

WELCOME TO MASS & CHURCH on weekdays & Sundays. You must book for a weekend Mass in our Church. See directions to comply with the Covid regulations.

FIRST SUNDAY OF LENT Year B **21 February 2021**

Saturday 13th 6.00pm The People of our Parish
Sunday 14 Feb 9.00am Harry Gill RIP Recently (Vianna)
Mass streamed 11.00am Helvin Crouch RIP Anniv (Crouch)
6.00pm Stations of the Cross
Monday 22nd The Chair of St Peter, Apostle
First week of Lent 9.15am Matthias McGrath RIP (Anniv)
Tuesday 23rd 9.15am Fr Stewart Foster's intentions
Wednesday 24th 12 noon Daniel O'Neil RIP Recently (O'Neil)
Thursday 25th 9.15am Holy Souls
Friday 26th 9.15am Private intention (CM)
Lent Fast Day 7.30pm Stations of the Cross and Mass –The Holy Souls

SECOND SUNDAY OF LENT Year B **28 February 2021**

Saturday 27th 6.00pm The People of our Parish
Sunday 28th 9.00am Anne Fitzgerald RIP Recently (Cooney)
Mass streamed 11.00am Winifred Crouch RIP Anniv. (Crouch)
3.00pm Tridentine Rite Sung Latin Mass
6.00pm Stations of the Cross

SACRAMENT OF PENANCE on request to the Parish Priest

MASS READINGS: FIRST SUNDAY OF LENT B **21st February 2020**

GENESIS 9:-15 God made a covenant with Noah, having saved him from the flood

PSALM 24 Your ways are faithfulness and love for those who keep your covenant

1PETER 18:3-22 The water is a type of Baptism which saves you now

MARK 1:12-15 Jesus was tempted by Satan and the angels looked after him.

DIOCESE OF BRENTWOOD WEBSITE: <https://www.dioceseofbrentwood.net/>

DAILY SERVICES WITH MASS: www.churchservices.tv/timetable/

MASS AT WESTMINSTER CATHEDRAL: www.churchservices.tv/westminster

DAILY MASS Leigh-on-Sea: Our Lady of Lourdes Church at <https://lourdesleigh.org/>

Bishops Stortford: St Joseph & English Martyrs: www.churchservices.tv/bishopsstortford

OFFERINGS: Thank you for your weekly Offerings of £800 in standing orders and £362.40 last weekend, and £120 for CAFOD. You can give in Offerings to the Priest's House or online at: www.dioceseofbrentwood.net/donations?parish=epping//

LENT FAST DAY FOR CAFOD: Next Friday is the Lent Fast Day for CAFOD, to aid people in developing and poor nations. Cafod envelopes will be given out as you leave Mass and **our retiring collection next Sunday will be for Cafod**. If you are not coming to church at this time due to Covid precautions, you can make an offering online to our parish for Cafod on the Diocese of Brentwood link above, or you can give in an offering to the Priest's House, and mark it for CAFOD, using a Gift Aid envelope if you pay tax.

RECEIVING HOLY COMMUNION: As we wear masks in church: on coming forward to receive Holy Communion, we should lower our mask, so that when Holy Communion is placed in our hand, we immediately put it into our mouth, with the other hand. In this way, we preserve reverence for the Blessed Sacrament and avoid the danger of any little particle of the Holy Communion being lost.

The Immaculate Conception Catholic Church



11 Church Hill, Epping, Essex, CM16 4RA
Parish Priest: Father John McGrath Tel: 01992 572516
Deacon: Rev Duncan Whitehouse Tel: 01992 577173
Email: epping@dioceseofbrentwood.org
Website: www.eppingcatholicchurch.co.uk
Registered Charity Number: 234092

Our parish is twinned with Thistle Grove & Lebohanga Parish in the Diocese of Dundee, South Africa

FIRST SUNDAY OF LENT (B)

21st February 2021

Dear Friends,

“The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts and the angels looked after him” (Mark 1:12-15). Mark's gives this forceful account of Jesus going out into the desert, being alone and confronted and tempted by Satan. Many people today naively deny the existence of Satan, saying that he belongs to the time of Jesus and the past, and has no relevance for us today.

When Cardinal Estavez presented the new Rite of Exorcism in 1999, he said “the existence of the devil is not an opinion; it belongs to Catholic faith and doctrine; the strategy of the devil is to convince people he does not exist. The devil manages to trap people and fool them by leading them to believe happiness can be found in money, power and sexual lust. He deceives men and women by persuading them that they do not need God and that they are self-sufficient”.

When Jesus was at his weakest, the devil tempted him in three powerful ways. To work a miracle for his own benefit by turning stones into bread when he was hungry. To engage in a foolish act and presume God would save him. To imagine he could control peoples and nations by worshipping the devil. Jesus rejected the temptations, with the power of the Spirit, and ordered the devil to depart – “but he was to return again to at the appointed time”. The devil tempts us in various ways, especially when we are weak or vulnerable. He wants us to be discontent, and with false promises increases our expectations and then leaves us disappointed. He draws people into sinful ways, even into the occult, and when trapped in his power he then seeks to run and ruin good lives and relationships.

While Jesus was tempted when vulnerable and weak it strengthened and prepared him for mission by resisting temptations. He proclaimed the Good News of the kingdom of God soon after his temptations and called people to repent of their sins (Matt.12). Lent can be a time of training for us, when we can be tested and faced with our weaknesses. Like Christ, it is the power of God that protects and delivers us from the temptations of the devil. God's power, the power of love to save, is utterly certain, and always triumphs over evil. And so we pray daily in the Lord's Prayer, “Lord, lead us not into temptation but deliver us from evil”.

May God bless and send his holy angel to guard and protect you. Fr John

CHILDREN'S LENT BOOKLETS: My Day by Day booklets for Infants and Junior school children are available free in the porch by the side of the church and the Priest's House. Please take one for your child at any time. **WALK WITH ME** booklet for adults in Lent available free in the church porch.

IN LENT the church asks us to give alms for the good of those in need and recognise that all we have is gift of God, not just for our own use but to share with others To fast for the good of our bodies, and that may not be giving up food but sacrificing some things we like to have or do. She asks us to pray for the good of our souls and so strengthen our spiritual relationship with God and people.

HELP LIVESTREAM MASS: We need more helpers to live-stream Sunday Masses at 11am. The system is set up but we need more help. You only need to help every few weeks on a rota basis. You can be youth to senior, and need not be a technical wizard - just at ease with a laptop and follow a system. Step-by-step instructions and training will be given. Please contact Fr John if you can help!

HELP AS A STEWARD / USHER IN CHURCH: We thank our Stewards and Ushers in church who ensure we comply with Covid regulations. We need more helpers for this role to **keep people safe. Please contact our Parish Office if you can help: email admin@eppingparish.plus.com or phone 01992 572516.**

FACEBOOK GROUP: Our parish Facebook Group posts daily updates and links to parishes & activities in our Diocese. James Ryan manages and monitors the input for security and relevance. If you wish to join this group, just click on the link below: <https://www.facebook.com/groups/26415423943/?ref=share/>

HELP FOR SHOPPING etc. In this lockdown, parishioners and people who need prescriptions collected, something from the shops, letters posted or someone to chat to on the phone, please call Fr John at the Priest's House on 01992 572516 and he will put you in touch with a willing helper who would like to assist you.

FIRST HOLY COMMUNIONS 2021: Parents wishing to prepare their child for First Reconciliation & Holy Communion in 2021 should have completed the Application Form in the porch or attached to this Newsletter. Children should be in school Year 3 or older in 2020/21 and been regular Mass attenders, until the lockdowns. Please post or email the completed form to our Parish Office. Details of the arrangements for programme will follow very soon.

LEARNING FROM COVID: Sr Gemma Simmonds CJ of Margaret Beaufort Institute, Cambridge, will lead a livestreamed study day on **Saturday 6th March** from 11 am, on 'Learning from Covid: Church, state and a better future'. The study day is organised by Gidea Park parish. Free access to the live event will be on www.whatgoodnews.org and a subsequent recording on the same website.

FR ADRIAN GRAFFY'S MESSAGE: The recording of the sessions with Austen Ivereigh are available on www.whatgoodnews.org You may be interested in the recordings of the individual sessions of the Halki Summit, inspired by Ecumenical Patriarch Bartholomew, now available on the [Halki Summit IV webpage](#). Patriarch Bartholomew inspired Pope Francis to produce *Laudato si*.

WE PRAY FOR ALL WHO HAVE DIED:

DANIEL O'NEIL RIP, brother of JoAnn O'Neil, who died on Tuesday, 16th of February in New York. May he rest in peace and rise in glory

We offer our sympathy to and prayers for his family and the repose of his soul. May the Lord send his Holy Spirit, the Comforter, to console and strengthen them and all who mourn for loved ones at this difficult time.

ANNIVERSARIES: Charles Ward, Antoinette Bonito, Robert Luker (20th), Ronald Floor, Matthias McGrath, Deacon Sidney Lewis (21st), Jean Swan, Gemma Upton, Bea Cox (23rd), Robert Richardson, Patrick Watson, Sidney Field (24th), Edna Gooding, Connie Charlton (27th), Elizabeth Farrell, John Turner, Teresa Negri (28th). **Let perpetual light shine upon them, O Lord. May they rest in peace.**

PRAY FOR OUR SICK AT HOME & IN HOSPITAL & CARE HOMES: **May the Lord send the healing power of his Holy Spirit down upon them and free them from every ill of mind, body and spirit. Through the ministry of all care for them, may he protect, bless and heal them.**

VOLUNTARY ACTION EPPING FOREST gives relief boxes to households & individuals who struggle money-wise partly due to Covid 19, have a base in Thornwood. Contact Nick on **07967726851** or its befriending service on **07708171116** <https://vaef.org.uk/covidresponse@vaef.org.uk>

PRINCESS ALEXANDRA HOSPITAL **Send Messages to Loved Ones in hospital.** Family members and friends of inpatients can send or collate personal messages to paht.messagestoalovedone@nhs.net A special phone **01279 868128** is available **from 10am to 12noon on weekdays**. Video calls can be made to patients on John Snow and Locke Wards, Kingsmoor and Harold, Lister Wards, **from 2 to 4pm every day**. Details from paht.virtualvisiting@nhs.net

EPPING FOREST FOODBANK: **There is a basket in the porch by the Priest's House & Sacristy for gifts for Epping Forest Food Bank.** The Food Bank needs: UHT Milk, Instant Mash, Small Couscous Packs, Tinned Spaghetti, Microwaveable Rice Pouches, Vegetable Noodle Packs, Sponge Puddings, Hot Chocolate, Small Jars Of Peanut Butter, Small Jars of Coffee, Chocolate Bars, Snack Bars/ Snacks, Halal Corned Beef, Reusable Face Masks, Hand Sanitiser (70% Alcohol), Female & Male Deodorant, Toothbrushes & Toothpaste, Hair Shampoo and Conditioner, Laundry Tablets, etc. **Your donations in the basket will be greatly appreciated.**

STAY SAFE IN CHURCH: **Everyone must wear a mask or a face covering in church, except when reading. We must sanitise our hands as we enter and leave church and keep social distance of 2 meters (6 feet), not interact with people inside or outside church who are not in our group - scan the QR code or register on attending church for track & trace as we enter or leave church. If you display Covid like symptoms, have tested positive for Covid19, or been instructed to quarantine, you must stay home, not come to church and follow NHS directions.**

A LENT RETREAT with Jesuit priests, using Ignatian Spiritual Exercises, for each day of Lent on BBC Radio 4, on the theme, "Knowing Jesus Better". It can be heard live or on BBC Radio 4, BBC Sound or at www.onlineprayer.net/

CATHOLIC PARISH OF EPPING The Immaculate Conception

HOW TO STREAM MASS FROM EPPING at HOME

Sunday Masses at 11am in our Church are now live streamed. The live stream from Epping Catholic Church will be on You Tube .

You do not need a Youtube account to watch. Using a laptop, computer or mobile phone, you can follow the instructions below. You need speakers or headphones if your device does not have a built in speaker. If you have a smart TV, you can pair a device (such as mobile phone or iPad or tablet) to watch it on your television.

To view the Mass search: **The Immaculate Conception Catholic Church, Epping** and visit the channel where you will find the live stream. All you need to do is click on the live video.

If you have difficulty, type the URL (web address) into the address bar:
youtube.com/channel/UCAbSuwE8X5AOaugAT35hREw

If you have a mobile phone simply scan this QR code to take you to the channel :



Please let us know if you have any problems and we will try our best to help.

ST ELIZABETH'S CENTRE AT MUCH HADDHAM caters for about 200 people with epilepsy, autism and other complex disabilities. It has a home for over 100 adults and a school and further education college for ages 5 to 19, with residential provision and a large nursing department. Founded in 1903 by the Daughters of the Cross of Liege, it employs 650 staff and is set in beautiful grounds near Harlow. The Centre now needs volunteers to join its advisory committees. If you have a background in care, education, nursing, medicine, social work or law, or an interest in contributing to the work of the Centre for a few hours a month, please contact Sister Annette Clemence on 01279 843451 or Paul Ives 01992 577104, to hear what may be involved and how you can help.

THE CATHOLIC UNIVERSE PAPER is on sale in the porch! We can no longer supply it free but if you wish to order it please contact Parish Office.

IT IS MOST IMPORTANT THAT YOU BOOK TO ATTEND A WEEKEND MASS IN EPPING CATHOLIC CHURCH

Due to restrictions imposed by the Coronavirus pandemic regulations our church is limited to 55 people attending Mass where they are from the same household, or 23 individuals. To avoid the risk of people being told on coming to church that it is full and one cannot go in, it is important to book a place at a particular weekend Mass.

1. If you will attend the same Mass every weekend, your name will be put on the list permanently for that Mass. If you cannot come on a particular weekend(s) please notify us so that places can be allocated to others.
2. Please notify Deacon Duncan by 5pm on the previous Friday for attendance at a weekend Mass on Saturday at 6pm or Sunday at 9am or 11am. Bookings for multiple weekends can be made at the same time. If you are changing or cancelling a booking you have made for a particular Mass, please do so by Friday at 5pm.
3. To make bookings for weekend Masses, change or cancel a booking email **Deacon Duncan** at duncanjcwhitehouse@gmail.com or phone him on 01992 577173. If we are over-subscribed for a particular Mass, he will contact you. The 5pm deadline for bookings on Fridays allows time for you to make other arrangements and free up a place for others.

PRAYER IN TIME OF CORONAVIRUS

God our Father, Creator of the world, almighty and merciful, out of love for us, You sent your Son into the world as the doctor of our souls and bodies. Look upon your children who, in this difficult time of confusion and dismay in many regions of Europe and the world, turn to you seeking strength, salvation and relief. Deliver us from illness and fear, heal our sick, comfort their families, give wisdom to our rulers, energy and reward to our doctors, nurses, carers and volunteers, grant eternal life to the dead. Do not abandon us in time of trial but deliver us from all evil. We ask this of Thee, who with **your** Son and the Holy Spirit, lives and reigns for ever and ever. Amen.

Mary, Mother of health and hope of the sick, pray for us!

LENTEN TALKS on Laudato Si, Pope Francis' teaching on the environment and climate change continue on the Thursdays of Lent via Zoom. To register email jane@catholicclimatemovement.global and for details of this area of Catholic life and faith go to www.catholicclimatemovement.global

LOOK SHEETS for young children are available in church for collection

ICHTUS SHEETS for older Primary School children explains the Mass

CHILDREN'S LITURGY: <https://cafod.org.uk/Education/Children-s-liturgy>