



### FAITH IN FOCUS: DO-IT-YOURSELF GRACE?

The problem with temptation is that we only recognise it after it's over. When we are actually being tempted we see what's on offer

as completely normal. That's why the smoker really believes that this little after-dinner light-up will not get them hooked once more, why the gambler is convinced that this bet on the cert means he'll never need to worry about money again, and the woman passing the pub is confident that she can enjoy this tittle without stepping onto the downward spiral.

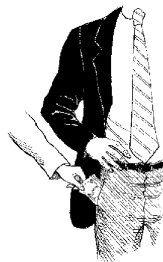
When the Spirit led Jesus out into the desert he was tempted by the devil. It's reassuring to know that even Jesus was tempted. But how was he able to resist the temptations? He could do it because he wasn't there alone; he was living in the Spirit. It was this close link with the Spirit that allowed him to refuse to give in.

Our society is hooked on the idea that we can improve ourselves by our own merits. Buy a self-help book and you'll be able to levitate, speak Yiddish in three days and cook gourmet meals while composing your latest harpsichord sonata. All you have to do is pull yourself together and make the effort.

Sometimes Christians are guilty of borrowing this flawed attitude and applying it to the way we relate to God and the way we deal with the spiritual challenges of our lives. So we end up thinking that when it comes to temptation the only solution is to be firm, to exercise our willpower and everything will fall into place. This is usually referred to as the "muscular Christian" syndrome.

But however many little victories we may win by using this method, the only way to defeat temptation permanently is recognise that we need God's help, God's grace, the life of his Spirit. We cannot save ourselves; only Jesus Christ can. We cannot flex our spiritual muscles and overcome sin; only God's grace can do that for us. If it were otherwise, then there would have been no need for Christ to die on the cross.

As this Lent begins we are reminded that temptation is part of daily life. But we are offered another forty days to seek out God's Spirit, to look for his life, to find the grace to resist temptation. And when we see others who have fallen at the hurdles of temptation, we become aware that there but for the grace of God I.



# ST. JOSEPH'S PARISH COLWYN BAY

01492-532670

[www.catholicchurchcolwynbay.co.uk](http://www.catholicchurchcolwynbay.co.uk)

## Sunday 13th March 2011 1st Sunday of Lent

### Prayer for the Parish

O God our Father and Creator

Where two or more are gathered together in your name  
you are there in their midst.

We bring to you our parish of St Joseph's to ask your blessing  
as we meet the challenges of our mission of witness and discipleship.

Give us courage and enthusiasm.

Give us spirit of initiative and originality of thought.

Give us charity and unity

and make us aware of each other as we work towards the renewal of our  
parish.

We ask this in the name of Jesus Christ our Lord.

Amen

St Joseph pray for us.

### EXPOSITION, ROSARY AND QUIET PRAYER

Saturday 11-00am to 12-00noon

### SATURDAY CONFESSIONS

11-00am to 11-30am

5-00pm to 5-30pm

### SATURDAY MASS

5-30pm

### SUNDAY MASSES

9.30 a.m., 11.00 a.m.

Monday 12.00 noon Mass

Tuesday 7-30pm Mass

Wednesday 12-30pm Mass

Thursday 9-30am Mass

Friday 12-00 noon Mass

**PLEASE REMEMBER** in your prayers all those who are sick, especially :

Basil Sanders, Mary Derrick, Peggy Porter, Edward Burke, Bridget McLaughlin, Fr Colm O'Riain OMI, Wendy Swinton, , Mary O'Leary, Fr Chris Dunne OMI, Eddie Mann, Neil Hogan, Mike Tobin, John Lyon, Rose Bostock., Drina Watts, Gay Merrick, Francis Shaw, William Richardson, Mary Bushell, Betty McCarthy, Peter Smith, Nancy Bowden, Anthony, Norman Graham, Josie Canning, Cathy Murphy, Eddie Hosker, Stacey Usher, Anne Boyle, Claire Carlson, Eva Rose Callaghan, Ernie Speakman, Derek Hughes, Annie Quinn.

**All whose Anniversaries occur around this time including**

Sr Eucharia (1999), Mary Ellwood (2009). Kathleen Farenden (2000), Ken Hall.

**Recently Deceased**

John William George Seaman. May Marron, Grace Smedley.

Last Week's Offertory Collection

Was

£634-28

(including £286-13 loose)

**Parish Bulletin**

Please note there is a box in the Presbytery hall for all items to be included in the Bulletin. The cut off point is Wednesday evening. Thank you.

**S.P.U.C. Little Feet Club**

**Little Feet Club**

Winner of the Little Feet draw

**Joan Little**

Next SPUC meeting 7-00pm  
31st March 2011.

**CAFOD Lent Fast Day**

**Friday 18th March**

Envelopes are now at the back of Church for the CAFOD Lent Fast Day on Friday 18th March 2011.

Envelopes will be collected over the weekend of 19th/20th March 2011.

**Parish Holiday to Somerset 11th April**

.....Late availability we have 2 singles and one twin room which must be sold!!

Please see

**John (Organist) ASAP**  
**01492 517038**

**REPOSITORY**  
**The Repository is open after both the Saturday and Sunday Masses And also from 12-30pm till 1-00pm**

**Baptisms are on the First Saturday of each month at 12-30pm**  
**Please see Fr. Declan**

**NOTICE BOARD**

Information or notices for the parish notice board should be given to Sr Clare in advance

"Walk with me" books are out at the back of Church for a small donation.

**PARISH NEWS**

**Visits to the sick and hospital visits**

If somebody is in hospital they will be visited by the hospital Chaplain. This is Fr Charles Ramsay for Glan Clwyd, Fr John Toole for Colwyn Bay and Fr Anthony Jones in Llandudno hospital. If you or a relative wish to see Fr Declan you need to let the office know and they will make an appointment.

**Adult Faith Group**

On the 26th March 2011 the Adult Faith Group, will again hold a parish retreat, hosted by Fr Martin and Sr Catherine from the Oblate Retreat Centre. The theme this time will be "Sharing Christ's suffering & looking forward with hope". Further information will be available, and registration commences at the start of March. In addition, to advise their work, the AFG would like to extend this program of parish development and run a series of evening sessions spread throughout the year. A range of topics are being considered, and to help us choose, it is proposed we will conduct a survey during all masses, the weekend of Sunday 6th March.

**Parish Pastoral Council**

The Parish Pastoral Council will be meeting in the Presbytery at 7-30pm in the Presbytery.

**Parish Finance Committee**

The next meeting of the Parish Finance Committee will be held on Thursday 24th March at 7-30pm in the Presbytery.

We would like to take this opportunity to thank all of those who have tried to improve our one source of income ie Mass Collection.

Our target is **£1000-00** per week and progress is good.

No of "Adult" Church going Parishioners	300
No of "Gift Aid" Contributors	108
No paying by Standing Order	27
No paying with Currency	30
No paying with Coins	135

**Deanery Lenten Penitential Service**

**Prayer and Confession with Priests from our Deanery and our Bishop Edwin Regan**

**Led by Bishop Edwin Regan with individual confession at Our Lady Star of the Sea Church in Llandudno, Wednesday 23rd March at 7-30pm.**

**This will be an opportunity for people to go to confession before Easter. It is expected to be Bishop Edwin's last official function in the Deanery before his retirement.**