

## PRAY FOR THE SICK

**Lately dead:** Catherine Tague

### Anniversaries:

Sister Lucille Gicquel, Nancy Glynn, Marie Ketteridge, Mary Lee, Sister Sheila O'Rourke, Olivia (Eve) Begley, Madelaine Crafer, Laura Telford, Stanley Western, Sr Mary Keane, Sister Gemma Rafferty, Julian Roja-Figueiredo, Allen Charles, Ernesto Loiacono, Philip Parchment, Lynn Chaplin, Joseph Marie, Donald Copping, Hannah Waite, Theresa Bennett, Elizabeth Bermingham, Mary Snares, Bradley Persell, Lilia Armenia De Sa



**Stations of the Cross**  
**Each Friday at 7.30pm**  
Please come along and join us.

### CAFOD Lent Fast Day 14th March

Please take a CAFOD envelope and post it directly or you can make a donation on-line at [cafod.org.uk](http://cafod.org.uk)

### Stretch Class

Free chair based stretch class is available to all parishioners after 10am Mass on Friday **21st of March**. For more information please contact Claudia on 07973122322.

### SUNDAY MASSES

1st Mass: 6pm Saturday;  
8.30am; 10am & 11.30am Sunday  
(The 11.30am Mass is recorded)



Join us for tea/coffee after  
Sunday Mass in the Becket  
Centre

10am Chigwell Convent

### WEEKDAY MASSES

10am St Thomas'  
9.30am Chigwell Convent except on  
Saturday's when mass takes place at  
10am

### CONFESSIONS

Saturdays 10.30 to 11am  
and  
5.15 to 5.45 pm

### BAPTISMS

1st and 3rd Sundays  
of the month

### PPC SURGERY

After all masses next weekend, a member of your parish council will be available at the back of church to receive any questions, comments, suggestions you have about our church and parish. We will then publish the questions and responses on the website.

### School Vacancies St Joseph the worker

- KS1/2 Class Teacher  
**Trinity**
- Teacher of Economics
- Teacher of French  
**Loyola**
- Music & Choir Teacher (part time)  
Please visit the relevant schools website for more information



# ST THOMAS OF CANTERBURY

Woodford Green

A FAIRTRADE PARISH

Parish Office: 020 8504 1686

Friary: 020 8504 1688

Email: [parishoffice@stthomaswoodford.org](mailto:parishoffice@stthomaswoodford.org)



Website: [www.stthomaswoodford.org](http://www.stthomaswoodford.org)

Facebook: @STOCWoodford

Twitter: @STOCWoodford



Served by the Franciscans

## Second Sunday in Lent ( C ) 16th March 2025

Please note the nearest Fire Exit to you whilst you are in the Church

### First Reading Genesis 15:5-12. 17-18

God offers the promise of a future full of hope to Abram, who shows himself to be a person of faith.

### Second Reading Philippians 3:17 – 4:1

We are called to remain faithful in our following of Christ.

### Gospel Luke 9:28-36

On the mountain, Jesus is revealed to his disciples in his glory.



### Responsorial Psalm

The Lord is my light and my salvation.

## How to Allow God to Speak with You and Guide Your Life Daily Through Prayer using Scripture

This past week, local people from our parish and from local churches have been praying focussing on scripture, with help from a companion. Something that often happens in this form of prayer is that people gain insights concerning God and their relationship with Him. This prayer can move us on in our relationship with God.

Pope Leo XIII said, "*In the sacred books, the Father who is in heaven comes lovingly to meet His children and talks with them.*" St. Ambrose says, "*We have been given Sacred Scripture so that God and man may talk together; for we speak to Him when we pray; we hear Him when we read the divine saying.*"

Through Sacred Scripture the invisible God, out of the abundance of his love, speaks to men as friends so that he may invite and take them into fellowship with himself. In the sacred books, the Father who is in heaven meets his children with great love and speaks with them; and the force and power in the word of God is so great that it stands as the support and energy of the Church, the strength of faith for her sons, the food of the soul, the pure and everlasting source of spiritual life. Through these sacred books comes the "good news" that God is with us to free us from the darkness of sin and death, and to raise us up to life eternal."

It is through the Bible that we meet the Person of Jesus Christ. We come to learn who he is, how he lived, what he taught, what he has done for me, and it is through Scripture that I learn his plan of salvation and happiness for my life. Reflecting on this truth allowed St. Jerome to say, "**Ignorance of Scripture is ignorance of Christ.**"

## Simple 5 Step Method of Taking Scripture to Prayer

### 1. Give yourself to Jesus through the Hands of Mary.

Ask the Holy Spirit to teach you to pray and to help you hear him; to understand what he is asking of you; and for the grace to then do what he is asking of you.

### 2. Read a passage of the Bible slowly.

See yourself in the passage as one of the characters. Picture yourself in the scene speaking with Jesus and Jesus speaking to you for he is speaking to you right now through this passage.

### 3. Ask the Lord what he is saying to you today.

### 4. Remain silent and re-read the same passage two or three more times very slowly while thinking about this.

Be silent and listen as you slowly continue to go over the passage.

### 5. Make a resolution to do what the Lord asks of you.

Write it down, go back to it over the course of the day.

## Adoration of the Blessed Sacrament Friday 28th March at 6pm to Saturday 29th March at 6pm

We will provide a sacred space in our busy lives to centre ourselves in God, hear His word and pray in quiet meditation. **Sign-up sheets** are available at the back of the church. There are also **prayer cards** for you to complete and post on our prayer board which will be available soon.



## Mass Intentions

### Sunday 16th March

8.30 Mary Lee anniversary

10 Mary McKay

11.30 Brendan and Maura Conaghan  
RIP

### Monday 17th March

April Bureau RIP

Bill Noonan

Michael McGing RIP

Funeral 12.15pm Elaine Schreyeck

### Tuesday 18th March

Sheila & Allen Charles wedding  
anniversary

Len Wiggins

### Wednesday 19th March

Allen Charles RIP

Sick members of Holy Family Associates

Patrick de Silva anniversary

### Thursday 20th March

Philip Cronin RIP

Bridie McSherry

Nora Gordon RIP

### Friday 21st March

Michael Cusack RIP

T. Boiko intentions

### Saturday 22nd March

10am Pat Ferguson

6pm Brian Correya RIP

### Sunday 23rd March

8.30 Harry Mullin anniversary

10 Pat Harnett RIP

11.30 John Burnham anniversary

**Church Cleaning**  
**Friday 21st March at 9am**  
Claire Hobbs, Julia Bever, Susanna  
Barnoin, Susan Juffs, Agatha  
Emohare & Michelle Liddle



## Franciscan life: Invitation

The Franciscan Community invite enquiries from single Catholic people aged 18-40 years pondering a possible vocation in the religious and/or priestly life, and Franciscan life; (website: [www.friar.org](http://www.friar.org)). If interested and need guidance, please talk to one of the Friars or contact *Br Dónal ofm* via email - [brdonalofm@yahoo.co.uk](mailto:brdonalofm@yahoo.co.uk)

## Newsletter via e-mail

If you wish to subscribe to receive the parish newsletter, please fill in the form [here](#). Alternatively, fill in the form 'Join the parish' on our website [www.stthomaswoodford.org](http://www.stthomaswoodford.org).

If you're already subscribed to the newsletter, please make sure to open the link regularly, as the system is designed to unsubscribe inactive users.

## Fabric team members appeal

The Fabric team needs more members to spread the load of all the fixing and improving needed in such a big church and centre. We save the parish and the friary a lot of money, and it is a satisfying service. If you have any relevant skills and can spare some time, please **email** [fabric@stthomaswoodford.org](mailto:fabric@stthomaswoodford.org).