



# ST. JOSEPH'S HIGHGATE PARISH BULLETIN

St Joseph's Church, Highgate Hill, London N19 5NE  
Tel. 020 7272 2320

e-mail: joseph.highgate@gmail.com website: www.stjosephshighgate.org.uk

Registered Charity 234436



Fr. Pat (pfc44@yahoo.com) Fr. George (gaskoloth@hotmail.com)

**Masses: Sunday:** (7pm Saturday) 8am, 10am, 12noon, 1.30 (Polish), 7pm.

**Holydays:** 6.30pm vigil, 9.30am, 11am, 6.30pm

**Weekdays:** 9.30am, 6.30pm. **Saturday:** 9.30am, 7pm. **Bank Holiday:** 9.30am

**Sacrament of Reconciliation**

**Saturday** 10-10.30am, 6.30 -6.45pm

**Weekdays:** immediately after Mass (on request)

## 4th March 2018 – 3rd Sunday of Lent

### EXAMINING YOUR PRAYER

The news for the last week has been dominated by the snow. For many people it has caused great inconvenience, and unfortunately even some deaths, and we rightly keep such people and their families in our prayers. By comparison with a lot of places we have got off relatively lightly here, although moving out and about was something one only did if necessary. Not surprisingly, for instance, there has been no work done on repairing the dome this week, and even worse – I haven't been able to get out for a game of golf – I couldn't really classify that as necessary, even if my exercise quota, not to mention my sanity, might be put at risk. But there was the one up-side to the blanket (of snow?) coverage of the weather, and that was that we weren't getting Brexit 24 hours a day!

But I wasn't confined to barracks for the week. Apart from having the usual quota of meetings, we had a funeral – with burial – on Thursday, fortunately during a break from the more extreme weather. In addition our valiant and dedicated staff in St. Joseph's kept the school open all through the week, so I had to make a few visits there for various meetings. I had a couple of sessions with the year 5's, and was somewhat surprised to find that the topic they're covering in Religious Education at the moment is the examen. "The what?" I can hear you asking. It sounds like it might have something to do with examination of conscience – you remember, that torturous exercise one undergoes before going to confession, or the Sacrament of Reconciliation, as we now refer to it.

The examen does have some slight similarities, but is in reality a much more positive and even joyful exercise. It is an ancient practice whereby people reflect on their day to try to see where and how God was present and at work in us. St. Ignatius, the founder of the Jesuits, was a very strong advocate of this method of prayer/reflection. I highly recommend to you, if you can, to look at the website <https://www.ignatianspirituality.com/ignatian-prayer/the-examen/how-can-i-pray>. Particularly if at any time you're having difficulty with your personal prayer – and, let's face it, we all do a lot of the time – I think you will find this very helpful. I don't have room here to go into it in detail, but even the headings might be of help. **1.** Become aware of God's presence. (Invite the Holy Spirit to review the day with you.) **2.** Review the day with gratitude. (Pay attention to small things – God is in the details.) **3.** Pay attention to your emotions. (Boredom? Elation? Compassion? What is God saying through these feelings?) **4.** Choose one feature of the day and pray from it. (Was there something really significant that you didn't notice until now?) **5.** Look toward tomorrow. (Are you apprehensive? Looking forward? Ask for guidance and help.) The above is only a very brief outline of one approach to the examen. If you don't have access to the internet I will be very happy to print you out a more extended version.

I don't know if Jesus did an examen at the end of the day mentioned in our Gospel this Sunday, but if he did, he certainly had plenty to reflect on! But he had no doubt about one thing – that his life was dedicated to carrying out God's will. Hopefully that's where we are too!

-----00000OOO00000-----

**We pray for those who have died recently** - Francis Gerard (Gerry) Burke (funeral 10.45am Thursday 8<sup>th</sup> March), Amata Hedge (funeral 10.30am Tuesday 20<sup>th</sup> March), Patrick Timoney, Derick Sheehan, John Rock; **and we remember those whose anniversaries occur at this time** – Janette Faherty Wright, John Anthony Murphy.

### **Lenten Project:**

During previous Lents you have been very generous in your support of the wonderful work being done by Fr. Rick in Haiti. Huge progress has been made, but unfortunately many people, and children in particular, are still living in sub-human conditions. For the Sundays of Lent there will be an exit collection after all Masses in support of this truly Christian work. I know you will be as generous as usual in your support.

### **Stations of the Cross:**

During the season of Lent there will be Stations of the Cross immediately after the 6.30 pm. Mass each Friday. This is a particularly appropriate form of prayer during Lent, especially in a Passionist church, as it encourages meditation on the profound mystery on the depth of the Lord's love for us as expressed in His passion, death and resurrection.

### **A Call to Young Adults - Your Bishops Want to Hear From You.**

Cardinal Vincent and the auxiliary bishops of the diocese are inviting Catholic young adults, aged 18 to 30, to meet with them to discuss the theme of the next Synod of Bishops - 'Young People, the Faith and Vocational Discernment'. Please do consider making your voice heard and playing your part in the shaping the Church's approach to young people in the future. If you would like to attend, please register at <http://dowym.com/events/> where you can find details of all events.

### **Novena for the Canonisation of Blessed Dominic:**

This Novena, which started on March 1<sup>st</sup>, will continue until March 9<sup>th</sup>. You will find the novena prayer on the cards – which are available for free in the porch. The prayer will be said after each of the Masses during the novena, or if you can't be at mass, simply say the prayer at any time during the day. If you wish to know more about Blessed Dominic there is a short account of his life on sale in the CTS book rack.

### **Christian Stewardship:**

Last week's collection amounted to £1,424. In addition to that we receive an average of over £900 per week in standing orders. We very much appreciate your outstanding generosity in supporting your parish.

### **Mothering Sunday:**

Next Sunday is Mothering Sunday, and we would like to celebrate it as a Parish – not of course interfering in whatever way you might be celebrating it as a family! You will find in the porch an invitation to attend either of two sessions – after the 10, and after the 12 masses in the Red Room. It is open to all – you don't have to be a mother yourself – as long as you've had a mother figure in your life!

### **Scaffolding Again!:**

Those of you who look hopefully to the heavens will have had your view interrupted by new scaffolding that is still in the process of being erected in the dome area of the church. Unfortunately, we have had some storm damage to the copper roof, and, as usual in this kind of situation, when they got a closer look it was seen that the damage was more extensive than originally realised. We don't as yet know the full extent of the work that will be required, but now that the scaffolding is there it only makes sense to ensure that all problems in that area are dealt with. But relax – as I don't anticipate having to launch an emergency appeal for more funds, since your continuing generosity to Growing in Faith should cover the costs. On the other hand..... !

### **Proposed Parish Pilgrimage to St. Gabriel's Shrine, Assisi etc:**

This pilgrimage – which is being organised by St. Gabriel's Parish – is proposed for Friday 25<sup>th</sup> to Monday 28<sup>th</sup> of May. The pilgrimage would include; Guided visit to San Gabriele Shrine, Guided visit to Santa Rita da Cascia, Guided visit to Assisi, Guided visit to Loreto and visit to Moravalle. Cost is 700 euros (approx. £620) per pilgrim (excluding flight). Proposed Flight is from Stansted to Rome Ciampino - departure 13.25 hrs Fri 25<sup>th</sup> and return from Ciampino 17.25 hrs Monday 28<sup>th</sup>. Flight is approximately £250 at the moment and individuals would have to book their own flights (assistance will be provided if needed). **However, we need to be sure that a good number (say about 15) is willing to go before we can confirm the pilgrimage.** Those interested should contact St. Gabriel's Parish Office before the end of March.

### **100 Club Results:**

The February Draw for the 100 Club was held in the Monastery during the week. The number of entries was 103 and the winners were: £400 Melinda Cheung (77), £100 Karen McCormack (74), £50 Mary Fysh (189). A copy of the results may be obtained from the Parish office on request. The February draw will be held as usual in the last week of the month, and monthly subscriptions should be paid by Sunday 18<sup>th</sup> February.

### **Ceilidh for Cancer Care:**

Fundraiser in St. Joseph's Hall for local cancer sufferer Linda Allinson, for treatment not available on the NHS (see *Ham & High* Feb 22<sup>nd</sup>). Friday 9<sup>th</sup> March 7:30 until 11:00pm tickets £20 including supper, live band. Contact Cheryl [felicitymaynard@hotmail.com](mailto:felicitymaynard@hotmail.com) for tickets or information, or visit [support4linda.co.uk](http://support4linda.co.uk)