



## ORDINARY TIME

**SUNDAY 7TH FEBRUARY** (Readings: Job 7: 1-4.6-7; Psalm 146; 1 Corinthians 9: 16-19.22-23; Mark 1:29-39)

10.00am **Morning Prayer** of the Church for 5th Sunday of the year  
 11.00am **Holy Mass** of the 5th Sunday of the year  
 6.00pm **Angelus, Exposition of the Blessed Sacrament and Evening Prayer II** of the Church for the 5th Sunday of the year concluding with **Benediction**  
 9.30pm **Night Prayer** of the Church

**MONDAY 8TH FEBRUARY** (Readings: Genesis 1: 1-19; Psalm 103; Mark 6: 53-56)

9.30am **Morning Prayer** of the Church  
 10.00am **Holy Mass** for Monday of the 5th Week of the Year or for the Optional Memorial of **St Josephine Bakhita**  
 6.00pm **Angelus and Rosary**  
 9.30pm **Night Prayer** of the Church

**TUESDAY 9TH FEBRUARY** (Readings: Genesis 1: 20-2:4; Psalm 8; Mark 7: 1-13)

10.00am **Holy Mass** for Tuesday of the 5th Week of the Year

**WEDNESDAY 10TH FEBRUARY** (Readings: Genesis 2: 4-9.15-17; Psalm 103; Mark 7: 14-23)

**Memorial of St Scholastica**

*Scholastica lived from 480 to 543 and was the twin sister of St Benedict. She set up a community of religious women near his monastery at Monte Cassino. She is honoured as the foundress of the female members of the Benedictine Family.*

9.30am **Morning Prayer** of the Church  
 10.00am **Holy Mass** for the Memorial of St Scholastica  
 6.00pm **Angelus, Proclamation** of the Feast of Our Lady of Lourdes and **Rosary**  
 9.30pm **Night Prayer** of the Church

**THURSDAY 11TH FEBRUARY** (Readings: Genesis 2: 18-25; Psalm 127; Mark 7: 24-20)

**Feast of Our Lady of Lourdes  
(World Day of the Sick)  
Parish Feast Day**



9.30am **Morning Prayer** of the Church

10.00am **Holy Mass** for the Feast of Our Lady of Lourdes with special prayers for the members in our parish community who are sick and/or housebound and for relatives and friends who care for them

6.30pm **Angelus and Evening Prayer** of the Church followed by - Exposition of the Blessed Sacrament with a mix of silence and prayers as we remember the patients and staff at Hairmyres Hospital, Kilbryde Hospice and also at Abbey Lodge and Westwood Care Homes

7.00pm **Rosary** with short reflections for each Mystery, **Litany of Our Lady of Lourdes** and **Benediction of the Blessed Sacrament**

9.30pm **Night Prayer** of the Church

**FRIDAY 12TH FEBRUARY** (Readings: Genesis 3: 1-8; Psalm 31; Mark 7: 31-27)

9.15am **Morning Prayer** of the Church  
 10.00am **Requiem Mass** for the repose of the soul of Kathleen McIntyre  
 6.00pm **Angelus, Litany of the Sacred Heart** and **Evening Prayer** of the Church  
 9.30pm **Night Prayer** of the Church

## ORDINARY TIME

**SATURDAY 13TH FEBRUARY** (Readings: Genesis 3: 9-24; Psalm 89; Mark 8: 1-10)

9.15am **Rosary**  
 10.00am **Requiem Mass** for the repose of the soul of John Purves  
 6.00pm **Evening Prayer I** of the Church for the 6th Sunday of the year  
 9.30pm **Night Prayer** of the Church

**SUNDAY 14TH FEBRUARY** (Readings: Leviticus 13: 1-2.44-46; Psalm 31; 1 Corinthians 10: 31-11:1; Mark 1: 40-45)

10.00am **Morning Prayer** of the Church for 6th Sunday of the year  
 11.00am **Holy Mass** of the 6th Sunday of the year  
 6.00pm **Angelus, Exposition of the Blessed Sacrament and Evening Prayer II** of the Church for the 6th Sunday of the year concluding with **Benediction**  
 9.30pm **Night Prayer** of the Church

### SPIRITUAL COMMUNION

At the moment, many of our community are prevented from receiving the Lord sacramentally in Holy Communion, but we can unite ourselves spiritually with the Lord by saying the following prayer:

*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. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.*

### THE SEASON OF LENT

- Ash Wednesday is on 17th February this year and marks the beginning of the Season of Lent. It is a Day of Fast and Abstinence. With places of worship still closed, it will not be possible for us to gather in the church for Mass and the Distribution of Ashes. So, we ask all our families to observe Ash Wednesday by fasting from food and abstaining from eating meat. Try to have a simple breakfast, a simple lunch and keep it simple at supper time. By noticeably reducing the food we eat on Ash Wednesday and abstaining from some of the “extras” we take for granted, we can make a real impression on our own selves of the journey we begin that day on the 40 Days Pilgrimage to Easter.
- Bishop Toal wrote to the priests and deacons of his diocese a few days ago and perhaps you might like to hear his thoughts about Ash Wednesday - “I am being asked about Ash Wednesday. A Home Liturgy is being produced and you will be asked to distribute it to your parishioners. Many people will follow Mass on-line and may wish to have their “home distribution” of ashes at the appropriate time in the Liturgy. It is the interior disposition to take on the traditional disciplines of Lent in order to celebrate the Lord’s Paschal Mystery with renewed faith that is most important. It would be good to encourage the faithful to keep Ash Wednesday as a Day of Fasting and Abstinence, thus beginning Lent in the manner proposed by the Church, even if the normal receiving of ashes is not possible”.
- Our Lenten programme will be a ‘virtual one’, at least for the first week or so of Lent, and, for most parishioners, it looks set to remain like that throughout the season. However, we are confident that many of you will avail yourselves of what is on offer for our parish and we will try to be as extensive as possible in offering something for everyone from 17th February until 4th April. We can only encourage you to keep to the spirit of Lent, and we do so as positively as possible. It is probably a good thing to keep in mind that the faith of the Church can be kept and indeed deepened in the current time of restrictions. After all, in many countries today where the practice of Christianity is not allowed or is strongly discouraged and where Catholic Christians have little or no access to the Sacraments for many months and in some cases many years, even before the Pandemic, the lay faithful keep the faith alive by prayer at home with their families, reading the scriptures, and supporting and encouraging one another not to lose hope in the face of opposition or difficulty in nourishing their faith. Passing on the faith is not just about participating in Mass or the Sacraments - it’s something much more than that, notwithstanding the place and importance of the Sacraments in the life of the Church. Even in our own country, the faith was kept alive and passed on without the regular ministry of the priest! Again, this is not to minimise the role or place or importance of the priest in our Church life, but perhaps to offer another perspective to help make some sense of what we are experiencing just now. Maybe we have taken too much for granted, not only with regards to the parish but also to our families, neighbours and life in general!