



# CATHOLIC CHAPLAINCY TO THE LIVERPOOL UNIVERSITIES

The University Church of St Philip Neri Church ~ "The Oratory Church"

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**3<sup>rd</sup> March 2024**  
**Third Sunday of Lent**



The Readings for today's Mass are those of Year A  
(see below for the reason why!)

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Events for Students and University Members:

## Masses & Services This Week:

**Monday:** 8am Mass at the [Missionaries of Charity](#) house, 55 Seel street – students are always welcome!

**Tuesday:** Morning prayer 8am, followed by breakfast; Mass 6pm \*

**Wednesday:** 12.30pm Mass at Faith Express

**Thursday:** Mass 5.30pm (no adoration or shared meal)

\*events in the chaplaincy; Blackburne Place entrance

**Sunday:** Confession: 5.15 – 5.35pm; Mass 6pm

## The Journey to Initiation...

Today during Mass we will celebrate the First of three 'Scrutinies' which Rosie and Chloe will take part in over the next 3 Sundays, as part of their journey towards Initiation. We pray that they will be freed from the power of evil and enlightened by Jesus Christ. They will also say the Creed, together with us. The prayers of the short Rite during Mass are based on the Gospel of the Woman at the Well, (Jn 4), so the Church asks us to use the readings of Year A.

*House Prayer & Fellowship Tuesday 7pm in the Student House (30 Catharine St: ring the bell marked 'students')  
Reflection & prayer on the Word of God*

## Wednesday lunchtime at Faith Express.

We will be starting a series of discussions

looking at **saints**: what they taught, and what they have to bring to us today. 1pm (after 12.30 Mass)...bring your lunch!!



**An idea for Lent...Why not join the 'Holy Breakfast Club'! We meet at 8am on Tuesdays in the chaplaincy to pray Morning Prayer, then at 8.15 we have breakfast together. A great way to start the day!!**

**Weekly Collection & other donations, you can pay online at** [philipnerihouse.sumupstore.com](http://philipnerihouse.sumupstore.com)  
Thank you so much for your contributions



## University Islamic Society

**Interfaith Panel Discussion Thursday 7<sup>th</sup> February.** Fr Neil will be one of several panellists representing different faiths. The discussion will address questions about what our respective faiths have to say about these and other questions:

**How do we conceptualise God?  
What separates men from animals?  
What role does science play in religion?**

**Location: 502 Building, Lecture Theatre 2  
Time: 6:15pm**

*There will be Mass in the Chaplaincy at 5.30pm, but no Adoration or shared meal.*

**On Friday the Archbishop has called for a special day of prayer for the Holy Land. There will be Exposition of the Blessed Sacrament from 4-5pm in the Cathedral, and Mass led by the Archbishop at 5pm**

On Thursday 14<sup>th</sup> March, Sr Lynne, Vocations Promoter for the fcl sisters, will be joining us for prayer and food, and then give us a talk on discerning our personal vocations.



**The £67 raised on Shrove Tuesday Pancake night** has been passed to Mary's Meals. This donation alone is enough to feed 3 children lunch every day for a year!

----- **Vegetarian, Vegan or special diets:** for events with catering, we are happy to provide suitable alternatives if you **let us know in advance** you are coming, and tell us what you can or can't have!

**Please note:** all chaplaincy events are open to university members who are **18 yrs of age or older**. If you are under 18 at the moment, please make yourself known to Fr Neil or to Hana

# How I Pray (3)

*Continuing our series of reflections of prayer, James Moroney, former Chaplaincy Assistant, offers this weeks reflection....*

St Paul encourages the Thessalonians to ‘pray continuously’ But how is this possible? Prayer might be about particular instances of communication (particular times, words, gestures, thoughts) but it can also be about communion (a state of union). There was a nice reading in the Office of readings on the Friday after Ash Wednesday:

“The Highest good is prayer and conversation with God, because it means we are in God’s company and in union with him...; when a soul is intent on God, God’s inextinguishable light shines into it and makes it bright and clear...Prayer lifts the soul into heaven where its hugs God in an indescribable embrace”

What attitudes do you think are most important in becoming prayerful people? Here I share a few thoughts and ideas

**Nourishing a friendship:** Jesus calls his disciples friends (Jn15:15). What does it mean to be a friend? We enjoy being with our friends, share our thoughts and desires and will make time for them. Our friends do not impose themselves and are happy to see us happy. They may challenge and correct us without a fear that this will damage the relationship. Unlike human friends God is always with us and knows us better than we know ourselves. All our other relationships come as gifts from God. We do not need to fear separation or justify ourselves. We do not need to impress God. Sometimes I find just lying on the bed can be best place for praying! “Before ever a word is on my lips, you know it O Lord through and Through” (Psalm 139). *Do I look forward to moments where I direct my full attention to God?*

**Take time:** I find it difficult to pray for very long but often find it takes some minutes to let go of thoughts and distractions. A way of prayer, like the rosary, that forces me to take time and helps me forget myself can help. At the same time it may be more about quality than quantity: St Benedict advises: ‘Prayer should be short and pure, unless perhaps it is prolonged under the inspiration of divine grace. In community, however, prayer should always be brief.’ *Am I always in rush when I pray? Does prayer become an ‘activity’ to complete as part of my schedule?*

**Prayer is not an achievement or competition:** It is natural to want to see fruits from the things we do. Pray has fruit but it’s probably a mistake to have specific expectations or targets. It can be easy to compare ourselves to others or to try to copy them. I like the parable of the Pharisee and the publican (Lk 18). The Pharisee just talks to himself and about himself under the illusion that this is prayer: The publican at the back is the one whose ego has really been broken to let in the light of God. Fr Timothy Radcliff in a recent book ‘Questioning God’ says: “We may resist real conversation with God by blocking our ears with long prayers and extravagant devotions...just to get away from the dangerous business of listening to the Divine word which will transform us into God’s friends.” *How does my prayer make me feel? Can my prayer ever become more about me and what I do than about God? Am I humbly inspired by others or do I compare or try to copy others too much?*

**Ready to listen; Ready to Change:** I think the words above lead on to considering how open we are when praying. Is our prayer just a routine that makes us feel better or are we open to real changes in our attitudes and choices? I find slowly reading the daily Gospel helpful as a concrete attempt to listen to something I have not chosen. It may touch my present concerns or take me away from them. Recalling a particular verse during the day may help: ‘be compassionate as your father is compassionate’, ‘a pure heart create for me O God’, ‘where your treasure is there will your heart be also’, ‘This is my beloved Son, Listen to him’. We can also listen to silence. Listen with the ear of the Heart in the words of St Benedict. *Is my prayer more about talking or listening?*

**Praying for others and being prayed for:** I am sure that when we pray for people our view of them is changed. It is interesting that Jesus tells us to pray to ‘Our Father’. The image of Moses in the Old Testament with his arms being held up by others give a nice image of how important mutual support can be. Prayer can connect us and make us aware of the connection that already exists. Others also give an example of prayer and can open our eyes when we hear their intercessions. Pope Francis comments on how beautiful it is when our prayers are filled with names and faces. What about praying with rosary beads but just remember a person on each bead? *Who do I pray for? How do I keep people in my prayers?*

**Don’t be disheartened:** It can be easy to give up on times of prayer when we find ourselves in a low mood or with many distractions or commitments. Many saints also talk about continuing with prayer even when it stops being accompanied by good feelings or when God seems absent. St Benedict has some nice advice about keeping prayer central: “Make prayer the first step of anything good you attempt. Persevere and do not weaken in that prayer. Pray with confidence because God, in his love and forgiveness, has counted us as his own sons and daughters.” *Can I give up on prayer when I don’t feel like prayer or I feel I have disappointed God?*

**Routine and Inspiration:** It is good to have a routine with prayer but also be open to inspiration or interruption. It’s a shame to turn down these little invitations from God breaking into the day. Maybe an impulse to pop into an open Church and spend a few moments with the blessed Sacrament: Or just to stop and notice the smells and sounds around us: Or stop and take account of the taste of the food we are eating. *What is my prayer routine? Am I open to inspiration?*

**Thank you, sorry, please, I love you:** Pope Francis mentions often these words as the bedrock of family life. I like the moment before sleeping as a time to look back on the Day. What is the first and last thing I do each day? How do these words feature in my prayer?

*“I ask you to look into your hearts, each day, to find the source of all true love. Jesus is always there. Quietly waiting for us to be still with him and to hear his voice. Deep within your heart, he is calling you to spend time with him in prayer, but this kind of prayer, real prayer, requires discipline.” Pope Benedict UK Visit, 2010*



St Dominic at Prayer, detail by Fra Angelico, Florence