



# The Personal Ordinariate of Our Lady of Walsingham Coventry Group

Sunday 10<sup>th</sup> March 2024

**Fourth Sunday of Lent (Laetare Sunday)**

*also Mothering Sunday*



[www.ordinariate.org.uk/groups/coventry.php](http://www.ordinariate.org.uk/groups/coventry.php)

Scan to donate or  
visit <https://cafdonate.cafonline.org/21076>

## Collect

GRANT, we beseech thee, Almighty God: that we, who for our evil deeds do worthily deserve to be punished, by the comfort of thy grace, may mercifully be relieved; through Jesus Christ thy Son our Lord, who liveth and reigneth with thee, in the unity of the Holy Spirit, ever one God, world without end. Amen.

## First reading *2Chronicles 36:14-16,19-23*

In those days:

All the leading priests and the people likewise were exceedingly unfaithful, following all the abominations of the nations; and they polluted the house of the Lord which he had hallowed in Jerusalem. The Lord, the God of their fathers, sent persistently to them by his messengers, because he had compassion on his people and on his dwelling place; but they kept mocking the messengers of God, despising his words, and scoffing at his prophets, till the wrath of the Lord rose against his people, till there was no remedy. And the Chaldeans burned the house of God, and broke down the wall of Jerusalem, and burned all its palaces with fire, and destroyed all its precious vessels. The king of the Chaldeans took into exile in Babylon those who had escaped from the sword, and they became servants to him and to his sons until the establishment of the kingdom of Persia, to fulfil the word of the Lord by the mouth of Jeremiah, until the land had enjoyed its sabbaths. All the days that it lay desolate it kept sabbath, to fulfil seventy years.

Now in the first year of Cyrus king of Persia, that the word of the Lord by the mouth of Jeremiah might be accomplished, the Lord stirred up the spirit of Cyrus king of Persia so that he made a proclamation throughout all his kingdom and also put it in writing:

“Thus says Cyrus king of Persia,

“The Lord, the God of heaven, has given me all the kingdoms of the earth, and he has charged me to build him a house at Jerusalem, which is in Judah.

Whoever is among you of all his people, may the Lord his God be with him. Let him go up.”

## Second reading *Ephesians 2:4-10*

Brethren: God, who is rich in mercy, out of the great love with which he loved us, even when we were dead through our trespasses, made us alive together with Christ (by grace you have been saved), and raised us up with him, and made us sit with him in the heavenly places in Christ Jesus, that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith; and this is not your own doing, it is the gift of God - not because of works, lest any man should boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

## Gospel *John 3:14-21*

At that time:

Jesus said to Nicodemus, “As Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life.” For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him. He who believes in him is not condemned; he who does not believe is condemned already, because he has not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and men loved darkness rather than light, because their deeds were evil. For every one who does evil hates the light, and does not come to the light, lest his deeds should be exposed. But he who does what is true comes to the light, that it may be clearly seen that his deeds have been wrought in God.”

## LAETARE SUNDAY

**Entrance antiphon:** *Rejoice ye with Jerusalem; and be glad for her, all ye that delight in her: exult and sing for joy with her, all ye that in sadness mourn over her; that ye may suck, and be satisfied with the breasts of her consolations. (Isaiah 66:10,11)*

## PRAYERS FOR MOTHERING SUNDAY



### For all mothers

Lord Jesus Christ, who wast born of a human mother and didst care for her upon the cross: We commend to thee the mothers of our nation. May their children be nurtured in thy discipline and instruction, and their home be a haven of peace and love, made fragrant with thy presence; who with the Father and the Holy Spirit ever livest and reignest, one God, world without end. Amen.

### Mary, Mother of the Church

O Lord Jesus Christ, who in thy home at Nazareth didst love and honour thy blessed mother, and wast subject unto her: Grant that we may ever be mindful of her grace and virtue, and also may follow the example of her love and humility; to the glory of thy name, who livest and reignest with the Father and the Holy Spirit, one God for ever and ever. Amen.

### For Holy Mother Church

O Heavenly Father, we thank thee that by our baptism we have been made members of thy great family of thy holy Church; and we pray that we may grow up to be faithful members of that family and learn to love and serve thee better; for Jesus Christ's sake. Amen.

## THE LENT PROSE – ATTENDE DOMINE

Cantor (1st time) Full

Hear us, O Lord, have mer - cy up - on us:  
for we have sinn'd a - gainst thee.

To thee, Redeemer, on thy throne of glory, lift we our weeping eyes in holy pleadings: listen, O Jesus, to our supplications. **R.**

O thou Chief Cornerstone, Right Hand of the Father, Way of Salvation, Gate of life celestial: cleanse thou our sinful souls from all defilement. **R.**

God, we implore thee, in thy glory seated, bow down and hearken to thy weeping children; pity and pardon all our grievous trespasses. **R.**

Sins oft committed now we lay before thee, with true contrition now no more we veil them: grant us, Redeemer, loving absolution. **R.**

Innocent, captive, taken unresisting, falsely accused, for us sinners sentenced, save us, we pray thee, Jesu our Redeemer. **R.**

## THE 3 PILLARS OF LENT

In the Catholic Church, the season of Lent is a great time of fasting, abstinence and almsgiving. It is a time of entering into deeper union with Christ, offering our suffering for his greater glory, and preparing our hearts to receive his most holy sacrifice on the Cross.

The three pillars of Lent are **prayer**, **fasting**, and **almsgiving**, each intended to strengthen our relationship with God in a different way and to help us to reflect on Christ's love and sacrifice for us all.

### First Pillar of Lent: Prayer

The first Lenten pillar is prayer. While prayer is a central part of every Catholic observance, the liturgical season of Lent requires us to pray daily. The pillar of prayer calls us to ponder Christ's sacrifice, to pray for our neighbours, and to cultivate our own relationship with God.

Lent offers a perfect opportunity to start praying every day. A short prayer in the morning or before bed is a simple way to get a routine in place. The important thing is to make the effort at forming the habit which hopefully will continue beyond Lent.

For those who have already established a practice of daily prayer, consider building on it for Lent. Try a new prayer, add an additional prayer at a different time of day, or focus your prayer on different things. Some ideas could include attending daily Mass, or praying **Morning Prayer** or **Evening Prayer**.

### Second Pillar of Lent: Fasting

The Lenten pillar of fasting may be the most commonly known form of Lenten observance. However, there is more to this spiritual practice than simply changing your diet or skipping sweets for 40 days.

Fasting and abstinence are both forms of asceticism, a practice of self-discipline that involves resisting temptation. By focusing on resisting these relatively simple temptations during Lent, we grow in self-discipline to be better prepared for greater temptations that will later come our way. We also do this to honour Jesus' self-discipline during his 40 days of temptation in the desert.

The pillar of fasting has two requirements: **fasting on Ash Wednesday and Good Friday**, and **abstaining from eating meat on Fridays during Lent**. The fasting requirement starts at age 18 and ends at age 59. Christians who are fasting during Lent are allowed one normal meal and up to two small meals (that do not add up to the amount of a normal meal) on the day of fasting.

The abstinence requirement starts at age 14 and lasts indefinitely. Abstinence requires us to not eat any meat on Fridays during Lent.

The sick and elderly, pregnant women and those with medical conditions with associated dietary requirements are exempt from fasting and abstinence.

Christians may also abstain from other pleasurable foods or activities during Lent. While this form of abstinence is not required by, it is yet another way to practice self-discipline and honour Jesus' sacrifice.

### Third Pillar of Lent: Giving Alms

The sacrifice of meat and other pleasures during Lent generally means you will be spending less on food. Traditionally, the money saved from abstinence has been given as alms, to honour the third pillar of Lenten observance. The intention of this Lenten pillar is to bring our faith out into the

world through acts of generosity, kindness, and love to honour God.

Almsgiving is traditionally thought of as the act of giving money to charity. However, just like with fasting, there are many ways to satisfy this obligation. While monetary contributions are one method of giving alms, there are many other activities and sacrifices that we can take part in to even more fully participate in Lenten Almsgiving and preparing our hearts for Jesus. Giving of ourselves through time, effort, and other personal resources are all forms of generosity that fall under almsgiving. The idea is to live Christ's example out in the world. Examples of giving of ourselves may include volunteering at a soup kitchen etc, offering to drive an elderly neighbour to an appointment, or helping out at church.

---

Lent is not just about giving up chocolate or Netflix. This time of preparation should provide a unique and profound opportunity to deepen our relationship God, foster self-discipline, and embody Christ's teachings. Hopefully, by diving deeper into these three pillars this Lent, you can make it more than just a 40 day season and aim to develop habits that last outside of Lent too.

## Prayers for the Holy Land

Lord Jesus Christ, you know the anguish of the sorrowful, you are attentive to the prayers of those who seek you. Hear your people who today cry out for peace in the land your footprints made holy. Take away the people's fears and still their troubled hearts, heal the wounded and comfort the bereaved, gather into your arms the souls of the dead. You once calmed the storm to take away your disciples' fears; calm now the storm of violence that rages across your Holy Land that brings fear and terror into innocent hearts so that all people may seek the ways of true justice, love and peace together. Amen

Lord, make me an instrument of your peace, Where there is hatred, let me sow love; where there is injury, pardon; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.

*Saint Francis of Assisi*

O God of love, compassion, and healing, look on us, who gather today, in a world of incredible violence and pain. We ask you, in your compassion to bring healing to those who suffer from injuries and illness... God of peace, bring your peace to our violent world; peace in the hearts of all men and women and peace among the nations of the earth. Turn to your way of love those whose hearts and minds are consumed with hatred. God of understanding, overwhelmed by the magnitude of tragedy, we seek your light and guidance as we confront terrible events in our society. Comfort and console us, strengthen us in hope, and give us the wisdom and courage to work tirelessly for a world where true peace and love reign among nations and in the hearts of all.  
*Pope Benedict XVI*

Almighty Father, Faithful God, bless our brothers and sisters in the land of the Holy One. Grant peace in that land, peace in their homes and peace in their hearts. Inspire all men and women to build on your foundations of justice, mercy and peace. Keep the cries of this land in our hearts. This we pray in the power of the Spirit and in union with Jesus Christ our Lord. Amen.

Almighty God, from whom all thoughts of truth and peace proceed: kindle, we pray, in the hearts of all, the true love of peace and guide with your pure and peaceable wisdom those who take counsel for the nations of the earth that in tranquillity your kingdom may go forward, till the earth is filled with the knowledge of your love; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

O God, who have revealed that peacemakers are to be called your children, grant, we pray, that we may work without ceasing to establish that justice which alone ensures true and lasting peace. 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. Amen.

O God, who show a father's care for all, grant, in your mercy, that the members of the human race, to whom you have given a single origin, may form in peace a single family and always be united by a fraternal spirit. 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. Amen.

O God of peace, who are peace itself and whom a spirit of discord cannot grasp, nor a violent mind receive, grant that those who are one in heart may persevere in what is good and that those in conflict may forget evil and so be healed. 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. Amen.

Now to him who by the power at work within us is able to do far more abundantly than all that we ask or think, to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen.  
*Ephesians 3:20-21*

## Notices and news

### Anniversaries of death

12<sup>th</sup> William (Bill) Thacker Sr  
Thomas (Tom) Magill

15<sup>th</sup> Frederick Michael Stewart Mason  
*O ALMIGHTY God, the God of the spirits of all flesh: multiply, we beseech thee, to those who rest in Jesus, the manifold blessings of they love, that the good work which thou didst begin in them may be perfected unto the day of Jesus Christ. And of thy mercy, O heavenly Father, vouchsafe that we, who now serve thee here on earth, may at the last, together with them, be fund meet to be partakers of the inheritance of the saints in light; for the sake of the same thy Son Jesus Christ our Lord and Saviour. Amen.*

O GOD, the Father of mercies: grant unto the souls of thy servants a place of refreshment, the blessedness of rest, and the brightness of light; through Jesus Christ thy Son our Lord, who liveth and reigneth with thee, in the unity of the Holy Spirit, ever one God, world without end. Amen.

### Easter Day lunch

For those who wish to have Easter Day lunch together, a table is booked at Harringtons in Kenilworth for 2pm on **Sunday 31st March**. Again, please let John Ingram know as soon as possible.

### Chrism Mass

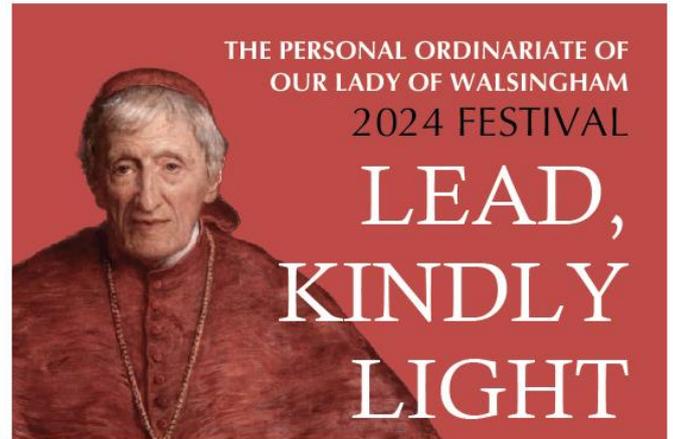
Fr Paul will be attending the Chrism Mass celebrated by the Apostolic Nuncio at Our Lady of the Assumption, Warwick Street, at 11.30am on **Thursday 21<sup>st</sup> March**. The laity are very welcome to attend to show support for their priests on this very important annual occasion of the renewal of their priestly vows.

### Holy Week

Holy Week begins on **Sunday 24<sup>th</sup> March** (Palm Sunday). A full schedule of service times will be published soon. Please make sure your diary allows you to observe the principle celebrations of the week. The last two festivals in 2022 and 2023 were very successful, happy and encouraging occasions. I hope that as many of our group as possible will be able to attend. It will be important to book your hotel accommodation as soon as possible. Details here <https://ordinariatemcr.com/newman>

## Ordinariate Festival 2024

Our 2024 Ordinariate festival, 'Lead Kindly Light', will take place at St Margaret Mary's Catholic Church, New Moston, Manchester from Tuesday 28<sup>th</sup> to Thursday 30<sup>th</sup> May. See poster below.



WITH REFLECTIONS ON THE TEACHING OF  
**St John Henry Newman**  
*by Fr Ray Matus C.O.*

**Tue 28 – Thu 30 May 2024**

St Margaret Mary's Catholic Church,  
St Margaret's Road, Manchester M40 0JE

Registration £30

(includes dinner on Tue, lunch and dinner on Wed)

Booking form and accommodation information:  
<http://ordinariatemcr.com/newman>

## Solemn Evensong & Benediction 2024 dates

The Precious Blood & All Souls Coventry  
**SOLEMN EVENSONG  
& BENEDICTION**  
Monthly at 7pm

Wed 24 <sup>th</sup> January	Wed 10 <sup>th</sup> July
Wed 28 <sup>th</sup> February	Wed 14 <sup>th</sup> August
Wed 20 <sup>th</sup> March	Wed 18 <sup>th</sup> September
Wed 10 <sup>th</sup> April	Wed 23 <sup>rd</sup> October
Wed 8 <sup>th</sup> May	Wed 20 <sup>th</sup> November
Wed 12 <sup>th</sup> June	Wed 18 <sup>th</sup> December

Kingsland Avenue, Coventry CV5 8DX 02476674161

All the dates for our 2024 services of Solemn Evensong and Benediction are above, so please put them in your diary. **Our next is Wednesday 20<sup>th</sup> March 2024 at 7pm.**

**PLEASE NOTE THAT THE JULY E&B WILL NOW BE ON 10<sup>TH</sup> JULY (NOT 24<sup>TH</sup> JULY)**

*O HOLY Ghost the Lord, who on Pentecost gavest the Church the gift of tongues that Christ might be known, loved and served by peoples of divers nations and customs: watch over the Anglican heritage within thy Church, we pray thee, that, led by thy guidance and strengthened by thy grace, this worthy patrimony may find such favour in thy sight that the people formed therein may increase both in holiness and number, and so show forth thy glory; who livest and reignest with the Father and the Son, one God, world without end. Amen.*

### **Livestreamed Evensong Sunday to Thursday**

Evening Prayer is prayed publicly in church **Sunday to Thursday at 5.30pm**, using Divine Worship Daily Office. If you are able, please join me either in person or via the livestream.

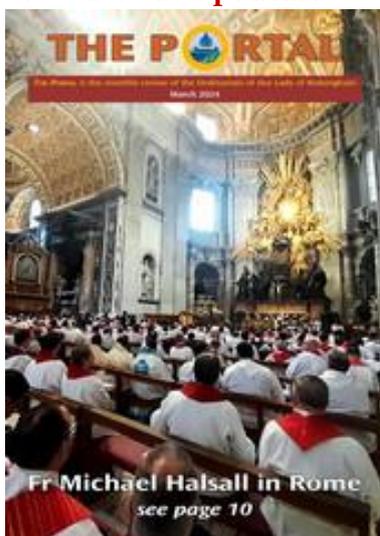
### **Thursday evening Mass**

Please do attend Thursday evening Mass if you are able, celebrated according to Divine Worship.

### **Ordinariate monthly e-newsletter**

If you're subscribed, you should have received the latest newsletter in your inbox this last week To subscribe go to <https://www.ordinariate.org.uk/news/newsletter.php>

### **The Portal for March and podcast**



Visit <https://www.ordinariate.org.uk/news/portal.php> to read the monthly online review and to listen to the weekly podcast.

### **QR code for donations to Coventry Ordinariate Mission**

This method of donating is powered by CAF (Charities Aid Foundation) and is being promoted by the Ordinariate Finance Officer as something all groups might use to boost their income. CAF helps charities get the most from their fundraising by providing online donation processing services. It is a registered charity (Charity Commission of England and Wales number 268369). For more information about CAF visit <https://www.cafonline.org/> Donations can be made either by scanning the QR code above or going directly to the CAF Coventry Ordinariate Mission webpage at <https://cafdonate.cafonline.org/21076> Both the QR code and URL will be displayed on the Ordinariate weekly newsletter, Facebook page, noticeboard etc. There are the options to make just one donation or to give regularly (see below). If you give to the group already by standing order, you could make a single occasional donation via CAF anytime too. There is also an option for you to **gift aid** your donation.



### Praying the Daily Office this week

**Evening Prayer is recited publicly in church Sunday to Thursday at 5.30pm and is livestreamed** (see the parish website). **Please join in.**

If you intend to pray daily **Morning Prayer** and **Evening Prayer**, the table below gives you the page numbers for each of the parts of the Office for each day this week. Placing the markers in the correct pages, as indicated in the table below, takes a few minutes each time, but once done, actually praying the Office is quite straight-forward.

The Order of Morning Prayer (MP) (Matins) begins on page 375

The Order of Evening Prayer (EP) (Evensong) begins on page 421

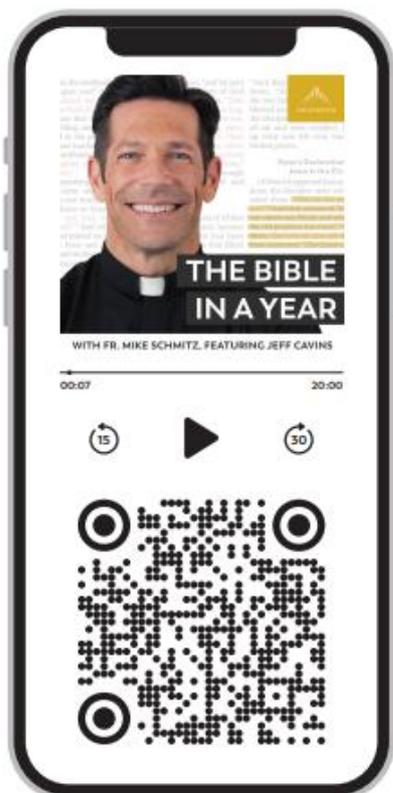
All numbers below refer to *page numbers* in Divine Worship: Daily Office (DWDO), unless otherwise indicated.

Note: the Office hymn is always optional, but encouraged.

Day	Morning Prayer (Matins)				Evening Prayer (Evensong)				Notes
	Psalmody	Readings	Hymn	Collect	Psalmody	Readings	Hymn	Collect	
<b>Sunday 10<sup>th</sup></b> <b>FOURTH SUNDAY OF LENT (Laetare Sunday)</b> (Mothering Sunday)	512	1027	224	85	516	1030	224	85	Readings for year II The <i>Benedicite</i> is said in place of the <i>Te Deum</i> at Morning Prayer on all ferias and Sundays until Easter  The Collect for Ash Wednesday is said at MP and EP daily throughout Lent, after the Collect of the Day and before the second Collect of the Office.
Monday 11 <sup>th</sup> Feria	518	1032	224	85	521	1034	224	85	
Tuesday 12 <sup>th</sup> Feria	523	1035	224	86	525	1036	224	86	
Wednesday 13 <sup>th</sup> Feria	528	1038	224	86	530	1040	224	86	
Thursday 14 <sup>th</sup> Feria	533	1042	224	86	536	1044	224	86	
Friday 15 <sup>th</sup> Feria	539	1045	224	86	542	1047	224	86	
Saturday 16 <sup>th</sup> Feria	546	1049	224	86	549	1050	226	86	EPI of Fifth Sunday of Lent
<b>Sunday 17<sup>th</sup></b> <b>FIFTH SUNDAY OF LENT</b> (Passion Sunday)	553	1052	227	87	555	1054	226	87	

For those who are looking initially for something a little simpler, the **Office of Prime** (page 397) is a shorter form of prayer for the morning, and the **Office of Compline** (page 427) is a shorter form of prayer for the evening. These will take about 10 minutes each to pray.

**Read and Understand the Bible**  
with *The Bible in a Year* Podcast  
with Fr. Mike Schmitz!



“As cradle Catholics, we hear Scripture at Mass and occasionally in self study but never like this. *The Bible in a Year* brings it all together.”

—Ignacio G.

Join over 1 million Catholics listening to this podcast!

**Listen free on the Ascension App!**

Scan this QR code with your phone to download the Ascension App – the best place to listen to *The Bible in a Year*.

