

Hymns: Saturday: 563, 630, 430 **Sunday:** 563, 450, 430

The Universe Catholic Weekly is thrilled to announce that we have launched our new online newspaper with the full support of our first subscriber none other than His Eminence Cardinal Vincent Nichols. Order your Digital 4 weeks FREE trial supply by calling Michelle on 0743 661 7650 or email:

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Family Day & Holiday Club: The Family Day is on Saturday 30th April at St Ann's and will start with a bring your own picnic lunch at 12noon and will finish with the 5pm Mass. The Holiday club will take place 6th - 10th June at St Chad's – further details to follow. We need volunteers to help with both events. Please email us or speak to Victoria if you are able to help.

Lenten Reflections: Paul's People Wednesdays 12 – 12.30pm. This week 6th April will be at St Chad's. Next week (13th) will be at St Mary's. Tea and Coffee will be available after each service. Please note it won't include lunch this year.

No Greater Love: A Biblical Walk through Christ's Passion: continues every Friday in Lent from 7pm-8.30pm. We will meet in church to pray the Stations of the Cross, followed by a short video and discussion in the hall. All welcome.

Refreshments: Please join for refreshments after the 9.30am Sunday Mass in the Church Hall. All welcome.

Piety Stall: is in the hall entrance. We now have a selection of Easter cards available, as well as the usual items. Please have a look. All items are priced as marked. There is a box of the wall for any monies. Thank you.

Easter Flowers: If you would like to contribute to the Easter Flowers, please put your offering in an envelope marked 'Easter Flowers' and place it in the collection box. Thank you.

Thursday Coffee Morning: This week raised £50 for Little Sisters of the Poor.

Please pray for all those who are sick and for all those who have died recently. We also remember: Florence McCarron, Ernest Pimm, Mary Hayes, Arthur Endsor, Kathleen Batey, Annie Johnson, Francis Sullivan, Edna Allsop, Catherine Black, John Burrell, Jack Tate, Ellen O'Brien, Edward Atkins, Alice Brookes, Fr. Steven Tynan, Joan Nadin, Martin O'Brien, Emily Buckley, Harold Rigby, William Barton, Anthony Clarke, Elsie Kearney, Paul Blair, Kathleen Brough, Annie Maloney, Bon Hay and all those who anniversaries occur at this time. May they rest in peace.

Parish Safeguarding Reps: Noel Russell and Bernadette McCrory. If you have any concerns about safeguarding of children or vulnerable adults, please speak to them or contact them via the presbytery, in the strictest confidence.

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Office Hours: Thursdays 11am – 1pm

The Catholic Parish of St Chad, Cheadle



Priests: Fr. Sean Davidson & Fr. Louis Charuvila Pappy

Sunday 3rd April - 5th Sunday in Lent Year C

Dear brothers and sisters in Christ,

Lent is a time of conversion and spiritual growth. One thing we often need to be reminded of is that Jesus asks us to forgive others if we want our sins to be forgiven. This is important, not only for our eternal salvation, but also for our general health and well-being. I once heard a person of great spiritual insight say that many people were not only unhappy, but also physically unhealthy, because they refused to forgive. One who lets his or her heart be consumed in the flames of anger and bitterness cannot be at peace. A lack of peace in the soul cannot but have effects upon the body. Sometimes people say they refuse to forgive until the person who wounded them asks for forgiveness, but they often fail to realise that this attitude puts them entirely at the mercy of the one who wounded them. They remain chained to that person by negative feelings and the person may never ask for forgiveness. In all truth, we must acknowledge the injury done to us, but then try to forgive from the depths of our heart, regardless of whether or not the person has apologised. This sets us free to move on in peace.

Science now supports the idea that a lack of forgiveness has a negative impact upon our health. There have been several studies carried out in recent decades on the psychosomatic effects of forgiveness. It turns out that Jesus, in His divine wisdom, was actually giving us a healing remedy for soul, mind, and body. The John Hopkins University medical research team has information about these studies on their website www.hopkinsmedicine.org Here is some of what they have to say from a purely medical perspective about the benefits of forgiving others:

Whether it's a simple spat with your spouse or long-held resentment toward a family member or friend, unresolved conflict can go deeper than you may realize—it may be affecting your physical health. The good news: Studies have found that the act of forgiveness can reap huge rewards for your health, lowering the risk of heart attack; improving cholesterol levels and sleep; and reducing pain, blood pressure, and levels of anxiety, depression and stress. Chronic anger puts you into a fight-or-flight mode, which results in numerous changes in heart rate, blood pressure and immune response. Those changes, then, increase the risk of depression, heart disease and diabetes, among other conditions. Forgiveness, however, calms stress levels, leading to improved health. Forgiveness is not just

about saying the words. It is an active process in which you make a conscious decision to let go of negative feelings whether the person deserves it or not. Studies have found that some people are just naturally more forgiving. Consequently, they tend to be more satisfied with their lives and to have less depression, anxiety, stress, anger and hostility. People who hang on to grudges, however, are more likely to experience severe depression and post-traumatic stress disorder, as well as other health conditions.

May God bless you all. Fr Sean

Easter Services: Our Easter services are detailed below. Please note you do not need to book to attend any of the services.

Thursday 14th April Holy Thursday: 7pm

(Please note there will be no 9.30am Mass on this date)

Friday 15th April Children's Stations of the Cross – 10am

Good Friday Service 3pm

Saturday 16th April Easter Vigil 8pm

Sunday 17th April Easter Sunday 9.30am

Medjugorje Youth Festival- 2nd to 9th Aug 2022 led by Fr Tony McGrath. £645, return flights from Manchester Airport, 7 nights accommodation close to St James Church, full programme with Joe Walsh Tours. Breakfast & Dinner each day. This pilgrimage is for 18-35 year olds. Families with under 18's are also welcome. There is an information evening at Christ Church, Heald Green at 7.30pm on Wed 6th April. For more information or to register interest please email Fr Tony at christchurchhg@yahoo.co.uk

Attention all Gift Aid Donors: The tax year 2021/22 will be coming to an end on 5th April 2022 and the Parish will then make a claim to HMRC for Gift Aid refunds on all donations made in the tax year. Father Sean would like to take this opportunity to thank you all for the donations you have made over the course of this tax year. If your circumstances have changed and you no longer pay income tax (or if for any other reason you do not wish to remain in the Gift Aid Scheme) please let Mary McPeake our Parish Gift Aid Organiser know (m.mcpeake@btinternet.com Mob: 07929 075746) by 5th April 2022, otherwise it will be assumed you have paid sufficient income tax for the Parish to reclaim Gift Aid on donations you have made during the tax year. As an indication for every £1 per week that you give via gift aid, you must have paid £13 in tax in the year and for every £5 per month that you give, you must have paid £15 in tax in the year. In addition it is important that we keep our Gift Aid records up-to-date and therefore if you have moved house or change your name in the past year, we would be grateful if you could also let Mary know. Thank you

Mass Times & Intentions

Sat 2 nd	St Ann's St Chad's	5pm 6.30pm	Colin McNicholls RIP Adebukola Akanji
Sun 3 rd 5 th Lent Year C	St Chad's St Ann's	9.30am 11am	Vincent Collinge RIP For the parishioners of St Ann's & St Chad's
Mon 4 th St Isidore	St Ann's	10am	Mira De Souza's Intentions
Tues 5 th St Vincent Ferrer	St Ann's St Chad's	10am 6.30pm	Requiem - Anne Sprowson – RIP Sheilagh Tynan RIP
Wed 6 th	No Mass		
Thurs 7 th St John Baptist de la Salle	St Chad's	9.30am	Anne Nicholson
Fri 8 th	St Ann's	10am	Fr E Lohan RIP
Sat 9 th	St Ann's St Chad's	5pm 6.30pm	Patricia Kenny RIP For the parishioners of St Chad and St Ann
Sun 10 th Palm Sunday of the Passion of the Lord	St Chad's St Ann's	9.30am 11am	Pat McCarron RIP Mary Morgan RIP

Exposition of the Blessed Sacrament: Will take before Mass on Sundays and Tuesdays and from 9am-6pm on Thursday.

Confessions: Available 5.30pm – 6.15pm on Tuesday evenings in the sacristy. Also, available at other times on request by phoning the presbytery a minimum of 24 hours in advance to arrange.

Mass Intentions: Envelopes are available at the back of the church. Please post the envelope through the presbytery door once completed. Please note that we are now up to September with Mass Intentions. If you would like an intention on a specific date, please write it on the envelope and we will do our best to accommodate your request.

Perpetual Adoration: Every Thursday 9am-6pm. There is a sign up sheet at the back of church. You are welcome to come along at any time during the day.

Gift Aid envelopes for next year are available for collection from Saturday 12th March. The boxes are labelled and they are at the back of church.