

CAFOD WALK THROUGH WATER: Fr Anton apologises for missing the CAFOD Lent Fast Day, which took place on Friday, from the newsletter. Details did go out via Vron's informal Parish email list (thanks Vron!). There was a good response to people walking ten thousand steps for water as, we were told by CAFOD in their literature, Abdella does daily in Ethiopia. It included people doing it round their home if they could not get out, and gathering blisters as a result. Several couples of parishioners walked outside, and one family geared up with their relatives in London and Sydney to do it together! As a result, £100 has been raised to send off in addition to the Parish's normal donations from Family Fast Day.

STANDING NOTICES

FREE CATHOLIC ONLINE COURSE about Holy Scripture can be found at <https://catholicboard.com/> Fr Anton recommends it as it is accessible but also thorough. You do not have to sign in or register. Each session is over an hour and there are thirty sessions covering the whole of the Bible. You can, of course, press pause and go back to it when you like. Why not start it now during lockdown? Maybe synchronise with a friend or group of friends in the parish and discuss it together on the phone or over Zoom.

WHAT TO DO FOR SUNDAY MASS: Although the whole country is now in lockdown, places of worship are still allowed to meet as long as it is safe to do so. If you are not in one or more of the vulnerable categories, you are encouraged to attend Mass if you feel you can. Remember that there still is currently no obligation to attend Sunday Mass, although a decision not to attend should really only be from health and safety concerns either for oneself or for someone one is shielding. Do therefore consider attending Mass temporarily in another nearby parish. It is also currently appropriate to attend Mass on a weekday instead of a Sunday if there is a worry about being among a larger group of people. Please also consider continuing a weekly donation to our Catholic St Alban's Parish to aid our finances.

PARISH ANGELUS: This had been put in place in order spiritually to connect us during the pandemic and to give us hope during the nine-month period from the Annunciation to Christmas Day. The thought was that by now we would be over the worst of the pandemic. In view of our suddenly not being able to have Mass together again, Fr Anton asks that we all continue to pray this prayer again, as before, at 6pm every Saturday until the Solemnity of the Annunciation on 25th March.

Parish Angelus of Hope

Pray the Angelus every Saturday at 6pm until 25th March, 2021, the Solemnity of the Annunciation:

- *to join Mary in her hope that Jesus brings*
- *to unite us all in prayer*
- *to commemorate our traditional Mass time together*
- *to pray for deliverance*
- *to pray for virus sufferers & carers*

Pray standing (to commemorate the Sunday):

The Angel of the Lord declared unto Mary,
And she conceived by the Holy Spirit.

Hail Mary, full of grace...etc.

Behold the handmaid of the Lord;

Be it done unto me according to Thy word.

Hail Mary, full of grace...etc.

And the Word was made flesh, [*bow to honour the Incarnation*]

And dwelt among us.

Hail Mary, full of grace...etc.

Pray for us, O holy Mother of God,

That we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we unto whom the incarnation of Christ Thy Son was made known by the message of an angel, may, by His Passion and Cross, be brought to the glory of His Resurrection. Through the same Christ our Lord. Amen.