

F+AT Prayer (V) - Mindfulness in prayer

“What matters supremely, therefore, is not, in the last analysis, the fact that I know God but the larger fact that underlies it—the fact that he knows me. I am graven on the palms of his hands. I am never out of his mind. All my knowledge of him depends on his sustained initiative in knowing me.....there is no moment when his eye is off me, or his attention distracted from me, and no moment, therefore, when his care falters.”

P.I.Packer Knowing God.

- ⇒ The above quote is really worth pondering, meditating on and praying about. It lies at the heart of not only prayer but the whole mistaken notion that in the spiritual life; that we are in control, it is up to us. Prayer is above all remembering; bringing to mind the simple fact that God knows me, that he loves me and that he cares for me. We simply have to be prepared to open the door and let him in. Nothing else is required.
- ⇒ The rhythm of prayer is to enable us to remember this and to produce in us the response of praise and thanksgiving for God’s goodness. This is why we need to pray always with the heart so that the love of God for us is constantly engrained in us .
- ⇒ Think of the mass. What did Christ say? “Do this in memory of me.” (Lk 22:9) The mass is of the greatest importance because it not only brings to our mind that God has forgiven us and saved us, but actually makes the actions by which he achieved this present.
- ⇒ The plan of the enemy—the father of lies, the devil-is straightforward: to make us forget this; to make us doubt God’s goodness in his plan for us and thereby, blocking us from receiving the Father’s blessing. His greatest plan is to abolish the mass so that God’s saving action and love is no longer present.
- ⇒ We live in a world of forgetfulness, which paradoxically explains why people are starting to want to remember; e.g. the growth in interest about family trees. We have forgotten many of our catholic traditions and practices; we have forgotten the spiritual inheritance of our music; we have forgotten much. Therefore, we have to work at remembering what has been forgotten. One of the major reason Tolkein wrote was that he believed through language and poetry we can reach back to a time that we have forgotten.
- ⇒ Sometimes things in our life stop us wanting to remember: fear, distrust, hurt, unforgiveness and they therefore stop us receiving the fulness of the Father’s blessing. Let us ask Mary to help us remove our obstacles and like her constantly ponder these wonders of God in our heart.

A.M.D.G. (Everything for the greater glory of God)



Sacred Heart, Skegness

22, Grosvenor Road, Skegness. PE25 2DB and
Our Lady and the English Martyrs, Spilsby
 Church St., Spilsby, PE23 5EF

Parish Priest: Fr. Dominic O’Connor 01754 762528

email: sacredheartandspilsby@gmail.com

Website: www.skegnessreparish

Safeguarding officer. Mrs Judy Lumb

Charity No 11349 Company no 7151646

Registered office: Willson house, NG1 5AW

Day	Date	Time	Place	Liturgical Calendar	Mass Intention
Saturday	16	6.00pm	SK	Vigil	Vietnamese Traff RIP
Sunday	17	9.00am 11.00am 3.15pm	Spil SK Pol	33rd Sunday Year C page 964	Nov Dead List Pro populo
Monday	18	10.00am	SK	Rosary+Prayer	
Tuesday	19	10.00am	SK	Rosary+Prayer	
Wednesday	20	6.00pm	SP	Service Word&Com	Feria
Thursday	21	9.30am	SK	Service Word&Com	The Presentation
Friday	22	10.00am	SK	Rosary+Prayer	
Saturday	23	6.00pm	SK	St Clement Vigil Mass	Nov dead list
Sunday	24	9.00am 11.00am 3.15pm 5.00pm	Spil SK Pol SK	Christ the King Year C page 968 <i>Latin Mass</i>	Pro populo Mick Kennedy Intn

Please note: SK = Skegness Spil = Spilsby Pol = Polish mass in Skegness

CONFESSIONS: Skegness 5.30pm Saturday

Spilsby After Sunday Mass

Adoration: Spilsby 5.00pm Wednesdays NONE THIS WEEK

Skegness Thursdays 10.00am

ANNOUNCEMENTS

Prayers Requested: Gwen Rigby and Geoff Labourne both recovering in hospital. Fr Colin Taylor, Fr Peter Harvey. David Price RIP: David died two weeks ago and used to be a parishioner at Spilsby; our condolences to his family. Brenda Latham RIP. Brenda died suddenly last Sunday. Our Condolences go to Bob and family.

Rosary: 30 mins before mass weekdays.

Refreshments after the Sunday Masses. Please come into our hall for tea, coffee, cakes, sandwiches and repository items for sale.

Food bank: Urgent need for: Tinned fruit/vegetables; tinned potatoes; instant mashed potatoe; biscuits; tea bags; tinned meatballs etc; pasta/pasta sauce. Tinned food best with pull lid and already cooked.

Santa Marta Group: this group has been set up in a desire to resist exploitation of some seasonal agricultural workers and to raise greater awareness in our parishes to the reality of modern day slavery. Are there any parishioners who like to take part in the training and commissioning which will take place on Saturday 30th November at St. Norbert's, Spalding?

Shoe Boxes: Please return your completed shoe boxes asap as last day is 17th Nov. Donations appreciated if you are unable to fill a box, Janet(Spilsby), Jean or Sandy(Skegness)

Local Lady looking for domestic cleaning and house keeping work within the Skegness area and currently have a few slots available. Please contact Mandy on 07745504976 Monday to Friday 9am till 6pm thank you.

PARISH EVENTS ~at a glance

FUTURE DATES FOR YOUR DIARIES

- 17th November Service of Remembrance 2.00pm
30th November Retreat Day at Skegness 10.30am—4.00pm
Topic: Praying The Mass Bring pen, paper, bible and lunch for shared table. Tea and coffee provided
15th December 4.30pm Penance Service/Confessions

Spilsby

Tea and coffee after Sunday Mass

Church Open: Monday 10.00-12.00 noon for private prayer

Adoration: 2nd Monday of month.

Education: Know Your Faith. Next Nov 23rd @ Mary Flynn's 9.45-11.15am
Encountering Christ—Intentional Disciples

18th Dec Advent Service 6.00pm Tea/coffee, mince pies to follow.

We remember our deceased whose anniversaries occur at this time:

M.Bambrick; Leonard; A.Richings; H.Miles; K.Carter; K.Bettany; H.Panton;
T.McGoran; M.Dalton; M.Hillas and all those whose anniversaries occur at this time. May they rest in peace. Amen.

Collections: Skegness £194.69 Spilsby £216.18

If you pay tax, you can gift aid your donation to the Church.