

LENT 2019

WEEK 1 10th March

Visit our website: www.wallsend-aidettes.co.uk and click the link on the front page to listen to a short daily Lenten reflection, or why not sign up for a three minute daily reflection delivered to your mobile device via: <https://dynamiccatholic.com/best-lent-ever?>

W/C 11th March	St Aidan's	St Bernadette's		St Aidan's	St Bernadette's
Mon	No Mass	No Mass	Fri 9.30am	No Mass	Celebrant's Intention
Tues 10am	No Mass	Celebrant's Intention	Fri 6.30pm	-	Stations of the Cross
Wed 9.30am	Fred Mylotte	No Mass	Half Day of Reflection		
Thur 9.30am	Funeral Mass Mary Baitey	No Mass	Sat 10am	10am	11.30am
			Sunday	Jim Gardiner	Tony Geraghty

As we enter the first week of Lent, let's recall the words of Jesus from last week's Gospel: "No good tree bears bad fruit; nor again does a bad tree bear good fruit; for each tree is known by its own fruit. Figs are not gathered from thorns nor are grapes picked from a bramble bush. The good person out of the good treasures of the heart produces good, and the evil person out of evil treasure produces evil; for it is out of the abundance of the heart that the mouth speaks". (Luke 6: 43—45)



Half Days of Reflection

Why not take the opportunity this Lenten season to widen your understanding of the Lenten journey?
Everyone is welcome!

St Aidan's Parish Room 9.30am for 10am—1pm

Saturday 16th March: The Meaning of the Wilderness

Saturday 6th April: Content TBC

Please sign up to book a place.

St Aidan's Open Church/Garden
Does life seem too busy to take a break?
Why not take the opportunity offered by our open church and garden to reconnect and experience the presence of God?
Saturdays 23rd & 30th March between 10am and 1pm with the opportunity for individual confession 10.30—11.30am

I hope you are intrigued by the subject of our two Sunday evening discussion groups at St Aidan's at 6.30pm:
Sunday 24th March: God and Rice Bowls in a new age
Sunday 31st March: Can a Woman be Catholic?
Everyone welcome—please sign up.

Gift Yourself with 30 minutes of calm each day!
As often as you can on the days throughout Lent why not gift yourself with 30 minutes of calm?
Set a timer and then forget about it. Spend the time however you want, pray, read some Scripture, read a spiritual book, or listen to quiet music. Maybe 30 minutes will be too long, try ten minutes—but take some time out for silence and reflection each day!

F
I
R
S
T



Our Lady and St Aidan & St Bernadette's Parish Communities

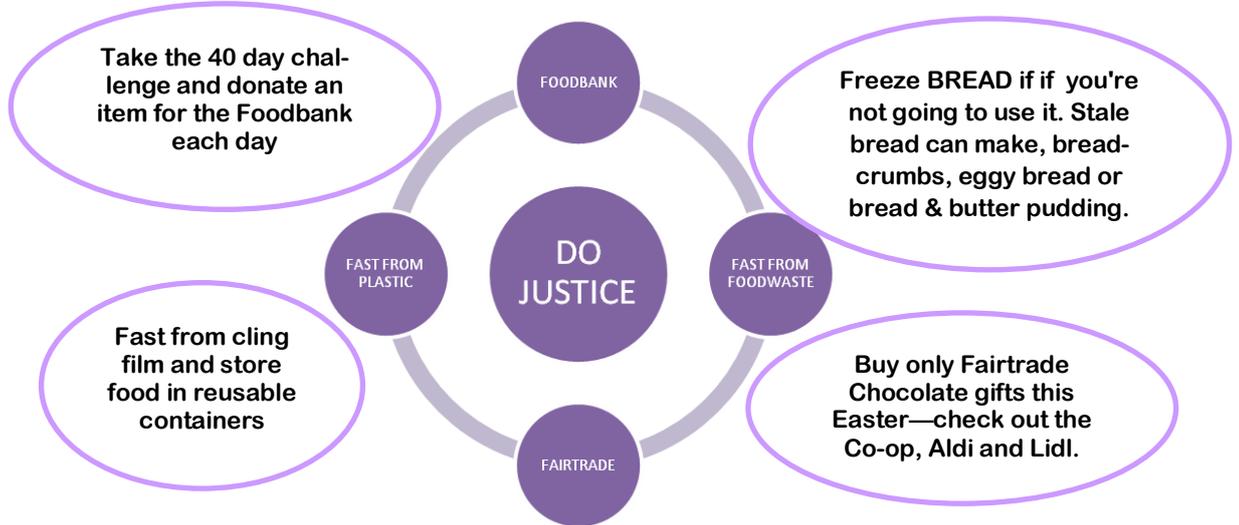
Parish Priest Fr John McElhone
Resident Priest Fr Pat O'Connell
www.wallsend-aidettes.co.uk



S
U
N
D
A
Y

E Mail : staidans.parish@btconnect.com

0191 2623820



O
F
L
E
N
T

How can you Be The Best You Can Be this Lent?

This Lent we are going to reflect on the question posed in the book of Micah:

“What does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?” Micah 6:8

The season of Lent gifts us with 40 days—we can choose to use these days well and reflect upon our relationships with God, the world around us and the people within it. In 40 days we could both individually, and together, bring about positive change, or we could allow Lent to pass us by and do nothing!

This week with your newsletter you have been given a leaflet outlining the programme for our parishes throughout the season of Lent. You will also receive a copy of Lent Extra which week by week reflects the invitation Jesus gives to us to journey with him throughout this season.

Do you want to Be the Best You Can This Lent?

“What good is it my brothers and sisters if you say you have faith but do not have works? Can faith save you? If a brother or sister is naked and lacks daily food, and one of you says to them, ‘Go in peace; keep warm and eat your fill’, and yet you do not supply their bodily needs, what is the good of that? So faith by itself, if it has no works, is dead. (James: 2: 14-17)

Soup Lunch
Each Friday during Lent

St Aidan's Parish Room
12 noon

FOOD
BANK

MON	TUES	WED	THURS	FRI	SAT	SUNDAY
Long Life Milk	Jam	Savoury Spread	Tinned Meat	Crisps	Crackers	Treat

40 Day
Challenge