  No Mass</p>
Tuesday 13 February	<p><i>Feria (Tuesday of Week 6 per annum)</i>                  Mass 9.30am Our Lady of the Rosary <i>Judy Porter RIP</i>  <u>No Confirmation Class</u>                  Adoration of the Blessed Sacrament 8.00pm Our Lady of the Rosary</p>
Wednesday 14 February	<p><b>Ash Wednesday      Day of Fasting and Abstinence</b>  <i>Confession 30 minutes before each Mass. Imposition of Ashes at each Mass</i>                  Mass 7.30am Our Lady of the Rosary <i>Terence Healy, RIP</i>                  Mass 9.00am Holy Rood                  Imposition of Ashes 2.00pm Cumnor Hill House                  Sung Mass 6.30pm Holy Rood (Divine Worship)</p>
Thursday 15 February	<p><i>Thursday after Ash Wednesday</i>                  Mass 6.30pm Holy Rood (Divine Worship) <i>Grace of a Good Lent</i>                  Holy Hour and Confessions 7.00-8.00pm Holy Rood</p>
Friday 16 February	<p><i>Friday after Ash Wednesday</i>                  Mass 8.30am St Thomas More    Mass 12.30pm Holy Rood (Latin, 1962)  <b>Adoration of the Blessed Sacrament 1.00-4.00pm Holy Rood</b></p>
Saturday 17 February	<p><i>Saturday after Ash Wednesday</i>                  Mass 9.00am Holy Rood followed by Rosary; Confessions until 10.00am</p>
SUNDAY 18 February	<p><b>FIRST SUNDAY IN LENT (YEAR B)</b>  <b>Saturday Vigil</b> Sung Mass 5.00pm Holy Rood <i>Divine Worship</i>                  Confessions 6.10pm Our Lady of the Rosary                  Sung Mass 6.30pm Our Lady of the Rosary <i>Thomas Kelly RIP</i>                  Mass 7.30pm Holy Rood (in Portuguese)  <b>Sunday</b> Sung Mass 9.15am Our Lady of the Rosary                  Sung Mass 11.15am Holy Rood <i>Pro populo</i></p>

**Our Lady of the Rosary**, Botley, OX2 9BD ✱ **Holy Rood**, Abingdon Road, OX1 4LD  
**St Thomas More**, Grace Dieu, Boars Hill, OX1 5DN

**OPENING HOLY ROOD** | Because it is a good thing to do, and because Bishop Philip wants us to, we are to begin opening Holy Rood on the Friday after Ash Wednesday (16 February) between 8.30am and 4.00pm. During Lent, we will have **Adoration** to pray for strength and the success of this effort, between 1.00pm and 4.00pm on Fridays. Please sign up to watch with the Lord in prayer. There will be a meeting for all **Keyholders TODAY** after the 11.15am Mass.

**FEAST OF THE CHAIR OF ST PETER** ✕ There will be a sung Mass in the Extraordinary Form with Gregorian Chant at English Martyrs' Church, Didcot, on **Thursday 22 February** at 7.30pm.

**NEWSLETTER BY EMAIL?** If you would like to receive the parish newsletter before Sunday please email the office and just write 'newsletter' in the subject.

**PARISH COLLECTION TOTALS**  
**Week ending 4 February 2018**  
Main collection plate: £605.75  
Standing orders: £600  
**Parish giving info:** Cheques should be made payable to: **PRCDTR North Hinksey Our Lady** Bank transfers to account number **00883337**, sort code **309304**. For Gift aid, please complete the gift aid declarations at the back of church

**FORTHCOMING SECOND COLLECTIONS** | **25 February** CAFOD Lent fast; **11 March** Clergy Assistance Fund.

**COUNTING ROTA**  
**Tuesday 13 February**  
Celia and Maria

**NEWSLETTER** | Please send all notices for next week's Newsletter to the **Parish Office** by **Thursday 10 am** email [hinksey@portsmouthdiocese.org.uk](mailto:hinksey@portsmouthdiocese.org.uk)

**CHILDREN'S DIARY**  
Children's liturgy runs every Sunday, during 9.15am Mass at OLOR.  
**11 March** **MOTHERING SUNDAY**  
Children's Mass with brunch afterwards all welcome. For any queries or if you would like to help with children's liturgy or activities for children, please contact Blanka [mccarthybb22@hotmail.com](mailto:mccarthybb22@hotmail.com)

**TRIP TO RACE HUT IN OXFORD** | For children/adults/parish, on **Sunday 18 February**, 3pm. Price £10/racer. Please contact Blanka before 14 February at [mccarthybb22@hotmail.com](mailto:mccarthybb22@hotmail.com)

**URGENT - YOUTH WORKER APPEAL** | As you may be aware, an urgent appeal was launched before Christmas. This was for funds to continue beyond this year the post of Youth Worker for our Pastoral Area. There were letters in church for all on the parish database. Some were picked up, and we are grateful to the small number who responded. The remaining letters have now been delivered or mailed. On the pledges we receive by the end of February will depend whether the post can be continued. Please mail completed responses to Holy Rood Church in the envelope provided, or put in the Youth Worker Appeal Response box at the back of church. Further appeal leaflets and response forms are also available in church.

**CAFOD'S FAMILY FAST DAY** | Lent is an opportunity to support our brothers and sisters who don't have enough to eat. On **Friday 23<sup>rd</sup> February** can you give up a meal or eat simple meal? Put what you saved in the CAFOD family fast day envelope. This Lent for every pound you donate the UK Government will also donate a pound up to total of £5 million meaning, CAFOD envelopes will be at the back of the church next weekend.

**IN OUR PRAYERS**  
**THE SICK AND THOSE IN NEED** | *Andres Barranco, Anderson Barranco, Sean Hodgkins, Vanessa Clark, John Finch, Maurice McAvooy, Peggy Duhig, Anne Lansberry, Ted Renshaw, Brian Hodgkins, Moira Fryer, Marian Miller, Bob Martin*  
**THE FAITHFUL DEPARTED** | *Fr Terence Healy*

**HOLY FATHER'S INTENTIONS** | Universal: **Say "No" to Corruption.** That those who have material, political or spiritual power may resist any lure of corruption.

**OF YOUR CHARITY**, pray for the repose of the soul of **Terence (Tim) Healy**, priest, Parish Priest (Rector) 1972-1980, Canon Emeritus of the Cathedral of St John the Evangelist, Portsmouth, for 55 years a priest of this diocese. Funeral details TBC. *Requiescat in pace.*

**CALLED AND GIFTED** is coming to our area again starting on **Saturday 10 March 9am - 4pm in Abingdon!** It is about helping discover your call, beyond that of being a parent, spouse or what you do at work. Your call is about using the particular gifts received at baptism. Please visit [www.portsmouthdiocese.org.uk/calledandgifted](http://www.portsmouthdiocese.org.uk/calledandgifted) or ring Clare Simpson 01235 847804 to book a place or to connect with others who have already done it.

**YOUTH GROUP** | see Youth Diary opposite:  
**WOMEN'S READING GROUP** | A group of women from the Parish meets once a month on a Monday evening, 8.30-9.30pm to read and discuss together AMORIS LAETITIA. If you would like to join, please contact [maria.rosa.antognazza@kcl.ac.uk](mailto:maria.rosa.antognazza@kcl.ac.uk).  
**MEN'S GROUP** | As advertised.

**ORDINARIATE** | Mass, Saturdays at 5pm (for the Sunday obligation); 6.30pm on Thursdays, both at Holy Rood. Masses using the Ordinate Missal, which anyone is welcome to attend, are indicated by *Divine Worship* in the newsletter. Music: Ash Wednesday 6.30pm: *Byrd Mass for 4 Voices*; Tallis, *Hear the Voice*; Saturday 17 (Lent I) *Byrd, Mass for 3 voices*; Anon (*Gyffard Partbooks*), *O Salutaris hostia*

**WOMEN'S WORLD DAY OF PRAYER** | We are hosting this year's Women's World Day of Prayer Service at Our Lady of the Rosary Church on **Friday 2 March at 10.30am**. The service has been compiled by the Women of Suriname under the heading "All God's Creation is very Good!" We have participants from various local churches already involved, so it would be lovely if we could have a good number of our own Parishioners to represent OLOR on the day, men included! I would also be grateful for help with refreshments afterwards. Please contact Monica White for more information on 01865 452205 or by email at [m.white14@ntlworld.com](mailto:m.white14@ntlworld.com). Thank you.

**PILGRIMAGES ✕ THE HOLY LAND**  
✕ Celebrating the Solemnity of the Most Sacred Heart of Jesus & the Immaculate Heart of Mary in the Holy Land, 6 places available from the **1-10 June 2018**. For more details please see poster in church.  
✕ **IN THE FOOTSTEPS OF ST PAUL**  
✕ Pilgrimage to Malta & Gozo from **Saturday 1 to Sunday 9 September**. This pilgrimage has been planned to include the feast of St Catherine.

**SPRING CLEAN 2018** | It is our 11<sup>th</sup> year! Register for our 2018 litter pick on Friday to **Sunday 2-4 March**. If interested please see poster in church and register at [oxclean.org.uk](http://oxclean.org.uk)