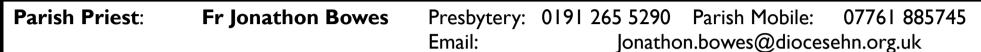




# PARISH OF CHRIST THE KING

First Sunday of Lent Sunday 9 March 2025



Parish Secretary: Christine Dixon

Office Hours: Tuesday & Thursday 9.00am-3.00pm Wednesday 10.00am-2.00pm

Tel: 0191 265 5290 Email: christtheking.newcastle@diocesehn.org.uk

**S**afeguarding

The Parish operates in accordance with Statutory Safeguarding Guidance and Catholic Safeguarding Standards Agency (CSSA) and Diocese's policies and procedures at all times. Our Parish Safeguarding Representatives are listed below or alternatively the Diocesan Safeguarding Team can be contacted on 0191 243 3305 or at safeguarding@diocesehn.org.uk

**Safeguarding Reps:** St. Teresa's: Jean Potts

St. Anthony's: Christine Dixon

Parish Websites: www.stteresaeastnewcastle.org.uk www.stanthonysstfrancis.org.uk



# THIS WEEKS REFLECTION FROM FR JONATHON

We have now entered Lent, a word taken from old English for the lengthening of days; a time for new hope, new beginnings. After the winter, we gladly welcome the promises of spring. But do we realise the promises of Lent? We may be tempted to view Lent as a reminder of how sinful we are, a season in which we try to control ourselves by "giving something up", instead of a season of letting go and doing these same actions from a different perspective - that of new growth.

Lent is a time to learn how to manage our trials and temptations more closely from Jesus' teachings on faithfulness and prayers. No-one is so good and holy that they are exempt from temptation, even Jesus: "we do not have a high priest who is unable to sympathise with our weakness but one who was tempted in every way like us yet he did not sin" (Heb.4:15). The struggle between Jesus and the devil goes on within each one of us, every day of our lives. Our modern desert is a world of commuting, financial stress, deadlines, shopping centres, fast food, smartphones, etc. These can be places of holiness, reflecting our Gospel commitment, or they can be the wilderness where we are tempted to sin. The urge to be true to God is real, but so is the urge to be untrue.

Part of the beauty of the Church's liturgical seasons is aligning our life to Christ's through the Scriptures. Every year, through the practices of prayer, fasting and almsgiving, Lent allows us to pause and consider: "what do I believe?", "who am I?", "what values do I represent?" - and to bring us closer to a Christian answer. Yes, Lent is an opportunity to reflect on our lives and discern where we are failing; but above all perhaps failing to appreciate the nature of our relationship with God and the extraordinary Hope, freedom and dignity that he offers us. It is an invitation to be spiritually renewed, particularly through the mercy of the Sacrament of Reconciliation, and prepare to collectively reaffirm our baptismal promises at Easter - to reject Satan and all his works, and all his empty promises.

## NEWS FROM OUR PARISH, PARTNERSHIP AND DIOCESE

#### **WE KEEP IN OUR PRAYERS**

We keep in our prayers all those we know who are unwell as well as the many who have no one to pray for them and for those in hospital. We also remember all those who have died recently especially Robbin Douglas Thompson and Brenda Mary Burdon, and for all those whose anniversaries occur at this time. Robbin's funeral service will take place on Monday 17th March at 1.15pm at West Road Crematorium. Brenda's Requiem Mass will take place on Thursday 20th March at 1.15pm at St Anthony's.

#### **POPE FRANCIS**

We continue to keep in our prayers the Holy Father, Pope Francis. We commend him to the prayers of Our Lady and St Joseph. The Holy Rosary will be prayed 30 minutes before Weekend Masses.

#### STATIONS OF THE CROSS

During Lent we are invited to journey with Our Lord to Calvary by making the stations of the Cross. This will take place every Tuesday at 9.00am at St Anthony's and every Friday at 6.30pm at St Teresa's.

#### **LENTEN ALMS**

During Lent we will be supporting several charities, all with a particular focus as Catholic Charities. St Cuthbert's Care is our diocesan Charity and all Lenten Alms collections go towards their work here in the diocese supporting many different things that they do. This year in particular they ask that the financial support that we offer goes towards their Young Stars Fostering Group. We will also be supporting CAFOD with their Family Fast Day which takes place on Friday 14th March with the collection being taken on the 15/16th March.

#### **LENT SCRIPTURE COURSE - COME AND SEE**

Every Monday throughout Lent we will be holding a Scripture Study Group called 'Come and See'. This will take place in the porch at St Teresa's from 2-3.30pm. Tea and Coffee will be available. Please do come along if you are able to.

#### A DAY WITH THE LORD & A NIGHT OF LIGHT

On Saturday 15th March we will be holding 'A Day with the Lord', which will conclude with 'A Night of Light'. The Day will begin with an opening Mass at 10.00am followed by Exposition until Midday. At 7.30pm we will then move into a Night of Light, where the church will be illuminated by candles leading up towards the Blessed Sacrament. We will be inviting people who are passing by St Teresa's to come into Church, to light a candle or to say a prayer.

#### **RELAUNCH OF DIOCESEYOUTH COUNCIL**

YMT and the Diocese are thrilled to announce the relaunch of the Diocesan Youth Council, for the voices of young people in the Diocese of Hexham and Newcastle. The first meeting is scheduled for Sunday 18th May 2025, at St. Mary's Cathedral in Newcastle, from 2.30pm to 4pm. We are actively seeking motivated students from Year 9 and above to join this transformative council. For more details on the council, how to nominate candidates, and to view the full announcement, visit: <a href="https://diocesehn.org.uk/news/announcing-the-relaunch-of-the-diocesan-youth-council/">https://diocesehn.org.uk/news/announcing-the-relaunch-of-the-diocesan-youth-council/</a>.

#### PARISH GIVING - CHANGE OF BANK ACCOUNT

We believe in a generous God, who longs for us to share that generosity with others. A generous culture is also essential for our parish to develop a sustainable ministry for the future. That generosity can be expressed in many ways, both financially and by the giving our time to help the mission of the Church. We are extremely grateful for all your contributions to our parish.

If you would like to make your regular weekly offering to the Church by standing order this is easy to set up. Our bank details for setting up a Standing Order or BACS payment are:

Account Name: DHN Newcastle Christ the King

Account Number: 52010917 Sort Code: 40-34-18

If you are not currently part of the GiftAid Scheme, or you normally make an offering through the offertory plate, I would like you to consider 'buying' the parish a coffee or a pint every Sunday. We would like to recommend, if you are able, to donate £4.50 each Sunday. The average price of a coffee at Costa is £4.20 and the average price of a pint in a pub is £4.98. Your contribution to your parish is much appreciated.

### **SUNDAY EVENING VESPERS & BENEDICTION**

Every Sunday at 5.00pm at St. Teresa's we have Sung Vespers (Evening Prayer) and Benediction. This time of prayer is such a wonderful opportunity to bring our Sunday to a close, spending time with Jesus in prayer and praise. Please do try and come along if you are able to! It only lasts 35minutes and is such a beautiful service.

#### **MASS INTENTIONS**

At the Altar the priest offers Mass for the good of the whole Church and for a particular intention. There is nothing better than having a Mass offered for someone, or for a specific intention. Do you want a Mass offered for a particular intention? Perhaps for a deceased relative or friend, or for someone who is sick, or for your own intention? To have a Mass said please fill out a Mass envelope (available in the church porches) and return to Fr Jonathon or place in the offertory collection during Mass.

#### **CHILDREN AT MASS**

When parents take their children to a special event, to a theatre or a football or rugby match, they want their children to have the best seats right at the front. At the front the children can see and hopefully learn to understand what is going on. But when parents bring their children to Mass, they sit with them at the back of church, behind tall and large adults, where there's draughts from the doors, where they can see very little about what is actually happening at Mass and therefore not too sure why they're there! And being so far away at the back, they don't know what's happening at the front because they can't see and sometimes can't hear! Please come to the front of the Church, to the seats where your children will be able to see what is going!

### "WEST MEETS EAST FOR AFTERNOON TEA"

at St Robert's, 151 Cedar Road, Fenham, NE4 9PH There will be an afternoon tea on Saturday 5th April from 2pm—4 pm. Tickets £5 on sale from Sunday 2nd March All are welcome to come along & enjoy goodies, music and raffle in aid of an ecumenical community event in Walker Park on May 3rd . Offers of cakes , scones and any raffle prizes together with help on the day itself will be greatly accepted. Walker Bridge of Hope will be celebrating creativity & talent from local schools & communities in a fun & exciting way , inviting people also to share and experience Jesus with the local churches through music and sharing of faith. To obtain tickets you can email: strobert.newcastle@diocesehn.org.uk

#### **GETTING MARRIED IN 2025/26**

If you are thinking about getting married in 2025/26 and haven't yet spoken to Fr Jonathon, to make sure that a Church wedding is possible, please see him as soon as you can. It is important that you give at least six months notice so that enough time is given to arrange all paperwork, especially if overseas contacts are necessary. A Marriage Preparation course must also be attended so that you are fully prepared for the Sacrament.

#### **HEATON CHURCHES TOGETHER - SOUP LUNCHES**

As usual during the season of Lent we will be coming together on a Tuesday lunchtime for a simple soup lunch with a time of reflection afterwards. A list of the dates and venues is displayed on the poster in the porches of our churches. Please do come along if you are able.

#### THE JUBILEEYEAR - PILGRIMS OF HOPE

The Holy Father has declared 2025 to be a Jubilee Year with the motto and theme "Pilgrims of Hope." It will be a year of pilgrimage and prayer, celebration and reconciliation. "In the course of the year," Pope Francis had written, "every effort should be made to enable the People of God to participate fully in its proclamation of hope in God's grace and in the signs that attest to their efficacy." On 28 December 2025, the Jubilee will end in the particular Churches throughout the world. There's more information about the Jubilee Year on the Diocesan website at www.bit.ly/DHNjubilee2025

#### **DIOCESAN PILGRIMAGE TO LOURDES**

The Diocesan Pilgrimage to Lourdes will travel on Friday 25th July - Friday 1st August 2025. The Lourdes pastoral theme for 2025 is "With Mary, Pilgrims of Hope". Full details and online booking is available now on the 'Tangney Tours' Website, the tour operator for the diocesan pilgrimage. Choice of nine hotels, flying direct to Lourdes from Newcastle International Airport. www.tangney-tours.com/tours-and-pilgrimages/diocesehexham-newcastle.

# Lent:

### Getting ready for Jesus' death and resurrection

Lent is the special time when we prepare for the celebration of Jesus' passion, death and resurrection. We get our souls ready by doing prayer, fasting, and almsgiving.

Prayer is talking with God. We need to talk with God even more than we need to talk to our family and friends. Lent is a good time to get into a habit of talking with God every day.



Fasting is eating less than you normally would. It's a good idea to give up a little something you like for Lent. Giving things up helps us remember we need

God, not just food.

Almsgiving means giving to those who are in need. It helps us to be generous like God. Maybe you have a bit of money you can give to the poor or to the Church.

3. false. 4. true. 5. false. 6. true. 7. false. Answers to True or False: I. true. 2. false.



# **LEARNING MORE ABOUT THE FAITH** THE FIVE SENSES DURING LITURGY

There are various symbols and images within the Liturgy, such as The Cross, the Sign of the Cross, the use of Holy Water, and so on. Over the next few weeks we will examine how during Holy Mass we engage our five senses, sight, smell, touch, sound, and taste. The appeal to the five senses makes worship a tangible, felt experience that orientates the worshiper in the direction of the transcendent.

#### The Use of Sound

Sound is another feature of Catholic worship, notably when the worshiper hears the **preaching** of the Bible as God's Word. The Bible, usually a passage from one of the four gospels, is used during Mass and read out aloud by the priest. Various readings are taken from the Old and New testaments, and passages from the Psalms are sung by the congregation. There are also the prayers of the priests that the congregation is expected to take part in. For example, there is the homily, which is a sermon based on the Gospel, given at the Mass by a priest, deacon, or bishop. Music is another feature as the Church makes use of organs, choirs, and Gregorian chant during services.

#### The Use of Taste

Finally, taste in worship is evident in the sacrament of Holy Eucharist and its items of bread and wine that are consumed by worshipers. The Eucharist is the Church's most sacred ritual because it is believed that the wine and bread become Christ's literal blood and body respectively when consecrated by the priest. This is known as transubstantiation because the bread and wine literally change in substance to the blood and body of Christ. The bread and wine can be perceived through taste as the worshiper consumes them.

# The Kids' Bulletin

First Sunday of Lent March 9th, 2025



Jesus spent 40 days in the desert preparing for His work. During Lent we spend 40 days getting ready to celebrate Jesus' death and resurrection.

Can you find your way into the desert to be with Jesus?

# MASSES & SERVICES FOR THE COMING WEEK

Day		Time		Church	Mass Intention	
Sat	8 Mar	4.45 pm 5.30 pm	Confessions Vigil Mass of Sunday	St. Anthony's St. Anthony's	Joan & Sid Luntley RIP	Ist Sunday of Lent
Sun	9 Mar	10.15 am 11.00 am 5.00 pm	Confessions Holy Mass  Vespers & Benediction	St. Teresa's St. Teresa's St. Teresa's	People of the Parish	Ist Sunday of Lent
Mon	I0 Mar	5.30 pm 6.30 pm 7.05 pm	Exposition & Confessions Holy Mass Lenten Meditation	St. Teresa's	Eleanor Lincoln & Alanah Hammond (for safe travel)	Lent Feria
Tue	II Mar	9.15 am 10.00 am	Stations of the Cross Holy Mass	St. Anthony's	Patricia & Chris Jordan (remembrance)	Lent Feria
Wed	12 Mar					Lent Feria
Thur	13 Mar	5.30 pm 6.30 pm 7.05 pm	Exposition & Rosary Holy Mass Lenten Meditation	St. Anthony's	Wellbeing of a university student and their family.	Lent Feria
Fri	14 Mar	8.30 am 9.30 am 6.30 pm	Exposition & Holy Rosary Holy Mass Stations of the Cross	St.Teresa's	Wellbeing of Steven	Lent Feria
Sat	15 Mar	10.00 am	Holy Mass 24hrs with the Lord	St. Teresa's	Kathleen Gregor RIP	Lent Feria
Sat	15 Mar	4.45 pm 5.30 pm 7.30 pm	Confessions Vigil Mass of Sunday A Night of Light	St. Anthony's St. Anthony's St. Teresa's	People of the Parish	2nd Sunday of Lent
Sun	16 Mar	10.15 am 11.00 am 5.00 pm	Confessions Holy Mass  Vespers & Benediction	St. Teresa's St. Teresa's St. Teresa's	Peter Gowen RIP	2nd Sunday of Lent

### Please continue to remember in your prayers:



those who are sick or housebound and their carers:

John Gourley, Doreen Graham, June Stephenson, Margaret McEvoy, Aileen, Tommy Allan, Pat Matfin, Maria Cape and Mary McLaren.

Our sick children: Ezra Stephen Johnson, Josh Graham, James Taylor, Joseph Relph, Colby Taylor & Charlie Davidson



#### THE CYCLE OF PRAYER

#### Pope Francis' Monthly Prayer Intention for March





Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.

#### **During Lent**

We are asked to pray for these intentions:

Candidates for the Sacraments, for Women, for the needy and the hungry of the world, and for all penitents and wanderers.



Father in heaven, may the faith you have given us in your son, Jesus Christ, our brother, and the flame of charity enkindled in our hearts by the Holy Spirit, reawaken in us the blessed hope for the coming of your Kingdom. May your grace transform us into tireless cultivators of the seeds of the Gospel. May those seeds transform from within both humanity and the whole cosmos in the sure expectation of a new heaven and a new earth, when, with the powers of Evil vanquished, your glory will shine eternally. May the grace of the Jubilee reawaken in us, Pilgrims of Hope, a yearning for the treasures of heaven. May that same grace spread the joy and peace of our Redeemer throughout the earth. To you our God, eternally blessed, be glory and praise for ever. Amen