



KENT ESTUARY CATHOLIC CHURCHES

*Our Lady of Lourdes, Arnside
St Charles & St Cuthbert, Grange
Christ the King, Milnthorpe*

served from Holy Trinity & St George Kendal

*YouTUBE, Facebook : Please search for
Kent Estuary Catholic Churches. Website:
<https://www.kentestuarycatholicchurches.co.uk>*

First Sunday of Lent 9th March 2025

This Sunday's Scripture:

Jesus overcomes temptations in the desert. We can overcome any temptations if we confess that Jesus is Our Lord from the depths of our heart.

GOSPEL ACCLAMATION DURING LENT: Praise to you, O Christ our Saviour, Word of the Father, calling us to life. Son of God, who leads us to freedom, Glory to You, Lord Jesus Christ!

Keeping Faith

Stations of the Cross reminds us what God in His love has done for us. We have stations at 3pm in Milnthorpe on the 1st, 3rd and 5th Sundays of Lent and in Arnside on the 2nd and 4th Sundays. Therefore, Milnthorpe will hold Stations of the Cross this Sunday at 3.00pm and Arnside next Sunday 3.00pm. Stations of the Cross at Grange are on Fridays at 3.00pm.

6-WAY NEWS

There will be a coach pilgrimage to St Mary's, Cleator on Saturday 21st June 2025, this is open to our six churches. See poster on noticeboard. More information to follow shortly.

GRANGE News:

CONFESSIONS are available immediately after Mass on the last Tuesday of each month (Or by private arrangement with Fr Simon or Fr Hugh).

St Charles' church open 9.30am - 4.30pm Monday to Saturday.

Contemplative Prayer Group: Thursdays at 2pm in the Presbytery.

Morning Prayer in church 10am Thursday followed by Rosary. **10am Friday** followed by Adoration (Exposition).

SVP: meet on the second and fourth Wednesday of each month.

STATIONS OF THE CROSS - LENT 2025 ... Stations of the Cross at St.

Charles will take place on Fridays at 3.00pm. Anyone wishing to lead a service, please put your name on the list in the sacristy.

THE C.T.S NEW DAILY MISSAL ...The New Daily Missal with revised texts will be available from April. The Missal contains the complete Sunday, daily and sanctoral cycles. Price. £69.99. Further information available from Deacon Joe or Liz P. **Please contact Deacon Joe or Liz P. as soon as possible if you wish to place an order** for same, as pre-ordering from the supplier is now required.

Lent Study Course on the penitential psalms: Mondays 2.00pm to 3.00 pm in Fr Magner room.

10th March Psalm 32; 17th March Psalm 38; 24th March Psalm 51;

31st March Psalm 143; 7th April Psalm 130

Bring a bible, or book of psalms if possible. There will be a few spare copies for those who do not. It would be useful to read the psalm before you come.

LENT LUNCHES: Dates and venues for this year are as follows_- March 14th Methodist Church Grange; March 21st St. Peter's Field Broughton; March 28th Boarbank Allithwaite; April 4th St. Paul's Grange;

April 11th St. John's Flookburgh. All are 12.00 noon to 1.15pm with a short time of devotions 1.00 - 1.15pm. Proceeds to The Leprosy Mission.

EASTER CARDS ... A selection of Easter cards and also Lent and Easter literature is now available in the porch at St. Charles' church.

MILNTHORPE News:

House Group (CTK): meets twice a month, usually Tuesdays, 7-9pm at Sioban's home in Yealand. Every 5th or 6th meeting is a social one. If interested in joining us please contact Sioban (07803 967617) or Deirdre (07468 535830).

Christ The King church can be open for private prayer at any time. ask any member of the PPC for the door lock codes. (PPC members and contact details on noticeboard in entrance hall).

MISSIO Red Boxes - Please hand in your Red Box for counting. Mary Salter will be collecting them at Milnthorpe on Sunday 9th & 16th March and Wilf Gill will be collecting them at Arnside on Saturday 15th & 22nd March. Thank you.

Lenten Appeal: Please support **Milnthorpe Area Food Bank** during Lent. If you can donate one item per week, that would be fantastic. Collection boxes at CTK and OLOL.

CAFOD BIG LENT WALK ... WALK 200KM IN 40 DAYS TO HELP

FIGHT GLOBAL POVERTY. Challenge yourself and take on The Big Lent Walk! Walk when and where you choose over 40 days, alone or with friends.

Raise money to help people as they overcome poverty.

www.walk.cafod.org.uk/ Or why not join us for our Joint Parish Big Lent Walk between our churches in Arnside and Milnthorpe (4 miles each way) on Saturday April 5th? (more details to follow).

ARNSIDE News:

Our Lady of Lourdes open for private prayer daily. 10am - 4pm.

Adoration: Adoration before the Blessed Sacrament at 2pm, followed by the Rosary, every Tuesday.

There will be Mass or a Eucharistic service at 10.00am on Tuesdays, Wednesdays and Thursdays, at Our Lady of Lourdes Arnside.

ARNSIDE CHRISTIANS TOGETHER in March

11th March: Rest and Restore at St James' 18.15 - 19.00. A time of prayer for healing and wholeness. A moment to press pause...

Lent lunches to start Wednesday 12th March for 5 weeks 12.30 - 1.45pm at Our Lady of Lourdes Church, This year the theme will be a look at the sacraments. Tea/Coffee will be provided, bring your own lunch. Please support us.

CAFOD Lent Appeal – Family Fast Day 14th March 2025

Please take a CAFOD Family Fast Day envelope this Sunday Use this envelope or donate at cafod.org.uk/envelope or text: CAFODLENT to 70085 to donate £10.

Please pray for those of our parishes who are sick:

Geoff Critchley, Michael Carter, Pam Gee, Brian Mills, Eileen Parker, John Browne, David James, Angela Taylor, Philip Barry, Alan Wild, Pat Duckett, Monica Farnworth, Geoff Guy, Ira Fishman, Mary Wainwright, Bernard Walker, Alex Davies, Margaret and Burt Wilson, Margaret Godfrey, Peter Clough, Barbara Hunt. **Please also pray for those whose anniversaries occur about this time.**

YOUTH MINISTRY INTERNSHIP SCHEME AT CASTLERIGG MANOR

for young volunteers for the 2025–26 team. The youth ministry internship scheme offers solid experience and training, formal qualifications, and gives participants the chance to live in the Lake District, be part of a dynamic team, make friends for life, and really impact the lives of young people. Interested? jack@castleriggmanor.co.uk

EASTER RETREAT FOR TEENS AND YOUNG ADULTS

During the Triduum – from April 17-20 – Castlerigg Manor will once again be running their Easter Retreat for teens and young adults. A chance to journey together through the Triduum and make some friends along the way. The programme offers a combination of fun, relaxation, prayer, talks, and of course the beautiful liturgies. The cost is £85, but anyone who can't afford that is invited to get in touch (director@castleriggmanor.co.uk) and we will probably be able to help out. For more information or to sign up... castleriggmanor.com >> what's coming up?

MASS SERVICES AND INTENTIONS

First Sunday of Lent

Sat Vigil	8 Mar	5.30pm	Arnside	Iain Guthrie-Wilson RIP (G-W24)
Sun	9 Mar	9.00am	Grange	People of the Parish
Sun	9 Mar	10.30am	Milnthorpe	People of the Parish
Sun	9 Mar	3.00pm	Milnthorpe	Stations of the Cross
Mon	10 Mar	10.00am	Grange	--
Tue	11 Mar	10.00am	Grange	--
Tue	11 Mar	10.00am	Arnside	Mass or Eucharistic Service †
Wed	12 Mar	10.00am	Arnside	Mass or Eucharistic Service †
Thurs	13 Mar	10.00am	Grange	Morning Prayer followed by Rosary
Thurs	13 Mar	10.00am	Arnside	Mass or Eucharistic Service †
Fri	14 Mar	10.00am	Milnthorpe	--
Fri	14 Mar	10.00am	Grange	Morning Prayer followed by Exposition
Fri	14 Mar	3.00pm	Grange	Stations of the Cross

First Sunday of Lent

Sat Vigil	15 Mar	5.30pm	Arnside	Bill Davis RIP (Anniversary)
Sun	16 Mar	9.00am	Grange	People of the Parish
Sun	16 Mar	10.30am	Milnthorpe	People of the Parish
Sun	16 Mar	3.00pm	Arnside	Stations of the Cross

† Mass if a priest is available, otherwise Eucharistic Service.

Kent Estuary Catholic Churches Parish Office (for all enquiries)
email: ctkollcc@gmail.com; tel: **015395 32731**

Clergy: Canon Hugh Pollock VG and Fr Simon Marley : Tel 015397 20063

Deacon: (Grange) Rev J Pryzlucki Tel 015395 58161

Deacon: (Kendal) Rev G Bissett Tel 015395 34142

Safeguarding Officers: Grange: Ralph Gerrard - Tel 015395 33189.

Milnthorpe & Arnside: Greg Tagney - Tel 01524 761557.

Church Hall Rental Enquiries:

St. Charles Borromeo, Grange - Diane Holmes - Phone: 07788 874123 Email:

dianejayholmes@gmail.com

Christ the King, Milnthorpe - Christine Atkinson - Phone: 015395 62326 Email:

nannanostairs@gmail.com.

Admin Office Hours: Tuesdays and Thursdays 9.30am – 12.30pm

Presbytery, St Charles & St Cuthbert RC Church,

Kents Bank Road, Grange over Sands LA11 7EY

Tel 015395 32731 email: ctkollcc@gmail.com

PASTORAL EMERGENCIES:

Contact Holy Trinity & St George RC Church, Kendal

Tel: 015397 20063