

CLOTHING: Last week I mentioned fashion in the homily but forgot to mention the question of buying ethically sourced and made clothing where we can.

Is your clothing purchase ethical? Three things to check:

Check the country of origin

Just because something is made in the UK or Europe doesn't guarantee good working conditions. But the 'made in' label could be one factor that helps you get a better overall picture of the brand. If nothing else, manufacturing close to home means less shipping which reduces your clothes' carbon footprint.

Look for organic

Organic cotton still only makes up one per cent of all cotton grown globally, and although there's little international regulation over what constitutes 'organic', it's a good place to start. Not only is organic cotton better for the environment, it's also better for the farmers, who can command a higher price and won't be working with toxic chemicals. Look for brands that use organic cotton as a baseline, and bonus points if they're GOTS certified (Global Organic Textile Standard is the toughest benchmark).

Examine the composition label

This is a tricky one. On the one hand, choosing wool over acrylic is indubitably better for the environment, as wool will eventually decompose and won't shed plastic into the water. But there are also brands doing clever things with unexpected non-animal products. Banana tree waste can become vegan leather. Mushrooms are turned into suede. There's even synthetic silk that's almost indistinguishable from the real thing. The simplest switch, though, is to buy clothing made from a single material, not blends. This should mean that the supply chain is easier to trace and, at the end of its life, the fabric is easier to recycle, as the different fibres won't need to be separated.

LENTEN BOOK SUGGESTIONS:

An Invitation to Conversion, Lent & Easter with Pope Francis - Extracts from his homilies between February & March 2016.

The Road that Leads to Life, Lent & Easter with Pope Francis - Extracts from homilies and addresses given between March & June 2015.

Lent & Easter with Pope Francis – Homily extracts between March & June 2014.

Stations of the Cross with Pope Francis - Extracts from homilies 2013.

The Shepherd's Call, Meditations on Mercy - Three Meditations given by the Holy Father during the Jubilee Year of Mercy (2016).

Life in Christ, Pope Francis on Baptism, Confirmation & the Ten Commandments - Weekly Catecheses of the Holy Father given at General Audiences in 2018.

THE POPE'S PRAYER INTENTIONS FOR MARCH 2021:

Sacrament of Reconciliation: Let us pray that we may experience the sacrament of reconciliation with renewed depth, to taste the infinite mercy of God.



HOLY TRINITY & ST GEORGE CATHOLIC CHURCH

Serving Kendal and Sedbergh

THIRD SUNDAY IN LENT – 7TH MARCH 2021

TODAY'S READINGS:

...Tell how He led His chosen race to Canaan's promised land;

God called Moses to lead the chosen race out of slavery into freedom; but first they must turn their hearts back to God. Moses was given the Decalogue - the Ten Commandments – in order to help restore the people to a life of faith. St John tells us *...since though the Law was given through Moses, grace and truth have come through Jesus Christ (Jn 1:17)*. Our Lenten journey encourages us to refocus on how much we need the *grace and truth* that Jesus offers us if we want to be set free from sin and death. First, like the chosen people of Moses' day, we too must turn back to God asking His pardon for our failings. Then we must ask for His love to help us to enter into His promised freedom. God's pardon and grace are the gateway to our liberation. Our Lenten journey will reach its promised land, its destination, when, God willing!, we walk together in the new light of our Easter Exodus with Christ as our light and guide. We pray that His *grace and truth* will mould us and shape us into a faith-filled pilgrim people.

...Tell how His covenant of grace unchanged shall ever stand.

EASTERMASSES: There will be the usual services at Easter:

Maundy Thursday, 1st April, 7.00pm, Good Friday (2nd) 3.00pm, the Vigil Saturday evening (3rd) and then Easter Sunday at 10.00am. It is hard to predict but I think we will have to ask people to book for Good Friday and Easter Sunday morning. Please consider this and let people know and we will begin the booking next week. *Fr. Hugh*



VERONICA WIPES THE FACE OF JESUS

STATIONS OF THE CROSS

The parish website now has a new 'Stations of the Cross' section. There are photos of all 14 stations in the church each with a voice recording by Fr Hugh. To view this devotion, please visit the parish website and click on 'Stations of the Cross' in the menu bar.

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MASSES WEEK COMMENCING SUNDAY 7th MARCH 2021

Office Proper 3rd Sunday in Lent, Sundays Yr B.

Sun 6 th 7 th	THIRD SUNDAY IN LENT 6.00 pm Vigil: Mary Alice Flanagan RIP 10.00 am: streamed from Church 12.00 noon: (at Sedbergh) 6.00 pm: People of the parish
Mon 8 th	Monday of 3rd week in Lent NO MASS
Tues 9 th	Tuesday of 3rd week in Lent 12.00 noon: Bill McLaughlin LD
Wed 10 th	Wednesday of 3rd week in Lent 12.00 noon: Mary and James Marmion (anniversary)
Thurs 11 th	Thursday of 3rd week in Lent 10.15 am: please note time
Fri 12 th	Friday of 3rd week in Lent 12.00 noon: Mike Williams RIP
Sat 13 th	Saturday of 3rd week in Lent
Sun 13 th 14 th	FOURTH SUNDAY IN LENT 6.00 pm Vigil: Joan Baines RIP 10.00 am: People of the parish streamed from Church 12.00 noon: (at Sedbergh) 6.00 pm:

The funeral service for Moira Anderson will be Thursday 11th March which will be for invited guests only but please keep them in your prayers.

We will continue to Livestream the Sunday 10am Mass which you can watch by visiting the parish website www.kendalcatholicchurch.uk

PLEASE REMEMBER IN YOUR PRAYERS:

LATELY DEAD: Peter McMahon.

SICK: Holly Howe, Will Flitcroft, Philip Barry, Pat Newton, Trish Hoad, Margaret West, Varlien Vyner-Brooks, Archie Scott, Jamie Banks Wallhead, Mary Brady, Bob Dickie, Ian Muir, Sylvia Duckworth, Winnie Edgar, Adrian Jennings, Christine Stoker, Barbara Banks, Netta Baxter. Eileen Halstead, Thomas Smith, Jane Johnson, Malcolm Nightingale, Flo Jamieson, Patrick Dolan, Mike Nicholson, Bill Anderson.

ANNIVERSARIES: Catherine Kevan, Elizabeth McAvoy, Mark Hudson, Bernadette Ronayne, Frances Kinley, Angela Hornyold-Strickland, James Gumner, Patricia Finch, Elsie McAvoy, Baby Bradley Kinley, Michael Kelly, Jack Smith, Kenneth Lowther, Sheila Clarke, Fr. J. Moxham, Margaret Wade, Denis Chandler, John Bowman, Erwin Guzie.

CHURCH OPEN FOR PUBLIC MASS:

Saturday Vigil 6pm, Sundays 10am & 6pm Kendal, 12 noon Sedbergh
Weekdays Tuesday to Friday at 12.00 noon

As you will expect the usual Covid rules will apply.

The 10am will still be livestreamed which you can watch via the parish website.

Church is still open for private prayer:

10am - 12 noon Monday to Saturday and 2 – 4pm Sundays.

ANOINTING: We are still required to follow the lockdown rules but please remember that I can still anoint anybody who may want if they are coming to the end of their life.



LENT FAMILY FAST: Thank you for your generous contributions which will help people like Hagos in Ethiopia. Hagos and his family nearly starved due to drought, but thanks to the Church family and your support he was provided with solar-powered water pumps. Hagos and his neighbours now have flowing water to cultivate their land. Remember, it's not too late to give to the Lent appeal. cafod.org.uk/lent

From the Universe Media Group: "Our overriding mission is to ensure our faithful Catholics are fully and regularly informed about our Catholic faith and have the benefit of the up to date Catholic church's view on the many important issues that exist." If you would like newspapers delivered direct weekly, go to www.thecatholicuniverse.com/ 0161 820 5722. Prices are 3 months £25, 12 months £99 (digital copies £55).

COR ET LUMEN ENCOUNTER: *A weekend of seeking the face of Jesus with expectant faith and soaking in His divine presence.* Friday 19th – Saturday 20th March. Visit www.coretlumenchristi.org email: stcuthberts@coretlumenchristi.org or tel. 016973 45623 for more information & booking details.

PARISH MAGAZINE: The Lent Magazine is available to view on the website - thank you for your contributions. There are a few copies at the presbytery back door.

LENT EXTRA: We have a few copies at the presbytery back door if you would like one.

ACN VIRTUAL SUNDAY LUNCH: Join ACN benefactors and parishes for Sunday Lunch via YouTube, 1pm on 21st March, in aid of St John the Merciful Table, an initiative that serves meals to over 1,500 struggling Christians in Lebanon. Enjoy prayer, videos, music & more! Visit <https://acnuk.org/event/acn-virtual-sunday-lunch/>

Our Lady's Monthly Message to Marija Pavlovic-Lunetti February 25th 2021:
"Dear children! God has permitted me to be with you also today, to call you to prayer and fasting. Live this time of grace and be witnesses of hope, because I repeat to you, little children, that with prayer and fasting also wars can be suppressed. Little children, believe and live this time of grace in faith and with faith; and my Immaculate Heart does not leave any of you in peacelessness if you have recourse to me. I intercede for you before the Most High and I pray for peace in your hearts and for hope for the future. Thank you for having responded to my call."