



ST FRANCIS XAVIER'S CATHOLIC CHURCH HEREFORD

Parish Priest Dom James Hood. Assistant Priest Dom John George.
19 Broad St. Hereford, HR4 9AP Tel: 01432 273485: www.sfxhereford.org.uk
Hospital Chaplain: Fr Patrick Lobo 07922323603



Parish Administrator: John Cook
Email: hereford2@rcadc.org
Office hours: 9am –1pm (not Tuesday)

SFX Parish School Headteacher:
Mrs Elizabeth Christopherson
Tel: 01432 273941

Parish Safeguarding Officer:
Mrs Margaret Daron
Email: safeguardingsfx01@gmail.com

Dear Friends, Lent commenced on Wednesday with the ceremony of the Imposition of Ashes at mass. The Church exhorts us to pray during these days with greater intensity, to fast and to give alms. In one of his homilies St John Chrysostom writes that there is nothing more worthwhile than to pray to God and to converse with him, for prayer unites us with God as his companions. He adds: the prayer I have in mind is no matter of routine; it is deliberate and earnest. It is not tied down to a fixed timetable; rather it is a state which endures by night and day.

- Fast from fear; Feast on Faith.
- Fast from despair; Feast on hope.
- Fast from depressing news; Feast on prayer.
- Fast from discontent; Feast on gratitude.
- Fast from anger and worry; Feast on patience.
- Fast from negative thinking; Feast on positive thinking.
- Fast from bitterness; Feast on love and forgiveness.
- Fast from words that wound; Feast on words that heal.
- Fast from gravity; Feast on joy and humour. **Fr James**



Liturgical Calendar March 2025 Yr C Psalter Wk 1

Sat 8th	10.30am	Saturday after Ash Wednesday	Tom McCourt Peter Millin
Sat 8th	11.00am	Confessions and Adoration	
Sat 8th	6.00pm	1ST SUNDAY OF LENT	Joginder Singh RIP
Sun 9th	8.00am	1ST SUNDAY OF LENT	The Parish
Sun 9th	10.00am	1ST SUNDAY OF LENT	Holy Souls
Mon 10th	9.30am Rosary 9.00am	1st Week of Lent	Thanksgiving to Our Lady
Tue 11th	Mass at Our Lady's at 9.30am		
Wed 12th	1.00pm	1st Week of Lent	Patricia Mills RIP
Thu 13th	9.30am	1st Week of Lent	Edward Delaney RIP
Fri 14th	12.30pm	Stations of the Cross	
Fri 14th	1.00pm	1st Week of Lent	Holy Souls
Sat 15th	10.30am	1st Week of Lent	Vocations
Sat 15th	11.00am	Confessions and Adoration	
Sat 15th	6.00pm	2ND SUNDAY OF LENT	Corrigan Family
Sun 16th	8.00am	2ND SUNDAY OF LENT	The Parish
Sun 16th	10.00am	2ND SUNDAY OF LENT	Socrate Bisconti RIP



Lent has begun Stations of the Cross Friday 12.30pm

All welcome, followed by Mass then ...



Special Lent Lunches. homemade soup and rolls etc every Friday after 1.00pm mass. Suggested donation £3.50 proceeds to CAFOD.



Friday 14th March

FAMILY FAST DAY

Please donate to our Family Fast Day parish collection and be a pilgrim of hope with CAFOD this Jubilee Year. You'll be supporting communities experiencing the impacts of war, poverty and climate change to find solutions and hope. Use the CAFOD envelope in church, donate online at cafod.org.uk/envelope or call us on 0303 303 3030. You can also text CAFODLENT to 70085 to donate £10. Many thanks

We remember all who have died and whose anniversaries occur about this time.

Anniversaries:

Evelyn Hill, Rosemary Cypionka, Mary Halls, Nadia Humphreys, John Luby, Marie Power, Ivy Cavanagh Par Rumbold, William Found, Philip Preece.
Eternal rest grant unto them O Lord and let perpetual light shine upon them. May they rest in peace. Amen



Pray for the Sick: Fr Keith, Ania Kuzba, Jan Beavan, Robbie Bell, Brian Symonds, Meg Furber, Ann Currie, Midad Jasari, David Madgen, Lynne Howells, Sarah, Katherine Melia, Christina James, Ana Rudnicki, Nicola Merrick, Martin O'Connor, Patricia Moroney, Margaret Skelding, James Spradbery, Teresa Bord Ann Marie Hughson, Paul Kingston, John Moroney, Pauline and David Day, Bunimin, Mark Edmunds. Dedit Buhain. And others known to us.

Two of our parishioners attended the recent Word of Fire "Evangelisation and Culture" Conference in London.

Here they share just a few of the key points that were made. The keynote address by Bishop Robert Barron, Bishop of the Diocese of Winona-Rochester USA is the founder of The Word on Fire Institute. Other contributors included Professor Tracey Rowland, Professor NT Wright, Martin Kochanski (founder of the Universalis App) and Fr Patrick van der Vorst (Founder of Christian Art website). Brendan Thompson (UK Programme Director for Word on Fire) introduced the Conference by stating that there is currently something of a "Biblical Renaissance" in the Catholic church, with a wealth of new resources becoming available online and through social media. He, and all the contributors to the Conference, stressed that as Catholics, we need to commit to reading scriptures daily.

The message is clear: daily reading of the Bible is transformational, bringing wisdom, insight and challenge to our lives. The Bible can be read at so many different levels. We need an overall picture of the Bible, rather than disjointed stories. It is important to have knowledge of both the Old and the New Testaments. In the words of St Augustine, 'The New Testament lies hidden in the Old, and the Old becomes manifest in the New.' Bishop Barron said that the Bible "...is like a jungle. You wouldn't go into the jungle without a guide." Nor should you read the Bible without a guide to help you interpret the meaning. Using another analogy, he stated that you wouldn't expect to read and understand the complete works of Shakespeare without interpretation. We need to read and pray the Scriptures, and see what God is saying to us now. Evangelisation (the sharing of our beliefs) starts within our own families.

How can you start with reading the Bible?

Bishop Barron suggests that you start with the Gospels, the Psalms and the Acts of the Apostles. The readings of daily Mass guide us through the Gospels with appropriately linked readings from the Old Testament.

How can you improve your prayer life? You get better at praying by praying! Take the time to read or listen to suitable podcasts. Time spent on car journeys or waiting for the bus for example, can be used productively.

We learnt about a range of online resources to help guide us through daily prayer and scripture readings, while the bookshop at the Conference stocked a number of inspirational books. Over the coming weeks, some of these resources will be highlighted. *D.Kennedy/J.Spencer*

Extraordinary Ministers of the Eucharist	Ministers of the Word
6pm Wendy Winterburn Jane Gennard Vigeetha Joseph	6pm Fiona Stokes Helen Booth
8am Vera McHale Frances Hetterley	8am Stephen Cleeve Dorothy Kennedy
10am Thomas Kottuppattil Mary Cook Gerald Okafor	10am Andrew Milne Bruno Alves

Special Events happening at SFX Soon

- 1. Holy Year-** As SFX has been designated as a special 'Pilgrimage' Church we will be holding along with Belmont Abbey a 24hr Adoration of the Blessed Sacrament on Friday 28th and Saturday 29th March. Belmont Friday 6.00am-6.00pm Saint Francis Xavier Fri 6.00pm- Sat 6.00am
- 2. Annual Recommissioning service** for all current readers and eucharistic ministers for during all masses on weekend of: **Readers-Sunday 23rd March, Eucharistic Ministers-Sunday 30th March**
- 3. 'We Dare to Hope'** After the 9.30am mass on Monday's in the hall, small group prayer session.



SFX Big Lent Walk On Sunday 16th March

there will be a Parish walk around Eastnor Deer Park, (Ledbury) following the same route that we did last year. Meet at the free car park by the Woodshed Cafe (HR8 1EN) near the entrance to Eastnor Castle, ready to start walking at 2pm. The route follows a 2.5 mile track (mainly tarmac) around the park. For those who would like an extra challenge, there is an extension route up to the Obelisk. The path adds an extra mile to the walk and is quite steep, but you are rewarded with fabulous views from the top. This route is chosen to be as weather proof and accessible as possible, with no stiles to negotiate. While there is normally no charge for Parish walks, on this walk you are invited to make a contribution to CAFOD. **Please note: the Woodshed cafe accepts card only payment.**



Parish 200 Club. With most members now renewed, we have pleasure in announcing the first winners of 2025.

January Draw 2025. 1st Sam Cassidy £30; 2nd Geoff Cole £20; 3rd Sylvia Cockroft £10.
February Draw 2025. 1st Vera McHale £30; 2nd Di Power £20; 3rd Jaroslav Liska £10.
Congratulations to the Winners who can collect their letters from the Sacristy. *Paul and Brenda*

Welcome to new parishioners and visitors. Do introduce yourselves to the newcomers and **come along after the 10.00am Mass for coffee and cake.**



Collections 1/2nd March
1st 467.41 The Parish
2nd 365.46 Renovation



Parish Calendar- March 2025

Mon 10th	10.00am	Lent' We dare to hope' faith sharing group in Hall
Wed 12th	6.30pm	ABC Bible study group All Welcome
Fri 14th	12.30pm	Stations of the Cross
Fri 14th	CAFOD Family Fast Day. Soup Lunch after 1.00pm Mass	
Sunday 16th	2.00pm	'Big Lent Walk' Eastnor Park