

**Our Lady & St Etheldreda, Newmarket
14 Exeter Road CB8 8LT
Our Lady & St Philip Neri,
Kirtling CB8 9PA
Telephone 01638 662492
Email: stetheldreda@btinternet.com
Website: www.olise.co.uk**

THE MONTH OF MARY



May 3rd 2020

4th Week of Easter

Psalter Week 4

Mass Intentions for the Coming Week.

SUNDAY 3 rd	For the People
MONDAY 4 th	Charles Lee † <i>(Sr. Mary Jo)</i>
<i>The English Martyrs</i>	
TUESDAY 5 th	Noreen Campbell † <i>(Sr. Mary Jo.)</i>
WEDNESDAY 6 th	Fr. John Garrett † <i>(Pact Mass)</i>
THURSDAY 7 th	Gordon Nicholson † <i>(J. Whip)</i>
FRIDAY 8 th	Fr. William Wells † <i>(Pact Mass)</i>
SATURDAY 9 th	Leslie Lake † <i>(M. & A. Lake)</i>
SUNDAY 10 th	For the People

All of these Masses will be said privately by Fr. Christopher at 8.00am in the Church.



If you have a request for a Mass you would like said please get in touch by either emailing:

stetheldreda@btinternet.com or phone 07813 686857.

Funerals during the covid 19 pandemic.

I came across this helpful reflection by the Bishop of Grenoble at this time when Funerals have either to be celebrated at the graveside or at the crematorium. It is a timely reminder of our belief as Catholic Christians which should colour and shape our attitude toward the dead and our funeral rites.

The Christian faith teaches that each person is unique, made as they are in the image and likeness of God. They are a unity of body and soul. Even after death, when the soul has left the body, that body for a while still has the features of the person we have known and loved. Moreover we believe in the resurrection of the body. That is why the body of a dead person deserves respect. The body too is treated with dignity because it has been a Temple of the Holy Spirit. The body is not just rubbish simply to be disposed of.

The person who has gone from this life, however humble they were, formed part of the circle of our family and friends and were part of society at large. After death there is the very real human need to say, 'Thank you', and 'Goodbye'.

A funeral has a ecclesial dimension. The person who died as a baptised Christian was a member of the Body of Christ, the Church. The Church therefore has a duty to pray for him/her.

We have the duty of memory. We need to remind ourselves that the person who has died is not destroyed in death: they have entered life. The separation that death brings does not break the mutual bond that exists between the living and the dead. In remembering and praying for the dead we look to the future we hope to have in common, when we too will share in the resurrection of the dead.

Since the resurrection of Christ, death now has an Easter dimension. In celebrating Mass for the dead, the Church commends those who have died to Christ in the mystery of his death and resurrection. The memorial we make of our dead is taken into the memorial of Christ in the action of the Eucharist, so that they may be set free from sin and death and so enter into life. At every Mass the Church prays for the dead, and it is here that we are in communion with those we love who are now beyond death, in the hope of a future life together in the resurrection of the dead.

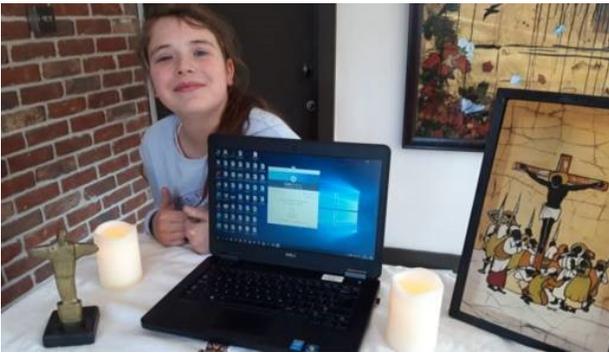
Fr Christopher

Ampleforth Abbey

The Benedictine Monks of Ampleforth have some very useful resources for prayer and how to cope during the present crisis. To find this go to their website and click on ' Together in prayer.' Each day , except Sunday, they are live streaming at 10.30am ten minutes of prayer and reflection. To give you a flavour of what is on offer, you will find below Fr Chad's, 'Ten Commandments for Confinement, (Lockdown.)

Ten Commandments for Confinement

1. Don't fret if things are not perfect — take the long view.
2. Don't keep checking for green grass — flourish where you are planted.
3. Don't panic — remember you are standing on solid ground.
4. Don't stamp your foot — tread lightly with humble humour.
5. Don't be a martyr — freely offer your help.
6. Don't be too proud - muck in and get your hands dirty.
7. Don't force the pace - earn how to rest and relax together.
8. Don't try too hard - find some time for yourself.
9. Don't focus on the faults of others - celebrate what they have which you don't.
10. Don't try and do this alone - pray for and with each other.



Virtual children's Liturgy

CAFOD are offering a live stream Children's Liturgy of the Word, for children in the time of lockdown. To find it go to the CAFOD website and follow the links. This takes place on Sundays at 10am.

List of Masses which are live streamed.

- ◆ **St. Laurence Church, Cambridge**
Daily Mass at 09.30 (Mon. Tues. Thurs. & Sat.) 12.30 (Wed. & Fri.)
Sunday Mass at 6pm Saturday. 9.00am & 11am on Sunday.
- ◆ **Walsingham (The Catholic Shrine)** each day at 12 noon.
- ◆ **Lourdes.** A Mass in English from the Grotto each day at 4pm.
- ◆ **Fisher House** (Cambridge University Chaplaincy) Sunday Mass at 10.30

Fr Denis McBride, a Redemptorist Priest, author and retreat giver is live streaming Sunday Mass. For further details please go to the Redemptorist Publications' website.

Please let family and friends know, who do not have internet access, of the availability of Mass on RTE radio Long Wave 252kHz.,

Evening Prayer During this time of isolation you may wish to join in with Fr. Sean Connolly for Evening Prayer at 6pm every evening from St. George's Church, Norwich.

Just go the Church website and click on the link.

Preparing for the Mass of Sunday 10th May 2020 - The Fifth Sunday of Easter 1

1) Relax & Remember

Set aside 10 -15 minutes and create a suitable environment by removing any distractions. Make sure that you are comfortable. Perhaps light a candle. Make the sign of the cross † and remain still for a minute of settling silence. Call to mind the love that God has for you. Remember that through this scripture our Lord is truly present. Then read the Gospel, preferably aloud and slowly, and pay attention to any words that stand out. If any do, meditate on them for a few minutes and be invited into a dialogue with God.

2) Read

Taken from the Gospel for Sunday 10th May 2020 - Jesus Warns of his Departure (John 14:1-12)

Jesus said to his disciples: 'Do not let your hearts be troubled. Trust in God still, and trust in me. There are many rooms in my Father's house; if there were not, I should have told you. I am now going to prepare a place for you, and after I have gone and prepared you a place, I shall return to take you with me; so that where I am you may be too. You know the way to the place where I am going.' Thomas said, 'Lord, we do not know where you are going, so how can we know the way?' Jesus said: 'I am the Way, the Truth and the Life. No one can come to the Father except through me. If you know me, you know my Father too. From this moment you know him and have seen him.' Philip said, 'Lord, let us see the Father and then we shall be satisfied.' 'Have I been with you all this time, Philip,' said Jesus to him, 'and you still do not know me? To have seen me is to have seen the Father, so how can you say, "Let us see the Father"? Do you not believe that I am in the Father and the Father is in me? The words I say to you I do not speak as from myself: it is the Father, living in me, who is doing this work. You must believe me when I say that I am in the Father and the Father is in me; believe it on the evidence of this work, if for no other reason. I tell you most solemnly, whoever believes in me will perform the same works as I do myself, he will perform even greater works, because I am going to the Father.'

3) Reflect

After spending a few minutes considering this Gospel, continue by reading Fr Henry Wansbrough's reflection.

As the festival of the Ascension approaches, Jesus begins to prepare his followers for his own departure from the world. There are two aspects to this teaching. Firstly Jesus speaks of the final purpose, union with the Father, and his preparation of a place for us there. He says that there is a 'room' for each of them, suggesting not that there are plenty of separate cubicles for different sets of people (bishops, babies, monks and maniacs), but that there is no lack of space in heaven. No problem of 'only one wins the prize' in this case. The second aspect is preparation for the future Church on earth, and the almost shocking promise that in the absence of Jesus – but in the strength of his Spirit – his people will do 'even greater works'. Paul teaches that believers 'make up what is lacking in the sufferings of Christ', for in every age the Church fills up the measure of Christ's sufferings; it is a Church which shares its Master's trials. In the same way in every age the Church must carry on the works of Christ. In John the 'works' of Jesus are the marvellous deeds, beyond mere human powers, which show who Jesus is. We too are called on to perform marvellous deeds, beyond mere human powers, works of grace and generosity.

What is the real joy and excitement of heaven? How may we best carry on the 'work' of Christ?

Dom Henry Wansbrough OSB

4) Respond & Request

Now slowly and prayerfully read the Gospel once again but this time in silence. Consider how this Gospel could apply to your life in general. Then thank God for any insight you may have received. Conclude by asking God to bless you with one of the following spiritual gifts to help you act on any resolution you have made: love, understanding, wisdom, faithfulness, peace, self control, patience, or joy. Please remember to pray for the Church and particularly our school families.

Then conclude by requesting the prayers of Our Lady & St Joseph.

WEDNESDAY WORD PLUS Fr Henry's reflections on the first and second readings of Sunday 10th May 2020

First Reading: The Appointment of Deacons

Acts of the Apostles 6:1-7

About this time, when the number of disciples was increasing, the Hellenists made a complaint against the Hebrews: in the daily distribution their own widows were being overlooked. So the Twelve called a full meeting of the disciples and addressed them, 'It would not be right for us to neglect the word of God so as to give out food; you, brothers, must select from among yourselves seven men of good reputation, filled with the Spirit and with wisdom; we will hand over this duty to them, and continue to devote ourselves to prayer and to the service of the word.' The whole assembly approved of this proposal and elected Stephen, a man full of faith and of the Holy Spirit, together with Philip, Prochorus, Nicanor, Timon, Parmenas, and Nicolaus of Antioch, a convert to Judaism. They presented these to the apostles, who prayed and laid their hands on them. The word of the Lord continued to spread: the number of disciples in Jerusalem was greatly increased, and a large group of priests made their submission to the faith. There are two really striking features about this story. The first is that the first officials appointed in the Church are called 'servers' or 'servants', which is what 'deacons' means. St Paul will stress, writing to the Corinthian community, that any job in the Church is a service to the community. A role in the Church does not confer a dignity which we can boast of, except in so far as it is a sharing in the service given by Christ himself, the Servant of the Lord. The most important part of our job is to attend to the needs of the community, not to preen ourselves on obtaining a grand position. The second feature of the reading is that (even so early in the life of the ideal early community) a squabble occurs. One group feels that it is being neglected. The split may even be worse than Luke allows us to see, for all the new officials appointed belong to only one of the two parties mentioned, that is to the Hellenists. This is not going to ensure an even distribution of food between the two groups! Even in a good community reconciliation of differences needs to occur constantly.

Is there any split in your community which needs to be reconciled?

Second Reading: A Royal Priesthood

1 Peter 2:4-9

The Lord is the living stone, rejected by men but chosen by God and precious to him; set yourselves close to him so that you too, the holy priesthood that offers the spiritual sacrifices which Jesus Christ has made acceptable to God, may be living stones making a spiritual house. As scripture says: See how I lay in Zion a precious cornerstone that I have chosen and the man who rests his trust on it will not be disappointed. That means that for you who are believers, it is precious; but for unbelievers, the stone rejected by the builders has proved to be the keystone, a stone to stumble over, a rock to bring men down. They stumble over it because they do not believe in the word; it was the fate in store for them. But you are a chosen race, a royal priesthood, a consecrated nation, a people set apart to sing the praises of God who called you out of the darkness into his wonderful light. The background of this reading is the covenant between God and his people of Israel on Mount Sinai. There the mountain was so sacred that the people were not allowed to approach it. Now the author tells us that the new people of God, chosen by God, is so valuable itself that all of us (not just a leading figure) are invited to huddle close to the true sacred rock that is Christ himself. In the Old Dispensation Moses alone was holy enough to approach the mountain and offer sacrifice; now it is the whole people. It is the whole people which is now constituted as a royal priesthood and it is a consecrated people which can offer sacrifice. One of the principal emphases of the Second Vatican Council was to underline that the Eucharistic sacrifice is offered by the whole people, not by the priest alone. Yes, the priest does have a special function, that of presiding at the Eucharist, and without this presidency the Eucharist cannot take place. Nevertheless, the Eucharist is the sacrifice of the people as a whole, which the laity offer just as much as the priest. The reading also uses another Gospel image: the people of God is a house built of living stones, a living holy Temple, built on the foundation stone who is Christ and topped by the keystone who is Christ. What does it mean to think of the Eucharist as 'our offering'?

The people of God is a house built of living stones.

A Prayer For Help & Healing.

Father in Heaven, have mercy on us and on the whole world. We come to You today with our fears and concerns. You know what is in our hearts. We love You, we trust You, we need You. We ask You to be with us. Help us through these times of uncertainty and sorrow.

We know you are the Divine Physician, the healer of all. We ask you bring your loving touch and healing presence to all who are sick and suffering right now from the coronavirus. Please comfort them.

Please stand at the side of all medical professionals who are putting themselves at risk while they work to bring healing to others.

Please have mercy on those who have died, may they be with You in heaven.

Please be with the grieving families of those who have passed away.

Please be with those who are trying to find a remedy to this pandemic.

Lord, we are afraid and we are sorrowful,. Please heal us. Send us your peace and overwhelming presence.

(If you have a special intention mention it here)

Jesus, we thirst for You. You chose to enter this world as a vulnerable baby.

Be with the most vulnerable now. Help us to continue to return to You with our whole hearts throughout this ordeal.

Amen.

Mary, our Mother, Untier of Knots. Pray for us.

St. Anthony the Great, patron of those affected by infectious diseases. Pray for us.

St. Roch. Pray for us.

St. Edmund, patron of the victims of pandemics. Pray for us.

Your prayers are asked

For the sick: Deacon Clive Brooks, Peter Giblin, Joan Heflin, Pat Ward, John Taylor, Dan Stannard, Pat O Malley, Peggy Upton, David McCoy, J. P. McCoy, Kathleen Sheridan, Keith Mc Greavy, Milo Stallman, Paddy Garrad, David Mc Elderry, Susan Stallman. Hazel Wood. Paul Canning.

Those who have died recently, especially Margaret Close and Gordon Nicholson

and for those whose anniversaries occurs at this time:

Mark Hughes, Freda Howe, Louis Boquestal, Celia Prior, Dorothea Meredith, Augustine Magee, Joanne Barrett, Agnes Murray, Theresa Brittain, Theodore Gordon-Jones, Margaret Fleming, Aldo Galea, James McDonald, Winston Gordon-Jones, Patrick O Brien, Mary Houston, Raymond Wilson,

May their souls and the souls of all the faithful departed rest in peace. Amen

ACT OF SPIRITUAL COMMUNION

“Lord Jesus Christ, I believe you to be truly present in the most holy sacrament of the Eucharist. I unite myself with the celebration of Mass throughout the World. As I cannot receive you sacramentally, come to me spiritually. Bless me and all those for whom I have a duty to pray. Make me grateful for your many blessings. Amen”



Calling All Men – Catholic Life! – A journey of personal conversion

What has your journey of belief looked like? Have you looked deeply at the question of your beliefs? Do you even know what you believe? Have you tackled the tough questions of God, the creation of the Universe, the afterlife, the moral life, worship and the like?

If you've pondered these questions and come to some sort of conclusion, then have you also looked deeply at that second question of "Why?" Why do I believe this or that? Do I have a good reason for my beliefs? Or am I embarrassed or fearful to take a stand and make my convictions known?

During this time of social distancing, men of the parish are invited and encouraged to participate in a **weekly small group study exploring the Catholic faith (lasting 1hr)**. The course material is free online but is also available through eBook (free) or paperback. It is available in a variety of **different languages**.

One of the best ways to learn our glorious Catholic faith is through faith-based small group discussion and study. Talking about our faith brings clarity. Hearing what others have to say brings insight.

For further details about the study please Email: mosj@olise.co.uk
Support can be given to help people get started with any IT issues.

**PASTORAL LETTER of
BISHOP ALAN HOPES
for the
FOURTH SUNDAY OF EASTER 2020**

Dear Brothers and Sisters in Christ,

Today is commonly known as *Good Shepherd Sunday* because in today's Gospel, Jesus claims to be the Good Shepherd who looks after his sheep.

How important it is for us to remember this truth! Our God is not the clockmaker god of the post-Enlightenment philosophers who winds up the world and then leaves it to its own devices. Nor is he the capricious despot of the ancient Greek and Roman gods. Nor is he some impersonal force of nature that directs this universe to no apparent end. No, he is a shepherd - someone who sees us and cares personally about us, someone who guides us with an unflinching hand, if we are willing to follow Him.

Today we pray particularly for vocations to the priesthood – for those who will become images of the Good Shepherd for us in our parishes. We pray for men who will be willing to look after the flock of God, not for their own gain, nor for their own convenience, but selflessly, with the love of the Master himself.

That is a tall order! That is why we need to pray for our priests, for those in formation for the priesthood, for those who are discerning a call to be a priest, those who are afraid to follow the call, those who have not yet heard the call which is already in their heart. Our prayer is essential!

It is also important for us to actively encourage anyone who is showing the signs and the gifts that are needed for today's priests.

John Vianney, a saintly French Parish Priest who lived two hundred years ago, preached these words:

A good shepherd, a pastor after God's own heart, is the greatest treasure which the good Lord can grant a parish, and one of the most precious gifts of divine mercy.

The priest *is* a precious gift for the People of God. It is the priest who is the Lord's instrument, in bringing about His Presence in the Eucharist. It is the priest who brings the Lord's loving mercy and forgiveness into the messes we make of our lives. It is the priest who helps us find purpose and meaning and direction in our lives as they guide us in God's teachings. It is the priest who cares for us as at all the special moments of our lives and who shares in all our joys and sorrows.

As your Bishop I am concerned about the future of our Diocese of East Anglia. Those priests who now serve in our parishes have given up their whole lives in faithful service of God's people, many of them above and beyond the years expected of them. Pray for them at this challenging time. Know that every day in this lockdown they offer the Holy Mass and the Prayer of the Church for each one of the Parish community and for all whose lives have been affected by the pandemic, and for all those who have died. And as we pray for them, we pray today that future generations of Catholics may also be served and loved and guided by true shepherds.

On this Good Shepherd Sunday, we also remind ourselves of the women and men who serve the Church through their Religious Orders and Congregations. We are blessed in our Diocese. We have a contemplative community who offers its life in prayer and worship on behalf of the whole world. We also have active communities who lovingly serve God through a variety of gifts. Pray for them in thanksgiving and pray that they may continue to be blessed with vocations.

Finally, as St John Henry Newman reminds us, each of us has been called into being by God to carry out a specific service. Through our Baptism we are all members of the Body of Christ, whatever our state in life – and we are called to serve God and one another. That is our Baptismal vocation. We must pray for the ability to abandon our own plans, our own safe calculations and to learn to ask the Lord:

What are your plans, and calculations for me, what do you desire for me and my life?

We should be ready with a generous and open heart to respond to whatever God replies.

May the Lord grant us more vocations both for the priesthood and the religious life. May he help us all to discover how we might strengthen the witness and the service of the Church in the world.

May the Risen Christ continue to fill you with hope and peace in these uncertain days. And may the Holy Spirit of Pentecost renew and strengthen us all in the Lord's service and in the service of one another.

With all good wishes and prayers for you to stay safe and well,
Yours devotedly in Christ,

The Right Revd Alan S Hopes
Bishop of East Anglia

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