



**Parish of Sacred Heart Catholic Church, Goudhurst TN17 1DN  
and St Barnabas Catholic Church, Hawkhurst, Kent TN18 4AH**

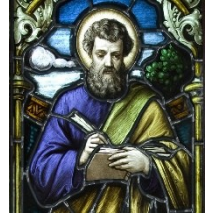
Contact : The Presbytery, Beresford Road, Goudhurst, Kent TN17 1DN  
 Tel : 01580211268 E-Mail: [goudhurst@rcaos.org.uk](mailto:goudhurst@rcaos.org.uk)  
 Livestreaming : Sacredheartparish.com \*\*  
 Website: <https://sacredheartgoudhurst.org.uk>  
 Priest in Charge : Fr Ethelbert Ukpabi  
 Parish Secretary: Lizzi Payne  
 Office Hours: Tuesday to Friday – 10:30am – 5:30pm  
 Parish Closed every Monday



**ADORATION OF THE BLESSED SACRAMENT**  
**WEDNESDAY, FRIDAY 9:00am – 9:30am**

**SACRAMENT OF RECONCILIATION**

Sacred Heart, SATURDAY 5:00pm before Mass  
 St Barnabas, SUNDAY 8.00am before Mass



**First Sunday of Lent (C)**  
**Week commencing 9<sup>th</sup> March 2025 Mass Book Page 153**

**TODAY'S READINGS**

First Reading: Deuteronomy 26:4-10

Responsorial Psalm 91:1-2, 10-11, 12-13, 14-15 Response: Be with me, O Lord, in my distress.

Second Reading: Romans 10:8-13

Gospel Acclamation: Glory and praise to you, O Christ. One does not live on bread alone, but by every word that comes forth from the mouth of God. Glory and praise to you, O Christ.

Gospel: Luke 4:1-13

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|--|---|----------------------|
| <b>Saturday 8<sup>th</sup> March</b><br>5.30pm <b>**Livestreamed</b><br><b>Sacred Heart, Goudhurst</b> | Vigil Mass  | Patricia Simpson RIP |
| <b>Sunday 9<sup>th</sup></b><br>8:30am<br><b>St Barnabas, Hawkhurst</b>                                | Holy Mass   | Missa Pro Populo     |
| <b>Sunday 9<sup>th</sup></b><br>10:30am <b>**Livestreamed</b><br><b>Sacred Heart, Goudhurst</b>        | Holy Mass   | Thomas Baker RIP     |
| <b>Monday 10<sup>th</sup></b>  | <b>FATHER'S DAY OFF</b>   |                      |
| <b>Tuesday 11<sup>th</sup></b><br>6.00pm<br><b>Sacred Heart, Goudhurst</b>                             | Holy Mass – Feria   | Rose-Anne Ukpabi RIP |
| <b>Wednesday 12<sup>th</sup></b><br>9.00am<br>9:30am<br><b>Sacred Heart, Goudhurst</b>                 | <b>Exposition and Adoration of the Blessed Sacrament</b><br>Holy Mass – Feria | Alan Chandler RIP    |
| <b>Thursday 13<sup>th</sup></b>  |   |                      |
| <b>Friday 14<sup>th</sup></b><br>9.00am<br>9:30am<br><b>Sacred Heart, Goudhurst</b>                    | Stations of the Cross<br>Holy Mass – Feria<br><b>Cafod Fast Day</b>           | Rose-Anne Ukpabi RIP |

**Saturday 22<sup>nd</sup>**

4.00pm  
4.45pm  
5.30pm **\*\*Livestreamed**  
**Sacred Heart, Goudhurst**

**Sunday 23<sup>rd</sup>**

08.30am  
**St Barnabas, Hawkhurst**  
10.30am **\*\*Livestreamed**  
**Sacred Heart, Goudhurst**

**PARISH LENTEN RETREAT 2025 Preacher: Fr Behruz Raf'at**

Theme: "Yet even now", declares the Lord, "Return to me with all your heart". (Joel 2:12)

Exposition of the Blessed Sacrament / Talk  
 Confessions  
 Holy Mass

Holy Mass

Holy Mass

**END OF PARISH LENTEN RETREAT 2025**

# REFLECTION First Sunday of Lent (C)

Jesus went into the desert to be alone and have a quiet time with God. We sometimes have to go away; "far from the madding crowd". Remember, it was not in the earthquake nor in the fire that Elijah experienced God but in the gentle breeze. (1Kgs 19: 12)

Our world is too noisy; we are too preoccupied with the cares and worries of this life that we may not even hear the Lord when he passes by. It was in the silence of the night that young Samuel heard the voice of God call him. (1Sam 3)

Silence is important for our spiritual growth and general wellbeing. The Devil knows it and that is why he doesn't want us to have moments of silence to encounter or experience the presence of God. We are too busy! Work, games, meetings, etc. Create some time in a day, it doesn't have to be a long one, shut everyone and everything out; be alone in prayer with God. Teach your children to value silence. It should not be every minute music, or computer games or face book or social media: No! these do not allow the spirit to grow. This Lent, create some time for silence.

The devil did not go to Jesus on the first day of the fasting and prayer, he went on the last day when he reckoned, he was hungry and weak. Jesus "fasted for forty days and forty nights, after which he was hungry, and the devil came and tempted him." The devil is very clever and cunning. Don't give him any space in your life. Don't underestimate him.

The devil came to Jesus when he believed he would be most vulnerable. But he miscalculated. **Jesus is not Adam.** And what was the first temptation? Food! The devil will never tempt you with what you do not like. He will hit you at your weakest point. It would have been easy for Jesus to use his power to turn stone into bread to eat and take away the hunger. If he did that, he would have put himself under the control of the devil. He refused to use his power for his own comfort.

In this season, temptations will come to you to obey the flesh; to feed the flesh and starve the spirit. When they come, do not be afraid. Run to Jesus. He too experienced temptation. He knows it is not easy. He understands our weakness and can be compassionate. Turn to him in time of temptation; even if we fall, he will in love pick us up and renew us for the journey. The letter to the Hebrews 4: 15-16 assures us,

"We do not have a high priest who is unable to sympathise with our weakness, but one who has similarly been tested in every way, yet without sin. So let us confidently approach the throne...to receive mercy and to find grace for timely help."

Do not be afraid. Open your heart to Jesus. Go to confession this Lent. Go to Mass. Create time for prayers. Read the bible. Go to Jesus in your weakness and helplessness. Remember, he is the one who inspires, he is the one who gives happiness, he is the one who quenches your thirst, he is the one who gives you hope, who gives you true love, who makes life good. He is the one who can raise you up.

**ASH WEDNESDAY**  
LENT BEGINS

**WHAT IS LENT?** PRAYING ---- FASTING ---- ABSTINENCE  
The 40-day period from Ash Wednesday and before Easter Sunday. It is marked by prayer, fasting, abstinence, and other acts of penance.

**WHAT IS FASTING?**  
One meal a day, and two smaller meals which if added together would not exceed one full meal.

**WHAT IS ABSTINENCE?**  
Abstinence is refraining from eating meat. Meat is considered to be the flesh and organs of mammals and fowl.

**DAYS OF FAST?**  
Ash Wednesday, Good Friday

**DAYS OF ABSTINENCE?**  
Ash Wednesday, All Fridays of Lent, Good Friday

**WHO ARE REQUIRED?**  
Catholics from age < 18 to 59 >

**WHO ARE REQUIRED?**  
Mandatory for everyone older than 14 years old

The sick and expectant mothers are excused from fasting.

## ANNOUNCEMENTS

1. Bible Reading: Gospel of Luke 7. If anyone has any questions, please contact Father Ethelbert by email or phone.
2. **Stations of the Cross** on Friday's of Lent at 9.00am before Mass, at Sacred Heart, Goudhurst.
3. **Lenten Reflections 2025: The Seven Last Words of Jesus on the Cross.** At Mass on all Fridays of Lent, there will be a short Reflection on one of the Seven Last words of Jesus.
4. **Light a Candle for Lent. Theme: Come back to the Lord. Let your hearts be broken not your garments torn. Joel 2:13-14.'**
5. **Lenten Retreat** will start on Saturday 22<sup>nd</sup> March at 4.00pm at Sacred Heart, Goudhurst and finish on Sunday 23<sup>rd</sup> March after Mass. Theme: "Yet even now", declares the Lord, "Return to me with all your heart". (Joel 2:12)



Please continue to keep in your daily prayers the sick of our parish family, Jenny Doyle, Chris Davis, Alison McKenna, David Cockayne and Jasmin Cameron.

## ONLINE DONATIONS

**BANK DETAILS, Gift Aiders please add your envelope number and name as a reference**  
NatWest Bank: RCAS Sacred Heart Goudhurst, Account No: 59004576 Sort Code: 60 06 18