

EXTRA

MARCH 2021

CONTINUING THROUGH LENT

Evening Prayer Service

every Sunday 5.00 pm

Co-ordinated by choir members from Our Lady's, with cantors and readers, plus music from the Virtual Choir. This is an opportunity for everyone, particularly those who are unable to get to Mass at this time, to come together and pray together.

Email maryrouse@rocketmail.com and we will ensure you receive a link and a service booklet containing all the words of the prayers, reading and songs for every service. All are very welcome, especially those who have never tried it before.

Stations of the Cross

Every Wednesday in Lent at 4 pm on Zoom
email cl.jandp@gmail.com for the link

Stations of the Cross recorded last year using the Stations at Our Lady's, will also be available via a link on the parish website Home page throughout Lent.

LENTEN ALMS

CAFOD Lenten Fast Day: you can donate with the envelopes in church, our fundraising page [here](#), or by Texting LENTNOINFO to 70460 (£10).

Catholic Leamington Lenten Alms - are being jointly sponsored by SPAN and KINDAID for three causes: KINDAID, SPAN's support for **local families** and for **Myton Hospice**. Full details were in the February EXTRA. You can give by:

- via **gold envelopes** in our churches, return via collections or send to Michael Barker: 77 Montrose Avenue, Leamington Spa, CV32 7DS
- All **cheques** should be made out to **SPAN**.
- via **JustGiving** use our campaign page link: [here](#)
- via **bank transfer:** account name SPAN, bank code **40-27-06**, account number **21324004** using a **reference** of **Kindaid Local** or **Myton** or to split 3 ways: **SPAN**

Paul Hayden (SPAN Secretary)



TRINITY SIXTH FORM – SEPT 2021

Trinity Catholic School Sixth Form has always been a popular choice for post-16 study.

Our Sixth Form is renowned for producing well-rounded, confident students with good communication skills and independence of thought. We believe the Enrichment Curriculum followed by students contributes greatly to this development. There are also educational, social and cultural activities and regular opportunities to help others in the school community and beyond. In other words, life in our Sixth Form is fulfilling in academic, personal and social terms.

There is a very supportive and committed team of staff to help students to appreciate the opportunities to pursue knowledge and acquire skills in the areas that interest or are relevant to their chosen subjects. This very high-quality teaching from experienced staff is reflected in the achievements of students.

As a team in the Sixth Form is to ensure that students realise their own potential and fulfil individual goals. This can mean gaining places at top universities, securing a higher degree apprenticeship other courses and training. Students will receive one-to-one careers guidance, attend university open events, opportunities to engage and develop employability skills that will be valued by employers when entering the world of work.

Students will have the advantage of developing the skills and the confidence that characterise Trinity students who are known for their mature and confident approach.

In joining our Sixth Form students will have an opportunity to gain further qualifications in a very supportive and friendly environment. Indeed, we believe that this is what makes our Sixth Form special and a good place to continue all round education.

We are delighted to share out Trinity Sixth Form Video. Why not take a few minutes to explore our Sixth Form. [Welcome to Trinity Sixth Form – You Tube](#)

If any parents/carers would like further information, please contact Mr Alton, Senior Assistant Principal, via email malton@tcs-lourdesmac.org.uk

Trinity Catholic School

Guy's Cliffe Avenue, Leamington Spa, CV32 6NB

Tel: (01926) 428416

Website: www.trinity-school.org.uk



Mrs M La Spisa

Careers and Pathways Co-ordinator
Trinity Catholic School

EXTRA is primarily for information that we do not have room for in the weekly newsletter. But we can only publish what you send in; please send notices (100-200 words) to catholicleamington.extra@gmail.com by the **end of March**. **And we could do with more help, too! Let us know if you can help us:** Sue Sugars, Brian Austin, Caroline Graham (same address as above).

HOLY WEEK AT ST JOSEPH'S

Palm Sunday 28th March

9.00am Mass.

Monday of Holy Week 29th March

7.00pm Mass.

Tuesday of Holy Week 30th March.

9.30am Mass.

Wednesday of Holy Week 31st March

No Mass.

Maundy Thursday 1st April

10.00am Morning Prayer & Office of Readings.

7.00pm Mass of the Lord's Supper.

Good Friday 2nd April

10.00am Morning Prayer & Office of Readings.

3.00pm Solemn Liturgy of The Passion.

Holy Saturday 3rd April

10.00am Morning Prayer & Office of Readings.

7.30pm Easter Vigil.

Easter Sunday 4th April – Resurrection of the Lord.

9.00am Easter Sunday Mass and

11.00am Easter Sunday Mass

Easter Monday / Bank Holiday 5th April

9.30am Morning Mass *instead of 7.00pm.*

CATHOLIC LEAMINGTON WEBSITE

<https://www.catholicleamington.org.uk/>

Do you know about our PARISH ACTIVITIES?

Have you noticed the Welcoming Group?

<https://www.catholicleamington.org.uk/welcoming-group.html>

or use the navigation: PARISH ACTIVITIES > PARISH LIFE > WELCOMING GROUP

Have you joined the parish since coronavirus started?

If so, please see WELCOMING GROUP and contact Peter or Margaret

Peter and Margaret Dimambro

CATHOLIC LEAMINGTON

[HOME](#) [ABOUT US](#) [SACRAMENTS](#) [NEWSLETTER](#) [YOUTH](#) [SCHOOLS](#) [PARISH ACTIVITIES](#) [CONTACT](#)



CAFOD Lenten Prayer

Let us pray Loving God, we hear your call to all who thirst for a brighter future: Come to the water.

Pour out your Spirit upon us and lead us to walk alongside one another.

Let a desire for change well up within us.

May we overflow with compassion and love.

And as a stream wears away stone, may we reshape our world together to reflect your kingdom of hope for all.

Amen.



Parish Parcels for Easter

At Christmas, we were able to deliver about 35 parcels to people in the parish who have not been able to get to Mass. If you know of someone (it may be a family) who might be in this situation and who might appreciate a parish parcel at Easter, please contact maryrouse@rocketmail.com. The parcels will include prayer cards, a palm cross and a small gift, and are a way of the parish let those who can't come to Mass or leave their homes know that they are not forgotten.

LIVE SIMPLY

Make this Lent a time to help the planet. (it's really needing help)

If you are trying to cut down on meat and dairy in your diet, here's an economic way to make your own milk! Homemade milk can be stored in a glass bottle or jar and avoids disposable cartons, which are not always widely recycled (although possible).

Also, oat milk is one of the most environmentally friendly of the alternative sources of milk. The crop does not need massive amounts of water from a region where water is scarce (such as almond milk where most of the almonds come from California) or destroy forests to plant the crop (soya beans in South America). The oat milk manufacturing process produces small amounts of [carbon dioxide](#) and no [methane](#) (low [greenhouse gas](#) emissions), and requires relatively low use of water and land. Oat milk production requires 15 times less water than dairy milk and 8 times less than almond milk.

Oat milk can be made from

- 75 gram of porridge oats soaked for 6-8 hours in enough water to cover- in a cool place but not the fridge.
- Strain oats through a sieve and throw away the water.
- Place oats in a food processor or blender and add about 500ml of water
- Add flavouring if required – vanilla essence or syrup?
- Blend for 30 seconds.
- Strain through a sieve or muslin cloth and transfer to a glass bottle or jar and store in the fridge.

And you can still use the oats to make porridge. The oat milk is especially good on cereals as you might expect!

Also see [How to make oat milk recipe - BBC Good Food](#)

Jenny Armstrong

FEBRUARY NEWS

This month sees the beginning of the Lenten season, a time when we reflect on the passion of our Lord. As a youth group last week we contemplated our own suffering and times when we might have had to rely on Jesus to see us through. We were reminded that whilst periods of difficulty are inevitable in our fallen world, we are an Easter people and that hope is far greater than despair!

'I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe.' Eph.1:18

YOUTH PENITENTIAL SERVICE Wednesday 31st March 6.30pm



We will meet together via Zoom to watch a short video on the journey Jesus made during Holy Week. We will then pray through the Stations of the Cross and conclude with a penitential act led by Fr Benedict.

YOUTH CLUB Wednesdays 6.30-7.30pm via Zoom.



We will be continuing our faith formation study published by Ascension Press called 'Chosen: This is your Catholic Faith.' **All are welcome**, you can find out more about the programme on their website:

<https://ascensionpress.com/collections/chosen-this-is-your-catholic-faith>

Password: Hebrews11

[JOIN NOW](#)



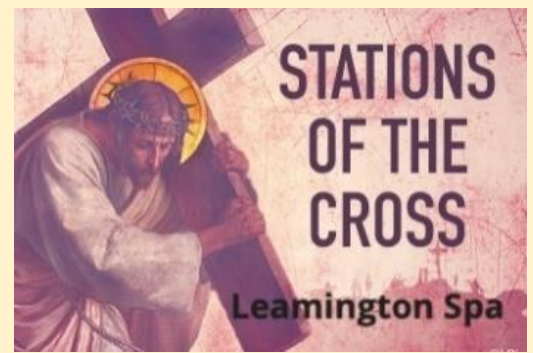
HOLY ROSARY

Fridays 3.30pm via Zoom.

If you would like to pray the Holy Rosary (or learn to pray it), you are invited to join me via the same Zoom link as youth club each Friday at 3.30pm, to mark the hour of our Lord's death on the cross.

YOUTH SOCIAL

Last month we had hoped to be meeting at the Escape Rooms in Leamington Spa. Unfortunately, because we have been placed in national lockdown we had to postpone our outing- again!! This is likely to be in rescheduled for April but I will confirm closer to the time



The parish youth team and chaplaincy at Trinity Catholic School have come together to produce a stations of the cross around Leamington Spa town centre. If you would like to walk the route as a family the details can be found on the [Youth Ministry@Home](#) page of the Catholic Leamington website.

I would like to put together a collage of photographs of families or individuals who have walked the route. If you would like to send me a photo please email it to catholicyouth7@gmail.com. I will then put these together to form a Stations of the Cross video to be sent to parishioners who might not be able to do the walk but would like to take part spiritually.

https://www.catholicleamington.org.uk/uploads/3/8/6/2/38626209/station_of_the_cross_leamington_spa.pdf

If you would like any further information about anything coming up for the youth this term please get in touch with myself or other members of the team as below:

Emma Rayment
catholicyouth7@gmail.com
rayment.e@welearn365.com
Parish Youth Ministry / Trinity Catholic School
Chaplaincy

Niall Herbert
nialls13@gmail.com
UNITE Catholic Youth Club

Rose Pauling
rosemary.pauling@btinternet.com
Young Adults / Youth 2000

Caroline Graham
caroline@readyforbaby.co.uk
Youth Worship Band

Did you know you can keep in touch by following us on social media?





We know Leamington is one of the furthest away places from the sea that you can live in England. However what we do here impacts what happens in the **world's oceans**. Our oceans are filled with items that do not belong there. Huge amounts of consumer plastics, metals, rubber, paper, textiles, derelict fishing gear, vessels, and other lost or discarded items enter the marine environment every day, making marine debris one of the most widespread pollution problems facing the world's oceans and waterways.

Here are a few easy and effective ways you can choose to reduce your daily impact and make a world of difference:

- **Bring a bag.** Remember to bring reusable bags when you go shopping.
- **Invest in a reusable water bottle.** Acquiring a reusable water bottle would not only greatly reduce the amount of single-use plastic you use, but it would also save you money in the long run!
- **Bring your own reusable cup.** Think about how many disposable cups are used every day in just your local coffee shop. Bringing a mug for your morning coffee can reduce the amount of waste you produce annually.
- **Refuse single-use items.** Take note on how often you rely on single-use items and choose to replace them with more sustainable versions. Refusing plastic straws and disposable cutlery when you go out and bringing your own containers for leftovers are a few ways you can start today.
- **Shop in bulk.** Consider the product-to -packaging ratio when purchasing items and choose larger containers instead of multiple smaller ones. When you have the option, also consider purchasing package-free foods and household goods.
- **Make sure your waste goes to the right place.** Do your best to ensure that the waste you dispose of ends up where it should. Recycle the materials that are recyclable.
- **Compost.** Composting at home reduces the volume of garbage sent to landfills and reduces the chance of some products becoming marine debris.
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Thanks to Martin Drew, Tachbrook Residents' Action on Climate Change from the Bishop's Tachbrook Magazine



GREEN ENERGY / SOLAR PANELS

Have you thought at one time or another that you would like to know if having solar panels on your roof was an option? The more energy we get from the sun, the less fossil fuels get burnt. If so, you may be interested to know, if not already aware, that Warwickshire County Council runs a scheme called **Solar Together** for cheaper solar panels.

“**Solar Together Warwickshire** is an innovative new scheme offering high-quality solar photovoltaic (PV) panels and battery storage. It is a group-buying scheme, which brings Warwickshire households together to get high-quality solar panels at a competitive price helping you through the process and keeping you informed at every stage.

“If you already have solar panels installed, you can also register to have battery storage added to your existing solar panels to maximise the benefits of your system.”

All the details of the scheme are here:

<https://www.warwickshire.gov.uk/solartogether>

The process is:

1. **Register before 23rd March 2021**
(it helps to know the approx. area of the roof space available)
2. **Receive a recommendation after 12th April**
3. **You decide**
4. **Install**

From Brian Austin.



SEND A MESSAGE OF HOPE

Action by Christians Against Torture (ACAT)

This Easter we want to send hope to those incarcerated for their convictions. Of the many cases only three individuals can receive cards of a religious nature.

(Postage to Europe and the rest of the world is £1.70 for up to 20g)

Germain Rukuki He has been in prison in Burundi since July 2017 for 32 years. His 'crime' was membership of ACAT-Burundi. In 2018 the African Commission on Human and Peoples' Rights urged the Burundi authorities to 'release ...human rights defenders'.

Do NOT mention ACAT - Germain Rukuki, Ngozi Prison 11, Ngozi Province, Burundi BY19

Déogratias Mushayikdi, a non-violent campaigner for peace and democracy in Rwanda, has been imprisoned for many years

Send to: ACAT-France – Rwanda, Action Déogratias Mushayikdi, 7, rue Georges Lardennois, 75019 Paris

Radio journalist **Mancho Bibixy** was sentenced in May 2018 by a military court in Cameroon to 15 years. He was considered a leader of a peaceful demonstration against the marginalization of the English-speaking minority. Mr Mancho Bibixy, Yaoundé Central Prison, 1000 Yaoundé, Cameroon

This very welcome message was received by ACATUK in January;

This is Mancho Bibixy, Yaounde Central Prison. I received many greeting cards and words of encouragement from many concerned individuals in the UK. I was so blessed and encouraged. Most of them heard about me from ACAT UK. I am so grateful to ACAT UK.

There are many more cases, but it is not safe for those imprisoned to receive religious cards. A sign that they are remembered by the outside world in the form of a non religious card would be appreciated. Please look at all the cases in acatuk.org.uk - our campaigns -Easter 2021 campaign

Nazanin Zaghari-Ratcliffe , unjustly imprisoned in Iran, has been on the ACAT list for a number of years. She is due to complete her five-year sentence on 7 March. Please pray that she will be released and restored to her family.

Diana Phillips



Coventry and Warwickshire Green Week – 8th to 14th March 2021

Green Week is a collaboration between University of Warwick, University of Coventry, Coventry City Council, Warwick District Council and Action 21 along with many others from all sectors to celebrate the environment, promote what is being done across the region and to provide ideas for how we can be more sustainable in our day-to-day lives and take action.

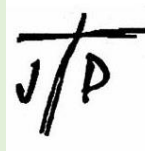
This year's theme is to promote how one small act can make a huge difference. Whether that is deciding to cycle or walk more or to eat less meat, they all add up and can make a difference.

Events for Green Week are usually based in Coventry and Leamington Spa, however, this year it is all taking place online which means that more people can take part wherever they live. The events vary from virtual repair cafes and up-cycling sessions to talks and webinars on various subjects including green careers, cycling and energy saving. A full list of events can be found on the Green Week website and many of the events require you to book a place in advance so make sure you do to avoid disappointment:

<http://greenweek.coventry.domains/events/>. There is also a Facebook page if you are interested in more information:

<https://www.facebook.com/GreenWeek2021>

Sioned Hammond-Jones



JUSTICE AND PEACE

There is a **Justice and Peace circulation list** and everyone is welcome to receive the notifications about **J&P, LiveSimply and CAFOD** etc; but you do have to **ask** to be put on the list – that's the law (GDPR) – so please email cl.jandp@gmail.com to receive them.