

## Fasting

**M**OST of us know that Lent is a time for fasting and abstinence. Our Lord set the example by his forty days' fast in the wilderness, during which time, St Luke says, he ate nothing at all. That was a work of divine power, as well as of human endurance, and so we cannot hope to reproduce it. But how should we fast during Lent, and why should we do it?

To answer the 'why' question first, the tradition of the Church distinguishes three reasons for fasting. First, it's a powerful way of doing penance for sins. It's mysterious but true that sin is *an offence against God*. We cannot fully understand what this means, just as we can't fully understand how Christ is truly God and truly man, or how the Father, Son and Holy Spirit are one God. But we can say that sin is a kind of stealing from God, since it deprives him of the 'external glory' which is his due. That's why sin must be expiated.

Secondly, the Church recommends fasting as a way of lessening 'concupiscence'. Concupiscence means those desires within us which can lead us to sin. It's a consequence of the Fall which is not removed by baptism; but it can be held in check by self-denial. Thirdly, fasting is considered as an aid to prayer, since when the body is less weighed down, the spirit is better able to rise toward God – or so says St Thomas Aquinas, among others.

It must have been the apostles themselves who introduced the Fast before Easter, since otherwise it wouldn't extend through the whole Church, both East and West. At the moment, our obligatory Lenten fast is very mild, limited to Ash Wednesday and Good Friday. But traditionally, it is every day of Lent which is a fast day, except for Sundays, where the joy of the resurrection would make penance incongruous. As late as the mid 20<sup>th</sup> Century, the principle of the 40 days of Lenten fast was maintained intact.

The Church's law of fasting was always reasonable and humane. Dispensations were readily available for those doing manual labour or other tiring work, and of course for the infirm and elderly. Again, though only one ordinary meal is taken on a fast day, two 'collations' or small portions of food may be taken at other times, for example in the morning and the evening.

Fasting is not an end in itself, of course. As St Jerome once said, 'God is not glorified by the rumbling of my belly'! It is meant, like everything else we do or say, to serve charity: the prophet Isaiah has some strong words for those who fast and oppress the poor. But the example of our Lord's 40 day fast holds good for all time. And as we look at the world around us, or at our own lives, would it not be good if we recovered something of our ancient strictness this Lent? Even if we cannot fast every day, we can try to do more than the bare minimum. After all, we have Christ's promise, 'Your Father who sees in secret will reward you.'

Fr Thomas OP

2<sup>nd</sup> Sunday of Lent

Year B

8 March 2009

The Newsletter of  
**HOLY CROSS PRIORY CHURCH, LEICESTER**  
*Serving Leicester's Catholics since AD 1247*



Sunday Masses	This week	Mass Intentions	Next week
6:00pm Vigil	Fr Peter	Irene Olszewska, RIP	Fr Duncan
8:00am	Fr Isidore	Susan Donnelly, RIP	Fr Isidore
9:30am Family	Fr Euan	Elsie Donachy (sick)	Fr Duncan
11:00am Solemn	Fr Leon	Kathryn Taylor, RIP	Fr Fabian
12:30pm Old rite	Fr Thomas	Holy Souls	Fr Thomas
5:00pm Students	Fr Euan	(Mass for Students in the Lady Chapel)	Fr Peter
7:00pm	Fr Duncan	<i>Pro populo</i>	Fr Leon

OTHER SUNDAY SERVICES	6:00pm Rosary	7 March	Confessions	14 March
9:00am Lauds	6:20pm Compline	Fr Isidore	10:30 - 11:30am	Fr Duncan
5:45pm Vespers	6:40pm Benediction	Fr Duncan	5:00 - 6:00pm	Fr Fabian

**THIS WEEK'S LENTEN TALK** on 'Aspects of St Paul' will be given after both Masses on **Thursday**, and Fr Thomas will speak on 'Faith and Works'. And, throughout Lent, there will be Stations of the Cross at 1pm on **Wednesdays** and **Fridays**.

<b>Entrance Antiphon:</b>	<u>Either</u> - Remember your mercies, Lord, your tenderness from ages past. Do not let our enemies triumph over us; O God, deliver Israel from all her distress. <u>Or</u> - My heart has prompted me to seek your face; I seek it, Lord; do not hide from me.
<b>1<sup>st</sup> Reading:</b>	Genesis 22: 1-2. 9-13. 15-18
<b>Psalm Response:</b>	I will walk before the Lord in the land of the living. (Ps 116)
<b>2<sup>nd</sup> Reading:</b>	Romans 8: 31-34
<b>Verse before Gospel (Tract at 11:00):</b>	Glory and praise to you O Christ. ✠ From the shining cloud the Father's voice is heard: this is my beloved Son, hear him. <u>At 11:00</u> - You have moved the earth, O Lord, and you have disturbed it. Heal its breaches, for it has been moved.
<b>Gospel:</b>	Mark 9: 2-10
<b>Offertory (at 11:00):</b>	Your commands have been my delight; these I have loved. I will worship your commands and love them.
<b>Communion Antiphon:</b>	<u>At 11:00</u> - Tell no one about the vision that you have seen until the Son of Man has risen from the dead. <u>Otherwise</u> - This is my Son, my beloved, in whom is all my delight: listen to him.

**MONEY MATTERS:** Last Weekend's collections: Offertory Collection £1074.10; SVP £12.26; Friends of Holy Cross £16.64; Holy Souls £9.50; Crib restoration £1.09.

There is a retiring collection for the Lenten Fast Day and the proceeds will be given to LOROS for their hospice.

200 Club. Last month's winners were: 166, M Godby £150; 47, M Cadden £100; and 192, G Andrade £50. Congratulations!

The end of the financial year is approaching. If any tax-payers would like to start paying by Gift Aid, could they please speak to one of the friars. If you no longer wish to use the weekly envelopes, please also let one of the friars know as this will free up a number for a new donor. Thank you.

Very many thanks for your continuing generosity.

**CORRECTION.** Please note that the inaugural Holy Cross Lecture by James Mawdsley will be given on Friday 8 May (and not the 22<sup>nd</sup>).

The Leicester Theological Society, founded in 1959, is an ecumenical organisation aiming to provide a platform for serious theological debate which is both challenging to those with theological training and intelligible to the thinking lay person. The last talk this season will be given by Fr Peter Hunter, OP, on "What is it to be alive? Scientific and theological perspectives" on Friday. All are welcome. Meetings are held at Christchurch, Clarendon Park Road (near Queens Road) at 7:30pm. Cost is £5 (students no charge).



**Today's Gospel: 'His clothes became dazzlingly white, whiter than any earthly bleacher could make them'.**

**VACANCIES.** Christ the King primary school require three teachers. See noticeboard.

**The Land Cries Out - a documentary about abortion** will be shown at the Bible Hall Fellowship on Thursday 12 March at 7.30pm at Mere Road/Donnington Street, Leicester, LE5 5GR. For further information contact David Abbott on 0116 210 1865 or email david.abbott2@ntlworld.com. This documentary has been made to encourage Christians to pray for the abolition of abortion in the world.

**VOLUNTEERS NEEDED!** Have you got an hour to spare during the week? Do you own a car? The Holy Cross SVP Conference is looking for some volunteers to collect food parcels from the Parish and drop them off at the British Red Cross offices on London Road. The food parcels are then distributed to destitute asylum seekers and refugees. If you would like to volunteer or require further information, please contact Rosi Leivas by phone on 07542 904154 or by email at rosi\_leivas@o2.co.uk. Many Thanks.

Year 1	The week ahead...	Psalter Week 2
Monday to Saturday: Lenten ferias		
WEEKDAY MASS IN LATIN. This week, Fr Thomas will say Mass in the older form on Monday, Tuesday, Thursday and Friday at 8:30am, and on Saturday at 8:15am. All welcome - especially a server. If you would like to learn to serve this Mass, please contact Fr Thomas.		
Next Sunday - Third Sunday of Lent. Prayers are recommended for candidates for the sacraments. Readings:		
Exodus 20: 1-17	1 Corinthians 1: 22-25	John 2: 13-25

St Peter's Parish, Hinckley, is 250 years old. Next Sunday at 6pm Br Graham Hunt OP and Br Gregory Pearson OP will be speaking to them on 'The thriving Dominican province and our vocations'. The two young friars will talk about the fastest growing Order in England in terms of vocations. All are welcome. See noticeboard.

**Legio Mariae.** A consecration of members to Our Lady. St Patrick's Church, 27 March from 6:45pm. All are welcome. See noticeboard.

Events for your diary!	
Saturday 25 April	Blackfriars Market - moved to this date by the Pastoral Council because of the two May bank holidays and school half term
Friday 8 May PLEASE NOTE CORRECTED DATE	Inaugural <i>Holy Cross Lecture</i> by Mr James Mawdsley, human rights activist, author of <i>The Heart Must Break</i> , who was imprisoned and tortured in Burma
Sunday 17 May	Dominican Pilgrimage to Walsingham; please contact Fr Peter OP on 252 1512
Wednesday 24 June	<i>An Evening with St Paul:</i> to commemorate the Pauline Year, a lecture by Fr Richard Ounsworth OP and music provided by David Cowen
Monday 29 June	Celebrations at St Peter's, Hinckley, of the 250th anniversary of the arrival of Dominican friar, Fr Matthew Thomas Norton
7 August – 14 August	Dominican Pilgrimage to Lourdes; please contact Fr Leon OP on 252 1501
Sunday 13 September	Consecration of bells by Bishop Malcolm McMahon OP, and parish party for the Parish Patronal Feast
Monday 5 October	St Therese's relics arrive at Nottingham Cathedral

<b>REGULAR SERVICE TIMES</b>
<b>MONDAYS TO FRIDAYS</b>
8.00 Lauds
10.00 Mass
12.30 Mass
17.45 Vespers
Old Rite Masses as announced.
The church is open from 8.00 to 15.30 (winter) / 16.00 (summer)
<b>WEDNESDAYS</b>
10.30 Exposition until 12.30
11.45 Divine Mercy Chaplet, Rosary & Benediction
<b>SATURDAYS</b>
9.00 Lauds
10.00 Mass
10.30 Novena to Our Lady
10.30 Confessions until 11.30
12.30 Mass
17.00 Confessions until 18.00
17.45 Vespers
18.00 Vigil Mass for Sunday
Old Rite Masses as announced.
<b>HOLIDAYS</b>
18.00 (previous day) Vigil Mass
8.00 Lauds
10.00 Mass
12.30 Mass
17.45 Vespers
19.00 Mass
<b>BANK HOLIDAYS</b>
8.00 Lauds
10.00 Mass, after which the church is closed
<b>SUNDAYS</b>
8.00 Mass
9.00 Lauds
9.30 Mass (Family)
11.00 Mass (Solemn: Latin on 2 <sup>nd</sup> , 4 <sup>th</sup> and 5 <sup>th</sup> Sundays)
12.30 Mass (Old rite in Latin)
17.00 Mass (for Students, term time only)
17.45 Vespers
18.00 Rosary
18.20 Sung Latin Compline
18.40 Benediction
19.00 Mass
<b>Leicester Royal Infirmary Catholic Chaplaincy:</b> For urgent visits, ask ward staff to bleep the Roman Catholic Chaplain. For non-urgent visits leave message at the Priory or the LRI Chaplains' Office. Messages may not be picked up until the end of the day.
<b>Website for past Newsletters:</b> <a href="http://holycrosschoirleicester.co.uk">holycrosschoirleicester.co.uk</a>
<b>CONTACT DETAILS</b>
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