



19 MARCH 2023

4TH SUNDAY OF LENT

## Why do we abstain?

Abstaining from meat on Fridays might provoke questions in us, or from our family and friends. Why do we do this? What does this practice or sign signify? Why is it important? If we reflect further, we notice that we have many practices and signs or marks that are very much part of our Catholic faith and life: not just abstaining from meat on Fridays! These visible and tangible things remind us that, as human beings, we live and communicate in a physical world and that this also includes our faith. For example, we pray with our bodies: the postures of standing, sitting or kneeling at Mass carry with them a deeper meaning. What makes abstinence different?

Both fasting and abstinence practices help bring about spiritual benefits and growth. Both involve food or drink, as well as other things too (such as the TV, the computer or even the cell phone!) Strictly speaking, fasting involves reducing and even eliminating what we eat, but abstinence means avoiding or restricting our intake of certain foods. Catholics from the age of 14 to 59 (except where there are any health concerns) are obliged to fast on Ash Wednesday and Good Friday, but all Catholics who have completed their fourteenth year are required to abstain from meat on those days and every Friday during Lent.



This practice of abstaining goes back a long way. At one stage, Catholics abstained not only from meat but also dairy products and some forms of shell fish during the season of Lent. This is the origin of having a feast on “Shrove Tuesday” or “Fat Tuesday” (the day before Ash Wednesday) to use up all the forbidden food before Lent began.

But why do we do this? After all, we read in the New Testament that the previous dietary laws have been abolished and that all food is declared “clean” by God (Acts 10: 9-16). **See page 2**

Visit our website: [www.catholicwestbourne.org](http://www.catholicwestbourne.org)

## MASS TIMES

**Sunday 19 March - 4TH SUNDAY OF LENT**

9.00am  
11.00am

**Tuesday 21 March - 4TH WEEK OF LENT**

10.00am - *Hubert Hermon Chediak RIP*

**Wednesday 22 March - 4TH WEEK OF LENT**

10.00am - *Tom Kelly RIP*

**Thursday 23 March - 4TH WEEK OF LENT**

10.00am

**Friday 24 March - 4TH WEEK OF LENT**

10.00am  
*Adoration follows Mass at 10.30am*

**Saturday 25 March - 4TH WEEK OF LENT**

No Mass

**Sunday 26 March - 5TH SUNDAY OF LENT**

9.00am  
11.00am - *Baptism*

## OUR PARISH

**OUR LADY IMMACULATE CHURCH  
SEAMOR ROAD, WESTBOURNE,  
BOURNEMOUTH, BH4 9AE**

**Parish Priest:** Fr Leslie Adams

**Telephone:** 01202 764027

**Email:** ladams@portsmouthdiocese.org.uk

*(Baptism, Marriages, Sick Visits,  
Funerals and Confessions)*

**Parish Office (Wed 9.00am - 12.00pm)**

**Parish Administrator – Suzanne Quinn**

General enquires and hall bookings

**Telephone:** 01202 760640

**Email:** oliadmin@portsmouthdiocese.org.uk

**Safeguarding Officer:** Matthew French

**Email:** mail@matthewfrench.net

## SUNDAY MASS READINGS

**Entrance Antiphon - Cf. Is 66: 10-11**

*Rejoice, Jerusalem, and all who love her. Be joyful, all who were in mourning; exult and be satisfied at her consoling breast.*

**Gospel Acclamation - Lk15:18**

*Praise and honour to you, Lord Jesus! I will leave this place and go to my father and say: 'Father, I have sinned against heaven and against you.' Praise and honour to you, Lord Jesus!*

**Communion Antiphon**

*You must rejoice, my son, for your brother was dead and has come to life; he was lost and is found.*

**WHY DO WE ABSTAIN? (PAGE 1)** There are many reasons suggested for this practice of abstaining from meat. The most frequent reason offered is that it reminds us of how Jesus gave up himself (or gave up his flesh) for us on the cross on Good Friday. It is also a discipline where we voluntarily abstain from something in order to receive a spiritual benefit.

Abstinence acts as a reminder of Jesus' sacrifice for us, as we have said, but also of our dependence on God as our true food and nourishment. A number of people also offer their day of abstinence as a sort of prayer for particular intentions. Others follow the practice of abstinence as a reminder about, an act of solidarity with, so many who cannot afford meat products and who often go without basic food or even clean water.

So, as one writer has put it, we may say that while absence makes the heart grow fonder, abstinence makes the soul grow richer!

**Written by the Very Rev. Anthony M. Barratt.**

# PARISH NEWS

**PLEASE PRAY FOR EDWARD HAUSCHILD** who was ordained a priest at St John's Cathedral, Portsmouth, yesterday. May his vocation be a fruitful one.

**VOCATIONS** Are you being called to do the deeds of Christ as a priest or in the consecrated life, proclaiming the reign of the mercy of God our Father? Contact Canon John Cooke by email: vocations@portsmouthdiocese.org.uk or phone 01329 318 869.

**THE SECOND COLLECTION TODAY IS FOR THE CLERGY ASSISTANCE FUND.** This supports the Department for Clergy Team, who look after the welfare, ongoing formation and personal support of our clergy from the early days of ordination all the way into retirement.

**MOTHER'S DAY BLESSING** 'Laetare Sunday' Wishing all the mums in our community a relaxing and enjoyable Mother's Day.

**ORATORY DAY PILGRIMAGE - WINCHESTER THURSDAY 11 MAY.** This will include a private viewing of ancient vestments and treasures not accessible to the public; a tour of the Cathedral; private tour of the 12th century Hospital of St Cross, and Mass. £26.50 (£24 OAPs) includes coach, entrance and tours. Deadline for booking: 31 March. More details are on the noticeboard. Please pay your money to Suzanne in the office.

**PRAYER FOR UKRAINE** Loving God, we pray for the people of Ukraine and Russia, for all those suffering or afraid, that you will be close to them and protect them. We pray for world leaders, for compassion, strength and wisdom to guide their choices. We pray for the world, that in this moment of crisis, we may reach out in solidarity to our brothers and sisters in need. May we walk in your ways so that peace and justice become a reality for the people of Ukraine, Russia and for all the world. Amen.

**STATIONS OF THE CROSS** will take place every Friday at 6.30pm until Holy Week. Please join us if you can.

**ROSARY** This will take place every Wednesday at 9.30am and be followed by Mass at 10.00am. Join us if you can.

**MAUNDY THURSDAY** If anyone would like to participate in the washing of the feet, please let Suzanne in the office know.

**HOLY SATURDAY** If anyone would like to sign up to show an interest in some organised transport, please see the noticeboard.

**DIOCESAN JOBS** There are a number of jobs now available on the Diocesan website that you might like to consider. Please visit the website [www.portsmouthdiocese.org.uk](http://www.portsmouthdiocese.org.uk) for more info.

## OFFERTORY COLLECTION

You can donate directly into the bank account:

**CDP Bournemouth  
Our Lady Immaculate**

**Sort code: 309304 Account: 00875075**

**Thank you for your continued support.**

## PRAYERS PLEASE

**Please remember all the sick and housebound of our parish especially:**

Win Sheridan,  
Germain McAulay,  
Geoffrey Dixon,  
Joe Bonnici and  
Christopher Browne

# For those without sight may see

As Jesus went along, he saw a man who had been blind from birth. His disciples asked him, *'Rabbi, who sinned, this man or his parents, for him to have been born blind?'* *'Neither he nor his parents sinned,'* Jesus answered *'he was born blind so that the works of God might be displayed in him.'*

*'As long as the day lasts I must carry out the work of the one who sent me; the night will soon be here when no one can work. As long as I am in the world I am the light of the world.'*

Having said this, he spat on the ground, made a paste with the spittle, put this over the eyes of the blind man, and said to him, *'Go and wash in the Pool of Siloam'* (a name that means *'sent'*). So the blind man went off and washed himself, and came away with his sight restored.

His neighbours and people who earlier had seen him begging said, *'Isn't this the man who used to sit and beg?'* Some said, *'Yes, it is the same one.'* Others said, *'No, he only looks like him.'* The man himself said, *'I am the man.'* So they said to him, *'Then how do your eyes come to be open?'* *'The man called Jesus'* he answered *'made a paste, daubed my eyes with it and said to me, "Go and wash at Siloam"; so I went, and when I washed I could see.'* They asked, *'Where is he?'* *'I don't know'* he answered.

They brought the man who had been blind to the Pharisees. It had been a sabbath day when Jesus made the paste and opened the man's eyes, so when the Pharisees asked him how he had come to see, he said, *'He put a paste on my eyes, and I washed, and I can see.'* Then some of the Pharisees said, *'This man cannot be*



*from God: he does not keep the sabbath.'* Others said, *'How could a sinner produce signs like this?'* And there was disagreement among them. So they spoke to the blind man again, *'What have you to say about him yourself, now that he has opened your eyes?'* *'He is a prophet'* replied the man. However, the Jews would not believe him without first sending for his parents and asking them, *'Is this man really your son who you say was born blind?'* Despite assurances they would not believe what was said to them and drove the man away.

Jesus heard they had driven him away, and when he found him he said to him, *'Do you believe in the Son of Man?'* *'Sir,'* the man replied *'tell me who he is so that I may believe in him.'* Jesus said, *'You are looking at him; he is speaking to you.'* The man said, *'Lord, I believe',* and worshipped him.

Jesus said: *'It is for judgement that I have come into this world, so that those without sight may see and those with sight turn blind.'*

**FOR THE REST OF THIS GOSPEL,** please go to: <https://universalis.com/20230319/mass.htm>