

This week

	Services & meetings
Saturday 19 February	10.00 am Mass: <i>Fr Dick Harriott</i> 5.30 pm Vigil Mass: <i>Deceased of the Arthurs Family</i>
Sunday 20 February <i>7th Sunday of the Year</i>	9.30 am Mass at St Wilfrid's: <i>People of the parish</i> 11.00 am Mass at St Mary's: <i>Marie Green & Margaret Parry</i>
Monday 21 February	10 am Mass: <i>Stella's 21st birthday</i> 11 am - 1 pm <i>St Mary's open for private prayer</i>
Tuesday 22 February <i>THE CHAIR OF ST. PETER Apostle</i>	No Mass
Wednesday 23 February <i>St Polycarp</i>	No Mass
Thursday 24 February	10.00 am Mass: <i>George and Rose Wallis</i> 6.00 pm Synod Meeting
Friday 25 February	10.00 am Mass: <i>Holy Souls</i>
Saturday 26 February	10.00 am Mass: <i>Special Intention</i> 5.30 pm Vigil Mass: <i>People of the parish</i>
Sunday 27 February <i>8th Sunday of the Year</i>	9.30 am Mass at St Wilfrid's: <i>Julia Mordue</i> 11.00 am Mass at St Mary's: <i>Waldemar Madej</i>

Quote:

*"An Anthropologist asked a Red Indian what his people called America before the white man came. He replied 'Ours'
- Source unknown*

The Parish of St Mary + St Wilfrid

In the Escomb Partnership of the Diocese of Hexham & Newcastle

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To access streamed Masses: St Mary's Bishop Auckland YouTube [20 February 2022](#)

SEVENTH SUNDAY of the YEAR

The Power of Rest

One of the things that distinguishes us human beings from many other animals is our curiosity. Even now that many of us have everything we need to stay alive, we still want to see what is over the next hill or across the ocean or on a distant planet. We have an urge to explore, to discover more, to find meaning. Our curiosity has been key to our survival and our success as a species, but the downside of the curiosity is that it can make us restless. We always feel we must be doing something. And we have come to define 'doing something' very narrowly. It means, for most of us, being busy. And not just some of the time, but all of the time.

Yet Socrates told us to beware the barrenness of a busy life. If we're busy all the time, life lacks essential rhythm. We miss out on the contrasts between doing and not doing. This oscillation is natural and healthy. As if we are back in a hammock, we should swing back and forth between activity and rest, taking the latter as seriously as the former.

We need to rest more. And to rest better. For its own sake, of course, but also for the sake of our wider lives. Resting is good not just for well-being but for productivity. A quick search online reveals that this is the age of self-care. Whatever you think about the term, the concept is a good thing. And the best kind of self-care, I will argue is rest.

- **Claudia Hammond**

Copies of the weekly bulletin, the Partnership Note and any other handouts are available in a plastic storage box at the door of St Mary's and St Wilfrid's presbyteries. Please take what you need.

Following government advice, and that from our Bishops, church will be open for private prayer and for Mass. See this bulletin for details. We continue to take the safest measures we can. Please do your best to stay safe.

Confession Times

St Mary's

By request and by simple arrangement.

Bishop Auckland Passion Play – Good Friday – 15th April 2022

Please help us stage an ambitious outdoor production of the Easter story in Bishop Auckland town centre. The Passion Play team are volunteers who are looking for help. We would welcome anyone willing to be an actor with a speaking part, or a 'crowd' actor in a non-speaking part. Alternatively, your skills may lend themselves to the small props team, backstage crew or you may prefer to be an audience welcomer on the day. You may have some props or material for costumes we could use. Please contact Fiona Ewing (email: fiona@conkertree.co.uk), or Linda Gabriele (phone: 07841 681689) or sign up through the website below. At the very least, please tell others about the event. The team will regularly reveal and update information on the website and social media channels. Website: passionplaybishopauckland.org/. Information about tickets for attending the event will be available soon. There will be performances at 12 o'clock and 3 pm. Our Good Friday service in church will be at 5.30 pm.

Hour of Prayer - one of the sad things about the Covid restrictions is that prayer groups have not been able to meet as they used to. Now that life is a bit easier, all are warmly invited to share in an Hour of Prayer before the Blessed Sacrament on Monday afternoons from 2.00 till 3.00 in the Mass room at St Wilfrid's. The timing is provisional - it could be adjusted, depending what is most convenient for everyone. Join us if you can!

Lent Extra is on sale today, price £1.50. A good companion to help you through Lent. Ash Wednesday is on 2 March and there is no Covid-type restriction to anyone coming to receive ashes.

CAFOD's Lent Walk - you may recall that last year - when many folks were doing daily walks during Covid's more restricted times, CAFOD had a Walk for Water appeal. As a parish we raised over £4000 through individuals being sponsored for their walks. This year CAFOD have asked for a Walk Against Hunger appeal. Can we support this please for some of the most deprived children and families in the world? I know times are getting difficult locally. Let's see what we can do. Why not walk regularly with family or friends? For example:

£12 of ingredients can make a nutritious sesame paste for malnourished children

£20 can establish nutrition and healthcare classes

£550 can provide a season's seeds for planting

Individuals can sign up to a 'JustGiving' page and can track their distance using the 'Strava' app on their phone. Let us know how much you give if you use the Just Giving page. To do 5K (kilometres) would take you a 45-60 minute walk, equal to 15 minutes on a bike or a 35 minute exercise class. 2-3K is the usual daily exercise which some of us do with normal activities.

Please pray for the health of:

*Irene Welford
Michael Dowson
Mrs Aitken
Val Mundell
Joan Lightfoot
Michael Nicholson
Adam Hudspeth
Christopher Browne
Tyler Quinn
Maureen Nicholson
Norah Hutchinson
Robin Davis
Angela Graham
Stephen Gregory
Frank Ridley
Jacob Thomas
Charlotte Thomas
Teresa Brown
Joan Hannon
Christina Marsh
Kathy Lloyd
Roman Banks
Jane Hardy (Kirby)
Margaret Pattenden
Brian Gilpatrick*

Please pray for

ALAN LITHGOW (82)

who has died.

May he rest in peace



Scripture Readings for this week's Masses:

Sun	1 Samuel 26: 2, 7-9, 12-13, 22-23	Ps 102	1 Corinthians 15: 45-49	Luke 6: 27-38
Mon	James 3: 13-18	Ps 18	Mark 9: 14-29	
Tues	1 Peter 5: 1-4	Ps 22	Matthew 16: 13-19	
Wed	James 4: 13-17	Ps 48	Mark 9: 38-40	
Thurs	James 5: 1-6	Ps 48	Mark 9: 41-50	
Fri	James 5: 9-12	Ps 102	Mark 10: 1-12	
Sat	James 5: 13-20	Ps 140	Mark 10: 13-16	
Sun	Ecclesiasticus 27: 4-7	Ps 91	1 Corinthians 15: 54-58	Luke 6: 39-45

Covid Safety - face masks and our usual sanitising procedures and safe distancing of at least one metre will still be a requirement in our churches here. We are in an enclosed space and cannot reduce our safety arrangements. The virus is still strong and active in the north east and every one of us needs to feel we can protect ourselves and each other. your suggestions. Many thanks.

The Foodbank a huge thank you for the donations received last week. The following items are needed this week, UHT milk and custard and help with funds for assisting with gas and electricity needs. In this winter weather anything you can do to help people with food, heating and lighting is a most practical way of showing love and humanity. Funds to help folks with heating are already urgent. Any help you can give is invaluable. No one should be living in a house with no heating in this weather.

You may never have been in critical need, or you may have been helped by someone at a difficult time. As followers of our God who came to us at this time and didn't ask but commanded us to love one another, we can't just do nothing. I thank God for our generous people. Please help now to help some of our neighbours. We do have plenty of tinned beans, spaghetti, soup, and dried pasta. Please help us. Thank you.

Would you like to change the world? If you're re-cycling, cutting back on waste, avoiding excess and not spending on unnecessary clothing and other goods, then you're changing the world. If you pick up litter, use less water and use water wisely, if you avoid plastic and re-use shopping bags, switch lights off when not needed and walk short distances rather than drive, you're protecting the Earth - God's gift entrusted to us. Please do something rather than nothing to reduce your and our carbon footprint. And thank you many times over.

Thank You - to all who have sent in suggestions and ideas to help in our Care for our Common Home - the Earth. Please continue to send in any suggestions you may have for looking after our ecology and reducing our carbon footprint. Others may be helped by your suggestions. Many thanks.

Blankets thank you so much for those who have brought in blankets. We have passed them on for you. **We've been asked to mention that they have enough at present and storage is a current problem. There may be a new request later.** Many thanks.

PLEASE CONTINUE TO KEEP SAFE AND HELP OTHERS TO DO THE SAME