

**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 next Wed. pm (SK) and Thurs. am (SP).** Food, (SK) and Electrical (SP) still due; no news yet.

**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:** 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 and especially nothing to compromise health. 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**  
 22, Grosvenor Road, Skegness. PE25 2DB and  
**Our Lady and the English Martyrs, Spilsby**  
 Church St., Spilsby, PE23 5EF  
 Parish Priest: Fr. George Woodall  
 01754 762528  
 email: [sacredheartandspilsby@gmail.com](mailto:sacredheartandspilsby@gmail.com)

Day	Date	Time	Place	Liturgical Calendar	Mass Intention
Saturday	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 (Stations of the Cross at 10.20am)
Mon.	7	10.00am	SK	Feria.	Canon Victor Key RIP
Tues.	8	9.45am 12 noon	SK SP	Feria	Adoration Fr. Eamonn O'HaraRIP
Wed.	9	10.00am 7.00pm	SK SP	Feria	Fr.TerenceMakingsRIP Private int.
Thurs.	10	6.00pm	SK	Feria	Father of Lucynya Webb, RIP
Fri.	11	5.15 pm 6.00pm 6.00pm	SK SK SP	Feria (OL & EM)	Stations of the Cross Stations of the Cross
Sat.	12	6.00pm	SK	(Vigil)	
Sun.	13	9.00am 11.00am 3.15pm 4.30pm	SP SK SK	2nd Sunday of Lent - C (Polish) (Tridentine)	People of the Parish P (Stations of the Cross at 10.20am)