

Dear Parishioners

Lent presents us with the opportunity to grow closer to Christ. To help do this, I offer the following suggestions.

- ✠ Buy (£1) the 'Walk With Me' booklet which offers a short meditation for each day of Lent.
- ✠ Join the Stations of the Cross in Clitheroe at 7.30pm on Fridays and in Sabden at 7.30pm on Tuesdays.
- ✠ Spend a little time each day reading the Bible in the quiet of your home.
- ✠ Attend daily Mass. (Details weekly in the newsletter)
- ✠ Come to Exposition on Saturday mornings between 11am and 12 noon.
- ✠ Pay a visit the church which is open during daylight hours
- ✠ Encourage someone who has been away from Mass to return to practice and accompany them to church.
- ✠ Recite the Rosary at home or join the weekday recitation in church at 9.30am.
- ✠ Is there someone you know 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 5th March at 7.30pm in Clitheroe and on 6th March in Sabden. Confession is available every Saturday in Clitheroe from 11 to 11.45 and during the Stations of the Cross on Fridays.
- ✠ Attend the series of Lenten talks "Faith in our community" on Saturday mornings in the Hall at 11am.
- ✠ Join one of our four study and prayer groups which meet for one hour each month during this Year of Faith.

Wishing you a fruitful Lent!

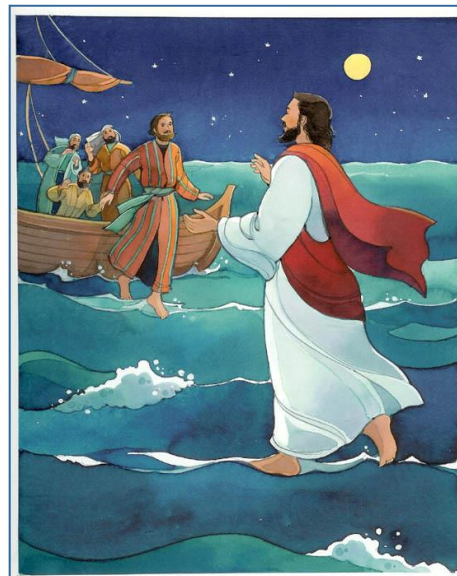
Fr John

Parish of Our Lady of the Valley

Catholic Communities of Clitheroe & Sabden
Lowergate, Clitheroe, Lancs BB7 1AG

5th Sunday in Ordinary time (C) 10th February 2013

St Michael & St John's Church, Clitheroe



Sunday

Mass at 9.30am followed by coffee

Monday

Eucharistic Service at 9am

Tuesday

Mass at 9am

ASH WEDNESDAY

Mass and distribution of Ashes

Clitheroe: 9.15am & 7.30pm

Sabden: 11am

*Ash Wednesday is a day of
fasting and abstinence*

Thursday

Mass at 7.30pm

Friday

Requiem Mass 1pm Rae Carter

Stations of the Cross 7.30pm

Saturday 16th February

11am - 11.55am Exposition 11am - 11.45am Reconciliation (Confession)

11.30am Rosary 12noon - Eucharistic Service 6pm First Mass of Sunday (quiet)

St Mary's, Sabden

Sunday - Mass at 11am

Ash Wednesday Mass and Ashes at 11am Friday - No mass.

MASSES RECEIVED THIS WEEK

Mildred O'Neill, Peter Hardwick x 3, Bill Tattersall x 2, Private intention,
Margaret McKenna x 3, In thanksgiving for 60 years of marriage, Rae Carter x 4

SICK Sally Hickling,

LATELY DEAD

Margaret McKenna, Mildred O'Neill, Peter Hardwick, Rae Carter, Fr Fred Watson

ANNIVERSARIES MaryIn Moylan, Jim Holmes

OFFERTORY Clitheroe £844.46 Sabden £202.36 Many thanks

CARITAS Clitheroe £234.59 Sabden £59.50 Many thanks

CATHOLIC SINGLES is an organisation which helps single adult Catholics of all ages meet, either one to one or through social events. Please tel. 0161 941 3498, visit the website www.catholicssingles.org or email info@catholicssingles.org

DAY OF RENEWAL at St Clare's Parish Hall, Fulwood, Preston Saturday 16th Feb from 10am - 4pm - see poster in porch

CAFOD Looking ahead, the group will be taking a stall at the Hurst Green Flea Market in the village Memorial Hall on Sunday 24th February 9am - 4pm. Refreshments available. Seek out a good deal or two!

HARVESTERS MEN'S DAY 'Finding God in the Ordinary' - A Lent Reflection Day for Men Saturday 23rd February 10am - 4pm, at Holy Family RC Church, Ingol, Preston. No booking required just come along. Speakers - Fr Daniel O'Leary and Brian Kelly. More info from/or book contact Dave Yates on 01253 735061 or Greg McCrave 01772 733338 (day)

CARITAS - VACANCIES Bank Staff (Schools Counsellor), Bank Staff (Adoption Support Counsellor). Hours on an ad hoc basis £12.89-£14.77 hr (rate inc holiday pay). More info and to download application www.caritassalford.org.uk/jobs

CLITHEROE

SOCIAL CENTRE Sunday evening In addition to the usual Quiz on a Sunday evening is 'Play your Cards Right'. Please come along - Everyone welcome

LADIES GROUP Committee meeting Monday 11th February 7.30pm in presbytery

TEA DANCE Wednesday 20th February - Valentines Tea Dance in our Parish Hall 2pm - 5pm. Come and enjoy an afternoon dancing, followed by afternoon tea. Still only £3.50

SECOND HAND BOOK SALE at our Ladies Group meeting 27th February. We would be grateful for any donations of books.

CEILIDH Saturday 16th March 'Dogsbody Band' (6 piece with caller) Tickets £10 inc Light Supper. Ring Kevin at Social Centre for tickets

ROTARY CLUB CLITHEROE - Swing Band Night in St Mary's Parish Hall (Clitheroe) 2nd March - See poster in porch

WANTED volunteers for running our Brownie unit. Rachel and Kelly are retiring at Easter and need someone to take over the running of our Brownie unit. Rachel is willing to help in the transitional period up to Summer 2013. Any offers of help? Then please ring Rachel Harper on 0787 5091365

FLOWER CLUB Thursday 14th February at 7.30pm in our Parish Hall - Valentine Day Flower Demonstration with Jane Brown. £6 including refreshments.

LENT TALKS this year commence on Saturday 23rd February and run for five Saturdays, in our Parish Hall, (the first one however will take place in one of the upstairs meeting rooms). They begin at 11am but Refreshments (Tea or Coffee and Biscuits) will be served at 10.30am.

ROTAS NEXT WK	Saturday	Sunday
Welcomers	M.Valovin	R & F Holgate
Readers	C.Carr	School
Euch Ministers	A.Harkin	E.Thomson, P.Sutcliffe, I.Parkes
Tea & Coffee		B.Barker & K.Peel

LADIES GROUP Wednesday February 27th at 7.30pm in our Parish Hall. 'From Barrister to Beekeeper' - Lancashire farmer Craig Hughes, will speak on his passion for beekeeping. We invite both ladies and gents to come to this event. A very interesting talk, only £2 including Tea and Biscuits. At this meeting there will be a second hand book sale. Do come along and join us.

WOMEN'S WORLD DAY OF PRAYER - Friday 1st March 7.30pm at Trinity Methodist. Service last about 1 hour. This year the service has been prepared by the Christian Women of France. Everyone Welcome including men, women and young people but not suitable for children. All the Christian Churches in Clitheroe will take part in the service.

LADIES GROUP TRIP Our next trip is on Wednesday 1st May to The National Arboretum in Staffordshire followed (time permitting) by a visit into Lichfield. Departs 8.20am from Interchange. Cost approx £25 which includes Coach fare, Guided tour around Arboretum and Lunch (Roast of the day plus a sweet) and a tip for the driver. Names to Janet or Daphne please. We have also booked another trip for Wednesday December 4th for a tour of The BBC studios in Salford (which has proved very popular, hence the early booking) and the Manchester Christmas Market. Again names to Janet or Daphne. Both trips are booking up fast.

K.S.C. Meeting Tues 12th at 7.30pm in presbytery
YEAR OF FAITH GROUPS Monday 11th February at 2pm Claremont Avenue and Tuesday 12th February at 2.30pm in the presbytery.

SAINSBURY'S VOUCHERS Once again our Primary School are collecting Sainsbury's Active Kids vouchers. Please hand into school or pop in the parish communications box in church porch

SABDEN

BONUS BALL 11 - A & C Brown

ST MARY'S PRIMARY SCHOOL collect batteries and Nestle cereal tokens. Please hand in at school or in the container in porch

MEETING there will be a meeting on Tuesday 12th February at 7.30pm to discuss fundraising and to formulate a plan to increase hall bookings. Please try to attend if you have any input at all

WANTED

Volunteer cleaners for St Mary's Church and Hall in Sabden.

There a number of teams and so the work is spread. We are looking for more volunteers to help, especially as one of our teams is retiring at Easter. If you could spare a couple of hours once a month please contact

Jennifer Mead
01282 770702

