



ST MICHAEL & ST GEORGE

The Cathedral Church of the Bishop of the Forces
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Sunday, 16th March 2025

SECOND SUNDAY OF LENT – YEAR C

1100hrs Mass Intention: *Anthony Ryan (Health)*

Preface II of Lent

Eucharistic Prayer III

Entrance Hymn: 762

Offertory Hymn: 725

Communion Hymn: 956

Recessional Hymn: 770

Kyrie: 497

Gloria: None

Sanctus: 499

Acclamation: Said

Great Amen: Plainchant

Agnus Dei: 500

WELCOME EVERYONE

For our celebration today you will require a Mass Sheet, a hymn book and a copy of any Mass Settings that we are using, all of which are available from the Welcome Team.

Children over four years old are invited to go to their liturgy with the Catechetical Team following the introduction to the Mass and return at the offertory. The side chapel may be used for younger children's quiet activities and the vestry is available for those who need a place in which to make noise. Activity bags, containing appropriate books and other materials, hanging on the chairs at the back of church may be borrowed to keep children engaged during Mass. Please replace them after use and before leaving the building.

MINISTRIES TODAY

Celebrant: Bishop Paul Mason
Welcome Team: Mrs P Brooks; Mrs A Paintin
Readers: Mrs A Paintin; Mrs O Beattie
Extraordinary Ministers: Mrs P Rossiter; Ms A Williams
Children's Liturgy Lead: Mrs P Ryan

THIS WEEK

The Cathedral is open every working day from **1000hrs - 1600hrs**

Mon 17th March: *Feria of Lent Week 2 (St Patrick)*

Tue 18th March: *Feria of Lent Week 2 (St Cyril of Jerusalem)*

Wed 19th March: *ST JOSEPH, HUSBAND OF THE BVM*

1145hrs – Middy Prayer

1200hrs – Holy Mass (Zoom available)

Carol Murrey (Health)

Thu 20th March: *Feria of Lent Week 2*

Fri 21st March: *Feria of Lent Week 2*

1400hrs – Stations of the Cross

1430hrs – Exposition of the Blessed Sacrament

1545hrs – Holy Communion outside of Mass

NEXT SUNDAY

Welcome Team: Mrs L McMahan; Mrs M Ferrie
Readers: Mr B McMahan; Mrs P Powell
Extraordinary Ministers: Mrs N Francis-Crerar; Mrs C Pritchard
Children's Liturgy Lead: Mrs F Qiatabua

PRAYER INTENTIONS

Please keep the members of our Armed Forces, their families and all support staff, in your personal intercessions.

PROCLAIMING FAITH

A movement that began in Northern France is making an impact on the youth of Nottingham: www.indcatholicnews.com/news/51847

LIVESTREAMING LITURGIES

Sunday's Mass Zoom details – ID: 815 1943 5600

<https://us02web.zoom.us/j/81519435600?pwd=fVtZQhdVRO8oaxerfY0wrQ3L97YUH.1> Passcode: 046771

Wednesday's 1900hrs Mass Zoom details – ID: 899 1744 9610

<https://us02web.zoom.us/j/89917449610?pwd=fhcHSIQt3MkEEjRbzQYR3iVqYvvVbZ.1> Passcode: 952580

SACRIFICIAL ALMSGIVING

The Lent Family Fast Day took place last Friday and there will be a Special Collection for CAFOD today after Mass. Envelopes are available at the back of church for your donations and further opportunities are at: www.cafod.org.uk/fundraise/family-fast-day

TEACHING POINT

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are days of abstinence. For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards. In addition, those that are excused from fast and abstinence outside the age limits include the physically or mentally ill, as well as individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant or nursing women. In all cases common sense should prevail and ill persons should not further jeopardize their health by fasting.

CHALLENGING BELIEF

"Cloud of Witnesses" is an exhibition taking place from now until 27th April at St John's Waterloo, 73 Waterloo Road, LSE1 8TY, showcasing a unique set of artists who have come together to explore faith and divinity. Further details are available at: www.godwhospeaks.uk/cloud-of-witnesses-art-exhibition/

SPIRITUAL OPPORTUNITY

Three Bishopric Retreats are planned for this year with details of dates, places and contact information about registering interest being available on the noticeboard and Bishopric website.

AND FINALLY ...

... common sense and a sense of humour are the same thing, moving at different speeds; a sense of humour is just common sense, dancing.

With every blessing
Fr Nick