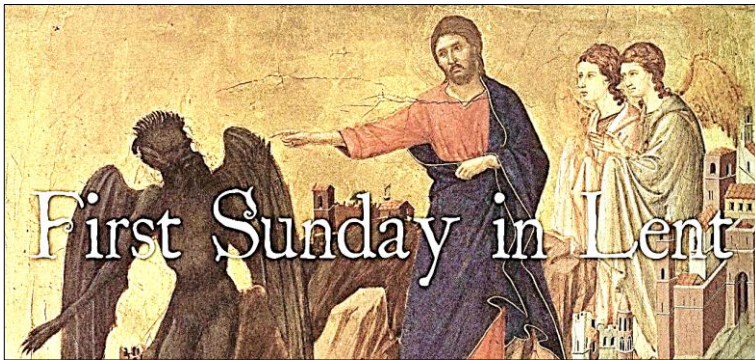




ST FILLAN'S & ST JOSEPH'S PARISH NEWSLETTER

Dunkeld Diocese, Scottish Charity No: SC001810
Website: stfdac.co.uk

If you feel that some form of communication or support network could be very useful to parishioners, especially those who are housebound and vulnerable, please contact Fr. Les by phone at 01877 330 702 or by email at stjosephcallander@dunkelddiocese.org.uk.



Dear Parishioners, Guests, and Parish Visitors,

As we started Lent on Ash Wednesday, and today, going through the First Sunday of Lent, we find ourselves at the threshold of a sacred journey—a journey of reflection, penance, and spiritual renewal.

Lent beckons us to venture into the wilderness of our hearts, to confront the temptations that beset us, and to reaffirm our dedication to walk more closely with Christ. It is a season that starkly reminds us of the spiritual battle for our souls.

This battle is not always marked by dramatic signs; more often, it unfolds in the quiet moments of our daily choices, in the temptations to favour comfort over sacrifice, and in the insidious tendencies to erect barriers between us and God. Lent sharpens our focus on these struggles, urging us to resist our inclinations towards over-indulgence, to turn away from sin, and to seek a deeper communion with our Lord.

In this critical battle for our souls, we are not left defenceless. The Church, guided by the Holy Spirit, has equipped us with a wealth of spiritual tools. These include prayers, litanies, and passages from Holy Scripture that the faithful have employed against the forces of darkness since the earliest days of the Church.

These spiritual resources are not reserved for the rare circumstances of formal exorcism. Rather, they are intended for our daily use, for moments of fear, distress, or temptation. They are meant for the quiet battles, for times when we are tempted by sin, or when the burdens of life seem overwhelming.

As we embark on this Lenten journey, let us embrace these spiritual weapons with faith and bravery. Let this season be an opportunity to deepen our prayer life, to immerse ourselves in the Sacred Scriptures, and to engage more fully with the sacraments, particularly the Sacrament of Reconciliation. Through these means, heaven aids us in our spiritual combat.

This Lent, let us renew our commitment to stand firm in faith, to protect our souls from the enemy's snares, and to advance towards Easter with hearts and minds focused on Christ. Let us be mindful that in this battle, we are not alone. The Lord is with us, His Mother intercedes on our behalf, the saints offer their companionship, and the Church supports us with her prayers and sacraments.

Fr Leszek

May this Lent be a time of victorious spiritual warfare, as we strive, with heaven's assistance, to free ourselves from evil and to draw ever nearer to God's heart.

THE LITURGY OF THE WORD

First Reading Genesis 9:8-15
God establishes a covenant with Noah, giving a rainbow as its sign.

Responsorial Psalm Psalm 25:4-5,6-7,8-9
A prayer praising God for his covenant.

Second Reading 1 Peter 3:18-22
In our baptism, we are saved through Christ's death and Resurrection.

Gospel Reading Mark 1:12-15
Jesus is tempted in the desert by Satan.

THE CATHOLIC CHURCH HAS A RICH TRADITION OF PRAYERS AND SUPPLICATIONS AIMED AT SPIRITUAL PROTECTION AND COMBAT AGAINST THE POWERS OF DARKNESS.

They invoke God's protection, the intercession of the Blessed Virgin Mary, and the saints in the battle against evil forces.

Here's a list of prayers and supplications commonly recommended for such purposes:

- 1. Sign of the Cross:** A fundamental gesture and prayer invoking the Holy Trinity's protection.
- 2. The Lord's Prayer (Our Father):** Taught by Jesus to His disciples, this prayer is a cornerstone of Christian faith, asking God for protection from evil.
- 3. Hail Mary:** A prayer asking for the intercession of the Blessed Virgin Mary, Mother of Jesus, for protection and guidance.
- 4. The Apostles' Creed:** A profession of faith that includes belief in God's power over all, including evil.
- 5. Saint Michael the Archangel Prayer:** Specifically asks for protection against Satan and the evil spirits who prowl the world seeking the ruin of souls.
- 6. The Rosary:** A meditative prayer that, through the mysteries and the intercession of Mary, seeks God's protection and the defeat of evil.
- 7. The Chaplet of Divine Mercy:** A devotion that invokes God's mercy on us and the whole world, with a strong emphasis on trust in God's compassion and mercy as a shield against evil.
- 8. The Angelus:** Recited in honour of the Incarnation, this prayer reminds the faithful of God's victory over sin and Satan.
- 9. The Litany of the Saints:** Invokes the intercession of the saints in heaven to protect and guide us in spiritual warfare.
- 10. Exorcism Blessing for Salt and Water (Prayer of Saint Benedict):** Used to bless salt and water, which are then used as sacramentals for protection against evil forces.
- 11. Prayer to One's Guardian Angel:** A personal prayer to one's guardian angel for protection and guidance throughout the day.
- 12. Anima Christi:** A prayer asking Jesus to sanctify, save, and protect the one praying, making it a powerful supplication in the struggle against darkness.
- 13. Act of Contrition:** Expresses sorrow for sins and asks for God's mercy and protection from further sinning.
- 14. Prayer for the Armor of God (Ephesians 6:10-18):** While not a traditional prayer, this Scripture passage is often prayed to metaphorically put on God's armour for spiritual warfare.
- 15. Spiritual Communion Prayer:** When unable to receive the Eucharist, this prayer expresses the desire to receive Jesus spiritually, seeking His grace and protection.

These prayers and supplications form a spiritual arsenal for Catholics in their daily battle against sin and the powers of darkness. It's important to remember that the power of these prayers comes not from the words themselves but from faith in God and the grace obtained through Jesus Christ

THE YEAR 2024 – YEAR OF PRAYER

Daily Prayer Guide

This is an aid to help each of us listen to the movements of the scriptures for a whole week and to name some desires within us that we can bring to the Lord.

This will help these desires to interact with the concrete events of our time.

The First Week of Lent: Feb. 18-24, 2024

This first week of Lent is the time we are given to begin our Lenten patterns, to re-align our priorities, and to make use of more reflective time each day.

It is a time to fast and abstain from those things that hinder our relationship with the Lord, and to consider being more generous to the poor.

We can examine our care for the hungry, thirsty, naked, sick or imprisoned.

We can reflect upon who in our lives needs us and whether we love them as we want to be loved. And we can look at the deeper things, like our anger or how we treat others, and our response to those who are our “enemies.”

What is most important this first week, beyond a sharper examination of our consciences, is to see this as a time for God's grace to work in us. *So, it is a time to ask for the graces we are starting to see we need.*

Each morning this week we can ask our Lord to help us focus this day on the neediest people around us.

- We can ask to begin new patterns this week by practicing special charity and love, where I haven't been so generous or kind before. *The key is to ask and to be very specific.*
- Then, throughout the day, we can keep talking with our Lord, in the background about these graces we ask for and the concrete circumstances we find ourselves in. It is in the particular events of our day that we will become attentive to our need for our Lord's presence and grace, as well as our need to choose a new pattern.

Each evening, we can briefly review the day and recognize some missed opportunities to connect with the Lord or take advantage of a situation here or there, but most of all, we can thank the Lord for the moments of connection that have begun our Lenten journey.

FOR THIS WEEK: THE LUMINOUS MYSTERIES

I believe in God the Father Almighty...,
Our Father..., Hail Mary..., Glory Be...

1. The Baptism of Jesus in the Jordan: This mystery reminds us of our own baptism and the start of Jesus' public ministry. It symbolizes a new beginning and a commitment to live a life of faith and purpose. In our daily lives, this calls us to remember our baptismal promises and to live accordingly, renewing our commitment to Christian values.

Our Father..., Hail Mary... (10x), Glory be...

2. The Wedding at Cana: At the wedding feast, Jesus performs His first miracle at Mary's request, showing the importance of faith and intercession. In our lives, this teaches us the value of trusting in Jesus' timing and intervention, and the power of asking for help, both divine and human.

Our Father..., Hail Mary... (10x), Glory be...

3. The Proclamation of the Kingdom of God: This mystery is about Jesus' teachings and call to conversion. It's a reminder for us to constantly seek truth and to turn away from our wrongdoings. In our daily lives, this calls for ongoing personal conversion and the pursuit of spiritual truth.

Our Father..., Hail Mary... (10x), Glory be...

4. The Transfiguration: Jesus' transfiguration reveals His divine glory to a few apostles. This mystery teaches us about the transformative power of divine encounter. In our lives, it encourages us to seek moments of spiritual insight and enlightenment, and to be open to the transforming power of God.

Our Father..., Hail Mary... (10x), Glory be...

5. The Institution of the Eucharist: The last of the Luminous Mysteries, this commemorates Jesus' establishment of the Eucharist. It's a call to remember the importance of spiritual nourishment and the communal aspect of our faith. In our daily lives, this mystery invites us to participate fully in the Eucharist and to live in communion with others, sharing God's love and grace.

Our Father..., Hail Mary... (10x), Glory be...



Lenten Retreat

JOIN US FOR A DIOCESAN LENTEN RETREAT DAY
“The temple of God is holy, and you are that temple”
at St Mary's, Forebank, Church Hall Forebank Road, DD1 2PB
on Saturday 2nd March 10am until 3pm

Scripture–Song–Silence–Teaching–Sharing–Reflection
Celebration of the Eucharist & Anointing for witness

All are welcome.

Register for a place at StAndrew@dunkelddiocese.org.uk



THE EPISCOPAL ORDINATION

The date has now been confirmed for
the Episcopal Ordination of our Bishop Elect

Father Martin Chambers

It will take place in St. Andrew's Cathedral
on Saturday, 27th April 2024 at 11.00am.

FAMILY CONNECTION

The announcement that Jesus makes as he begins his preaching in today's Gospel is recalled on Ash Wednesday at the signing with ashes: *“Repent and believe in the gospel.”*

This is our challenge for Lent; indeed, it is the challenge of our entire life. During Lent, **we are invited to** strengthen and to renew the promises that we made at our Baptism, **to reject Satan and sin, to live as children of God.** Through the grace of God that we received at Baptism, we follow the promptings of the Holy Spirit and know that with Jesus' help, we will be victorious over sin.

As you gather as a family, talk about the importance of Baptism. At our Baptism, our sins were forgiven, and we promised to live as children of God. **As part of the Rite of Baptism, we rejected sin and Satan.**

Saint Michael the Archangel, defend us in battle.

Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

**This weekend there is the second collection for
the ECCLESIASTICAL STUDENTS FUND.**

THANK YOU FOR YOUR LAST WEEK DONATIONS
Doune: £173.00 & Callander: £145.03; Food Bank: £98.68.
*Next weekend there will be second collection for
Justice & Peace, as postponed from 4 January.*