



St. Alban's Parish Newsletter
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A Parish of the Archdiocese of Cardiff. A Registered Charity (No. 242380)
 Served by Rosminians

Safeguarding Representative: Maggie Suller Tel. 07899748377



16th March to 23rd March 2019

Second Week of Lent

MASS INTENTIONS

Sat. 16th March 12.00pm to 12.30pm 6.00pm Mass	Weekday, 1st Week of Lent Confessions Paul, Kathleen & Brian Davidson
Sun. 17th March 10.00am Mass	2nd Sunday of Lent The Marshall Family
Mon. 18th March 6.00pm-7.00pm 7.00pm Mass	St. Cyril of Jerusalem, Bishop & Doctor of the Church Adoration in St. Joseph's Chapel Private Intention
Tues. 19th March 9.30am Mass	St. Joseph, Spouse of the Blessed Virgin Mary Phyllis Houlston
Wed. 20th March 7.00pm Mass	Weekday, 2nd Week of Lent GE Kirsty Dodd, Nicola Edmunds & associates
Thurs. 21st March 9.30am Mass	Weekday, 2nd Week of Lent GE Molly Jelly, Mahapatra Family & associates
Friday 22nd March 8.30am to 9.30am 9.30am Mass 10.15am Funeral Service 7.00pm	Weekday, 2nd Week of Lent Adoration in St. Joseph's Chapel GE Balasekaran Family and Sornaletchumy Stewart Phillips Stations of the Cross
Sat. 23rd March 12.00pm to 12.30pm 6.00pm Mass	Weekday, 2nd Week of Lent Confessions DM James & Evans families
Sun. 24th March 10.00am Mass	3rd Sunday of Lent Win Page

What's on this Week

WHAT	WHEN	WHERE
Legion of Mary	Monday, 7.30pm	In the Presbytery
Divine Mercy Group	Tuesday 12.15pm	In the Presbytery
Parish Council Meeting	Tuesday 6pm	In the Presbytery
Funeral Service	Friday 10.15am	Stewart Phillips
Stations of the Cross	Friday 7.00pm	In the Church

LENTEN DO'S AND DON'TS

CONFESSION

Make your confession frequently and decide how often that might be in the future.

Make a careful and honest examination of conscience before coming to confession.

Ask yourself 'What sins does Jesus want me to avoid in the future? What will I do to achieve that? What good things does Jesus want me to do in the future, not just in Lent but after Easter and into the months that follow? What kind of person does Jesus want me to be?'

MASS AND HOLY COMMUNION

Arrive at the Church early enough to have time to prepare myself for what I am about to do and for Whom I am about to receive.

Keep talking in the church down to the minimum so as to create the climate of reverence and peace before Mass begins.

If I intend to receive Holy Communion, remember that I should fast from food and drink for one hour before receiving Our Lord. It is better if we can keep this fast for one hour before Mass begins rather than before the moment of Communion. This should eradicate the practice of coming to Mass with beer cans and chewing gum as well as other food products. But it is also very important to remember that taking ESSENTIAL medicines or liquids within the hour does not break the fast.

Finally, but most important, when we return to our place after Communion, close our eyes and adore, praise and thank Jesus for coming to us and ask His blessing on us, on our loved ones, on the Church and on our world.

In this way, let this Lent and Easter be the beginning of a wonderful and better way to follow Him Who is the Way, the Truth and the Life.

SHARE THE FAITH

On Wednesday of this week we will continue the weekly meetings for those seeking a deeper knowledge of their faith, those who might be thinking of becoming a Catholic (this is NOT a commitment to do so), or those who simply want to rekindle their faith from the past. The meeting will be in the St. Joseph's Chapel and will start at 7.30pm, following the 7.00pm Mass. ALL are very welcome.

Anniversaries Ida Battisto, Eugene McCarthy, Nellie French, Veronica Todd, Kathleen Barrett, Kenneth Bird, John Hoy, Barbara Gallivan, Jack Farrell, Sharon Roberts, Lily Evans, Mary Pesticcio, Phyllis Houlston, John White, Jane Nuttall-Morton, Mary Driscoll, David Thomas, Mary Morrissey, May Savoury, Margaret Ellis, Norma O'Connor, Derek Evans, Margaret Bradley, William Smith, Derek Black, Joseph Barry, Mario Lamberti.

Our Sick Ethan Chichester, Christian Babu, Pat Xuereb, Colin, Shirley & Michael Kingston, Audrey Bodenham, Gareth and Ethan Woodberry, Don & Dorothy James, Barbara Hurley, Michael McCauliffe, Beatrice Rajanayagam, Elle Fine, Jack O'Leary, Iris Murphy, Dennis Caine, Elizabeth Sitole, Paul Burns, David Burns, Shelagh O'Donoghue, Julie Cale, Phyllis Clarke, Betty Millar, Fr. Anthony Furlong, John Reynolds.

To add to this Sick List please leave names in the Sacristy, or at back of Church.

Church Offerings 9th and 10th March 2019
 Offertory Collection:- £530.80
 Of which:- £179.00 was Gift Aided

GIFT AID ENVELOPES FOR TAX YEAR 2019/2020

Existing Members of the St. Alban's Gift Aid Scheme can collect their new pack of envelopes from the Church porch at weekend Masses over the next couple of weeks. The new envelopes will come into use on the weekend April 6th & 7th 2019.

CALLING ALL TAXPAYERS

The new tax year starts on April 6th and all parishioners who are tax payers are encouraged to seriously consider their offerings through the Gift Aid Scheme. All Gift Aid Offerings are topped up by 25% courtesy of the taxman.

AT NO EXTRA COST TO YOU!

All you need to do is to sign a simple declaration form stating you are the tax payer and we will do the rest – the form are available at the back of the Church.

Note that the **Stations of the Cross** will continue to be prayed every Friday in Lent at 7.00pm.

LENTEN TALKS

Lenten Talks will be held at the Cornerstone in Charles Street, each Friday of Lent up to 12th April. All talks will start at 1.30pm, and a soup lunch with a roll will be available. [Donations welcome]

YOUTH 2000, WALSINGHAM, MARCH 2019

A coach has been booked to take a group from the Archdiocese to this wonderful Youth event in March. For more information and to book a place on the coach contact Christian Mahoney on 07764515864.

The retiring collection at Masses this weekend is in aid of the **CAFOD** Family Fast appeal.

WALES AND THE MARCHES CATHOLIC HISTORY SOCIETY

The next meeting of the Society will be held at St. David's Catholic Sixth Form College at 3pm on Sunday 24th March when Archbishop Barry Morgan will talk on following the footsteps of Gerald from Wales to Rome. All are welcome to this free event.

FORMING INTENTIONAL DISCIPLES

Sherry Weddell is visiting the Diocese for a conference on 15th June and is working with Clergy and Laity on approaches to Evangelisation. A study group is planning to meet each Tuesday from 30th April at St. Peter's from 7pm lasting about 1 ½ hours each. Sessions will run til early June. If you are planning to be involved in the Sherry Weddell conference this will be ideal preparation. Further details from Frank Callus (St. Peter's) focallus@aol.com.

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January 200 Club Draw

1 st	No.142	M. Reece	£50.00
2 nd	No. 79	A. Bodenham	£25.00
3 rd	No. 11	T & E Vidler	£15.00

Recently Dead

The Funeral Service for **Stewart Phillips** will take place on Friday of this week at 10.15am.

May he rest in peace

The Parish Council will meet on Tuesday of this week at 6.00pm in the Presbytery

A ONE-DAY RETREAT FOR LENT

has been arranged at St. David's Sixth Form College on Saturday, April 6th, 10.30am until 3.00pm. The theme of the day is "How do we listen to the Word of God?" There is no fee and lunch will be provided, but in order that full arrangements can be made in good time, if you wish to attend, please contact Christian Mahoney on 07764515864.

Contact Details

St. Peter's Catholic Church 029 20483394
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St. Joseph's Catholic Church 029 20411819
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St. Alban's Catholic Church 02920463219
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St. Alban's Primary School
Mona Place, Tremorfa
Cardiff CF24 2TG
Tel. 029 20462915
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Corpus Christi High School
Pontprennau
Tel 029 20751893

St. Illtyd's Catholic High School Newport Road, Rumney
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St. David's Catholic Sixth Form College
Ty Gwyn Road, Penylan
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