

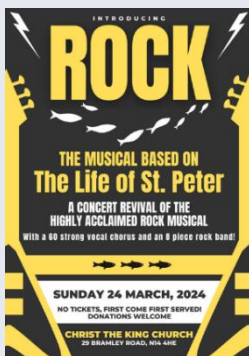
Christ the King Newsletter

Focus of the Week

ROCK THE MUSICAL

Sunday 24 March - 7.30pm

No tickets required, donations welcome towards pastoral activities of the parish.



COCKFOSTERS SUNDAY

EVENING MASS

The Sunday evening mass will be on **3 March at 5.30pm**. The Mass includes music in a relaxed atmosphere, and is followed by the Cockfosters Parish Pub. Sunday evening masses are held on the first Sunday of each month.



Lenten Spring



I discovered recently that Lent means 'spring' and derives from the word 'long,' or 'lengthen.'

It refers to the lengthening of days when the sun releases the earth from her icy bondage, drawing leafy green from the now warming, fecund soil. It represents a turning from barrenness to fruitfulness – a return to life in all its diverse fullness. It is the affirmation that death will not have the last word, because the soil from which life springs is itself redeemed death.

But it is hard for us fallen creatures to appreciate how far we have deviated from the fullness of life and love, and their ultimate object – God himself. We are accustomed to our winter; our retreat from life. We have so invested in its continuance – with our petty attachments and disordered loves – that we resist the winter thaw, tragically fearing the greening of spring to be a loss, or a death, rather than a release from it. Such is the nature of our sinful disorientation.

Our reorientation takes some time and requires work. ...The Church has therefore set aside forty days each year (roughly a tithe of the year) to devote to this work of reorientation. ... Lent is a season in which we voluntarily destabilize ourselves with some kind of fast (mini-death) that brings into focus the many ways we cooperate with death and our own soul's freezing. But it gives us the opportunity to know the truth of our lives that we may turn (repent) and live. It loosens the soil of our souls so we can, with joy, receive the seed of salvation that comes to us by the grace of Christ's death and resurrection.

This thoughtful litany, adapted from "A Lenten Prayer" by William Arthur Ward, affirms both the negation and the affirmation (feast and fast) that are key to Lenten renewal.

Fast from judging others; Feast on Christ dwelling in them.

Fast from apparent darkness; Feast on the reality of Light.

Fast from pessimism; Feast on optimism.

Fast from thoughts of illness; Feast on the healing power of God.

Fast from words that pollute; Feast on phrases that purify.

Fast from anger; Feast on patience.

Fast from worry; Feast on unceasing prayer.

Fast from complaining; Feast on appreciation.

Fast from hostility; Feast on non-resistance.

Fast from bitterness; Feast on forgiveness.

Fast from anxiety; Feast on hope.

Fast from yourself; Feast on a silent heart.

- Steve Bell, Pilgrim Year: Lent (Steve Bell is a Canadian musician and song writer)

Notices 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.

Tuesdays 8 – 9pm

5 March Growth (High Barnet)

12 March Transformation (Cockfosters)



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



EUCCHARISTIC MINISTERS

From Holy Thursday we will be reintroducing the option to take the Cup to receive the blood of Christ.

We would like to appoint a team. If you are interested, please send an email to the parish office. A meeting will be held on 17 March for those appointed.



A REMINDER OF WHERE THE PARISH DEFIBRILLATOR AND FIRST AID BOXES ARE LOCATED

The defibrillator is located towards the back of the church on the left hand side (on the wall by the confessional).



The First Aid kits are clearly displayed at the following locations:

- In the Parish office
- In the downstairs kitchen
- In the upstairs kitchen
- In the Cabin,



If you would like a refresher on Basic Life Support, there is information and videos on the British Heart Foundation website

<https://www.bhf.org.uk/>

A video showing how to use a defibrillator can be found at https://youtu.be/QZR_3U5iESE

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).



PRAY FOR PEACE IN THE HOLY LAND

At the invitation of Cardinal Vincent, we will pray for peace in the Holy Land on **Friday 8 March**. The situation there is no better with failed negotiations, increased humanitarian distress and a rising death toll. We will pray for this intention during the two stations of the cross as well as Mass on that day.



CAFOD'S FAMILY FAST DAY APPEAL

Thank you for giving to CAFOD's Family Fast Day appeal this Lent. Your generous donations, given in love, will support families around the world and help them with the resources to feed their families for good.

You can still give online at cafod.org.uk



ANNUAL MASS OF THANKSGIVING FOR THE SACRAMENT OF MATRIMONY

Westminster Cathedral, Saturday 25 May 2024 at 2:30pm.

The Cardinal is inviting to this Mass all couples in the Diocese, who are celebrating their 5th 10th, 25th, 30th, 40th, 50th and 60th (and every year over 60) wedding anniversary of Catholic marriage in 2024. If you are celebrating an anniversary, please give the parish office the following details: husband and wife's names, wedding date, full postal address and email (or telephone number, if no email) by **Wednesday 10 April 2024**.



SUNDAY READINGS – YEAR B

THIRD SUNDAY OF LENT

Ex. 20:1-17

Ps. 18

1 Cor 1:22-25

Jn. 2:13-25



FOURTH SUNDAY OF LENT

2 Chron 36:14-16 19-23

Ps. 136

Eph 2:4-10

Jn. 3:14-21

Contact Us

The Parish of Christ the King
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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)

