

Dear Parishioners, Spring's arrival turns many minds to diets and exercise regimes to trim the winter flab.

We do the same for our spiritual wellbeing during Lent. Last Sunday I recommended offering your most precious possession, time and join the Lent course on Thursdays 17th 24th 31st March and 7th 13th and 20th of April. Full details are on the posters and leaflets.

In addition I offer the following for your consideration.

✠ Buy (£1) the **Walk With Me** booklet and read the daily Lenten meditation.

✠ Join the Friday Stations of the Cross in church at 7.00pm.

✠ Spend a little time each day reading the Bible in the quiet of your home.

✠ Attend the 9.00am daily morning Mass.

✠ Give some time to prayer during Exposition on Saturday mornings between 11 and 12 noon.

✠ Visit the church during afternoon opening from 3 to 4pm.

✠ Encourage someone who has been away from Mass to return and help to break the ice by accompanying them to church.

✠ Say the Rosary at home or join the weekday recitation in church at 9.30am.

✠ Visit a friend or neighbour who is sick or lonely.

✠ Look around you and see if there is someone in need of help or friendship or maybe an elderly relative you haven't visited for a while.

✠ Make up a longstanding quarrel.

✠ Help to clean the church on Monday mornings at 9.30.

✠ Give up a favourite treat like sweets, drink, watching too much TV or cigarettes.

✠ Keep **Family Fast day** a week on Friday.

✠ Every Friday give up eating meat for your spiritual good and that of the planet!

✠ Make a clean sweep. How long is it since you made use of the Sacrament of Reconciliation (Confession)? There will be a Reconciliation service on 23rd March at 7.30pm.

✠ Attend the series of Lenten talks on Saturday mornings in the Hall at 11am. The first speaker is Lord David Alton. Fr John

Parish of Our Lady of the Valley

Catholic Communities of Clitheroe & Sabden

Lowergate, Clitheroe, Lancs BB7 1AG

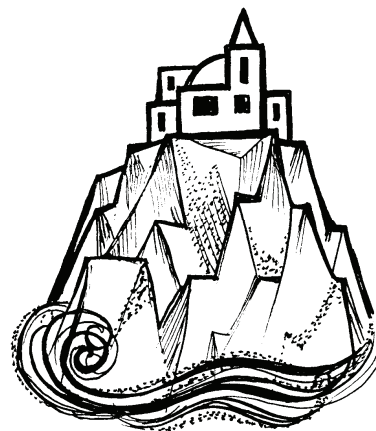
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Parish Priest: Mgr John Corcoran RD

9th Sunday in Ordinary time- 6th March 2011

St Michael & St John's Church, Clitheroe



SUNDAY

Mass at 9.30am followed by coffee

MONDAY

Eucharistic Service at 9am

TUESDAY, THURSDAY & FRIDAY

Mass at 9am

ASH WEDNESDAY

Mass and distribution of Ashes

9.15am Clitheroe

11am Sabden

7.30pm Clitheroe

Ash Wednesday is a day of fasting and abstinence

SATURDAY (12th March)

(11am - 11.45am Sacrament of Reconciliation 11am - 11.55am Exposition
11.30am Rosary Eucharistic Service at noon First Mass of Sunday 6pm)

St Mary's Church Sabden

Sunday - Mass at 11am followed by coffee **Wednesday** 11am Mass **Friday** - No Mass

MASSES RECEIVED THIS WEEK

Pat Butler x 2, Georgette Mullen, Marion Moran, Ken Almond, Kathleen Berry, Elizabeth Teasdale, Ann Aspinall

SICK

Vincenzo Ditri, Glenys Campbell

LATELY DEAD

Ken Almond, Marion Moran, Rose Hargan, Shahbox Bhatti, Georgette Mullen
Albert Bywater

WELCOMERS NEXT WEEKEND

Saturday - M.Manning Sunday - Mr & Mrs Ryder

READERS

Saturday - Judith Byrne Sunday - S.Shore

EUCCHARISTIC MINISTERS

Saturday - L.Perrin & H. Mercer Sunday - K.Hickling, J Hall, S.Hall

TEA & COFFEE

C.James/M.Tomlinson/A.Pritchard

OFFERTORY

St Michael & St John's £775.83 Sabden £195.65 Many thanks

ST MICHAEL & ST JOHN'S PARISH CENTRE Opens after Mass on Saturday evening. Why not come in for a relaxing evening, re-ignite old friendships and make new ones. Don't forget Sunday evening is our regular Family Quiz Night between 8pm—10pm **BINGO** on Tuesday evenings. All members welcome.

SATURDAY 19th March - St Patrick's Nite with Andy Keith in the Top Lounge

MEMBERSHIP Membership fees may be renewed every Monday, Friday and Sunday evenings. Fees to increase - £10 for adults, £5 for OAP's & students.

WALSINGHAM BANNER to raise funds two events Friday 18 March and Thursday 31st March - see posters in porch

LADIES GROUP Details of forthcoming trips can be found on the flyers in the porch. To book your ticket please see Janet 424657 or Daphne 427912. **Harrogate trip Thursday 14th April** - we will be ordering the tickets on Tuesday of next week for those who wish to go to the Flower Show so we need you name (if you haven't already booked) by Monday evening at the latest. If you just want to go to Harrogate for the shopping its just £7 and we still have some free places on the coach.

SEWING MACHINES Recently three people have approached me asking if we still collected sewing machines for the third world - I have managed to contact one person but have forgotten who the other two were. Please give me (Janet) a ring 424657 or see me at the presbytery



CATHOLIC LIFE MAGAZINE - the magazine of Catholic history and culture-March edition on sale at £3.50. There is a section this month about the Salford Diocese which includes articles on Pleasington Priory and Blessed John Cotnam, Lancashire Jesuit and martyr

K.S.C. COUNCIL MEETING next Tuesday 8th March at 7.30pm in presbytery

ST MARTIN'S AMPLEFORTH Scholarships & Open Day see details in porch

20SOMETHINGS Activities for young adults - see poster and flyers in porch

NOVENA TO ST JOSEPH 10th - 18th March - see poster in porch

STONYHURST LENTEN TALKS Tuesdays throughout March at 7.30pm in the Bayley Room. Details can be found on poster in porch

CAFOD The parish supporters will meet on Tuesday March 8th at 10am in the presbytery. All welcome. **"FAIRTRADE FORTNIGHT"** February 28th to March 13th.



"SHOW OFF YOUR LABEL" by getting into the FAIRTRADE habit - what's in your basket?. Grateful thanks are extended to the family of the late Michael Pryle for the kind donation in his memory, for the support of CAFOD. God Bless you.

SAINSBURYS VOUCHERS School are collecting the Active Kids vouchers. Please either drop them into school or pop them in the red parish communications box in the porch.

AN EVENING WITH FR DENIS MCBRIDE on St Matthew's Gospel for Lent and Easter at St Gabriel's R.C. High School, Bury See poster in porch

STATIONS OF THE CROSS on Friday's at 7.30pm during Lent. The first one takes place Friday 11th March and will be led by K.S.C.

TEA DANCE Wednesday 16th March in our Parish Hall. Dancing from 2pm - 5pm. Admission £3.50 including an excellent Afternoon Tea. Come and dance the afternoon away - everyone welcome.

ROSARY OF THE UNBORN will be said after Mass/Service each day next week for all Pro-life intentions. Our Lady of Guadalupe pray for us

The stocks of Mass cards and Greetings cards have now been replenished - you will find them on the card racks near the War Memorial

SABDEN NEWS

BONUS BALL (SABDEN) The bonus ball this week is no 43 Glenys Campbell Winners please collect winnings from Carol or Harry.

RAFFLE The Raffle will be drawn after Mass during Coffee - last chance to get your tickets.

ONGOING WORK IN HALL Meeting in Hall Monday 7th March at 7.30pm for fundraising etc All welcome

Matthew's bonfire will be lit on Saturday 19th March - time to be decided. We will have a Potato Pie supper £5 per adult - children free. Bring your own drinks (a hot drink will be available). List in porch for names for catering purposes.

ST MARY'S PARISH HALL (SABDEN) To book the hall contact Tony Hargan and his telephone number is 07711 635084

ST MARY'S PRIMARY SCHOOL are collecting batteries and nestle cereal tokens. Please hand them in at school or in the container in the porch.

Clitheroe Churches in Partnership

LENT COURSE

Saturdays during Lent in our Parish Hall starting with a talk at 11am followed by Lunch of assorted bread and cheeses - Cost £2

At the first of these Lunches on Saturday 12th March

Lord David Alton

will speak on

'Where do faith and politics meet'

Volunteers to help our Ladies team who organise the lunches would be greatly appreciated