

**THE OBLIGATION OF SUNDAY MASS.:** The obligation to attend Mass on Sundays and on holidays of obligation (or the Vigil Mass the evening before) is the way we are to keep holy the Day of the Lord, the minimum we should do. This duty does not apply if we are physically incapable of attending Mass, such as when we are in hospital or when there is a real moral impossibility of attending, eg where someone could reach the church physically, but would put their health or that of others at serious risk; hence to does not bind strictly in the pandemic. Hence, a person should not come to church if they have the virus, are very ill or compromised in their health, or cannot risk exposing relatives in such a condition to real added danger. Those unable to come to Mass should follow Mass on the television or radio until they are able to come in person. However, if people can go to the supermarket, to work, etc., then they can and should come to Mass. People are better protected in our churches than they are in many shops or even on public transport, in that sanitising is more frequent, distancing more secure, and masks are worn by most. **INSPECTIONS:** Health & Safety, Food, and Electrical (Spilsby) are all due; we await further news. **FOOD BANK SPILSBY:** An appeal for items for the Food Bank: long-life milk, sugar and tinned meat, fish, baked beans, spaghetti, and rice pudding would be especially welcome. Please, help, if you can. **LENT:** Wednesday next is Ash Wednesday, the beginning of Lent, forty days of penance to help us to prepare to celebrate worthily the Passion, Death and Resurrection of Our Lord in Holy Week and at Easter. To mark the beginning of Lent, we are asked to come to Mass, to receive ashes, the traditional sign of repentance and penance. In time gone by the whole of Lent was a time of fasting; now Ash Wednesday and Good Friday at the beginning and (almost) the end of Lent are days of fasting (one main meal only, with light collations) and abstinence (abstaining from meat). We are asked to assume a Lenten penance, something we will do every day and, for other things, every week of Lent to remind us to combat sin each day and so grow in holiness as Our Lord's faithful disciples. I suggest adopting some prayers to say each day and perhaps one practical gesture, something we can do, nothing excessive. Fasting and abstinence do not apply to the sick and are not to interfere with medicines. The books 'Walk with Me' may help daily prayer. The Lenten journey calls us to grow in holiness and in love.

God bless. Fr. G.J. Woodall.



**Sacred Heart, Skegness**  
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**Our Lady and the English Martyrs, Spilsby**  
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Day	Date	Time	Place	Liturgical Calendar	Mass Intention
Saturday	26	6.00pm	SK	(Vigil)	Cn. Leo McReavy, RIP
Sun.	27	9.00am 11.00am 3.15pm 4.30pm	SP SK SK	8th Sunday of the Year- C (Polish) (Tridentine)	People of the Parish In thanksgiving to parishioners (E. Plaice) B. Teeling's ints.
Mon.	28	10.00am	SK	Feria. Mass for peace in the Ukraine	Mary McEwan, RIP
Tues.	1Mar	9.45am 12 noon	SK SP	St. David. Mass for peace in the Ukraine	Adoration Richard Kitchin, RIP
Wed.	2	10.00am 12 noon 7.00pm	SK SP SK	Ash Wednesday	Kevin Mulhern - ill Kathleen Crawley, RIP People of the Parish
Thurs.	3	10.00am	SK	Feria	Father of Lucynya Webb, RIP
Fri.	4	5.15 pm 6.00pm 6.00pm	SK SK SP	St. Casimir (St.James's)	Stations of the Cross Bp Cyril Restieaux RIP Stations of the Cross
Sat.	5	6.00pm	SK	(Vigil)	Fr. W. O'Dowd, RIP
Sun.	6	9.00am 11.00am 3.15pm	SP SK	1st Sunday of Lent - C (Polish)	FrAdrianChattertonRIP People of the Parish

**LATEST UP-DATE ON COVID. REGULATIONS:** If you have been to church and subsequently contract the coronavirus, please notify me or one of the steward; isolation is still required for those with the virus, those who are ill and those who are contacts of someone who has tested positive for the virus. Singing is permitted only when wearing a mask. Although there was a relaxation of rules by the government, with effect from 27th January, it remains the case that places of worship fall under Health and Safety legislation and also that we still have a serious duty of care to one another and especially to the more vulnerable among us. Thus, following the guidance issued by the Bishop's Conference this week, it is necessary to continue to ensure that: **1. Masks are worn. 2. Social distancing is maintained. 3. Ventilation is ensured before/during ceremonies. 4. Hands are sanitised.**

There is no longer any duty to sanitise surfaces, since the main sources of transmission of the Covid virus are from the mouth or the nose and not from surface contacts. There is no duty either to make a list of names of those entering church or parish premises. People are urged to have both vaccinations, plus the booster. Holy Communion is to continue to be distributed only by the sacred host, but the practice of people coming up to the altar is to be resumed: those receiving on the hand are still to come first, followed only then by those wishing to receive on the tongue. Readings from the ambo are to be resumed in the liturgy. Thank you for your cooperation in our care for the safety of all.

**CONFESSIONS:** SK Sat. 5.30 - 5.55 p.m. SP before Mass on Sundays and on Tuesdays (Lady Chapel) up to five minutes before the beginning of Mass. **'DEANERY DAY':** It has been suggested that we could have a 'Deanery Day' in Boston, some time in the summer period, perhaps with prayer, a speaker and social gathering. More news later.

**DIOCESAN LOURDES PILGRIMAGE:** 4th-8th July: see 'www.tangey-tours.com/nottingham' and Fr. Simon Gillespie (simon.gillespie@dioceseofnottingham.uk).

**PRAYERS FOR THE UKRAINE:** We keep in our prayers the people of the Ukraine and all affected by the conflict.

**REPOSITORY:** On sale booklets '*Walk with Me*' and also large print '*Stations of the Cross*' to help us to pray daily in Lent.

God bless Fr. G.J. Woodall.

**MISSIO MISSION RED BOXES:** These red boxes which many of you have taken home and which you fill with coins are a great help to the missions. Many thanks to all who have contributed over the years and who still do so, as also to Paul who looks after these boxes in Spilsby. For some time now there has been no-one in Skegness to coordinate the distribution of the boxes, their collection once a year and the counting of their contents. A volunteer would be very welcome. A priest from the Missio team is due to come to speak this year in the parish. Please, bring Spilsby Missio boxes to Paul Sykes next Sunday. We have received a letter of thanks from Missio for £82-72 received from the parish in 2021.

**WHITE FLOWER APPEAL:** We have received a letter of thanks from SPUC (Society for the Protection of the Unborn Child) for £312-83 realised from the White Flower Appeal on their behalf in January.

**DRAFT DIOCESAN RESPONSE TO THE SYNOD:** posted at the back of the church. Any comments should be sent to the diocesan coordinators, Fr. David Cain (david.cain@dioceseofnottingham.uk) or to Joe Hopkins (joe.hopkins@dioceseofnottingham.uk). by 19th March.

**'DIOCESAN ROAD SHOW':** 31st March, St. Mary's Boston, 7.00-8.30 p.m., on changes proposed in the diocese.

**GREEN TABERNACLE VEIL:** I am informed that this tabernacle veil should be with us by early March, the only colour missing at Sacred Heart. A donation kindly offered by a member of the Polish community, received into full communion with the Catholic Church, will meet this.

<b>Collection:</b>	Skegness	Spilsby	<b>INCOME: <u>20th Feb, 2022.</u></b>	
			<b>TOTAL:</b>	
Gift Aid:	£ 40-00	£100-00	=	£140-00
Loose:	£ 51-15	£ 26-40	=	£ 77-55
Total:	£ 91-15	£126-40	=	£217-55
<b>Other:</b> Mass offerings:		£120-00	=	<b>£120-00</b>
			<b>TOTAL:</b>	<b>£337-55</b>

Thank you very much.