

Fiat!

Dear Faithful,

Let us remember the goal of Lent: to purify our minds and to deepen our union with God. The Church tells us that this cannot be done without a spiritual journey. Every spiritual journey (indeed even the great secular books about journeys) necessitate trial and temptation. It is absolutely impossible to attain heaven without having undergone tribulation.

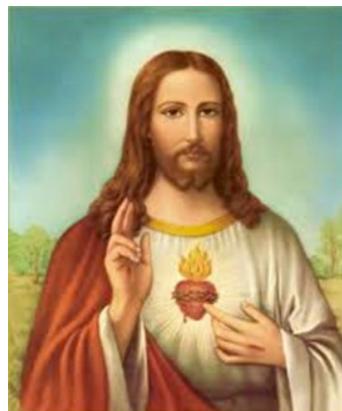
Firstly, it takes place in a desert. Why? Only when we are prepared to come face to face with our demons without putting up any false delusions, barriers or distractions is purification able to take place. Very few people (St. Teresa's own words) are prepared to undergo this trial and persevere because the soul sees itself naked before God in all its nothingness. Therefore, to avoid this we surround ourselves with distractions. Hence the nature of Jesus' temptations: either we surrender to satanic temptations (bread, possession, power) or we throw ourselves unconditionally on the providence of God to provide.

Secondly, we need to know what our own personal demons are; how we build our defences against them. Remember temptations either come from the world, our own flesh or the devil. Many souls are not aware of temptations or their falls because they are unaware of sin. The seven deadly sins are a good place to start: Gluttony, envy, anger, lust, pride (vainglory), sloth (sadness concerning the things of God), Greed. Let us make a good examination of conscience concerning these because all sins flow in some way from one of these seven.

Thirdly, we seize on our arms: prayer, fasting and almsgiving. These are the weapons we use and they are so powerful. Fasting, for example, not only helps temper temptations to gluttony and lust but also to the others.

Fourthly, we can only conquer through the grace of Christ. Only by depending on Christ in prayer, in the sacraments, in begging in our humility for his help can we hope to achieve victory. However, at the same time we can be certain that if we stay close to him we shall conquer because in defeating the devil, Christ already gained for us the graces to succeed in all our temptations. Notice! Notice! Jesus' use of scripture. We need to have verses that spring to our lips. I also recommend the reading of the book of Exodus during Lent, since this is a book about the spiritual journey.

“ No, in all these things we conquer through him who has loved us.”(Rom 8:37)  
 “ You will have adversity in the world, but stand strong in faith for behold I have conquered the world.” (Jn 16:33) God bless, Fr. Dominic.



**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](mailto:sacredheartandspilsby@gmail.com)  
 Website: [www.skegnessrcparish](http://www.skegnessrcparish)  
 Safeguarding officer. Mrs Judy Lumb

Charity No 11349 Company no 7151646  
 Registered office: Willson house, NG1 5AW

Day	Date	Prayer Time	Place	Liturgical Calendar	Mass Intention
<b>Sunday</b>	21	<b>9.00am 11.00am 3.00pm 4.00pm</b>	<b>SP SK Pol SK</b>	<b>1<sup>st</sup> Sunday Lent</b>  <b>Latin</b>	M.Flynn Sp Intn Pro populo
Monday	22			Chair of St.Peter Feast	Reparation for abortion
Tuesday	23	12.00 noon	<b>SP</b>	Lenten Feria	Tunde Kiss RIP
Wednesday	24	10.00am	<b>SK</b>	Lenten Feria	J.Sweeney
Thursday	25	10.00am	<b>SK</b>	Adoration / Feria	Victims of covid
Friday	26	5.00pm 6.00pm	<b>SK</b>	Stations of the Cross Lenten feria	Corinna Wright GHO
Saturday	27			Lenten Feria	Jerry Ready RIP
<b>Sunday</b>	28	<b>9.00am 11.00am 3.00pm</b>	<b>SP SK Pol</b>	<b>2<sup>nd</sup> Sunday of Lent</b>	Janet Enderby GHO Pro populo

SP = Spilsby SK = Skegness Pol = Polish Mass at Skegness

**SUNDAYS YEAR B GOSPEL OF SAINT MARK WEEKDAYS: CYCLE 1**

### Prayers

Gwen who is ill at the moment

Rita Natale diagnosed with aggressive cancer

Ray Flaherty who is very ill.

Remember especially those in our care homes who cannot receive visitors at the moment.

### Stations of the Cross

Spilsby: Zoom stations from St.James. (Please see Mary if you would like a link)

Skegness: 5.00pm Friday

Book Recommendations: "The Seven Deadly Sins" by Kevin Vost. This is an eye opener. It contains not only a thorough examination of sin but also advice as to how we conquer each particular one. "Padre Pio's Spiritual Direction for Every Day" by Gianluigi Pasquale. Each day we read a section from one of Padre Pio's letters that help us understand the spiritual life

### Second Collections

2nd April Holy Places

**Walk with me Lenten Booklets:** These are now available from the diocese. Check at the back of Church for free copy

### **Divine Will Formation Group**

February 23<sup>rd</sup> 8.00pm Zoom Let Father know if you would like an invitation.

### Collection:

### Skegness Church Choir Director

Lent and Easter will soon be upon us and music will have to be prepared. I have had requests that parishioners might like to join a choir. Up until now the Titley-Bayes family have kindly supplied the music but they would welcome help.

However, this means that we do need a choir director who would be willing to take on this task. So please if you are willing see Father.

Also, if there is anyone who would like to sing the psalm please see Father.

### **NOTES ON LITURGY**

**For services at Spilsby:** Please contact either: Mary Flynn 01790 754563 or Patrick Doyle 01507 481072

**For Services at Skegness:**

**For Sunday and Wednesday** Please contact Jacinta as follows: 01754 820644 email: jacintalewis21@aol.com Friday is not booked.

### **Pope Francis proclaims "Year of St Joseph"**

With the Apostolic Letter "Patris corde" ("With a Father's Heart"), Pope Francis recalls the 150th anniversary of the declaration of Saint Joseph as Patron of the Universal Church. To mark the occasion, the Holy Father has proclaimed a "Year of Saint Joseph" from today, 8 December 2020, to 8 December 2021.

### **CONFESSION and/or need to speak to Father**

Please ring and book a time. Normally Father will be around in the church at the weekend times if you just simply want to catch him.

### **Prayer outside of normal times**

Sometimes people will have an urgent need to visit the Church, light a candle and say a prayer. If this is the case again please give me a ring and it can be easily arranged. Even in lockdown, priests are available to help, absolve and fortify so please feel free to contact me.

### **A Couple of Reminders**

If you have been to Church and subsequently contract the coronavirus could you please let myself or one of the stewards know so that we can notify the attendees.

The Sunday obligation by the authority of Bishop Patrick is still not in force which means you are not obliged to attend Sunday mass or an holiday of obligation.

If the priest is singing only the choir should make the responses and not the congregation.

Many thanks.