



# Sacred Heart Of Jesus Newsletter

Welcome to this week's newsletter. This information is also available on the [Sacred Heart Web Page](#)  
Please note the web page will always be the most update link with parish news.

If you need to contact Fr Paul, please email [oh.sacredheart.loughboro@dioceseofnottingham.uk](mailto:oh.sacredheart.loughboro@dioceseofnottingham.uk) or ring the parish office on **01509 219325**

**Please can I remind you all persons must wear a face covering for Mass at all times.** Please see the [COVID 19 Parish Information](#)

## Weekly Message from Fr Paul

### 6<sup>th</sup> Sunday in Ordinary Time 13/14<sup>th</sup> February.

"Empathy" means sharing in someone's suffering.

There is a touch of petulance about the leper who approaches Jesus in today's Gospel reading and says, "If you want to you can cure me." Although the man has faith in Jesus' ability to cure him, he is challenging Jesus' motivation.

Jesus' reply shows that he is irritated by the man's insolence, "Of course I want to! Be cured." Jesus' empathy with the suffering of the leper overcomes any reservations he may have about the man's attitude or his manners.

Jesus, the Second Person of the Blessed Trinity, took on our human form to save humanity from the effects of sin and death. By so doing he has perfect empathy with us in our suffering and our weakness. This applies particularly to outcasts, like the leper in the Gospel story.

It is said that before we condemn anyone we should "...walk a mile in their shoes." In other words, we should try to understand, and empathise with their situation and the pressures and problems in their life. If we get into this habit when dealing with others, it's surprising how much less judgemental we become about their behaviour.

As always, Jesus is our example and our model.

Fr. Paul.

## Prayer Intentions for this coming week.

Sunday 14 <sup>th</sup> February 6 <sup>th</sup> Sunday in Ordinary Time	The Parish and Fr Paul as we prepare for Lent as we come together for Ash Wednesday.
Monday 15 <sup>th</sup> February	NHS and all front-line workers
Tuesday 16 <sup>th</sup> February Shrove Tuesday	As its tradition of eating pancakes before we start Lent, pray for the persons who are unable to due to poverty, illness or knowledge in why.
Wednesday 17 <sup>th</sup> February Ash Wednesday	All who are preparing to walk with Jesus as we enter the season of Lent. We all have our personal ways to encounter the strength of Love and discipleship during the weeks ahead.
Thursday 18 <sup>h</sup> February	Pray for the countries who are in hardship during these difficult times.



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Friday 19 <sup>th</sup> February	Pray for everyone doing their part in making the world a wonderful place.
Saturday 20 <sup>th</sup> February	Family and friends who we so desperately want to see and hug
Sunday 21 <sup>st</sup> February 1 <sup>st</sup> Sunday in Lent	The Parish as we come together for Lent either attending Mass or/and in our own homes. We are walking each day with our Lord

## Additional Prayers and Reflections

**We pray for each and every one who has lost loved ones and friends across the world:**

*Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen.*

**Hail Mary:**

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed in the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen

Date	Reading		Reader	Stewards
Saturday Vigil Mass 13 <sup>th</sup> February	1 <sup>st</sup> Reading	Leviticus 13:1-2, 44-46	N/A	N/A
	2 <sup>nd</sup> Reading.	1 Cor 10:31-11.1		
Sunday 10am Mass 14 <sup>th</sup> February	Gospel.	Mark 1:40 - 45	N/A	N/A
Wednesday 9:30 Mass 17 <sup>th</sup> February	1 <sup>st</sup> Reading.	Joel 2: 12-18		Mary Keating Plus one other to confirm
	2 <sup>nd</sup> Reading.	2 Cor 5: 20-6:2		
	Gospel.	Matt 6:1-6. 16-18		

## Lent and opening our doors on 17<sup>th</sup> February for Ash Wednesday: -

We will open for Ash Wednesday and continue with our normal three services a week. However, I must state this can change at any time due to COVID within our area and following guidance from the diocese.

The online booking system for Ash Wednesday is open for the 9:30 Mass. Due to numbers of persons attending services, the 18:30 Mass this year will not take place.

Please speak to Fr Paul if you are having problems with booking online.

**Walk with Me' Prayer Booklets:** - Bishop Patrick is asking us to take a little time each day during Lent with the new bespoke: 'Walk with Me' Prayer Booklets being produced for our Diocese by *Alive Publishing*. The booklet is pocket-sized, easy to use, and is designed to help us all to keep focused in the daily living out of our faith as disciples of Christ.

These will be available at the start of Lent within our parish free of charge. Every Sunday during Lent, our diocese will be sharing prayers, reflections and liturgies. which will be found on our parish website.

**Weekly Newsletter:-** If you would like to contribute to the newsletter, please email [Fiona.Cooper@live.com](mailto:Fiona.Cooper@live.com) no later than 6pm on the Thursday before please.



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## From the Diocese

DIocese OF NOTTINGHAM

**You are called:  
are you listening!!**

**VOCATIONS CAFÉ** Monday 1st March 7.30-9 pm  
Email: [vocationsadmin@dioceseofnottingham.uk](mailto:vocationsadmin@dioceseofnottingham.uk)

Are you looking for a challenge?  
Are you searching for God?  
Why not join us at our Zoom Café where you will have an opportunity to ask questions and chat with Religious Sisters and Priests. A warm welcome awaits you. Please email to register your place. We look forward to seeing you (for 18 and over)

## Vocations Café by Zoom on Monday 1<sup>st</sup> March 7.30 pm - 9 pm

### **You are called! Are you listening?**

Are you looking for a challenge? Are you searching for God? Why not join the Vocations Team at their Zoom Café on Monday 1<sup>st</sup> March, 7.30 – 9 pm, where you will have an opportunity to ask questions and chat with Religious Sisters and Priests about vocation. A warm welcome awaits [vocationsadmin@dioceseofnottingham.uk](mailto:vocationsadmin@dioceseofnottingham.uk)

**Senior Safeguarding Coordinator:** - Nottingham Diocese are presently advertising this role who has experience in this field. For further information please Email. [office@dioceseofnottingham.uk](mailto:office@dioceseofnottingham.uk) Closing date is 28.02.2021

**CAFOD:** - over the next few weeks information will be shared over CAFOD lent appeal. The links below will take you to these pages if you have access. To parishioners who do not, each week information will be shared within the parish.

- [Lent appeal](#)
- [CAFOD fundraising page](#)

**Adult Information for Mission:** - a link from the diocese to share with you.

**Parish Collections:** - Thank you to all who have kept giving to our parish during these difficult times. If any person who has not already and would like to contribute to the running of our parish during these strange times, please speak to Fr Paul for a Standing Order form. Alternately, after each Mass as we leave the church, there is an offertory box on the side table by the door into the foyer.

**Children's Liturgy:** - [Children's-liturgy webpage](#)

Unfortunately, due to the present situation we are not able to offer Children's Liturgy. If you would like any information to help your youngsters spiritually, please drop me a line. [Fiona.Cooper@live.com](mailto:Fiona.Cooper@live.com)

Over these past months to help our younger parishioners, a Facebook page is available, where you have the opportunity to visit our linked webpage, which shares the gospel by an activity sheet and an upbeat YouTube song and video.

**Dear Lord Jesus,** as a parish we pray for our young parishioners who we have not seen for a little while. We pray that they continue to love to learn about you, through children's scripture and song, as families come together during these wintery days ahead. **Amen**



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## FOLLOWING COVID RULES whilst attending Mass

**If we do not follow this information, there is a higher risk of the church being closed once again. None of us want that, but safety of our parishioners is essential.**

- Do not attend Mass if you have any symptoms of COVID – 19.
- Face masks are to be **worn at all times**. (Remove briefly only to receive the host)
- Stewards will be on duty at each Service.
- At all times, use the distancing rule advised by Government.
- Within the church you will see signage. Please ensure this is followed.
- Enter the church via main door. There will be a one-way system only. Please do not go back on yourself.
- Sanitiser is to be used before entry into the church via hand pump, located either side of the doors above the Holy Water font.
- Within the church you will see areas where you may or may not sit. You will be guided by the stewards.
- You need to sit at the end of the pews **and not the centre**. The tape indicates this.
- No hymn or service books will be used during Mass.
- All kneelers are not to be used, as these have been put out of action temporarily.
- All prayers and dismissal will be said before we receive the Holy Sacrament.
- You must take all your belongings with you as you will not be able to return to your pew.
- A steward will guide each person when to receive the Holy Sacrament.
- The Holy Sacrament will be placed in your left hand and **NOT YOUR TONGUE**.
- Remove your face covering slightly to enable placing the host into your mouth. You must replace your face covering as you walk out of the church following the directional signs via foyer and exit.
- Please do not linger in the **foyer or car park** due to social distancing issued by the government.