

---

CAFOD's Lenten appeal will be made at all Masses over the weekend of 24th/25th February, and the money raised will be collected the following weekend 3rd/4th March.

In a Pastoral Letter to mark the beginning of Lent, Cardinal Nichols asks us to support his Lenten Appeal. Any contributions made from your Lenten almsgiving can be left in the marked slot by the main door.

---

---

---

This year we have two musical reflections sung by members of our own choir:  
each starting at 7.30pm in the church  
(and lasting around an hour):

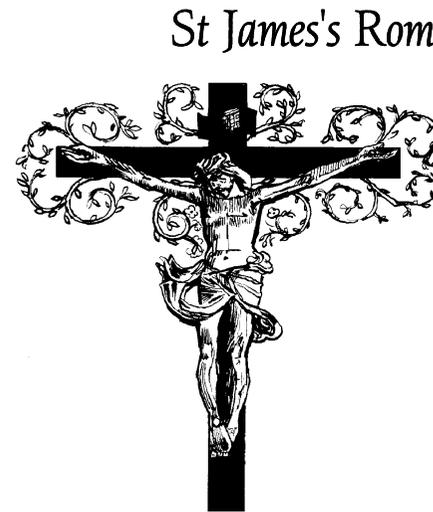
Friday 16th March: *Pergolesi's "Stabat Mater"*,  
accompanied by a string quartet.

Friday 23rd March: *Victoria's "Tenebrae Responsaries"*.

On both evenings the music will be interspersed with readings. Admission is free, but there will be a retiring collection to defray expenses.

---

---



St James's Roman Catholic Church,

Spanish Place  
22 George Street,  
London W1U 3QY

### ADOREMUS

### "I am the Bread of Life"

Our Bishops are calling Catholics in England & Wales to share in a National Eucharistic Congress in Liverpool 7th-9th September this year. Their intention is to deepen the Eucharistic understanding and devotion in our parishes. During this Lent our own focus will be on the Eucharistic Mystery.

On Wednesdays (7-8pm in the social centre) we shall share in a series of reflections.

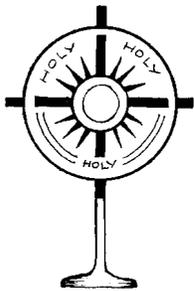
**Father Stephen Wang** (*the senior Catholic chaplain to higher education in London*)

has prepared a Lent course with the title:

**"We adore you O Christ and praise you".**

Please come to join us on Wednesdays 21st, 28th February, 7th, 14th & 21st March. Copies of Father Wang's course will be available for everyone. Refreshments will be available after 6.30pm Mass: we will start the reflection at 7pm and finish by 8pm.

**Prayer** should be central to our observance of Lent – as it was for Jesus himself in his long days and nights in the Wilderness (Matthew 4:1-10). Friday is the day of the week when we reflect particularly on the Lord’s Passion and we shall observe the Lenten Fridays in two ways.



**The Blessed Sacrament** will be exposed all day each Friday in Lent – beginning after the 7.15am Mass and continuing till the Mass at 6pm. *“Here in this Sacrament of the altar you are wholly present, my God, the man Jesus Christ, whence is obtained the full realisation of eternal salvation, as often as you are worthily and devoutly received”.* (Thomas a Kempis)

**The Stations of the Cross** will be followed after the 6pm Mass on Fridays as a public devotion. Individuals are encouraged to make the Stations at other times on their own.

*“Apart from the cross there is no other ladder by which we may get to heaven”* (St Rose of Lima).



## A Litany of the Blessed Sacrament

God the Father of Heaven, *have mercy on us*  
 God the Son, Redeemer of the world, *have mercy on us*  
 God the Holy Spirit, *have mercy on us*  
 Holy Trinity, One God, *have mercy on us*

Jesus, Living Bread, come down from heaven,  
**have mercy on us ...**

Jesus, Bread from heaven, giving life to the world,  
 Jesus hidden God and Saviour,  
 Jesus who love us with an everlasting love,  
 Jesus who have given your flesh for the life of the world,  
 Jesus who invites all to come to you,  
 Jesus who promises eternal life to all who receive you,  
 Jesus who stands at the door knocking,

That you would bless those have not seen and yet believe,  
**we beseech Thee, hear us ...**

That we may love you in the Blessed Sacrament with all our heart,  
 That the fruit of each Communion may be fresh love,  
 That we may ever remain in your love,  
 That the Holy Spirit would teach us how to receive  
 and welcome you,  
 That you would teach us how to pray and yourself pray within us,  
 That you would give us grace to persevere to the end,  
 That you would be our support and Viaticum,  
 That when the time comes  
 we may find our rest forever in your Heart,

**ca+holic.**

The difficulty of explaining **"why I am a Catholic"** is that there are ten thousand reasons all amounting to one reason: that Catholicism is **true**.

*G K Chesterton*

*“Jesus is not content with showing himself to us. He puts himself into our hands, into our mouths, mingling his substance with our substance that we might become one spirit with him”.*

*(Saint John Vianney)*