



OUR LADY STAR OF THE SEA

CATHOLIC PARISHES OF BRIDLINGTON – EASTFIELD – FILEY

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MASS TIMES & SERVICES

1st Sunday of Lent - 18th February 2024 (week 1)

Masses and Devotions are livestreamed on our YOUTUBE Channel: [Our Lady&StPeter, Bridlington](#) or Facebook groups: [Our Lady Star of the Sea Catholic Parishes of Bridlington-Eastfield-Filey](#); or [Eastfield and Filey Catholic Parishes](#)

Saturday	17th	Eastfield	4pm	Vigil of the 1st Sunday of Lent	Sheila Swales (H)
		Bridlington	6pm		Thomas B. Fenwick
Sunday	18th	Bridlington	9am	1st Sunday of Lent	Brian Cunnings
		Filey	11am		Kathleen Anne Richardson
Monday	19th	Eastfield	10am	Distribution of Ashes (School Children attending)	
Tuesday	20th	Filey	10am	of Lent	The Parishes
Wed'day	21st	Bridlington	10am	of Lent	Fred Agnoti
Thursday	22nd	Filey	10am	Chair of St Peter	Angelo Schembri
Friday	23rd	Bridlington	11am	Requiem Mass for the late Mrs Eva Carvill	
			3-4pm	Divine Mercy, Holy Hour & Confessions	
Saturday	24th	Eastfield	4pm	Vigil of the 2nd Sunday of Lent	Tom Clark
		Bridlington	6pm		Wanda & Felix Nowis
Sunday	25th	Bridlington	9am	2nd Sunday of Lent	Antonio Ferriera
		Filey	11am		Margaret Mitchell

PARISH NOTICES:

- ◆ We pray for the repose of the soul of **Eva Carvill** (Bridlington), **Fred Agnoti** (Philippines) and **Judith Slater** (York) who died recently. May she rest in peace.
- ◆ **UCM:** Lectio Divina on Thursday, 22nd February at St Mary's Hall between 11am till 1pm.
- ◆ **Healing Masses:** Eastfield: Monday, 4th February at 10am.
Bridlington: Wednesday, 28th February at 10am.
Filey: Thursday, 29th February at 10am.
- ◆ **Cafod Soup Lunch: Bridlington** - every Friday during Lent (except the 1st of March) at OLSP Hall at 12:30pm. **Eastfield:** on Monday, 4th March, following 12noon Mass at St George's Church.
- ◆ **Women World Day of Prayer:** 1st March at 2pm: Bridlington at OLSP Church; Filey at St Mary's Church; Eastfield at St John's Anglican Church, Cayton.
- ◆ All Parishes: Pilgrimage to St Athanasius Monastery, Langdale End, Scarborough (YO13 0LH) on Wednesday, 20th March. We meet at St Georges (Eastfield) for Mass at 10am and set off at 11am to the Coptic Monastery. At 11.35am we have a talk by one of the monks followed by a tour of the monastery. Lunch at 1pm (everyone bring their own packed lunch) followed by the Stations of the Cross at 2pm. We leave the Monastery at 3pm. Best way to travel is by private cars and be nice if we pool cars.
- ◆ **Pope Francis Prayer intention for the month of February** is for the terminally ill. We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.
- ◆ **2nd collections** in the month of February: **24-25th February:** CAFOD (from Lent Fast Day)



Pius's (*our church cat*) reflection:

I can resist anything except temptation. We must be vigilant as it happens to everyone. Never dialogue with temptation. The devil, who is cunning, always uses deception. We end up justifying our falsehood by disguising it with good intentions. Instead, look to Jesus. Jesus opposes the devil with the Word of God, which is stronger than the devil, and so he overcomes temptation. Let us take time for silence and prayer. Place yourself before the Word of God in prayer. Wish you a blessed journey this Lent.

HOW TO PRAY WITH THE LECTIO DIVINA

(Edited from - <https://olivebranchmom.com>)

“Be still and know that I am God”. But how exactly do we attain stillness? How do we enter into contemplative prayer? Why should we care about contemplation? Contemplative prayer is how we discover the *embrace of God’s love*. One powerful and effective resource for guiding you into contemplative prayer life is the Lectio Divina. It is simply a way of reading the scriptures prayerfully and being formed by it.

It follows 4 steps:

1. Lectio (Reading)
2. Meditatio (Meditation)
3. Oratio (Prayer)
4. Contemplatio (Contemplation)



Before you begin, choose a text of the Scriptures that you wish to pray. Next, set the stage for deep reflection by placing yourself in a quiet and calm environment. Relax and begin by acknowledging God’s presence. Finally, ask the Holy Spirit for guidance and enlightenment as you begin.

1. LECTIO (READING)

Read the text. Consider what this passage is saying that everyone should understand at it’s face value. Then re-read it, slowly and prayerfully. Try reading it out loud. Receive God’s word.

2. MEDITATIO (MEDITATION)

A better word for meditation might be *ponder*. Pondering means to consider something carefully and thoroughly, weighing it in your mind. This is meditation in a Biblical sense. Scripture is a Living Word, so rich in meaning! What word or phrase struck you while reading the text? Stop and rest with it. God is drawing your attention to this word or phrase. Repeat it to yourself. Ponder it in your heart. Allow it to speak to you in a personal way. What does the text say to me, today, and to my life? Does it contain a promise? A warning, or an example to follow?

3. ORATIO (PRAYER)

What do I want to say to God in response to His word? Prayer is a dialogue with God, straight from your heart. Pondering has led us to engage in an intimate conversation with God. Discuss with God what you heard in the reading of the scripture passage. Be open to how your heart is led to respond. We may moved to give Him thanks or praise. We may be ready to ask for His help in a specific way. Ask God for His insight and wisdom. Ask Him for guidance on your purpose today.

4. CONTEMPLATIO (CONTEMPLATION)

Sit still with God. This is a quiet rest in God’s presence. Don’t focus on your action or doing, but allow God to act in your soul. Be open to receiving His transforming embrace. In my experience, going through the earlier steps of Lectio Divina usually leaves my mind relaxed and my heart calm. Even if all you are noticing at this point is simply a pleasant quiet, that’s okay. Sit for a moment in the quiet and just “be” with God.

For some of us, just being still is the hardest part. It gets easier with practice. Build up slowly: one minute, then two minutes, etc. The more you pray the Lectio Divina, the greater your contemplative “skills” will grow! You may want to journal your experiences so you can see how God is moving in your life. Write down the significant words and phrases that stood out to you earlier, and what God is speaking to your heart.

ONE MORE THING - ACTIO (ACTION)

Wait! There’s one more step to consider. How do we go from prayer to our lives? The essential result of a prayerful encounter with God is the “unofficial” last step: **Actio (Action)**. How is God calling you to action in response to His Word?

According to Pope Benedict XVI, “*We do well also to remember that the process of Lectio Divina is not concluded until it arrives at action (actio), which moves the believer to make his or her life a gift for others in charity.*” (*Verbum Domini*).

Receiving God’s love and grace inspires an eagerness to share that love and transforming power with others. How can make ourselves a gift to others today?

*UCM (Filey) will be organizing a Lectio Divina on Thursday
22nd February 2024 at St Mary’s Hall, Filey between 11am till 1pm.*

Fundraising:

- ◆ **Bridlington:** The Celebration of the Chinese New Year raised **£358**. Thank you all who contributed.
- ◆ The winning number of the **Bonus Ball Eastfield** on Saturday, 10th February, was **34**. The **Club 200 Bridlington** drawn on Sunday, 11th February, was **73(£40)**. Congratulations for the winners and thank you all for participating.