

4th Sunday of Lent
Year A
Psalter Week 4

St. Laurence's Roman Catholic Church

91 Milton Road, Cambridge, CB4 1XB

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



PARISH PRIEST

Fr. Robin Joseph CRM

robinjosephcrm@rcdea.org.uk

ASSISTANT PRIEST

Fr. Alex Sunny CRM

OFFICE MANAGER

Emanuela Di Pietro

01223 987091

Office hours:

Tue/Wed/Fri

10am-3pm

office@saintlaurence.org.uk

DEACON

Rev. Dr. Geoff Cook

01223 351650

TREASURERS

Una Mannu

Domenico Cirillo

treasurer@saintlaurence.org.uk

PARISH SAFE-

GUARDING REPS:

Jim & Mary Jane

O'Sullivan

safeguarding@saintlaurence.org.uk

CHURCH OPEN

Daily 8am until dusk.

COFFEE HUB

Saturdays 10 – 11.30am

CONFESSIONS

Please see schedule for regular confession times. Also available on request.

BAPTISMS

Please contact the parish office.

ST. PATRICK'S SOS

PRAYERLINE

(London Catholic):

020 7434 9211

(Evenings 7-11 PM).

THE PILGRIM

pilgrim@saintlaurence.org.uk

Roman Catholic

Diocese of East Anglia

Registered Charity

number: 278742

Saturday	14 th	March	Lent Feria
9:00 am		Rosary	
9:30 am		Mass	Mary Lawless + (SM)
10:00 am		Confessions	<i>until 10:30 am</i>
5:30 pm		Confessions	<i>until 5:50 pm</i>
6:00 pm		Mass	Eric Nisbet + (CN)
7:30 pm		Mass in Polish	
Sunday	15 th	March	4 TH SUNDAY OF LENT
8:00 am		Mass	Norah and Joseph Harrison
9:30 am		Mass	For the People
11:15 am*		Mass	Fr Enio Ramalho Esteves, SDB (TD)
3:00 pm		Stations of the Cross	<i>In Tetum-East Timor language</i>
Monday	16 th	March	Lent Feria
9:30 am		Mass	Emelda Lum + (CWAC)
Tuesday	17 th	March	St Patrick
12:30 pm		Mass	Belinda Holden + (F)
7:00 pm		Mass	<i>followed by celebrations in the Hall</i>
Wednesday	18 th	March	Lent Feria
9:30 am		Mass	Emelda Lum + (CWAC)
11:00 am		Requiem Mass	Carmelina Cinque +
7:00 pm		Mass, Adoration & Confessions	
Thursday	19 th	March	St Joseph
6:30 pm		Lectio Divina	
7:30 pm		Solemn Mass	Jim Doyle + (HA)
			<i>followed by celebrations in the Hall</i>
Friday	20 th	March	Lent Feria
10:00 am		Requiem Mass	Natasha Chitanda +
12:30 pm		Mass	Ken and Gwen + (BQ)
6:30 pm		Stations of the Cross	
7:00 pm		Mass, Adoration & Confessions	Pam Rozario-Freeman + (MD)
Saturday	21 st	March	Lent Feria
9:00 am		Rosary	
9:30 am		Mass	Emelda Lum + (CWAC)
10:00 am		Confessions	<i>until 10:30 am</i>
4:00 pm		Mass in Spanish	
5:30 pm		Confessions	<i>until 5:50 pm</i>
6:00 pm		Mass	Emerito Yabut Barrera & Corazon Rivera Barrera + (JRC)
7:30 pm		Mass in Polish	
Sunday	22 nd	March	5 TH SUNDAY OF LENT
8:00 am		Mass	Emelda Lum + (CWAC)
9:30 am		Mass	For the People
11:15 am*		Mass	Carmelina Cinque + (NA)
6:30 pm		St. of the Cross	<i>In Tetum-East Timor language</i>

***Please join us in the parish room for tea and coffee after 11.15 Sunday Mass.**

Parish Offering

Many thanks for your offerings to the parish. Please do continue to give via the internet bank payment. Our details are:

ST LAURENCE'S CHURCH
Sort Code: 09-01-53
Account Number: 14255486

Readings for Sunday (CTS 171)

First Reading: First Samuel 16: 1, 6-7, 10-13a

David is anointed king of Israel.

Psalms 23 (22)

The Lord is my shepherd; there is nothing I shall want.

Second Reading: Ephesians 5: 8-14

Arise from the dead, and Christ will shine on you.

Gospel: John 9: 1-41

He went and washed and received his sight.

Those recently deceased

Phyllis Bolger, Rita Anthonypillai, Natasha Chitanda, Carmelina Cinque, Lucia Chuli, Jane Bradshaw, Maria Sylvester, Joyce Adams, David Lewis, Anthony Masterson, Susan Littlechild, Pauline Brown, Mary Black, Reginald John Sherlock, Teresa Morris, Christopher Duckworth.

Those whose anniversaries occur at this time

Brian Hancock, Winifred Christine Rigg, Kate d'Armada, Patricia Fawcett, Richard Armstrong Wilson, Angela Tonkin, Anthony Edward Ashworth Belinda Holden, Edward Verdult, Hanna Srzedzinska Moya Willett, Patrick Griffin Bertha Waight, Isabella De Luca, Kathleen McGann Michael Roe, Vera Lee Alan Dant, Jim (James) Doyle, Margaret Constable, Mary Sykes, Papken Ashdjian, Richard O'Driscoll Alan McKenzie, James Walker, Magdi Yousif Girgis, Mario Cataldo, Stefanie Chomyn, Heironim Florek, Jeremiah Shanahan, Hilary Clay, John Connor.

Those who are sick

Samantha Edwards, Alex Riches, Fatima da Costa, Giovanni Cirillo, Anna Battistelli, Florence Gordon, Christine Josephine, Ellen McQuillan, Mary Gullick, Augusta Dean, John Mongan, Peter Bradshaw, Shelly Ward, Mary Holmes, Sennan Bolger, Tony Cook, Daniel Clark, Sue Goodbody, Paul Black, Satti Apudrai, Leo & Claire Rossiter, Fiona Bolger, Darcie DaCosta, Margaret Plumb, Frank Kennedy, Teresa Brett, Isabel Grande, Doreen Crampsey, Martin Cox, Charles McEwan, Ruth Lindsey Scott, Madeline Stacey, Nora O'Reilly, Rebecca Londei, Rebecca Morgan, Marie Morgan, Anne Baytell, Patricia Bentley.

NOTABLE AND NEW

OFFICE HOURS FOR NEXT WEEK: The office will be open on Tuesday, Wednesday, and Thursday. If you have items for the Newsletter, please submit them for approval by Wednesday morning. We will return to our regular schedule the following week.

CHRISM MASS: Anyone interested in participating in the Chrism Mass, Tuesday, March 31, 11.30 am in The Cathedral of St John the Baptist, Norwich, please send a message to the office. More details on transport will follow.

EASTER CARDS SOLD BY CONFIRMATION CANDIDATES: this weekend after each Mass. All monies raised will help towards expenses for the journey to Confirmation. Thank you

ST. PATRICK'S DAY CELEBRATION: Please join us at 7 pm for Holy Mass on Tuesday, March 17th followed by a bring & share celebration in the Parish Hall for St Patrick's Day! All are welcome.

NOVENA FOR ST. JOSEPH: From March 10th we will have a Novena after every Mass in preparation for the feast of St Joseph. On the feast day, on Thursday 19th March, after 7.30 pm Mass, please join us for bring & share refreshments in the Hall. All are welcome. Please, note that there will not be morning Mass on Thursday 19th March.

RENEW YOUR HEART: AFRICAN CATHOLIC COMMUNITY LENTEN RETREAT: Join the African Catholic Community in Cambridge for a Lenten Retreat, "Discovering the Power of Forgiveness," led by Rev Fr Alvan Ibeh SMMM. Experience a day of Holy Mass, Adoration, insightful talks, and fellowship. A dedicated children's program is also available. Saturday, 21st March 10am-3.30pm at St Laurence's. Step away from the busyness of life to experience God's transformative mercy.

DAY OF RECOLLECTION FOR WOMEN: Fr Paul Diaper, priest of Opus Dei, will be in St Laurence on Sunday 22nd March 2026 and will preach a short afternoon of recollection 2.30 – 4.30pm. A great way to follow through Lent. Confession/Guided Prayer/Rosary/Benediction. For more information, please contact: Judith Sheehan 07868055620

SOWING THE SEEDS OF SELF-SUFFICIENCY: Building on Frank and Sandy's work, we are relaunching the Presbytery vegetable garden! Our goal is a resilient parish, starting with food and expanding to water and energy. We need volunteers for: **Gardening:** Digging, planting, and tending. **Specialists:** Soil, pests, composting, or medicinal herbs. **Resources:** Water purification and food preservation. Whether you're an expert or a beginner, join us! Contact the St Laurence's Parish Office.

PARISH GROUPS

NEIGHBOURHOOD PRAYER GROUPS:

The Histon, Girton and Oakington prayer group will meet on Monday 16th March at 2pm. If you would like to join, please contact Barbara (b.quail@ntlworld.com) for directions. The Northstowe/Barhill/Longstanton prayer group will meet on Tuesday 24th March at 7pm. If you would like to join, please contact Sandy (trinityhopeful@outlook.com) for directions. The Arbury and King's Hedges prayer group will meet on Monday 23rd March at 7.30 pm. If you would like to join, please contact Erminia (e.carillo79@gmail.com) for directions.

SoulFOOD: Soulfood Prayer Group meets on Tuesdays at 7.45 pm after Mass. Please join us for a Spirit-filled hour of prayer and worship. Everyone is welcome.

CATHOLIC WOMEN'S LEAGUE: Our usual Lent soup lunches will be every Friday after the 12.30 Mass. All are welcome. From our lunch last Friday, in memory of Phyllis Bolger, we sent £100 to the Headway Charity.

OTHER NEWS

PLEASE PRAY FOR CARMELINA CINQUE, NATASHA CHITANDA, AND PHYLLIS BOLGER, who recently passed away, and for their grieving families. Requiem Masses are scheduled for **Carmelina** (18 March, 11:00 am), **Natasha** (20 March, 10:00am) and **Phyllis** (26 March, 1 pm)

OLIVE WOOD CARVINGS FROM THE HOLY LAND – SALE AT ST LAURENCE ON 21/22 MARCH: We are the Good Shepherd Company, originally from Bethlehem and now based in Nottingham. Through the sale of olive wood carvings, we support the Christian families in the Holy Land, for whom this craft is a vital source of income. By helping sell their work here, we contribute to keeping families employed and rooted in their homeland. Thank you very much for your kindness and support.

FAMILY OF PARISHIONERS LOOKING FOR ACCOMMODATION: Henry, PhD student at the University of Cambridge, and his family need to find a new accommodation before 25th April 2026. They are reaching out to any parishioners with houses for rent. The CB4 area is preferred with access to King's Hedges school. They are a family of 2 adults and 3 children of school-going age. They are looking for a 2 or 3-bedroom house. If you can help, please contact Henry Lugobe at henrylugobe@yahoo.com.

MASS INTENTION REQUESTS: Masses may be offered for any intention, including birthdays, illness, or the repose of a soul:

- **ONLINE (NEW PREFERRED OPTION):** Complete the form on our website at the following link <https://www.saintlaurence.org.uk/intentions/> or scan the QR code.
- Paper Forms: Available in the church porch; please return to the black post box.
- Donations: Please specify if paying via Cash, Dona Machine, or Bank Transfer.



As required by Canon Law, the parish maintains records of all intentions, stipends, and dates.

CHILDREN'S LITURGY MOST SUNDAYS DURING BOTH THE 9:30 AM AND 11:15 AM MASSES. Children's Liturgy is available most Sundays during the 9:30 am and 11:15 am Masses. Children are invited after the opening hymn for an age-appropriate Gospel session, returning at the Offertory. To help our volunteers focus on the liturgy, please pre-register your child via the parish portal or the QR code provided. For assistance, please speak to a volunteer after Mass.

