

# ST. ANSELM

## Proclaiming Christ in Hayes

### **Holy water,** holy habits.

By now you'll be aware that our Lent 2022 course is called 'Holy Habits'.

I decided to use this as the basis for our Lent reflections and teaching as I watched people stop themselves half way down the nave after we restored the holy water stoup a few weeks ago - and head back to the door to cross themselves with the water.

It reminded me that these small things had drifted away over the pandemic and we could do with being reminded about why we do them and why they are important.

It also prompted me to think about those little things that we may have picked up over the various lock downs, things we didn't do before but we now find very helpful.

An example for me is the installation of a new crucifix next to my bed - put up in such a way that it's the first thing I see when I wake and the last thing I see when I go to sleep.

It prompts me to cross myself (another holy habit) and to say the Our Father.

There are other habits - things like pilgrimage or



the practice of gratitude - that perhaps we don't consider enough in our day-to-day lives.

This Lent please make a special effort to come to the in-person course (Thursdays from March 17th after the 10am Mass) or to the online course (Thursdays at 7:30pm on Zoom - details on the website) and engage with the little things that point you to God each moment of each day.

Fr. Matthew

### Get in touch:

**Father Matthew Cashmore SSC**

[father@stanselm.co.uk](mailto:father@stanselm.co.uk)

020 3882 0553

[24/7 hunter number]

**Susan Chick, Lay Minister**

[susan@stanselm.co.uk](mailto:susan@stanselm.co.uk)

020 4570 7618

Churchwardens:

**Cynthia Lashley    David Couling**

020 8561 0408    01923 282 201

*Please let us know of illness or other need as soon as possible. He is available on the above number 24/7.*

### Prayer focus

For those who will find the relaxing of COVID restrictions and rules over the coming weeks difficult. For relief from anxiety and stress.

### Worship focus

A high mass on Tuesday morning for the feast of St. Peter's Chair.

Don't know what it is? Come along and find out!

## This Sunday

### Sunday 20th February ●

7th Sunday in Ordinary Time

10am - Parish Mass

*Divine Office Psalter Week 3, Year C(II)*

## Keep in Touch



twitter.com/anselmhayes



facebook.com/stanselmhayes



07537 410120 (WhatsApp & Text)

## Notices

A Welsh Celebration Concert! Make sure you have your tickets for the Torfaen Male Voice choir who are visiting us from Wales on Saturday. There are a small number of early bird tickets left (£2.50). Please do put up posters (available at the back of church) and encourage all your friends to come. Tickets available via the website, Fr. Matthew or Susan Chick.

Our Lent Course - Holy Habits - will start on March 17th. It will be after mass each Thursday at 10am and end with a shared lenten meal. It will be delivered by Fr. Matthew and Fr. Sam Cross from St. Thomas, Kensal Town. You'll also be able to take part online on Thursday evenings (7:30pm). Details on the website.

We'll be renewing the Prayer list at the end of this month with a new list for Marc.. If you would like to remain on the list, or if there is someone you would like to add please speak to Susan.

## Years Mind

20th - Alice Batchelor, Frank May

21st - Bessie Nicholls, Pam Toovey, Howard Walter Jones

23rd - Herbert Bateman

24th - Ronald (Jim) Durnford

25th - Albert Lock

26th - Bill Young

## Pray This Week For

Yolande DeGale, Helen Holman, Beryl Higgs, Norma Piggott, Rene Holman, June Bougton, Verity Thompson, Daniel Sibley, Wayne Campbell, Ivor, Maxine & Megan, Anthony & Greta, Debbie Potts, H & Family, Pauline Wheeler, Simone, Helen & Nick, Gleta & Family, Helen & Beth, Maxine, Ken Webb, Sarah Thomas, Kevin Riley & Family, Gemma, Mavis Sibley, David & Pauline Job, Georgina Burstow.

## This week at St. Anselm

### Monday 21st February

**Feria** ●

08:30am - Mass

10:30 - 1pm - Parent & Toddler Group

[Offices said privately]

*Prayer focus: Our online family*

### Tuesday 22nd February

**St. Peter's Chair - Feast** - ●

9:45am - Morning Prayer | 10am - High Mass

6pm - Evening Prayer

*Prayer focus: The evangelisation of England*

### Wednesday 23rd February

**St. Polycarp, Bishop, Martyr** ●

9:45am - Morning Prayer | 10am - Mass

12pm-2pm - Foodbank & One Stop Help

6pm - Evening Prayer & Rosary

*Prayer focus: Priests & Bishops of the Society*

### Thursday 24th February

**Feria** ●

8:45am - Morning Prayer | 9am - Mass

6pm - Evening Prayer

*Prayer focus: Persecuted Christians*

### Friday 25th February

**Feria** ●

9:45am - Morning Prayer | 10am - Mass

*Prayer focus: Struggling Mothers & Fathers*

### Saturday 26th February

**Feria** ●

Offices said privately

7:pm - A Welsh Celebration Concert

*Prayer focus: Children around the world*

### Sunday 27th February ●

8th Sunday in Ordinary Time

10am - Parish Mass

*Confessions are heard on Tuesday evening after Evening Prayer, or by appointment with Fr. Matthew*