

10 tips for spiritual growth

-by Remez Sasson

1. Read spiritual and uplifting books. Think about what you read, and find out how you can use the information in your life.
2. Meditate for at least 15 minutes every day. If you do not know how to meditate, it is easy to find books, websites or teachers who can teach you.
3. Learn to make your mind quiet through concentration exercises and meditation.
4. Acknowledge the fact that you are a spirit with a physical body, not a physical body with a spirit. If you can really accept this idea, it will change your attitude towards many things in your life.
5. Look often into yourself and into your mind, and try to find out what it is that makes you feel conscious and alive.
6. Think positive. If you find yourself thinking negatively, immediately switch to thinking positively. Be in control of what enters your mind. Open the door for the positive and close it for the negative.
7. Develop the happiness habit, by always looking at the bright side of life and endeavouring to be happy. Happiness comes from within. Do not let your outer circumstances decide your happiness for you.
8. Exercise often your will power and decision making ability. This strengthens you and gives you control over your mind.
9. Thank the Universe for everything that you get.
10. Develop tolerance, patience, tact and consideration for others.

Spiritual growth is the birth right of everyone. It is the key to a life of happiness and peace of mind, and the manifesting the enormous power of the inner spirit. The level of the manifestation of spirituality is dependent on how much the inner spirit is close to the surface and on how much it is hidden by our thoughts, beliefs and negative habits.

St Aelred's Harrogate Parish Bulletin

7th Sunday of Ordinary Time

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Fr Jim Leavy	889442	Email staelredschurch@yahoo.co.uk
Deacon David	560279	
Hall bookings online : staelredshall@gmail		

Sat	6.30pm	People of the Parish
Sun	10am	Jean Gantier
Mon	9am	Richard and Barbara in thanks
Tues	9am	Marie Campopiano
Weds	9am	Frank Andrews
	7pm	Special Intention
Thurs	9am	Stephen Arthur Featherstone
Fri	9am	November List
Sat	-	-

Your prayers are asked for the sick: Pedro Ballester Jr, Anne Jensen, Vaneeta Dhoat, Marjorie Morris, Paul Williams, Brian Standing, Grace Buck, Alex Hobson

Anniversaries: Frank Andrews

DAY	Eucharistic Minister	Reader	Prayers
SAT	Pat Hudson, Robert Snelling, Edna Gibson, Janet Snelling	Ashley Timson, Margaret Rafferty	Michael McCann
SUN	Margaret Boland, Tim Bird, John Cornforth, Hilda Sparks	Gill Turner, Eileen Gilhooly	Geoff King

Confirmation—This is the last weekend for applying for preparation for this Sacrament. Candidates please let Fr Jim or Julie Boothman know.

LENT begins on Wednesday, when we will have the blessing of ashes and the marking of our foreheads. We hope it will be a time of renewal for all of us. Copies of our programme for Lent are at the back of church.

Sacrament of Reconciliation (Confession): Saturday 10.30-11am or any time on request

Dine at the Deanery – hosted by Catholic Care—The next Deanery Lunch will be on Friday 3rd March 2017 from 12.30pm–2pm at St Robert's Club, Robert Street, Harrogate. Come along and enjoy lunch with a cup of tea or coffee while chatting to old friends or making new ones. £5 for Hot meal, Dessert, Tea or Coffee – booking necessary for catering purposes. For more information or to book your lunch please contact Rachel on 07739 975021 or sign the list on the noticeboard.

Growing a Dementia Friendly Church, Sat 4th March, at Jennyfield Evangelical church. Run by Wellspring: for details tel 881881 www.wellspringtherapy.co.uk

The Women's Group run by the Refugee Council in Harrogate would like to start knitting. If anyone has any odd balls of wool going spare

please leave at the back of church in the box labelled Wool. Many thanks, Barbara. If you would like to read about how one Syrian family are progressing read Alan and Ghaith's story on [http://www.refugeecouncil.org.uk/latest/blogs/4821 we are the refugee council we are here to take you to your new home](http://www.refugeecouncil.org.uk/latest/blogs/4821_we_are_the_refugee_council_we_are_here_to_take_you_to_your_new_home)

SVP Collection of Clothes for St Vincent's Centre, Leeds—We are collecting the items below, after both masses on the weekend of 25/26 Feb. Please donate good quality and clean clothes; only clothes you, or family members, would want to wear. Particularly - Work Ware, Suits, Coats, Children's and Baby clothes, Shoes, Bags and household items including bedding and electrical goods in working order. Do not donate second hand underclothes. Donations of new underclothes are needed. If you have items to donate but can't get them to church please contact Jim White 886815 or Julie Parker 888131. Many thanks.

Parish Council Minutes—Minutes of the last meeting are available at the back of the church (limited numbers). Those wishing to receive copies by email, please contact Chrishumble@tiderunner.co.uk

WOMEN'S WORLD DAY OF PRAYER *Am I being Unfair to You?* Wesley Chapel Friday 3rd March 2017 2.00pm The service this year is written by Christian women from the Philippines. It lasts an hour *Followed by light refreshments.*

Please join us for tea and coffee after 10am Mass

Chaplaincy Volunteering at Harrogate Hospital. There are several vacancies on the Catholic Rota for the Hospital. Volunteers visit a wing of the hospital for a few hours every four weeks to see the Catholic patients who wish to be visited and take Communion to some. Any potential volunteer would need to see Fr Jim first for a chat.

Luncheon Club—our next Parish lunch is on Friday 10th March at 12 noon. The menu is salmon fillet, potatoes and salad. Dessert is bread and butter pudding. After much discussion it has been decided to increase the cost to £4 so that as well as covering costs, some charitable donation can be made. Please sign up on the list at the back of Church, indicating if you would prefer a non-salmon alternative. Any help with food or on the day would be much appreciated, please call Julie on 500311/07960366698 if you are able to help.

CAFOD - all welcome to join the parish group meeting this Tuesday evening in the parish room at 7.30pm.

Lent begins this coming Wednesday and **Lenten Boxes** will be available (as in previous years) this weekend. By your support through prayers, fasting and taking action we have the opportunity to change lives and stand in solidarity with those who need our help. Thank you for all your support

Deanery day of renewal, Saturday 11th March from 11.30 to 4.00 pm in St Aelred's church hall, St. Aelred's Church, Woodlands Drive, Harrogate HS27BE

Speaker will be Sister Mary Bernard Potter a sister of Charity of St. Paul. She is a lively, encouraging and informed speaker. She is currently a volunteer chaplain at H.M. prison, Leeds. The title of her talk is "Anchor your heart in Hope, not false security. There will be a shared table for lunch so please bring a small contribution. For further information please ring Dolores Omand 870789

Last Week's Collection: Loose £215.66 Gift Aid £374.20; Planned £78.00 Total £667.88. Many thanks to all!

Congratulations to Tom and Marion Darwen, who celebrated their Diamond Jubilee of marriage on Thursday. They have been active members of our parish for many many years and we pray that God will continue to bless them and support them.

This week's Birthdays:

HAPPY BIRTHDAY!

Alicia Kasperowicz

Lucy Rennison

