

ST. ANSELM

Proclaiming Christ in Hayes

Holy habits, crossing ourselves.

This week in our Lent Course - Holy Habits - we discussed those small things that point us in the direction of God as we come into church.

One of those things was crossing ourselves. Why do we do it? Why is it important?

It's actually one of the very oldest physical actions we have any record of within the christian church. It first appears in writings around 200AD but was clearly in use long before.

The action recorded at that time is much as we see at the reading of the Gospel when we cross our forehead, our

mouths and our hearts.

In the earliest days it was a simple cross on the forehead before any task that you were seeking God's blessing on. That developed into a cross over your mouth and heart, and over time that became one large cross - starting at your head and ending over your heart.

We do this to ask God to bless us or the task ahead of us.

Think about how you use it in church - when you enter (bless me), when we start the service (bless us), when you are sent out into the world by the Priest and he makes the sign of the cross over you (bless



you all for the work of the Gospel in the world).

So be a blessing in the world and cross yourself often, and explain to people why you do it.

Cross yourself when you walk past the church, when you start work, when you wake and when you fall asleep. Give it a try this Lent and see how blessed you feel!

Fr. Matthew

Get in touch:

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[24/7 hunter number]

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Churchwardens:

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

Prayer focus

We pray for the people of Ukraine. For refugees everywhere.

For Maya to be baptised this Sunday.

Worship focus

Friday the 25th is the Annunciation of the Lord and is a Solemnity - meaning it's a day of Holy Obligation - do make a special effort to come to mass.

This Sunday

Sunday 20th March

3rd Sunday of Lent ●

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

This Sunday we welcome a new family into our fold. We met them last week when they first joined us and on Sunday we will be baptising their beautiful baby girl Maya. Please do come and offer your support and love as we gather them into the love of Jesus' family.

Our Lent Course - Holy Habits - continues on Thursday (24th). This week you'll be hearing about Pilgrimage from Fr. Sam Cross. You can take part in person on Thursday mornings after mass (with a lent lunch served afterwards, this week it's vegetable soup) or online on Thursday evenings at 7:30pm. More details on the website - www.stanselm.co.uk/lent

Lent is a very good time to make your first confession. If you've not come to confession before, or if you're worried about how it works and what it is for - please speak to Fr. Matthew.

Please note changes to office times on Wednesday and Thursday.

Years Mind

20th - George Burton, Gladys Skinner

21st - Doris May

24th - William Henry Smith, John Livy Eileen Jones
Derek Holman

25th - Kath Mark

26th - Fr. Clive Pearce

Pray This Week For

Helen Holman, Yolanda De Gale, Wayne Campbell, Anthony, Gleta & family, Norma Piggott, Ken Webb, H & family, Mavis Sibley, Kevin Riley & Family, Pauline Job, Gemma, Georgina Burstow, Val Jones, Fr John Metivier & Family.

This week at St. Anselm

Monday 21st March

Monday of the 3rd week of Lent ●

10:30 - 1pm - Parent & Toddler Group

6pm - Evening Prayer followed by Mass

Prayer focus: Our online family

Tuesday 22nd March

Tuesday of the 3rd week of Lent ●

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

6pm - Evening Prayer

Prayer focus: The evangelisation of England

Wednesday 23rd March

Wednesday of the 3rd week of Lent ●

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

12pm-2pm - Foodbank & One Stop Help

Prayer focus: Priests & Bishops of the Society

Thursday 24th March

Thursday of the 3rd week of Lent ●

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

11am - In person Lent Course followed by lunch

7:30pm - Online Lent Course

Prayer focus: Persecuted Christians

Friday 25th March

The Annunciation of the Lord - Solemnity ●

9:45am - Morning Prayer

10am - High Mass

Prayer focus: Struggling Mothers & Fathers

Saturday 26th March

Saturday of the 3rd week of Lent ●

[offices said privately]

Prayer focus: Children around the world

Sunday 27th March

4th Sunday of Lent ●

10am - Parish Mass

Divine Office Psalter Week 4, Year C(II)

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