

PRAYER & HOLY COMMUNION

Before we receive Holy Communion, we need to make sure we're properly *disposed*. As we understand only too well, we shall never be perfect, but we can make some preparations which help us to receive the graces God gives us in such a way that as much fruit is borne as possible. What I will go on to say applies especially to receiving Holy Communion at Mass, but also if we receive the Blessed Sacrament at home or in hospital; and, importantly, if we're at Mass but we don't receive Holy Communion, for any of the multitude of reasons why that might be so.

Here's a way in which you can prepare yourself through prayer to receive the wonderful gifts of the Mass and Holy Communion. You might know that when the Rosary is prayed publicly, it's traditional to begin the action with a short set of prayers: these, in my view, translate really well to preparation before Mass. Fortunately for us, these prayers are easily remembered, and easily located if forgotten. Taking the time and space to go over something familiar, especially a set of prayers like this, can help our disposition greatly. It creates a moment in which we, who are, in the words of an ancient prayer, 'wearied by the changes and chances of this fleeting world', can 'repose upon God's eternal changelessness.'

Act of Preparation Before Mass

Once you get to church and find your place, kneel down, if you can. Begin with the **Sign of the Cross**, as you say 'In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.' Then say the **Apostles' Creed**, which is the shorter of the two Creeds given on the Mass cards. If you have a particular intention to pray for, a certain person or situation on your heart, bring it now in silence before God. Then say the **Lord's Prayer**, the 'Our Father...' Then a '**Hail Mary**' (before the Rosary, we say three; how many you say here is up to you). Finally, say '**Gloria be** to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and ever shall be, world without end. Amen.'

We should also remember to give thanks for what we have received whether directly after Holy Communion, or in a moment of quiet after the end of Mass (or indeed both). There are many ways of doing this, as there are of preparation, but here is one you might get on with. Try using both of these Acts this Lent.

Act of Thanksgiving

Pray through the hymn **Soul of my Saviour**, which is a poetic rendering of the great prayer of the early 14th century, the *Anima Christi*. You'll find it in our hymnbooks, if you don't already know it. After this, you may wish to give thanks to Almighty God for a particular grace you have received, or, more generally, for such blessings in your life as come to mind. Then follow with the **Collect** for the Feast of Corpus Christi, which goes like this: O God, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption. Who live and reign for ever and ever. Amen. End with a **Gloria be**, as above.

Readings for the Eighth Sunday in Ordinary Time

Isaiah 49:14-15, Psalm 61, 1 Corinthians 4:1-5, Matthew 6:24-34



St Edmund Campion Deanery, Old Berkshire
Thames Isis Pastoral Area

Hinksey Catholic Parish

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SUNDAY 19 February	SUNDAY 7 PER ANNUM YEAR A <i>Divine Office Week 2</i> Saturday Vigil Mass 5pm Holy Rood <i>Divine Worship</i> <i>SEXAGESIMA</i> Confessions 6.10pm Our Lady of the Rosary Mass 6.30pm Our Lady of the Rosary <i>Thomas Kelly, RIP</i> Mass 7.30pm Holy Rood <i>Portuguese</i> Sunday Mass 9.15am Our Lady of the Rosary <i>Pro populo</i> Mass 11.15am Holy Rood <i>Pro populo</i>
Monday 20 February	<i>Feria (Monday of Week 7 per annum)</i> First Holy Communion Class 3.45-4.45pm Rosary Room Mass 6.30pm Good Shepherd
Tuesday 21 February	<i>St Peter Damian, Bishop, Doctor of the Church</i> Mass 9.30am Our Lady of the Rosary <i>Catherine Harker's Ints.</i> Adoration 8.00pm Our Lady of the Rosary
Wednesday 22 February	Chair of St Peter the Apostle Mass 9am Holy Rood <i>Joan Jones RIP</i>
Thursday 23 February	<i>St Polycarp, Bishop, Martyr</i> Mass 6.30pm Holy Rood (<i>Divine Worship</i>) Adoration & Confessions 7-8pm
Friday 24 February	<i>Feria (Friday of Week 7 per annum)</i> No Mass at St Thomas More or Holy Rood today Funeral 10.30am <i>Simon Zachary Young RIP</i>
Saturday 25 February	<i>Our Lady on Saturday</i> 9am Mass Holy Rood 9.30-10am Confessions
SUNDAY 26 February	SUNDAY 8 PER ANNUM YEAR A <i>Divine Office Week 4</i> Saturday Vigil Mass 5pm Holy Rood <i>Divine Worship</i> <i>QUINQUAGESIMA</i> Confessions 6.10pm Our Lady of the Rosary Mass 6.30pm Our Lady of the Rosary <i>Eileen Smith RIP</i> Mass 7.30pm Holy Rood <i>Portuguese</i> Sunday Mass 9.15am Our Lady of the Rosary <i>Sr Nilda Pettenuzzo RIP</i> Mass 11.15am Holy Rood <i>Pro populo</i>
Our Lady of the Rosary , Yarnells Hill, Botley, OX2 9BD Holy Rood , Abingdon Road, OX1 4LD Good Shepherd , Bagley Wood Road, Kennington, OX1 5LY St. Thomas More , Foxcombe Road, Boars Hill, OX1 5HD	

ADORE (Alton Day Of REnewal) – **Saturday 25th February 2017 11.00-4.00** ✕ You are warmly welcome to a mini-retreat day (or morning/afternoon) of spiritual refreshment and renewal, focussing on the Charisms or gifts of the Holy Spirit. Please note new venue: at Alton Convent, Anstey Lane, Alton GU34 2NG. Talk “The Gift of Wisdom” by Peter Hobbs. There is no need to register in advance, and no charge (though a collection will be taken to cover costs). Please see poster at the back of the church.

FILM ON CHILD SLAVERY I On 1st March, 7pm, at Corpus Christi College Auditorium in Oxford, Childreach International are hosting a showing of **SOLD** – an incredibly powerful film that shines a light on one of the biggest human rights issues of our time: human trafficking and modern day slavery. **SOLD** follows the story of a young Nepali girl named Lakshmi who is sex trafficked to India. We are taking it on a 12 stop tour of the UK to shine a light on modern day slavery before the film goes on general release. In Oxford, the film will be followed by a panel discussion to bring the conversation from Nepal to Oxford. Tickets can be booked from www.taughtnottrafficked.com

ROTAS THIS WEEK
Counting Wednesday 22 February
Julie Moloney and David Iredale

PARISH COLLECTION TOTALS
Week ending 19 February 2017
Main collection plate: £ 428.19
Standing orders: £533.75
Catholic Education Service: £ 208.72

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

CHILDREN'S DIARY

Children's activities take place during the 9.15am Mass at Our Lady of the Rosary.

19 March - Children's Mass. No children liturgy.

26 March - Mothering Sunday Brunch after Mass.

2 April - Teaching Mass for FHC children. If your child would like to take part in Readings, Bidding prayers or music, please let Blanka know. Children's liturgy runs every Sunday unless stated otherwise. Please contact Blanka at mccarthybb22@hotmail.com

HINKSEY YOUTH GROUP MEETS ON SUNDAY 5 MARCH

11-14 yr olds - 2:30pm - 4pm at the Rosary Room followed by **Mass at 4:15pm** at Our Lady of the Rosary, Yarnells Hill, Oxford, OX2 9BD. For more information please contact Melanie at tipayouth@portsmouthdiocese.org.uk

SUMMER CAMP FOR BOYS I This year Fr Mark Hogan will again be leading a camp for boys of secondary school age at St. Cassian's, Kintbury, from **Sun 23rd to Sat 29th July**. There will be plenty of sport, outings, competitions and fun and games to ensure that boys will have a fantastic few days. This will continue to take place within the context of the celebration of the Catholic Faith, including daily Mass and morning prayer. The cost of the camp is £200 (though full and part bursaries may be available). To find out more or to reserve a place, please contact dbcamps@portsmouthdiocese.org.uk

PRAYERS FOR BAMENDA ✕ Please continue to pray for our Twin Diocese of Bamenda and for Archbishop Cornelius and the people of his diocese and throughout the English-speaking part of Cameroon.

IN OUR PRAYERS

THE SICK AND THOSE IN NEED |

Andres Barranco, Anderson Barranco, Jim & Joan Chatting, Sean Hodgkins, Vanessa Clark, John Finch, Michelle Roche, Maurice McAvoy, Peggy Duhig, Anne Lansberry, Ted Renshaw, Catherine Harker, Norman Coles, Brian Hodgkins, Clifford Broome, Moira Fryer

THE WHY? COURSE | Is God calling you to: become a Catholic? To Marriage? To Ordination? To have your child baptised, or to take the plunge yourself? Is your child getting ready for First Holy Communion? Do you want to learn more about your faith? Or discuss something you've always wondered about? The award-winning *Why?* Course begins this Lent:

Session I Saturday 4 March 10-11am
or Sunday 5 March 3.00-4.00pm
Session II Saturday 11 March 10.-11am
or Sunday 12 March 3.00-4.00pm
Session III Saturday 18 March 10-11am
or Sunday 19 March 3.00-4.00pm
All are welcome.

WOMEN'S READING GROUP I A group of women from the Parish meets once a month on Monday evening, 8.30-9.30pm to read and discuss together **AMORIS LAETITIA**. The main topic is family life – so it should be of interest to all! Please contact Maria Rosa Antognazza (maria.rosa.antognazza@kcl.ac.uk) if you wish to join or would like more information.

VACANCY FOR CHAPLAIN AT HUNTERCOMBE PRISON I Part-time 18.5hrs per week, £25,520+ pro-rata. To offer pastoral care & religious formation to the prisons and staff of the Catholic tradition. For job description & application form from Rev. Ian Thacker email: ian.thacker@hmpr.gsi.gov.uk or 01491 643212. Apply ASAP.

ORDINARIATE | Sung Mass, Saturdays at 5pm (for the Sunday obligation); Said Mass, 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. Next week's music: for Quinquagesima, Palestrina, *Missa Sine nomine*; Viadana, *Exsultate justi*.

ARE YOU 18-35? The Diocesan Youth Mission team are building a group of **Young Intentional Disciples** and need your help. Each parish has been asked to nominate young people to be the main point of contact for Diocesan Youth events and gatherings. If you are interested please speak to Fr Daniel after mass.

HOLY FATHER'S PRAYER INTENTIONS | Each month the Holy Father asks us to pray for a particular intention. February's is: **Comfort for the Afflicted** That all those who are afflicted, especially the poor, refugees, and marginalized, may find welcome and comfort in our communities.

CAFOD LENT FAST DAY I This year will be on Friday 10 March.

PILGRIMAGES | ✕ **LOURDES** ✕ Diocesan Pilgrimage with Bishop Philip **Friday 18-25 August 2017**. Please email parkgate@portsmouthdiocese.org.uk ✕ **PILGRIMAGE TO KRAKOW** ✕ Adventure with the saints this November visiting Divine Mercy Shrine, Pope JP2 sanctuary, Auschwitz and more. Departing 20th November spend 4 nights in a 5* hotel, flying from Heathrow with British Airways. Early bird offer of £485 available until 15/04/2017. Please visit www.aglowpilgrimages.com/krakow-pilgrimages or call 0800 689 4792.