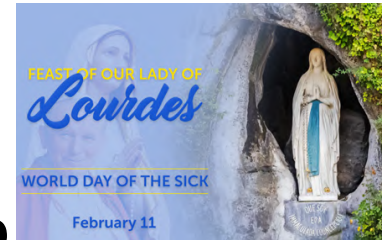


11/2/2024

6th Sunday of the year - Year B
Our Lady of Lourdes World Day of the Sick



ST MARY & ST DAVID

Hawick, Jedburgh and Kelso

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DEVOTIONS	Confessions: are heard and the Rosary is prayed before all Holy Masses.	Adoration: of The Most Blessed Sacrament before all weekday Holy Masses.

Readings: 6 th Sunday of the Year - Year B						
1st Reading. Lv 1:31-2.44-46		RP. Ps 31		2nd Reading. 1 Cor 10:31-11:1		
				Gospel MK 1:40-45		
Holy Mass Times	Hawick	Jedburgh		Kelso	Ordo	Intentions
Sat 10 th Feb		5.30pm Vigil Mass			6th Sunday of the year Our Lady of Lourdes World Day of the Sick	Special Intention
Sun 11 th Feb	11.30am	Holy Hour 4pm	Mass 5pm	9.30am		Pro Populo
Mon 12th Feb				10am	6th week of the year	Special Intention
Tues 13th Feb						
Wed 14th Feb	12 Noon	6.30pm		9.30am	ASH WEDNESDAY Fast and Abstinence	David Carmichael RIP
Thur 15th Feb		10am			Thursday after Ash Wednesday	Priest Intention
Fri 16th Feb	11am Requiem Mass Molly Marshall					
Sat 17th Feb		5.30pm Vigil Mass			1st Sunday of Lent	Priest Intention
Sun 18th Feb	11.30am	Holy Hour 4pm	Mass 5pm	9.30am		Pro Populo

Collections: 04/2/24	Second Collection £90.00	
Hawick... £ 264.85	Jedburgh... £ 81.90	Kelso... £167.50

Parish News

RULES OF FASTING AND ABSTINENCE From antiquity, Christians have practiced penance on Wednesdays (the day Our Lord was betrayed) and Fridays (when Christ was crucified). Wednesdays and Fridays remain days of penance in most Eastern Catholic Churches (and among the Orthodox), and in some monastic and religious communities of the Roman Church. Catholics observe Fridays as weekly penitential days on which abstinence from meat and other forms are expected as the norm. Days of Abstinence obliges one to abstain from flesh meat. This does not apply to dairy products, eggs, or condiments and shortening made from animal fat. Current Law: Obligatory at age 14 until death on Ash Wednesday and the Lenten Fridays including Good Friday. Recommended on Holy Saturday but not required. Traditional: Obligatory at age 7 until death on Ash Wednesday and the Lenten Fridays including Good Friday as well as on Saturdays including Holy Saturday. Days of Fasting (One full meal is permitted and two other meals may be taken which, when combined, are less than a full meal; no eating in between meals but liquids are allowed, including milk and fruit juices.) Current Law: Applies to Catholics aged 18 to 59 inclusive, on Ash Wednesday and Good Friday only. Recommended on Holy Saturday but not required. Traditional: All days of Lent including Holy Week except Sundays and Feasts days. **Penance serves to rectify our self-centeredness, to make up for sins (our own and those of others), to strengthen our wills and to guide us in the steps of our Savior.** It can be a very pure form of love for God, and can be offered up for the conversion of sinners and the relief of the souls in Purgatory.

“The fasts of the rich are the feasts of the poor”

Tuesday Lent Talk and Soup

Five Tuesdays of Lent please participate and be nourished soul and body this lent. After Noon Holy Mass in Kelso:

How to pray and why

Adoration

Different Spiritualities

Praying with Sacred Scripture

Called to Mission

Celebrations this coming week.

Sunday February 11th

Our Lady of Lourdes World Day of the Sick

On Feb. 11, the Catholic Church celebrates the liturgical memorial of Our Lady of Lourdes, recalling a series of 18 appearances that the Blessed Virgin Mary made to a 14-year-old French peasant girl, Saint Bernadette Soubirous.

Our Lady of Lourdes Prayer for Healing

*O ever-Immaculate Virgin, Mother of Mercy,
Health of the sick, Refuge of sinners,
Comforter of the afflicted,
you know my wants, my troubles, my sufferings.
Look with mercy on me.*

*By appearing in the Grotto of Lourdes,
you were pleased to make it a privileged sanctuary,
where you dispense your favors;
and where many sufferers have obtained
the cure of their infirmities,
both spiritual and corporal.*

*I come, therefore, with unbounded confidence
to implore your maternal intercession.*

*Obtain, O loving Mother, the grant of my requests.
(mention your petition)*

*Through gratitude for your favors,
I will endeavor to imitate your virtues,
that I may one day share your glory.*

Amen.

Wednesday 14th February, **Ash Wednesday** marks the beginning of the season of Lent in the Roman Catholic Church. Catholics are encouraged to attend Mass on Ash Wednesday, during which their foreheads are marked with a cross of ashes as a sign of their own mortality.

Whilst not a holyday of obligation it is a day of fasting and abstinence, in preparation for Easter, the celebration of Christ's death and resurrection. Please do try and attend Holy Mass on this day.

Holy Mass on Ash Wednesday

Kelso 9.30am

Hawick 12 Noon

Jedburgh 6.30pm

Every Blessing for the week ahead.