

DIOCESE IN EUROPE

THE CHURCH  
OF ENGLAND



## SS PETER AND PAUL, TORREVIEJA

*The Church of England worshipping in Word and Sacrament at Lago Jardín, Los Balcones and La Siesta and ministering through the southern Costa Blanca and eastern Murcia.*

*A truly Eucharistic community of faith and love.*

Chaplain (equivalent of Parish Priest):

Father Richard A. Seabrook SSC

+ 34 966 840 136

+ 34 693 932 438 – Chaplaincy Mobile

frras@c-of-e-torrevieja.com

[www.c-of-e-torrevieja.com](http://www.c-of-e-torrevieja.com)



Chaplaincy Facebook page: <https://www.facebook.com/anglicantorrevieja>

Chaplain's Facebook Group (to be used at the moment for livestreaming of liturgies):

<https://www.facebook.com/groups/chaplaintorrevieja/>

### FATHER RICHARD'S WEEKLY NEWSLETTER

6<sup>th</sup> March 2022

FIRST SUNDAY OF LENT



**WELCOME TO THE CHAPLAINCY OF SS PETER AND PAUL, TORREVIEJA.  
ALL ARE WELCOME TO SHARE IN THE LIFE OF THE CHURCH OF ENGLAND IN  
THIS CHAPLAINCY.**

## *Duties of Church Membership*

issued by the Archbishops of Canterbury and York  
at the request of the Church Assembly.

**A**LL baptized and confirmed members of the Church must play their full part in its life and witness. That you may fulfil this duty, we call upon you:

To follow the example of Christ in home and daily life, and to bear personal witness to Him.

To be regular in private prayer day by day.

To read the Bible carefully.

To come to Church every Sunday.

To receive the Holy Communion faithfully and regularly.

To give personal service to Church, neighbours, and community.

To give money for the work of parish and diocese and for the work of the Church at home and overseas.

To uphold the standard of marriage entrusted by Christ to His Church.

To care that children are brought up to love and serve the Lord.

GEOFFREY CANTUAR :

CYRIL EBOR :

*Published by the Church Information Board and*

## **What does it mean to be a member of the Church of England?**

In the Chaplaincy we welcome all. But often people ask what does the Church of England stand for? This summary, albeit seemingly old-fashioned on first looking, is as relevant and fresh today as it was when it was first published.

Please take a look and consider each of the duties that are asked of us all in our membership of the Church of England.

It might just make us think and help us in our Lenten discipleship.

### **Home Communions**

Father Richard will take Holy Communion to people at home according to their circumstances. This is a privilege and enables for prayer in the home at difficult times and for the communicant to receive Holy Communion at home. Please never hesitate to contact me if you would like Holy Communion at home if you are unable to come to church because of sickness or being housebound. Obviously Covid circumstances are taken into consideration.

Here are some guidelines to assist you:

1. If you can, please arrange a surface with a white cloth upon which I can place the Blessed Sacrament. If this is difficult please do not worry too much but it is appreciated.
2. The Priest will not enter into general conversation until after the celebration which lasts about ten minutes. Then he would appreciate a cup of tea and chat with you but if your circumstances don't allow, please do not worry.
3. Please consider giving a donation to the Church for the Priest's ministry. He will have had to drive to you and it also enables you to give your weekly collection to support the priestly ministry in the parish / chaplaincy. This means there can be a Priest available for you and for others with a priestly presence in the parish / chaplaincy. It is a long-established custom – if you can – to make an offering to the Church in thankfulness for the ministry of the Church.
4. You don't have to tidy up before the priest arrives! Just prepare spiritually for an encounter with Christ in the Eucharist by being prayerful before his arrival.

**Father Richard writes:**

Lent has begun. It is a time of grace in the life of the Church as we prepare to celebrate the Paschal Mystery. Our Lenten discipline is characterised by prayer, fasting, and almsgiving. Why? Because Our Lord himself said this. We heard this as the gospel reading on Ash Wednesday. How will you embrace the Lenten precepts this year?

In the season of Lent we are invited to examine our consciences – to take a good, hard look at our lives in the light of God’s mercy, love, and grace and to see where might be need to open our hearts to the Lord to grow. Lent is the springtime of the Church. May Lent be for us a time of spiritual growth. It may be we need not only to fast from certain things (I’m not talking about food here) but completely eradicate them from our lives. The more we discard those things which hinder us in the Christian progression, the more there is room for growth in our discipleship.

Let us all make our Lenten days an opportunity for God’s love to sweep in and blow away the unpleasant cobwebs through our prayer and penance.

The shocking news from Ukraine and the violence and warfare is of deep concern. You may have already been at La Siesta or watching the online services to join in the prayers that we, as a Chaplaincy, are already offering. Further news of an appeal for humanitarian aid will be announced sent to you once I have more information.

May God bless you this Lent.

Your priest and friend,  
Father Richard

**UPDATE ON THE ERMITA DE NUESTRA SEÑORA DE LA ASUNCIÓN, LOS BALCONES**



On Friday 25<sup>th</sup> February, I, with representatives of the Chaplaincy, signed a new agreement (Acuerdo de Colaboración) with the Parish Priest of La Parroquia de San Roque y Santa Ana in Torrevieja, Father Pedro Payá Giménez who is the Priest responsible for the church we use at Los Balcones, the Ermita de Nuestra Señora de la Asunción (Our Lady of the Assumption.) This was with the agreement of the Chaplaincy Council.

The church has been closed for many, many months now because of its poor structural state and is going to undergo a major renovation with a budget of 300,000 euros. The plans for the church are quite amazing! This is the architect's design:



It will be a stunning, modern, almost new church and our Church of England community will once again be able to worship there. The work begins in March.

### **Financial implications for the Chaplaincy and YOUR stewardship**

The Chaplaincy Council has signed an agreement with the Catholic Priest to give 200 euros a month for the use of the church of Our Lady of the Assumption when the church re-opens. This is a considerable increase on what we had been paying for many, many years which was 21 euros each time we used the church. Quite frankly, this was a bargain and, as we knew for some time, there would be an increase. We were able "to negotiate" with the Catholic Church and offer a lesser amount than originally asked for. This is very kind of them. Remember we are dependent *entirely* on the goodwill of our Catholic brothers and sisters, the local Catholic Bishop – Bishop José Ignacio – and the local Catholic Priest of the parish, Don Pedro.

The Council believed it was right to do this and return to our presence in the Los Balcones area. Since the church has been closed few people have made the move to La Siesta. We believe that a new church would not only attract returning worshippers but, we pray, new ones and we will be looking at how we can extend our outreach.

This will increase the outgoings of the Chaplaincy at an already challenging financial time. I am now paid a half-stipend to lessen the outgoings of the Chaplaincy (*a saving and sacrifice of well over 20000 euros a year*) and this still means we struggle. I am paid the same as every

other Chaplain. We are a people of faith, hope, and love and sometimes, for the mission of the Church, you must take a leap of faith. This is what Christian discipleship and stewardship is all about.

### **How you can help**

Think about the blessings we receive in our daily lives. Think about the thanksgiving owed to God for so many things that we rightly enjoy. *"My soul, give thanks to the Lord. All my being, bless his holy name."* (Psalm 103).

The Christian life has its ups and downs but it is ultimately marked by thanksgiving. It is why we call the long prayer the Priest says at the Eucharist "the Eucharistic prayer" – it is a prayer of thanksgiving for that is what "Eucharist" means. A part of how we offer back to God the abundance he has given us is by committing our financial resources to our local church.

I ask you, please, to consider your thanksgiving and giving commitment to the Chaplaincy. A number of you give generously and, as I have said many times, I thank you for this.

Think about what the ministry of the Church of England affords in this area. Think about your participation in the life of the Church of England here. Think about what would happen if the Church of England was not here! Thanksgiving to God by monetary gifts for the work, mission and life of the Church are seen as part of our whole Christian approach to life – not just putting in the collection when we come to church. The Chaplaincy – as with every other Chaplaincy – needs regular, planned, structured giving so it can plan sensibly for the future. If you give in the collection plate, please consider putting money aside the weeks you are not in church. Thank you.

Please consider the financial future of the Chaplaincy. 2 Corinthians 9:7 *"God loves a cheerful giver."* Please consider the exciting plans for Los Balcones and how you can support, financially, the Chaplaincy in returning to the church at Los Balcones. Lent is a good time to do this.

### **Monthly sponsorship**

If any of you would like to sponsor a month at Los Balcones, please contact me. It may be you would like to give for one month or make a commitment to one month per year. This would be a one-off donation, for each month, of 200 euros, in addition to your regular giving. A one off giving in thanksgiving to God for his many mercies knowing you are supporting the Church of England here. A lot I know but it would make a world of difference **now** to know we had more financial security. Please, with a generous heart, consider this. You might to join with a friend to sponsor a month. It could be in memory of a loved on. It could be for prayers answered and blessings received. Thank you.

If you want to keep up to date with the progress of the works please go to @ermitalosbalconestorre vieja on Facebook where you will find more information. Please contact me if you have any questions.

Thank you for your kindness and generosity.

Father Richard

## SPECIAL LENTEN ACTIVITIES

### Online Lent Group

Monday 7<sup>th</sup> March, Friday 18<sup>th</sup> March, Thursday 24<sup>th</sup> March, Tuesday 29<sup>th</sup> March – four sessions this year. 1630 Spain time, 1530 UK time. Please let Father Richard know if you would like to take part so he can send you the Zoom link.

Wednesday 16<sup>th</sup> March

**1400 Father Richard's talk to the Mothers' Union on Lent** to which all in the Chaplaincy are invited. Please contact Jen Copperwheat if you would like to come [colincopperwheat@yahoo.co.uk](mailto:colincopperwheat@yahoo.co.uk). It will take place at the home of Father Terence and Cassie. **Open to all in the Chaplaincy**



Saturday 19<sup>th</sup> March

1700 Online Holy Hour for Lent – *beginning with Evening Prayer, an hour to watch the Blessed Sacrament online and to give thanks for the presence of Christ in the Blessed Sacrament.*

Friday 25<sup>th</sup> March

### THE ANNUNCIATION OF THE LORD TO THE BLESSED VIRGIN MARY

#### 1130 Holy Eucharist at La Siesta

This day celebrates the visit of the Archangel Gabriel to the Blessed Virgin Mary at Nazareth. As this is a Feast Day we relax the Lenten rules and there will be a lunch afterwards. Further details to be announced later.

### Stations of the Cross at Rojasles – Tuesday 5<sup>th</sup> April, time to be confirmed.

Stations of the Cross is returning this year. It has been greatly valued in the Chaplaincy over the years. There are outside Stations of the Cross at Rojasles. It is a moving devotion as we follow the Way of the Cross, stopping at each station and reflecting upon the Passion, Death, and Burial of the Lord.

**Our pledge on email use**

We will be Correct, Considerate, Constructive, Collaborative and Concise.

**Correct.**  
What we write is correct. We put errors right and we do so as soon as possible after sending.

**Considerate.**  
We respect people's time and workload.

**Constructive.**  
We are polite, we check our drafts before we click 'send', and we avoid long email chains.

**Collaborative.**  
We include in emails all those and only those who are needed in the conversation. We are clear about who is expected to respond to a query or request, and who is copied in for information.

**Concise.**  
We keep our emails short. We use other forms of written communication for longer pieces (attachments) ... and we talk to each other!

www.europe.anglican.org

## **DATES AHEAD:**

The electoral roll will be revised between Monday 7<sup>th</sup> March and Sunday 20<sup>th</sup> March. If you wish to go on the electoral roll please contact Danny Gidman, the Electoral Roll Officer, at [danny.gidman@gmail.com](mailto:danny.gidman@gmail.com) or Sandra Harbut [churchsecretarysandra@gmail.com](mailto:churchsecretarysandra@gmail.com) This annual revision brings the electoral roll up to date. Only those on the electoral roll may attend the Annual Chaplaincy Meeting which this year is Thursday 8<sup>th</sup> April, 1100 on Zoom. Further information will be shared in due course.

### **FINANCIAL GIVING TO THE CHAPLAINCY**

There are various ways of giving financially to the Chaplaincy for the work of the Church:

1. You can give in the plate each week.
2. You can join our envelope scheme to give a regular amount on a weekly basis - and set aside money for those weeks when you cannot be here.
3. **You are encouraged to set up a standing order to the Chaplaincy - this helps us budget more effectively.**

If you are a UK tax payer you can gift aid your giving.

If you are a Spanish tax payer you can have a tax offset by notifying your accountant when arranging your yearly tax along with the Spanish bank account number who will then arrange a claim and the money will be donated back to the Chaplaincy.

One off donations would be gratefully received to assist us at this difficult time.  
Thank you for your help.

For more information contact Father Richard, the Churchwardens, or your Congregational Warden.

The Chaplaincy relies on generous and sacrificial giving in response to a generous God who sacrificed his Son for us all on the cross.

### **Spanish Bank details. Banco Sabadell.**

IBAN number ES65 0081 2061 7900 0106 0414

BSAB ESBB / Capellana Anglicana de Torrevieja

### **UK Bank details. Barclays Bank PLC Account name: Diocese in Europe Fund**

Account number: 40317039 Sort code: 20-06-13. Please state TORREVIEJA as the reference so the money is correctly applied.

The IBAN number is: GB16 BUKB 2006 1340 31 70 39.

Swiftbic: BUKBGB22

God bless you all for your support.

Peter and Jennifer (Churchwardens)



### Sue's Homemade Lemon Curd and Jill's Homemade Marmalade

Sue Brassington is now selling homemade lemon curd after each service. Please see her if you would like to buy / order some. Thank you, Sue!  
Jill Dorsett is receiving orders for homemade marmalade. Thank you, Jill!



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### Church of England Chaplaincy of SS Peter and Paul, Torrevieja

We are a Covid 19 secure Chaplaincy. Please bear in mind your own self-care, your level of vulnerability and your age according to the risks involved. If you have COVID-19 symptoms please stay at home. You will be recorded as attending for track and trace purposes.

**A STRICT 1.5 METRE SOCIAL DISTANCING RULE IS IN PLACE. Please continue to observe this. PLEASE WEAR YOUR MASK OVER YOUR MOUTH AND NOSE AT ALL TIMES (unless medically exempt).**

**You will be shown to and escorted (when it is really busy) from your seat.** Thank for your understanding and co-operation.

#### THE PANDEMIC AND THE MONTHS AHEAD

1. Lago Jardín Church will remain closed until further notice. This is because of the difficulty of social distancing in the church and its already limited capacity.
2. There is to be a building project to renovate the church but **Los Balcones church is now closed for the foreseeable future. It will re-open but it is impossible to say when. All services for the Chaplaincy will be held at La Siesta.**
3. La Siesta - these services will be for the whole Chaplaincy so please make every effort to be there and support the liturgical life of the Chaplaincy.

Sunday 6 <sup>th</sup> March	1130
Saturday 12 <sup>th</sup> March	1700
Sunday 20 <sup>th</sup> March	1130
Friday 25 <sup>th</sup> March	1130 – THE ANNUNCIATION OF THE BLESSED VIRGIN MARY
Saturday 26 <sup>th</sup> March	1700
Sunday 3 <sup>rd</sup> April	1130 – MOTHERING SUNDAY
Saturday 9 <sup>th</sup> April	1700 - VIGIL MASS OF PALM SUNDAY
Thursday 14 <sup>th</sup> April	1900 – HOLY THURSDAY
Friday 15 <sup>th</sup> April	1500 – GOOD FRIDAY



The live-streamed liturgies continue:

1. Go to <https://www.facebook.com/groups/chaplaintorrevieja> and ask to join the group.
2. You will be asked three questions. Please complete them and agree to the rules of the group.
3. When the livestream starts it will appear on your device in the Facebook stream. The stream will start a few minutes before the broadcast so you can get settled in. You can only see this when I start the livestream.
- 4.

*"Participants in a streamed service of Holy Communion should not be encouraged to place bread and wine before their screens. Joining together to share in the one bread and the one cup as those physically present to one another is integral to the service of Holy Communion; ... and it is not helpful to suggest otherwise. Any idea of the 'remote consecration' of the bread and wine should be avoided."*

The words above are an extract from a letter from Bishop Robert and Bishop David from 2nd April 2020. Under Church of England formularies the Priest himself must set the bread and wine upon the Altar which is going to be consecrated during the Eucharist.

This post underlines The Church of England position.

#### **WORSHIP FOR THE WEEK AHEAD:**

Saturday 5 <sup>th</sup> March	1700	Evening Prayer	<i>Live-streamed</i>
Sunday 6 <sup>th</sup> March	1100	Holy Eucharist	<i>La Siesta / Live-streamed</i>
	1800	Evening Prayer	<i>Live-streamed</i>
Monday 7 <sup>th</sup> March	1100	Holy Eucharist	<i>Live-streamed</i>
	1800	Holy Rosary	<i>Live-streamed</i>
Tuesday 8 <sup>th</sup> March	1800	Evening Prayer	<i>Live-streamed</i>
Wednesday 9 <sup>th</sup> March	1800	Evening Prayer	<i>Live-streamed</i>
Thursday 10 <sup>th</sup> March	1800	Evening Prayer	<i>Live-streamed</i>
Friday 11 <sup>th</sup> March	<i>No live-streaming.</i>		
Saturday 12 <sup>th</sup> March	1700	Holy Eucharist	<i>La Siesta / Live-streamed</i>
Sunday 13 <sup>th</sup> March	1130	Holy Eucharist	<i>Live-streamed</i>
	1800	Evening Prayer	<i>Live-streamed</i>



### **The Blessed Sacrament Lamp at Lago Jardín**

Because Lago Jardín is not going to be used for the foreseeable future (until social distancing rules change) the Blessed Sacrament has been removed from Lago Jardín to be kept safely at the Chaplaincy House.

If you would like a Mass intention, please contact Father Richard.

### **Father Richard's Prayer List for March 2022:**

*Please pray for the sick and those in particular need at this time:*

Brian Morris, Sue Brassington, Geoff Critchley, Marie Creighton, Jennifer Moody, Faras, Justin Clarke, Dionne Simons, Michael Elliott, Peter John, Mo and Bryan Bailey, Bernice, Luke Thompson, Gwen Simmons, Kathryn Moore, Isaac Jalal, Father Terence, John Mileham, Samantha Shaw, Alex, Gerry Hopkins, Father Helge, Solveig Petterson, Eileen Catlin.

### **Please pray for the recently departed:**

*Those killed as a result of the conflict in Ukraine.*

*For all those who have died as a result of the coronavirus.*

+ Rest eternal grant unto them, O Lord, and let light perpetual shine upon them.

### **Please advise Father Richard if there are any corrections to the above list.**

*If you wish a name to be added to the list of the sick you need to email Father Richard or write to him giving permission for yourself or ensure permission has been granted by someone else for their name to appear on this list. (GDPR regulations).*

*Please pray for the Anglican Church in Perú, for Bishop Jorge Aguilar, and the Bishops, Priests, Deacons and Laity there.*

### **Making a Spiritual Communion. Something recommended for us all each day when we cannot participate in the Holy Eucharist.**

Even if we are watching a livestreamed Mass (and the times of our Chaplaincy livestreamed celebrations of the Eucharist are listed in the newsletter) we are invited to pause when the Priest receives Holy Communion and make our own spiritual communion. We can say it silently to ourselves or speak it out loud. In this way we are joined with Our Lord in his suffering and death for the world and we are united to His Most Sacred Heart. In these most worrying of days we know Our Lord is there and we can join ourselves to him just as he joins himself with us. This is a great blessing, comfort and strength.

Choose one of these prayers:

*My Jesus,*

*I believe that You are present in the Most Holy Sacrament.*

*I love You above all things,*

*and I desire to receive You into my soul.*

*Since I cannot at this moment receive You sacramentally,  
come at least spiritually into my heart.  
As though you have already come, I embrace You as if You were already there  
and unite myself wholly to You.  
Never permit me to be separated from You.  
Amen.*

or,

*Lord Jesus Christ, you are the bread of life and the one true vine. I believe that you are truly present in the Most Holy Sacrament of the Eucharist. I seek you. I worship and adore you. Since I cannot receive you in the eucharistic bread and wine, I pray that you will come into my heart and soul, that I may be united to you, by your all-powerful and ever-present Holy Spirit. Let me receive you, and be nourished by you. Become for me the manna in my wilderness, the bread of angels for my very human journey through time, a foretaste of the heavenly banquet, and solace in the hour of my death. I pray all this, trusting that you yourself are our Life, our Peace, and our everlasting Joy. Amen.*

**Sunday 6<sup>th</sup> March 2022**

**Entrance Antiphon**

**Cf. Ps 90: 15-16**

When he calls on me, I will answer him;  
I will deliver him and give him glory,  
I will grant him length of days.

**Collect**

Grant, almighty God,  
through the yearly observances of holy Lent,  
that we may grow in understanding  
of the riches hidden in Christ  
and by worthy conduct pursue their effects.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever.

**First reading**

**Deuteronomy 26:4-10**

**The creed of the Chosen People**

Moses said to the people: 'The priest shall take the panner from your hand and lay it before the altar of the Lord your God. Then, in the sight of the Lord your God, you must make this pronouncement:

“My father was a wandering Aramaean. He went down into Egypt to find refuge there, few in numbers; but there he became a nation, great, mighty, and strong. The Egyptians ill-treated us, they gave us no peace and inflicted harsh slavery on us. But we called on the Lord, the God of our fathers. The Lord heard our voice and saw our misery, our toil and our oppression; and the Lord brought us out of Egypt with mighty hand and outstretched arm, with great terror, and with signs and wonders. He brought us here and gave us this land, a land where milk and

honey flow. Here then I bring the first-fruits of the produce of the soil that you, the Lord, have given me."

'You must then lay them before the Lord your God, and bow down in the sight of the Lord your God.'

### **Responsorial Psalm**

**Psalm 90(91):1-2,10-15**

*Be with me, O Lord, in my distress.*

He who dwells in the shelter of the Most High  
and abides in the shade of the Almighty  
says to the Lord: 'My refuge,  
my stronghold, my God in whom I trust!'

*Be with me, O Lord, in my distress.*

Upon you no evil shall fall,  
no plague approach where you dwell.  
For you has he commanded his angels,  
to keep you in all your ways.

*Be with me, O Lord, in my distress.*

They shall bear you upon their hands  
lest you strike your foot against a stone.  
On the lion and the viper you will tread  
and trample the young lion and the dragon.

*Be with me, O Lord, in my distress.*

His love he set on me, so I will rescue him;  
protect him for he knows my name.  
When he calls I shall answer: 'I am with you,'  
I will save him in distress and give him glory.

*Be with me, O Lord, in my distress.*

### **Second reading**

**Romans 10:8-13**

#### **The creed of the Christian**

Scripture says: *The word* (that is the faith we proclaim) *is very near to you, it is on your lips and in your heart.* If your lips confess that Jesus is Lord and if you believe in your heart that God raised him from the dead, then you will be saved. By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: *those who believe in him will have no cause for shame,* it makes no distinction between Jew and Greek: all belong to the same Lord who is rich enough, however many ask his help, *for everyone who calls on the name of the Lord will be saved.*

### **Gospel Acclamation**

**Mt4:4**

Praise to you, O Christ, king of eternal glory!  
Man does not live on bread alone,  
but on every word that comes from the mouth of God.

Praise to you, O Christ, king of eternal glory!

## **Gospel**

**Luke 4:1-13**

### **The temptation in the wilderness**

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' But Jesus replied, 'Scripture says: Man does not live on bread alone.'

Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, 'I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours.' But Jesus answered him, 'Scripture says:

You must worship the Lord your God,  
and serve him alone.'

Then he led him to Jerusalem and made him stand on the parapet of the Temple. 'If you are the Son of God,' he said to him 'throw yourself down from here, for scripture says:

He will put his angels in charge of you  
to guard you,

and again:

They will hold you up on their hands  
in case you hurt your foot against a stone.'

But Jesus answered him, 'It has been said:

You must not put the Lord your God to the test.'

Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.

## **Homily**

The story of Jesus' temptations is not to be taken lightly. It's a warning that we can ruin our lives if we stray from the path God wills for us. The first temptation was decisively important. On the surface it is a desire for something innocent and good: why not call on God power to satisfy our hunger. "If you are the Son of God, command that these stones become loaves of bread," the tempter says to Jesus. His reply is surprising: "One does not live on bread alone, but on every word that comes forth from the mouth of God." We must always seek God's will above all. At every moment we must listen to God's Word, seek God's will.

Our deepest needs are not met by physical food and drink. Human beings need and yearn for more, for spiritual nurture. To help save other people from hunger and misery, we need to listen to God our Father, who awakens in our conscience a hunger for justice and solidarity.

Perhaps our great temptation today is to "change things into bread", to reduce our desires to what is tangible and consumable. Indiscriminate consumerism is all around us, but it is hardly the way to progress and liberation. A consumerist society leads to emptiness and

discontent. Why do the number of suicides keep growing? Why do we barricade ourselves in gated communities, and build walls and barriers to stop hungry people from sharing our prosperity and disturbing our peace?

Jesus wants us to be aware that human beings do not live on bread alone. We also need to nurture the spirit, know love and friendship, develop solidarity with those who suffer, listen to our conscience, open to the ultimate Mystery of sharing, that joins us with God.

*(J A Pagola)*

### **The Nicene ("Niceno-Constantinopolitan") Creed**

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.  
I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God,  
Light from Light,  
true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation he came down from heaven,  
*At the words that follow, up to and including 'and became man', all bow.*  
and by the Holy Spirit was incarnate of the Virgin Mary,  
and became man.  
For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and glorified,  
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.

### **The General Intercessions**

As we begin our Lenten journey, let us remember all those in need.

1. For the Church of God throughout the world, as the Lenten pilgrimage begins (*pause for 10 seconds reflection*). Lord, hear us.
2. For all those preparing to be baptised this Easter (*pause for 10 seconds reflection*). Lord, hear us.
3. For the poor people of the world who will benefit from our lenten fasting (*pause for 10 seconds reflection*). Lord, hear us.
4. For the people of Ukraine; that they may live in freedom and peace (*pause for 10 seconds reflection*). Lord, hear us.
5. For Christians being attacked — that they may be protected (*pause for 10 seconds reflection*). Lord, hear us.
6. For the sick and all in particular need (*pause for 10 seconds reflection*). Lord, hear us.
7. For our brothers and sisters who have died (especially N and N); for those who have died in the fighting in Ukraine (*pause for 10 seconds reflection*). Lord, hear us.

Lord our God, you protect those who put their trust in you, hear the prayers we make in faith, through Christ our Lord. Amen.

**DO YOU WANT TO FAST THIS LENT?**  
In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints; contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness; fill your hearts with joy.
- Fast from selfishness and be compassionate.
- Fast from grudges and be reconciled.
- Fast from words; be silent and listen.

Logos: Hope amidst isolation, VICARIATO DE ORIENTE

## The Angelus



The Angel of the Lord brought tidings to Mary,  
And she conceived by the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee,  
Blessed art thou among women  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God, pray for us sinners now  
and at the hour of our death.

Behold the handmaid of the Lord.  
Be it unto me according to Thy Word.

Hail Mary, (as above)

And the Word was made flesh,  
And dwelt among us.

Hail Mary, (as above)

Pray for us, O holy Mother of God.  
That we may be made worthy of the promises of Christ.

Pour forth, we beseech thee, O Lord, thy grace into our hearts; that as we have known the incarnation of thy son Jesus Christ by the message of an angel, so by His + cross and passion we may be brought to the glory of His Resurrection. Through the same Christ, our Lord. **Amen.**