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10th Week of the Year

Psalter Week 2

Mass Intentions for the Coming Week.

TRINITY SUNDAY

SUNDAY	7th	For the People
MONDAY	8th	Fr John Duckett + (<i>Pact Mass</i>)
TUESDAY	9th	Fr Paul Dynan+ (<i>Pact Mass</i>)
WEDNESDAY	10th	Paddy Garrad +
THURSDAY	11th	Holy Souls <i>S. Barnabas Ap.</i>
FRIDAY	12th	Front Line Workers
SATURDAY	13th	Priests Intention
SUNDAY	14th	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.

Thought for Trinity Sunday.

This Sunday we celebrate the distinctive believe we have as Christians: that the One God has revealed himself to us as, Father, Son, and Holy Spirit. The first Christians believed in the one God, creator of heaven and earth. In the light of the resurrection they believed in the full divinity of Jesus and after Pentecost they came to believe in the divine power in their lives and in the Church: the Holy Spirit. God is not a riddle to be solved, 'How can He be One yet Three?' We are called upon to worship Him and to allow him to draw us into his life of communion and self- giving love. All of this begins for us when we are baptised,' In the name of the Father and of the Holy Spirit.'

Over a quarter of a century ago I went to see an exhibition of Icons at the Royal Academy in London, entitled 'The Art of Holy Russia.' One icon stood out for the rest it was the celebrated icon of the Holy Trinity. The three persons for the Trinity were represented by three angels sitting at a table together. There was an amazing sense of harmony, communion and unspoken communication between them. In the foreground of the icon there was a space at table. The more you looked the icon, the more you felt drawn and attracted to the empty space at table.

That icon reminds us that God as Trinity is not wrapped up in himself. Rather he invites us to share his life of communion and self- giving love. This is what each of us is made for: sharing God's life here and in eternity. Because God is a Trinity of self- giving love and that within Him there is community, we as human beings made in the image and likeness of God, are called to reflect this communion of love and self- giving in all our relationships and dealings with others. This is the challenge for us who profess our faith in the one God: Father, Son and Holy Spirit.

With the assurance of my prayers and good wishes,

Fr Christopher

Church Opening

As yet we do not know when the government will give the go ahead for the opening of Churches. Here at OLISE the clergy and volunteers have been giving serious thought as to how this might happen and how the Church could be opened safely for private prayer, as a prelude to the public celebration of Mass. Some of you too are anxious about baptisms, confessions, weddings, and First Holy Communion. As soon as we are in a position to move forward we will let you know. As they say, 'Watch this space!'

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

◆ **St. George's Church, Norwich.** 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.

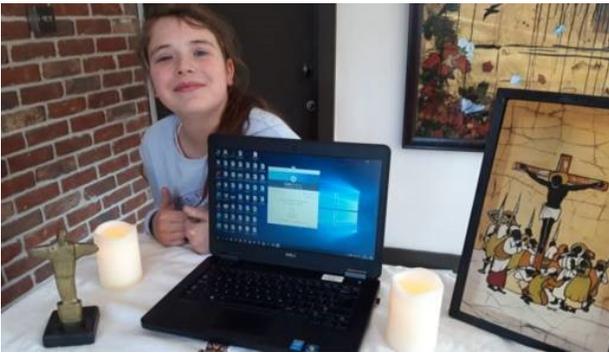
Just go the Church website and click on the link.

.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 - learn 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.

Weekly Offertory

If you are wondering about the best way to continue with your weekly offering to the Church during the current situation where the Church is closed, there are various ways which you can do this.

- 1) You can send a cheque weekly/monthly to the parish office, payable to **'CATHOLIC PARISH ACCOUNT'**.
- 2) If you have access to internet banking you can set up a Standing Order or Direct Debit from your bank. Church bank details are **sort code 20.60.38. account no. 30244759**,
- 3) if you are more comfortable to continue using your weekly envelopes, then please do, put them to one side each week, until have an opportunity to drop them into the letter box outside the parish centre entrance, (Fr. Christopher empties this box each day) or keep them together until our church reopens.

You can also make your donation gift aided, we can get a further 25% from the government. It doesn't cost you any more money. Please contact our Gift-Aid coordinator Joe Millyard 07920837319 or email JMillyard1@hotmail.co.uk for information on this.

Thank you for your support and cooperation in these difficult times for everyone.

Preparing for the Mass of Sunday 14th June 2020 - The Body and Blood of Christ

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 14th June 2020 - The True Bread of Life (John 6:51-58)

Jesus said to the Jews: 'I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.' Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied: 'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.

3) Reflect

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

This is the final section of Jesus' great discourse in the gospel of John on the Eucharist, delivered in the synagogue at Capernaum. It is in the form of a synagogue-sermon, commenting in turn on the phrases of Psalm 78, 'He gave them bread – from heaven – to eat'. Jesus explains that these words are truly fulfilled not by Moses' historic gift of manna in the desert, but by the Father's continuous and repeated gift of Eucharistic bread. The discourse has the same pattern as the Mass, instruction followed by eating. The first two sections of the discourse were about God's gift of revelation in Christ, which is accepted and assimilated by belief in the teaching of Jesus. Now we come to the final section on God's gift of Christ as food. Particularly striking are two points. Firstly, the stress on eating: the word used for 'eat my flesh' is full of the reality of eating; it really means 'chew', and designates the sacramental eating as a real assimilation of the nourishing food. The second point is that 'my flesh for the life of the world' links firmly to the Last Supper: the Christ that we receive is the Christ at the very moment of his redemptive act of self-offering, an act which continues throughout time and into eternity.

What is the best way to prepare for Holy Communion?

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. Th

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 14th June 2020

First Reading: Manna from Heaven

Deuteronomy 8:2-3. 14-16

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart - whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord. Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.'

Here the Church sets before us the model for the Eucharist, that is, God's care in feeding his people during the forty-year desert trek of the Exodus from Egypt. During this time the Israelites were fed with manna; they called this 'bread from heaven', so that it has become the model for the Eucharistic bread. As in all folk-tales, the story has gradually grown in the telling, but originally manna seems to have been the wholly unexpected and seemingly-miraculous provision of a sweet substance exuded from a tamarisk bush. The Hebrews did not know what it was, and, with a wordplay typical of the Bible, etymologized it as 'man-hu', the Hebrew for 'What is it?' The reading also stresses that this heavenly gift was a symbol of divine Wisdom, God's revelation of himself given from heaven. Hence the saying, quoted by Jesus to Satan during his Testing in the Desert, 'Man does not live on bread alone, but on every word that comes from the mouth of God.' The manna became the symbol and reminder of God's unfailing care for his people throughout their journey, just as the Eucharist is the expression of God's care for his people today.

How does the Eucharist reveal God's love?

Second Reading: The One Body of Christ

1 Corinthians 10:16-17

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

Paul, in writing to that difficult and divided community at Corinth, chides them for their disunity and selfishness. There were some rich members of the community, who got to the Eucharist early, took all the best places, and proceeded to unpack their hampers and feast, while the later comers – presumably the workers and slaves – justifiably felt excluded and remained hungry. In the strongest terms Paul insists that the Eucharist must be the symbol and expression of unity, and that those who prevent it being so are making themselves ‘answerable for the body and blood of the Lord’. Paul seems to use ‘the body of Christ’ interchangeably of both the Eucharistic bread and the Eucharistic body which is the community, united in the celebration of the Lord’s Supper. It is difficult to see when he means one, and when the other. He obviously regards them both as equally important and equally sacred. Later in the letter he will explain that the community is an organism, in which everyone has their own, individually special part to play, all living with the Spirit of Christ as the life-giving principle. Unless this life is truly shared, it is distorted and fails in its purpose.

How is it possible to make the Eucharist an expression of unity?

“...the Eucharist must be the symbol and expression of unity. “

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, David Mc Elderry, Susan Stallman. Hazel Wood. Paul Canning, Anii. Sylvia Hick, Chris Donleavy.

Those who have died recently, especially and for those whose anniversaries occurs at this time: Patrick Keegan, Charles Maddocks, Lorraine Ollington, Margaret Rush, Francis Fitzgerald, Monica Williams, James Redpath, Michael Boston, Arthur McCormick, John Griffiths, Kathleen Mason, James Lennox, John Loftus, Victor Ashman, Joseph Murphy, Irene Foreman, Pat Kearns, Marcel Ashman, Josie Amabile.

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”



