



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 or ring the parish office on **01509 219325**

Weekly Message from Fr Paul

1st Sunday in Lent - 20th / 21st February.

We have now entered our second Lent that is subject to Covid restrictions.

Last year, the first "lockdown" began on 23rd March, which was just after the Fourth Sunday in Lent. This year we begin Lent under severe restrictions, although the spectacular early success of the roll out of the immunisation programme may give us hope for some relaxation in restrictions perhaps, before this Lent is out.

For the moment, we all need a way of making the best use of Lent that we can in the circumstances.

One thing that doesn't change about Lent is the three disciplines that Scripture offers us and that the Church commends us to observe - Prayer, Fasting and Almsgiving. Maybe we need a way of following these disciplines that is specific to our situation in this time of pandemic.

Prayer - one undoubted effect of the pandemic on many of our lives has been that we have more time on our hands. I have spoken to many people who tell me that they just don't know where the time has gone, although they don't feel they have done anything worthwhile with it. Some experts are telling us that we should structure our day more carefully in times of lockdown so why not set aside a time each day for prayer. All the usual ways of prayer can be used, like the Rosary or perhaps by following the daily prayers and reflections in the "Walk with Me" booklets distributed to many of our parishioners, or another favourite way of being present to God.

Fasting - "Giving something up for Lent" is a practice many of us have been following since school days. It's even easier during lockdown when we may be paying fewer visits to the supermarket. Self-denial sharpens up our appreciation of how much we depend on God's goodness for all we have.

Almsgiving - the pandemic has shown up a very sharp divide between those who have actually been better off because they have had fewer spending opportunities and those whose livelihoods have been adversely affected by loss of earnings. There's an opportunity here for the "haves" to help out the "have nots" either directly or by supporting a favourite charity.

The pandemic has been hard for everyone, particularly those who have lost loved ones or have been infected themselves. We continue to pray for them and offer what practical support we can. We also pray for a way out of our present circumstances. Lent 2020 and Lent 2021 will not be fondly remembered by many, but we still have the opportunity to make a good Lent, one that helps us to increase in favour with God and our fellow human beings.

Fr. Paul.

Please can I remind you all persons must wear a face covering for Mass at all times



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Prayer Intentions for this coming week.

Sunday 21 st February 1 st 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
Monday 22 nd February	Pray for all families as they start another week of home schooling.
Tuesday 23 rd February	Pray for families as we continue in this lockdown, with the hope we can start to look forward to the spring / summer months ahead.
Wednesday 24 th February	Pray for all who are waiting to be called for their COVID vaccine.
Thursday 25 th February	For our own personal prayers
Friday 26 th February	All who are sick, waiting for operations and all who are in hospital at this time
Saturday 27 th February	Prayers for our parish
Sunday 28 th February 2 nd Sunday in Lent	Reflection with Lent to what we have done in the first 10days, to what we will do over the coming week.
<u>Additional Prayers and Reflections</u>	
Family of Patricia Theobald	Please pray for the repose of the soul of Patricia Theobald , whose funeral will take place here in church at 12:30 on Thursday 11th March. May she rest in peace.
We pray for each and every one who has lost loved ones and friends across the world:	<i>Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen.</i>
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
1st weekend in Lent Saturday Vigil Mass 20 th February	1 st Reading: Gen 9:8-15 2 nd Reading: 1 Pet 3:18-22 Gospel: Mark 1:12-15	See notice board	Noel O'Sullivan Ian Lafferty
Sunday 10am Mass 21 st February		Richard Mitchell	Liz Sturgis Mary Keating
Wednesday 9:30 Mass 24 th February	1 st Reading: Jonah 3 1-10 Gospel: Luke 11 29-32		Maggie and Bob Chaplin
2nd weekend in Lent Saturday Vigil Mass 27 th February	1 st Reading: Gen 22:1-2, 9-13, 15-18 2 nd Reading: Rom 8:31-34 Gospel: Mark 9:2-10	See notice board	Noel O'Sullivan Ian Lafferty
Sunday 10am Mass 28 th February		Margaret Smidowicz	Fiona Cooper Richard Mitchell
Wednesday 9:30 Mass 3 rd March	1 st Reading: Jeremiah 18 :18-20 Gospel: Matthew 20: 17-28		Mary Keating Nikki Lynn

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.



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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.



Women's' rehabilitation project worker – various shift patterns available

Salary - £10.71/hr + sleep in allowance where applicable

Term – for an initial fixed term of 12 months

Must have a full British driving licence and own transport

We are a Christian charity providing temporary, supported accommodation to people who have found themselves homeless. We are looking for experienced women to join our team.

The role involves supporting clients in our women only rehabilitation house, to maintain their licence agreement and enable them to move on to live independently, and back into some kind of work/education/training. You do not need to have come from a background of substance misuse, but if you do, you will need to be a minimum of 4 years' clean.

Due to the specific nature of this role, it is an occupational requirement that the post holders be female and practising Christians. The post may be subject to a DBS check.

For further information or to request an application form and job description, please contact Catherine Delom – catherine@exaireo.org or tel. 01509 266422, or by post to 5 The Coneries, Loughborough LE11 1DZ

Closing date for receipt of applications: 2pm Monday 22nd March 2021.

The Exaireo Trust Ltd, Registered Charity Number 1125402 Incorporated in England and Wales Company Registration Number 6595498. RWB Chartered Accountants, Northgate House, Northgate, New Basford, Nottingham NG7 7BE

From the Diocese

The Bishop has asked that I circulate to you the Holy Father's Message for Lent 2021. Earlier this past week it was presented at a Press Conference in Rome. [The Holy Fathers Message for Lent 2021 -](#) A copy will also be available on the Nottingham Diocese web page too.

Job Opportunities within the Diocese

The Diocese of Nottingham are proud to be supporting the Government's Kickstart scheme and are currently advertising the following opportunities within the Curial Team:

- ✓ *Office Junior (2 positions)*
- ✓ *Finance Assistant (Office) (1 position)*
- ✓ *Finance Assistant (OPAS) (1 position)*

If you're aged 16-24, claiming Universal Credit and are interested in any of the above listed Kickstart roles, please speak to your work coach at the Jobcentre or apply on your Universal Credit Platform/App. Applications close 26th February 2021.

Senior Safeguarding Coordinator: - Nottingham Diocese are advertising for a Senior Safeguarding Coordinator. If you have experience in this field and would like to apply, please email. office@dioceseofnottingham.uk **Closing date is 28.02.2021**

21st February 2021



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Vocations Café by Zoom on Monday 1st 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 1st 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



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

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 wintry days ahead. **Amen**

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

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.



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- 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.