

## The Newsletter of the parishes of



St. Alban at Pelaw



St. Patrick at Felling



Our School

[www.stalbansgateshead.org](http://www.stalbansgateshead.org)

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## 4th Sunday of the Year 28th January, 2024

### The following celebrations will take place during the days ahead.

Saturday: (27th) 18.00 Mass in St. Alban's Church: The Parishioners Intentions

Sunday: (28th) 10.00 Mass in St. Patrick's Church: Mary Eleanor McWilliams

Tuesday: (30th) 10.00 Mass in St. Patrick's parish centre: Ellen Farrell

Thursday: 10.00 Funeral Mass in St. Patrick's Church: Agnes Swinhoe

Saturday: (3rd Feb) 18.00 Mass in St. Alban's Church: George Burrell

Sunday: (4th Feb) 10.00 Mass in St. Patrick's Church: The Parishioners Intentions

Tuesday: (6th Feb) 10.00 Mass in St. Patrick's parish centre: Lindsay Bradley

### Mass to view on line

Mass is live streamed from the [Holy Name, Jesmond](#). Visit the website for Mass times this week.

When you are unable to celebrate Mass in Church, you may wish to make this act of spiritual communion:-

*Lord Jesus, I believe that you are present in the most Blessed Sacrament. I love you above all things and I desire to receive you into my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. I embrace you and unite myself wholly to you. Never permit me to be separated from you. Amen.*

### Please keep in your prayers:

- all our parishioners who are sick, housebound or in hospital
- and all those whose memories we cherish at this time especially Denis Patrick Lenehan, Mary Eleanor McWilliams, Patsy Rafferty and Lindsay Bradley
- and Agnes Swinhoe and John Brown who have died. May they rest in the peace of the Risen Lord

### A Prayer for the troubled world

*Prince of peace, in a world of conflict and violence we pray that the peace you came to bring may become a reality in the world of our own time. Amen.*

### School News from Mrs Robinson

In school this year, we are trying to take care of the little things. This is really helping us focus on just small acts of kindness that, when put together, build up to have a bigger impact on the world. We hope you will also be inspired to take care of the little things and, as St David once said, to "be joyful, keep the faith, and do the little things".

### Annual White Flower Appeal

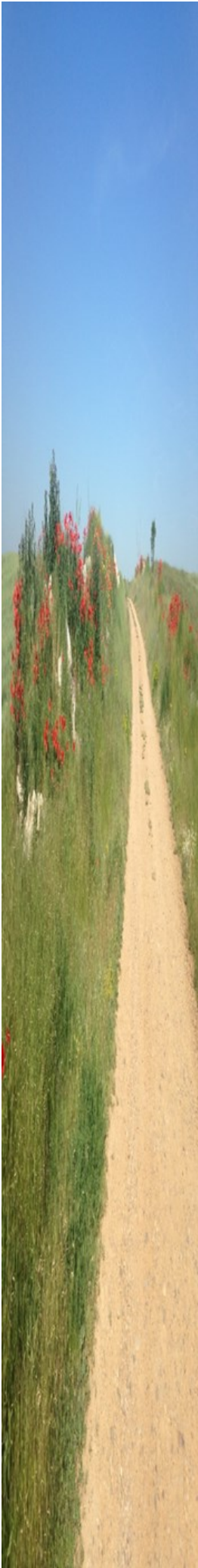
The Annual White Flower Appeal for the Society for the Protection of Unborn Children will be taken next weekend 3rd/4th February, by means of a basket as you leave our churches.

### Your offerings are our sole source of income

Although we do not take a collection at Mass by passing round a basket, we do hope you will feel able to make an offering towards the upkeep and running costs of our churches in one of the boxes you will find at the entrances to our churches. Alternatively you may consider making your offering by Standing Order the details of which are below.

For St. Alban's: Account name: DHN Pelaw St Alban: Sort code: 40-34-18 Account No: 92010984

For St. Patrick's: Account name: DHN Felling St Patrick: Sort code: 40-34-18 Account No: 52010453



Following a discussion at the Think Tank meeting held on 19th January, we offer the following approach to Lent this year. If you would like to help us with further planning please contact Kevin Rhodes, Trisha McGinley or any of our welcomers.

## The Path to Jerusalem

A journey in prayer and liturgy from  
Ash Wednesday, 14th February  
to Palm Sunday, 24th March

First Steps – Ash Wednesday Mass and distribution of Ashes

ending with a Short Prayer service – based on Christ's time in the wilderness, with the setting up of a prayer space

Fruitful Steps -First Sunday of Lent –

Distribution of a sheet of Gospel Readings relating to Alms Giving and suggestions as to what we can do in practically supporting those in need in our community.

*Your ideas on this aspect of Lent would be greatly valued)*

Learning Steps – A time for discussion about “The Lord’s Prayer”

In response to the Year of Prayer.

Healing Steps – A liturgy based on the healing ministry of Christ

which may incorporate the Sacrament of the Anointing of the Sick

Forgiving Steps – A liturgy based around readings focusing on the

forgiveness of Christ which may incorporate the Sacrament of Reconciliation

Nurturing Steps – A liturgy based on the Feeding of the Five

Thousand followed by a Lenten Lunch

Quiet Steps - Encouragement to quiet personal prayer.

Selecting a time and place each week to spend in prayer, supported by the weekly distribution of our prayer sheets.

The dates and times of each step will vary.

Feel free to join in as many steps of our Journey as you can manage or suits your circumstances and remember whatever steps you take you will be sharing in the journey.