

to the beginning of their sixtieth year. Nevertheless, pastors and parents are to see to it that minors who are not bound by the law of fast and abstinence are educated in an authentic sense of penance.

Canon 1253: It is for the conference of bishops to determine more precisely the observance of fast and abstinence and to substitute in whole or in part for fast and abstinence other forms of penance, especially works of charity and exercises of piety.

The Church, therefore, has two forms of official penitential practices - three if the Eucharistic fast of one hour before Communion is included.

STATIONS OF THE CROSS: The Stations of the Cross are usually a 14-step Catholic devotion that commemorates Jesus Christ's last day on Earth as a man. The 14 devotions, or stations, focus on specific events of His last day, beginning with His condemnation. The stations are commonly used as a mini pilgrimage as the individual moves from station to station. At each station, the individual recalls and meditates on a specific event from Christ's last day. Specific prayers are recited, then the individual moves to the next station until all 14 are complete.

The Stations of the Cross are commonly found in churches as a series of 14 small icons or images. They can also appear in church yards arranged along paths. The stations are most commonly prayed during Lent on Wednesdays and Fridays, and especially on Good Friday, the day of the year upon which the events actually occurred. Please note the times of the services at the back of the Parish Newsletter.

SCIAF BOXES: If you have not done so already, please take your SCIAF package which is located at the back of the Church.

ARISAIG PARISH:

HEATING UPDATE: Due to continuous problems with the boiler in the Chapel House, I have obtained some quotes for the new boiler. It turned out that the cheapest way to replace it is to buy the new boiler on the internet and then organise the installation. It is still a huge expense, so any help would be much appreciated. Since the system will be drained, I have asked for an additional radiator to be installed in the kitchen.

MORE GUESTS: Last Thursday, Fr Tony Wood and his brother were staying in the Chapel House. It was good to see Fr Tony. Also on this occasion, Fr Tony took away some of the remaining building materials from the time of the Tower repair. He desperately needs them in Campbeltown and I was happy for St. Kieran's to make use of it.

DIOCESAN LEVY: The amount we pay the Diocese every month will change from £288 to £273. This is due to the decrease in Parish Collections in the last year.

MORAR PARISH:

CONFIRMATIONS: We are happy to see Bishop McGee with us in Mallaig this Sunday. I thank Bishop Brian that despite all the duties of his pastoral ministry he was still able to come and Celebrate Confirmations with us! Congratulations also to our young confirmands and their parents!

ECUMENICAL SERVICE: This year is St. Patrick's turn to host the World Day of Prayer on 3rd of March. I would appreciate if maybe you could volunteer to help (tea/coffee, cakes, readings etc.). Please speak to Isa and Peggy, who will be coordinating the preparations. There is a list at the back of the church in Mallaig for volunteers. Please help if you can!

DIOCESAN LEVY: The amount we pay the Diocese every month will change from £391 to £376. This is due to the decrease in Parish Collections in the last year.

CATFIGHT: One of the mouse catchers (black one) has been in a fight recently. As a wounded soldier, he has lost an eye, but bravely defended his territory from foreign invaders. He is undergoing treatment which means better food and more attention, plus an inconvenience of trips to the vet and medicine application 3 times a day! I hope he will recover and eye surgery will not be necessary.

MINGARRY PARISH:

PARISH COUNCIL: Parish Council would be on **12th March**, after Sunday Mass in Mingarry.

SUPPLY: Fr Slavin will celebrate the Mass in Mingarry on 26th February in my absence due to Confirmations in Mallaig. I thank him for his support.

ECUMENICAL SERVICE: World Day of Prayer - Fri 3rd March, 7pm Acharacle Community Centre. Church of Scotland are organizing this year's service and have asked Mingarry to cover the short, dramatized Bible reading. This is not acted out but uses different voices to read the parts. We need at least 4 and preferably 6 volunteers - most parts have only one sentence! Let Jean Whitton know if you can help.

DIOCESAN LEVY: The amount we pay the Diocese every month will change from £79 to £76. This is due to the decrease in Parish Collections in the last year.

COLLECTIONS:

Morar/Mallaig:	
19.02.....	£435 (Gift Aid £309)
Arisaig:	
19.02.....	£274 (Gift Aid £126)
Mingarry:	
19.02.....	£150 (Gift Aid £105)