

# ST. ANSELM

## Proclaiming Christ in Hayes

### Holy habits, pilgrimage.

It may seem odd to think of pilgrimage as a Holy Habit. It's very unlike the things we talked about last week - small, gentle, prods that encourage us to think about Jesus in our day to day lives.

But... over the years I've found regular pilgrimage to be a life giving source of understanding and questioning on my journey with Christ.

I tend to go on pilgrimage with my dear brother Fr. Sam Cross - who we heard from in this week's lent course (which you can watch again on our website if you missed it).

We have been all over the world together and in those travels have been consistently surprised at how the holy spirit seeks us out and shows us something new in our relationship with Christ.

The act of pilgrimage is one of body, mind, and soul. It is a deliberate act - to take yourself out of your current surrounds and life and to open your ears to what God may be saying to you.

Pilgrimage is as much an act of mental travel as it is physical, and so if you're unable to travel you can



still go on pilgrimage - in your mind.

Take your soul out of the every day. Take your mind away from the worries of the day, of the week, of the year; and let them hear afresh the voice of God in your life.

We'll be travelling to Walsingham on pilgrimage later this year, if you're interested in helping organise it do let me know.

Fr. Matthew

### Get in touch:

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[24/7 hunter number]

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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

For our mothers and our families.

For mothers who are struggling, who need support and help.

### Worship focus

If you've not been to the Lent Course yet please make a special effort this week.

You can join us in person or online.

## This Sunday

### Sunday 27th March

4th Sunday of Lent ●

10am - Parish Mass, Mothering Sunday

*Divine Office Psalter Week 4, Year C(II)*

## Keep in Touch



twitter.com/anselmhayes



facebook.com/stanselmhayes



07537 410120 (WhatsApp & Text)

## Notices

This Sunday is Mothering Sunday. A day where we traditionally travel home to our families and visit our Mother Church, the church in which we were baptised. We can't all do that and so we celebrate our homes - and at the heart of our homes are our mothers. So come this Sunday and celebrate, pray for, give thanks and perhaps even lament our Mothers and the women of our lives who make us who we are.

Our Lent Course - Holy Habits - continues on Thursday (31st). This week you'll be hearing about the Holy Habit of Gratitude. You can take part in person on Thursday mornings after mass (with a lent lunch served afterwards) or online on Thursday evenings at 7:30pm. More details on the website - [www.stanselm.co.uk/lent](http://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 the office and mass times on Monday and Tuesday.

## Years Mind

27th - Fr. Anthony Burge, Betty Patricia Hodgkins

28th - Ivy Bailey, Indra Hinds, Betty Patricia Hodgkins

29th - Henry Hawkins

30th - Charles Channon, Freddie Wilson

1st April - Albert Rogers

## 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, Rita Ford.

## This week at St. Anselm

### Monday 28th March

Monday of the 4th week of Lent ●

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

10:30 - 1pm - Parent & Toddler Group

*Prayer focus: Our online family*

### Tuesday 29th March

Tuesday of the 4th week of Lent ●

6pm - Evening Prayer followed by Mass

*Prayer focus: The evangelisation of England*

### Wednesday 30th March

Wednesday of the 4th week of Lent ●

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

12pm-2pm - Foodbank & One Stop Help

*Prayer focus: Priests & Bishops of the Society*

### Thursday 31st March

Thursday of the 4th week of Lent ●

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

11am - In person Lent Course followed by lunch

6pm - Evening Prayer

7:30pm - Online Lent Course

*Prayer focus: Persecuted Christians*

### Friday 1st April

Friday of the 4th week of Lent ●

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

*Prayer focus: Struggling Mothers & Fathers*

### Saturday 2nd April

Saturday of the 4th week of Lent ●

[offices said privately]

*Prayer focus: Children around the world*

### Sunday 3rd April

5th 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*