

Christ the King Newsletter

Focus of the Week

LIFE IN THE SPIRIT SEMINAR

As believers we are called to membership in a faith community, and to a life of service using the gifts, fruits and charisms offered through the Holy Spirit.

Partnership between the parishes of Christ the King Cockfosters and Mary Immaculate and Saint Gregory the Great, High Barnet.

7 sessions including speakers, scripture, music and small groups.

Opportunity to receive the Baptism in the Holy Spirit, whenever we want from week 5.

TUESDAYS 8 – 9pm



13 February

New life (Cockfosters)



20 February

Receiving God's gift (High Barnet)

27 February

Baptism in the Holy Spirit (Cockfosters)

5 March

Growth (High Barnet)

12 March

Transformation (Cockfosters)

SEASON OF LENT

Dear Parishioner,

'The penitential season of Lent is upon us, and we begin preparing to commemorate the passion of Our Lord Jesus Christ. The Church gives us three things to work on during this season: Prayer, Fasting and Almsgiving.'⁽¹⁾

It is a time for prayer. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with him.

It is a time to fast. A fast turns us outward—towards God and others. Our own time of "going without" can make us more mindful of those who "go without" on a regular basis, those experiencing the poverty of hunger, oppression, loneliness, or pain. A true fast turns us away from a focus on ourselves and creates a space for serving others, to use some of our time to serve those in need. We can fast from unnecessary shopping and give that money to charity. We can fast from cynicism and work against the injustices that plague our world.

Almsgiving is our response to the teachings of Jesus that encourage us to reach out to people in need. Lent gives us the opportunity to cultivate a spirit of generosity. It puts us in communion with others and helps us understand that we are all members of the Body of Christ. "It is more blessed to give than to receive" (Acts 20:35).

Over the Christmas period you donated over 600 kilograms of food and essential items to the foodbank. On behalf of those in need, thank you for your great generosity.

For this Lent we will keep on giving to the Foodbank and arrange the entrance hall as we did for Christmas.

But would you like to DO more? The North Enfield Foodbank in Lincoln Road, Enfield is looking for volunteers to help run their warehouse / distribution centre. If you are fit, willing and able and want to know more contact Caterina cockfosterspa@rcdow.org.uk or Tony tkramer575@gmail.com

We are shortly going to re-arrange a new recycling facility.

⁽¹⁾ Message to the faithful for Lent 2024- Vatican News website



Caterina Schifano

Notices of the Week



ASH WEDNESDAY

14 FEBRUARY

Mass times will be 11am and 7pm

Please collect an Easter Programme from the entrance hall.

THE STATIONS OF THE CROSS

As in previous years the Stations of the Cross will be recited **each Friday in Lent**.

Options are **10.15am** (followed by 11am mass) and **6pm** (followed by time of adoration).



TIMOTHY PROGRAMME

Discover the love of God for you.

Children aged 7 – 11 years old.

Saturday 9 March 3.00 – 7.30pm

Sunday 10 March 9.45 – 11.00am Mass

www.christthekingcockfosters.co.uk



RECYCLING

In an attempt to protect our environment, parishioners are encouraged to recycle what they can.

To help with this you can recycle these items at Church:

- Printer Ink Cartridges (NOT Laser toner)
- Used pens/Biros/markers
- Plastic toothbrushes, empty toothpaste tubes (Any make)
- Marigold washing up gloves
- Used Stamps, Currencies & coins, Jewellery, Mobile phones & Gadgets



This is in addition to the current recycling available at home through Enfield Council. ALL ITEMS MUST BE CLEAN AND DRY

We cannot accept the following items at church but they can be recycled at local supermarkets

Soft Plastics e.g. Any plastic film wrapping that cannot be recycled with your council kerbside collection e.g. fruit, veg and salad bags, bread bags, sweet wrappers, clear film used to wrap meat and fish, crisp packets.

Used batteries can be recycled at any shop that sells them.

Plastic Milk bottle tops are no longer collected at church but should be recycled with the plastic milk bottles in council recycling.

FUNERAL

The funeral mass for **ELSPETH REBEIRO** will be at 11.00am on **Thursday, 15 February**.



The funeral mass for **PHILOMENA SULLIVAN** will be at 11.00am on **Thursday, 29 February**.

Please pray for their souls.

ZOOM PRAYER GROUP

We continue to have great speakers every Saturday at 2.30pm. Jim Hickman on 10 February and Beth Peltola on 17 February. Recordings are available and newcomers most welcome.



Contact peterkrau@aol.com

THE KNIGHTS OF SAINT COLUMBA



Council 500 (Cockfosters and South Herts)

wish to congratulate their brother, Peter Mitchell,



on reaching his 90th birthday (10th February) which we will celebrate in the Parish Hall after 11.00 am Mass on Sunday 11 February. Please join us for a glass of wine and a slice of birthday cake.

CWL MEETING

Our first section meeting for 2024 will be on **14 February** – which is Ash Wednesday as well as the Feast Day of Saint Valentine.



Many of you, I am sure, are planning to attend Mass at 11.00am. **Our meeting will start at 12.30pm**. Please bring a light packed lunch, and go to the small hall after Mass, where we can have lunch, prior to our meeting.

SUNDAY READINGS – YEAR B

**SIXTH SUNDAY
ORDINARY TIME**

Lev. 13:1-2. 44-46

Ps. 31

1 Cor. 10:31 – 11:1

Mk. 1:40-45.



**FIRST SUNDAY
OF LENT**

Gn 9:8-15

Ps. 24

1 Pet 3:18-22

Mk. 1:12-15.

Contact Us


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Email: cockfosters@rcdow.org.uk

Mass Schedule

Mon - Sat: 11.00am (except on Tuesday)
Saturday: 5.30pm
Sunday: 9.00am, 11.00am

Adoration – Confession Mon - Fri: 6.00–7.00pm

Parish Live Streaming

 [@ChristTheKingParishCockfosters](https://www.facebook.com/ChristTheKingParishCockfosters)
 [Christ the King Cockfosters](https://www.youtube.com/ChristTheKingCockfosters)

www.christthekingcockfosters.co.uk

