

# ELLESMERE PORT & HOOTON

Our Lady Star of the Sea & St Bernard | St Saviour & St Mary of the Angels



As recently as 2019, the Holy Father established this Sunday, the Third in Ordinary Time, as the *Sunday of the Word of God*. The desire of the Holy Father is to emphasise how important the sacred Scriptures are to those who follow Jesus Christ, Who is Himself the Word of God, made Man. The recent invitation to purchase and prayerfully use your own Sunday Missal was inspired by the teaching of the Second Vatican Council that the lay faithful should be invited to full, conscious, and active participation in the Holy Mass by holding in your own hands the texts, prayers, and readings of the Sunday Mass, so as to better enter into the offering of the Mass, united with the priest. I would encourage you, taking up the invitation of the Holy Father on this Sunday in particular, to use your Sunday Missal as a prayerbook, not just on a Sunday at Mass, but at home, too. Why not prayerfully read the Sunday Mass readings ahead of the Sunday? Why not use some of the additional prayers in the Sunday Missal as a way to prepare for Mass or as your family prayers? It would also be a positive step to own and use your own Bible, and perhaps to consider coming to the remaining Luke talks as a way to refresh your knowledge of God's Word. In all these ways we can be responsive to the Holy Father's intention of making sure that the Word of God is at the heart of our prayer.

May God bless us in the week ahead.

*Father Edmund*

## Online Donations to the Parish

To making giving easier, please consider donating online via the Parish Website [www.rcchep.co.uk](http://www.rcchep.co.uk) or via the QR code printed here. Thank you for your generosity.



## CANDLEMAS

The feast of Candlemas, marked with the blessing of candles, and the commemoration of the Presentation of the child Jesus in the Temple



## INDULGENCE

Inside, a detachable guide to how to receive the Holy Year Indulgence, as often as every day



## HOLY FAMILY

As January gives way to February, the devotion is the Holy Family of Jesus, Mary and Joseph



### Luke Talks Re-Start

Thank you for your patience during my recent extended period of illness (and recovery) from a serious bout of 'flu. Happily, God willing, we can return to the Luke Talks, looking this week at the three Canticles unique to Luke's Gospel, but forming the core of three of the Hours of the Divine Office prayed every day throughout the Church: the *Benedictus*, the *Magnificat*, and the *Nunc Dimittis*. All welcome - Wednesday 29 January at 6.30pm, Our Lady Star of the Sea Parish Centre.

### Plenary Indulgence

With the Holy Year proclaimed by the Holy Father, the Church invites us to receive a Plenary Indulgence.

The central pages of the Parish Newsletter this week can be removed and kept so as to be an *aide memoire* for you to help explain what a Plenary Indulgence is and the steps towards receiving this beautiful grace from the Lord.

### Lourdes Roadshows

A message from Canon Christopher Matthews, the Director of the Diocesan Lourdes Pilgrimage: *In this Jubilee Year of 2025, Bishop Mark has asked that our diocesan pilgrimage to Lourdes will be our Jubilee Pilgrimage. To help raise the profile of the pilgrimage and to answer any questions your parishioners might have, we have organised two roadshows for those who are interested in joining our annual diocesan pilgrimage to Lourdes. Our first roadshow will be on 1 February 2pm-4pm at Our Lady and St John, Heswall, Wirral, and our second roadshow will be on 15 February 2pm-4pm St Anthony, Wythenshawe. Information and register of interest cards will be available, and members of the Lourdes Management Team will be present to answer any questions.*

### Diocesan Job Vacancy

An exciting opportunity has arisen within the Diocese with the Shrewsbury Youth Mission Team. Further details can be found on the Diocesan website. Completed applications should be sent to Pauline McCulloch via email: [recruitment@dioceseofshrewsbury.org](mailto:recruitment@dioceseofshrewsbury.org). Closing date 21 February 2025.

### Missal Page

A helpful reminder that the page for the Sunday readings and prayers is shown on the back page of the Parish Newsletter, above the grid shown the Holy Mass and Liturgy Schedule for the coming week.

## PRAYER REQUESTS

Ellie O'Driscoll, Marion Andrew, Lisa Gilmore, Ella-May Ehlen, Pat, Edna, Anne Donnelly, David Fitzgeraldson, Jean Bowles, Tony Kemp, Pat McMahon, Margaret Kenny, Antoinette Denney, Francis Ellis, Babies Avery and Vincent White, Christine Fernandes, Christine Brown, Kath Leahey, Jim Shepherd, Joanne, Michael, Sophie, Elliott, David, Karen Seymour, Mavis O'Donnell, Baby Alana, Honora Ellis, Marie, Sheila, and Vincent Smith.

Please pray for those who have died: Peter Kirkham, Patricia Hughes, Margaret Stanford, John Tobin, Hugh Jones, and Maureen Dobbs.





# **ANNO SANCTO MMXXV**

## **HOW TO RECEIVE THE HOLY YEAR PLENARY INDULGENCE**

A Guide and Essential Prayers in a Helpful Booklet  
Detachable from the Newsletter

## What is a Plenary Indulgence?

When we sin and repent, we can be forgiven if we are truly sorry and seek forgiveness in the Sacrament of Penance. However, even when we have been forgiven by God, the reality or consequences of our sin in our lives, and in the lives of others, remain. We have the duty to make up for this by penance; this is why the priest gives us a penance to do when we have been to Confession, usually a simple prayer or act of charity. An example I use with the children is: if I break a window, and apologise for breaking the window, and I am forgiven for breaking the window, the reality is there is still a broken window. Penance is the desire to make restitution - invariably spiritual, but sometimes practical or financial - for what we have done.

In a Plenary Indulgence the Church grants us the complete remission of all the penance due to God for our sins by invoking the merits of Christ Himself in His life, Passion, Death, and Resurrection, and applying His infinite mercy to us as a grace able to be received on significant moments in our lives or else important moments in the life of the Church. The Holy Year is one such momentous occasion. When, as a priest, I am called to the bedside of those who are dying or who are in danger of death, the Church has me grant them what is known as the Apostolic Pardon, giving our loved ones a Plenary Indulgence as death approaches so that the soul has every grace in this world to see God forever in the next.

## What must I do to be sure to receive the Plenary Indulgence?

The Church asks of us three simple spiritual acts as part of receiving the Indulgence: first, to go to Confession. Second, to receive Holy Communion. Third, to pray for the intentions of the Holy Father. These can all be made within a week and need not be done all at the same time. The additional requirements that Pope Francis has asked of us is one of the following - very beautiful - actions:

### 1. To make a Pilgrimage

The Holy Father encourages us to make a pilgrimage, if we are able. Rome may be a possibility; you may consider joining the Diocesan Pilgrimage to Lourdes. The Pope insists that even if we cannot afford to participate or because of work or ill health cannot travel, there is the possibility to participate *spiritually* in a pilgrimage by uniting ourselves in the prayer as the pilgrimages begin and placing ourselves in our hearts in the place of pilgrimage, praying for our families and our friends.

### 2. To visit a Sacred Place

The Bishop has designated our Cathedral at Shrewsbury and the Diocesan Eucharistic Shrine at St Joseph, Stockport as our two Diocesan Holy Year Shrines for Pilgrimage. You might consider whether you could individually or as a family or as small groups in the parish, even undertake to visit Shrewsbury or Stockport for this special Holy Year.

### 3. Works of Mercy and Penance

This is, in my view, the great gift of the Holy Father in this Holy Year. The Pope writes that he wishes that one of the ways in which we can receive the Plenary Indulgence is through participating in catechesis on the sacred Scriptures and the Catechism, and moreover when we participate in whatever way in works of mercy that seek to care for the poor, the sick, the hungry, the naked, those without shelter. In our parish, then we have so many opportunities to receive the Plenary Indulgence through our four social projects, through volunteering in the SVP, through visiting the sick and housebound, through caring for our spouse or elderly relative or those who are infirm, and through coming to talks offered throughout the year to help us grow in our faith.



## How often can I receive the Plenary Indulgence?

The Holy Father has graciously ensured that the Plenary Indulgence can be received as often as every day!

## Can I ask God to grant the Plenary Indulgence to the Faithful Departed?

The Pope has also permitted that, in addition to our reception of the Plenary Indulgence, we can ask God to grant it instead, not to ourselves, but to those who have died. This, too can be received as often as every day!

## What should I do now?

My suggestion would be:

1. Work out when you can next go to Confession. Make time before Confession to make a proper Examination of Conscience, reviewing your life and becoming conscious of any serious sin. When you come to Confession, tell the priest that you are making this Confession as part of wishing to receive the Holy Year Plenary Indulgence. Arrive at Confession early, so you're there in good time. Remember, to receive the Indulgence, we must put aside sin and resolve to follow Christ. This has traditionally been phrased as to have a 'complete detachment from sin'. We can pray for this and desire it, through God's grace.
2. Following Confession, deliberately prepare to receive your next Holy Communion at the next Mass you can attend. Ask God to come into your heart anew and in a special way.
3. Pray for the Pope. The responsibility of shepherding the whole Church falls on his shoulders at this time in history. Traditionally, we pray an *Our Father*, a *Hail Mary*, and a *Glory Be* for the Holy Father. For the Holy Year, we are also asked to recite *The Creed*.
4. Be sure that you have participated in one of the three additional requirements for the Indulgence: pilgrimage, visit to a sacred place, or a work of mercy or penance.

Once all of these are done, then you can be sure you have fulfilled the conditions. More than anything, the Church wants all of this not to be seen as mechanical but rather a step-by-step guide to repentance, conversion, grace, and a deeper love of God. For having been freed from sin and from the debt we owe to God through a Plenary Indulgence, how free our hearts will feel this Holy Year, that the Pope has made it so simple and so easy to receive as an act of mercy and celebration during this only every quarter-of-a-century opportunity for a Jubilee Indulgence.

## Essential Prayers for the Holy Father's Intentions

### Our Father

Our Father

Who art in Heaven,

Hallowed be Thy Name

Thy kingdom come

Thy will be done on earth as it is in Heaven

Give us this day our daily bread, and forgive us our trespasses,  
as we forgive those who trespass against us.

And lead us not into temptation, but deliver us from evil.

Amen.

### Hail, Mary

Hail Mary, full of grace, the Lord is with thee.

Blessed art thou among women,

and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death.  
Amen.

### Glory Be

Glory be to the Father  
and to the Son  
and to the Holy Spirit.  
As it was in the beginning is now,  
and ever shall be,  
world without end.  
Amen.

### The Apostles' Creed

I believe in God,  
the Father Almighty,  
Creator of heaven and earth,  
and in Jesus Christ, His only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
He descended into hell;  
on the third day He rose again from the dead;  
He ascended into heaven,  
and is seated at the right hand of God the Father Almighty;  
from there He will come to judge the living and the dead.  
I believe in the Holy Spirit,  
the Holy Catholic Church,  
the communion of Saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting.  
Amen.

### If Applying The Indulgence to the Holy Souls

Eternal rest, grant unto them, O Lord,  
and let perpetual light shine upon them.  
May they rest in peace. Amen.

May their souls,  
and the souls of all the faithful departed,  
through the mercy of God,  
rest in peace. Amen.



# Tea Dance

## 26th January

## Following 11am Mass

**Join us after 11am Mass for a Tea Dance in Our Lady Parish Centre**

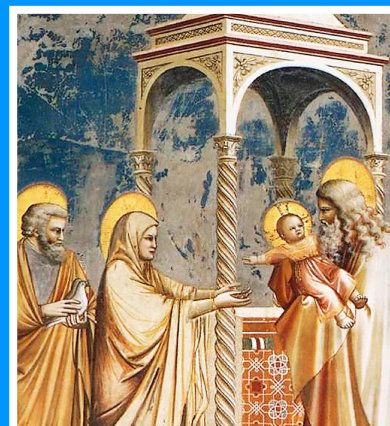


**Afternoon Tea will be available to buy (£5 for a Tray of cakes and Sandwiches)**



## THE FEAST OF CANDLEMAS

Next Sunday, 2 February, marks forty days since the celebration of Christmas, and is the traditional conclusion of the Christmas season. The Law of Moses required that every first born son would be consecrated to God and redeemed by a sacrifice. In obedience to the Law, our Lady and St Joseph took the baby Jesus to the Temple in Jerusalem, where two prophets, Simeon and Anna, joyfully welcome the child Jesus, recognising Him as the the promised Messiah and the Light to the Gentiles and the Glory of Israel. I shall bless candles for you to take home for your own - or family - prayers.



# PARISH HOLY MASS & LITURGY

Monthly devotion | January is dedicated to the Holy Name of Jesus

## Sunday Missal Page: 787

<b>Sunday 26 January</b> Third Sunday	Our Lady Our Lady ----- Our Lady Our Lady Our Lady	4pm 5pm ----- 9am 11am 2.15pm	Confessions available until 4.55pm Pat and Edna's Intentions ----- Parishioners Paul Concannon RIP Baptism: Patrick Joseph Duffy
<b>Monday 27 January</b> Feria	Our Lady	10.45am	Requiem: Margaret Stanford RIP
<b>Tuesday 28 January</b> St Thomas Aquinas	St Mary	2.30pm	Requiem: Hugh Jones RIP
<b>Wednesday 29 January</b> Feria	Our Lady Our Lady	12.15pm 6.15pm	Terry Howey RIP 7th Anniversary Novena
<b>Thursday 30 January</b> Feria	St Mary	10.30am	Requiem: Patricia Hughes RIP
<b>Friday 31 January</b> St John Bosco			
<b>Saturday 1 February</b> The Conversion of St Paul	Our Lady	11am	Confessions available until 12noon
<b>Sunday 2 February</b> The Presentation of the Lord (Candlemas)	Our Lady Our Lady ----- Our Lady Our Lady Our Lady Our Lady	4pm 5pm ----- 9am 11am 12.45pm 5pm	Confessions available until 4.55pm George (Judd) Sharpe RIP ----- Kath and Bill Williams Parishioners Baptism: Esme Moss Charismatic Prayer Group

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Parish Deacon:	Rev Tony Nuttall	
Parish Deacon Emeritus:	Rev Paul Sutton	
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	Mrs Michele Mulville 07745 481122	(St Saviour and St Mary of the Angels)

The Parish Office is staffed Monday, Wednesday, Thursday, and Friday 9am-4pm.  
The 'phone and answer machine is monitored outside these times for sick calls and emergencies.