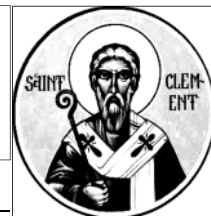


Served by the Little
Flower Congregation
(CST Fathers)
Fr. John Mundackal
Fr. Jacob Edakalathur
Fr. Rogi Narithookil

Diocese of Dunkeld - Scottish Charity No SC001810
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Fifth Sunday of Lent - Year B - 29th March 2009

Please remember in your prayers all those in our parish community who are sick especially: Jean McLaughlin, Charles McLaughlin, Donna Small, Joe Kingdom, Norman Fyffe, Fr. David Ward, Margaret Reid, Sunil Joseph (Fr. John's nephew), Cathie Cochrane, Gertrude Dignan, Ina Carlin, Aileen Low, Moira Cord, Helen Donachie, Terry Reynolds, Elizabeth Gibson, Betty Devlin, Betty Inglis, Aileen Low, Pauline Robertson, Michael Bruce, Billy Fyffe, Bishop Vincent. *Our Lady of Lourdes pray for them.*

Please remember names on the sick list are kept on for two weeks. Please re-enter them in the book if necessary!

Please pray for the peaceful repose of the souls of those who recently entered eternal life: Bob McCartney. *May they be raised to new and everlasting life in Christ.*

Please remember those whose anniversaries occur at this time: Phyllis Wood, Joan Lonie. *May they rest in peace*

From the Catechism...

45. Can the mystery of the Most Holy Trinity be known by the light of human reason alone?

God has left some traces of his trinitarian being in creation and in the Old Testament but his inmost being as the Holy Trinity is a mystery which is inaccessible to reason alone or even to Israel's faith before the Incarnation of the Son of God and the sending of the Holy Spirit. This mystery was revealed by Jesus Christ and it is the source of all the other mysteries.

Diocesan Youth Mass: On Passion/Palm Sunday, 5th April, all young people in the diocese are invited to come to a Youth Mass in St. Andrew's Cathedral at 7 p.m. This will be an opportunity to learn more about the new deanery youth workers and make some contact with the diocesan youth team. There will be a chance to meet with others after the Mass in the Cathedral Hall and have some refreshments.

Special Collection: Today there is a special second collection for the Papal and Episcopal Charities, including SCIAF.

Lenten Evening of Reflection: Our final evening takes place tomorrow in the hall at 7.30 p.m. The theme of the reflection will be "Living the Covenant of Discipleship" and it will be led by Michael Carrie.

LENT - Leave Every Negative Thing

Fasts have a tendency to be oriented toward things like giving up food or television. But there are many other creative ways we can welcome Jesus' healing touch.

1. Fast from anger and hatred. Give your family an extra dose of love each day.
2. Fast from judging others. Before making any judgements, recall how Jesus overlooks our faults.
3. Fast from discouragement. Hold on to Jesus's promise that He has a perfect plan for your life.
4. Fast from complaining. When you find yourself about to complain, close your eyes and recall some of the little moments of joy Jesus has given you.
5. Fast from resentment or bitterness. Work on forgiving those who may have hurt you.
6. Fast from spending too much money. Try to reduce your spending by 10% and give those savings to the poor.

Lenten Devotions: Way of the Cross on Sundays at 5 p.m.; Tuesdays during adoration and Fridays after 7 p.m. Mass.

Next week there will be details of the Holy Week services in St. Clement's

Sunday Mass at 11 a.m.

With Children's Liturgy of the Word

WEEKDAY MASSES

Monday at 9 a.m.

Tuesday at 9.30 a.m. (Funeral Mass)

Wednesday at 9 a.m.

Thursday at 9 a.m.

Friday at 7 p.m.

Saturday at 10 a.m.

MORNING PRAYER

Monday, Wednesday & Thursday at 8.45 a.m.

Saturday at 9.45 a.m.

CONFESSION

Sunday before Mass; on request.

LAST WEEK'S OFFERINGS

Offertory: £461.18

Many thanks for your generosity!

Response to the Psalm: A pure heart create for me, O God.

Church Cleaning: The cleaning of the Church in preparation for Easter will take place on **Thursday 2 April** after Mass. If anyone has **ONE hour** to spare, their help would be greatly appreciated. The more people we have who will help, the quicker the cleaning can be finished. PLEASE come and help if you can!

PALM SUNDAY: After the success last year, it is intended to have a Procession from the hall to the Church, for those who are able. If people could gather in the hall for 10.50 a.m.

There are Phoenix Greetings Cards Catalogues at the back of the church. If you would like to browse or buy any cards or stationary, please see either Sandra Scott or Linda Scott. 10% of all sales will go to Parish Funds.

DATES FOR YOUR DIARY

Monday 30 March: Deanery Penitential Service at 7 p.m., in St. Francis'

Wednesday 8 April: Chrism Mass in the Cathedral at 7 p.m.

Tuesday 26 May: Confirmations at 7 p.m.

Sunday 7 June: First Holy Communions at 11 a.m.