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**11th Week of the Year**

**Psalter Week 3**

**Mass Intentions for the Coming Week.**

***Corpus Christi***



<b>SUNDAY</b>	<b>14<sup>th</sup></b>	<b>For the People</b>
<b>MONDAY</b>	<b>15<sup>th</sup></b>	<b>Paul Walker Ints (D.Hodgkins)</b>
<b>TUESDAY</b>	<b>16<sup>th</sup></b>	<b>Mary Patrick (D.Hodgkins)</b>
<b>WEDNESDAY</b>	<b>17<sup>th</sup></b>	<b>Romana Fusik (M.Fusik)</b>
<b>THURSDAY</b>	<b>18<sup>th</sup></b>	<b>Noel Loftus † (M.Burke)</b>
<b>FRIDAY</b>	<b>19<sup>th</sup></b>	<b>Taylor &amp; Hannah's Ints (A.Hankard)</b>

***The Most Sacred Heart of Jesus***

<b>SATURDAY</b>	<b>20<sup>th</sup></b>	<b>Priest's Intentions</b>
<b>SUNDAY</b>	<b>21<sup>st</sup></b>	<b>For the People</b>

***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 the week.

Dear friends,

I begin with some good news. As from 15<sup>th</sup> June in line with Government guidelines, the Church in Newmarket will open for a limited period most days for private prayer. This will I hope be the first step towards us being able once more to celebrate Mass publicly. This is undoubtedly good news but the new normal will not be as things were before we went into lockdown.

Last week in the Tablet I read a very powerful reflection on the present crisis written by Fr Raniero Cantalamessa, a Franciscan Friar and preacher to the Papal Household and I wish to share with you the salient points of what Fr Cantalamessa wrote. What he writes about the Eucharist is particularly apt at a time when we have been deprived of Sacramental Communion.

'I believe there is a grace in the current situation: that of the Eucharist being removed from its worst enemy, which is being turned into just a routine habit, into something we take for granted, or reduced to no more than a pious practice. In his last Apostolic letter on the Eucharist, St John Paul II spoke of the need to rediscover , 'Eucharistic amazement'. I believe this is the time for it. And our current 'Eucharistic fast' can fulfil another ecclesial task: that of letting us experience personally what the brothers and sisters of the Amazon have tried in vain to shout to the rest of the Church during the recent synod, that is, what it means to be deprived of the Eucharist, and not just for a few months only.

In my Good Friday homily, I shared an anecdote I had read somewhere about the painter, St James Thornhill. At one point, while he was painting the frescos in St Paul's Cathedral in London, he became so enthusiastic about his fresco that he stepped back to see it better, not noticing that he was about to fall over the edge of the scaffolding into the void. A horrified assistant understood that crying out to him would only accelerate the disaster. Without thinking twice, he dipped a brush in paint and hurled it into the middle of the fresco. The master, flabbergasted, leapt forward. His work was damaged but he was safe.

God does this with us sometimes: he disrupts our projects and our calm to save us from the abyss we don't see. I believe that with the coronavirus, God has acted like that assistant. He did not throw the brush onto the beautiful fresco of our technologically advanced society, but he used a natural event to achieve the same effect. The 'speciality' of God, says St Augustine, is to be able to turn everything to good, even evil, even sin.'

This weekend as we celebrate Corpus Christi, the Body and Blood of Christ. Let us thank God for the gift of Our Lord's self-giving presence in the Eucharist and let us pray that before long we shall once more be reunited at the Altar.

With the assurance of my prayers and good wishes,

Fr Christopher

## **CHURCH OPENING TIMES**

Following the government's welcome decision to allow Churches to open for private prayer, the Church in Newmarket will be open for a limited period most days. Hopefully as times goes on these periods will be extended.

Please find below the times when the Church will be open as from 15<sup>th</sup> June 2020.

**MONDAY 9.30 AM-11.00AM**

**TUESDAY 9.30 AM-11.00AM**

**WEDNESDAY 9.30AM-11.00AM**

**THURSDAY Closed**

**FRIDAY Closed**

**SATURDAY 9.30AM-11.00AM**

**SUNDAY 9.30AM-11.00AM**

## **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](mailto:mosj@olise.co.uk)  
Support can be given to help people get started with any IT issues.

### **Help Required**

Our parish St Vincent de Paul group are continuing to source, assemble, pack and deliver food parcels (at least enough for two main meals plus some extras) for families of children who would have free school meals if they were at school. The SVP are doing a wonderful job, but as the volume is growing we need more volunteers to help with filling boxes. If you are able to, and can spare 1-2 hours on a Wednesday or Thursday lunchtime, please get in touch with Deacon James on [jamesghurst@outlook.com](mailto:jamesghurst@outlook.com).

We already have a great team, but would love to have a few more parishioners to call on when we need extra hands to help.

## Refugee Week

Refugee Week (15- 21 June) is a UK-wide festival celebrating the contributions, creativity and resilience of refugees. Through a programme of arts, cultural and educational events alongside media and creative campaigns, Refugee Week brings about positive encounters between communities, helping them to connect and learn from each other, and promoting a culture of welcome. This year's Refugee Week is the first to be held virtually, and we are invited to explore the theme of 'Imagine'.

Join us for this special virtual event, and take part in a big, creative, collective movement to imagine a better world.

## 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 21st June 2020— The Twelfth Sunday in Ordinary Time.

### ***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 21st June 2020 - The Mission of the Apostles (Matthew 10:26-33)**

Jesus instructed the twelve as follows: ‘Do not be afraid. For everything that is now covered will be uncovered, and everything now hidden will be made clear. What I say to you in the dark, tell in the daylight; what you hear in whispers, proclaim from the housetops. ‘Do not be afraid of those who kill the body but cannot kill the soul; fear him rather who can destroy both body and soul in hell. Can you not buy two sparrows for a penny? And yet not one falls to the ground without your Father knowing. Why, every hair on your head has been counted. So there is no need to be afraid; you are worth more than hundreds of sparrows. ‘So if anyone declares himself for me in the presence of men, I will declare myself for him in the presence of my Father in heaven. But the one, who disowns me in the presence of men, I will disown in the presence of my Father in heaven.’

### ***3) Reflect***

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

This whole chapter 10 of Matthew brings together and sums up what Jesus has to say to his apostles about declaring his teaching in the face of hostility and persecution. Jesus himself was fearless in proclaiming his message. He 'taught with authority', as the gospel constantly tells us. His disciples are sent out to do the same. We do not often meet with real persecution, although it may yet happen. The martyrs of communist Russia or Vietnam lived many years of peaceful Christianity before unexpectedly facing martyrdom. The monk martyrs of Algeria did not reckon on martyrdom when they went to Algeria. The only preparation for martyrdom can be fidelity and prayer. More often we face mockery for holding to Christian principles, and that too can be difficult to bear. We can be accused of narrow mindedness, lack of appreciation of human values, blind obedience, sentimentality, naivety, and a host of other hurtful slurs. Jesus did not promise that the Father would prevent the sparrows falling to the ground! Neither is it always easy to respond to such slurs with the patience and generosity as well as the truthfulness which Jesus would have shown. 'A spoonful of honey attracts more flies than a barrelful of vinegar', said St Francis de Sales.

**Do I fearlessly proclaim the Gospel? What situations in the coming week might require courage? How can I grow in courage?**

### ***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

**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 21st June.**

### **First Reading: The Persecuted Prophet**

#### **Jeremiah 20:10-13**

Jeremiah said: I hear so many disparaging me, "Terror from every side!" Denounce him! Let us denounce him!' All those who used to be my friends watched for my downfall, 'Perhaps he will be seduced into error. Then we will master him and take our revenge!' But the Lord is at my side, a mighty hero; my opponents will stumble, mastered, confounded by their failure; everlasting, unforgettable disgrace will be theirs. But you, Lord of Hosts, you who probe with justice, who scrutinise the loins and heart, let me see the vengeance you will take on them, for I have committed my cause to you. Sing to the Lord, praise the Lord, for he has delivered the soul of the needy from the hands of evil men.

*Jeremiah was the last prophet in Jerusalem before the Babylonians sacked the city and took most of the inhabitants into exile as slaves in 586 BC. He was sent as a final warning, to tell them all, from the king downwards, that disaster was impending if they did not amend their ways and turn back to the Lord. The authorities didn't like it, and accused him of sabotaging the morale of the citizens. He was arrested and dumped in an empty water storage pit to keep him quiet. He himself was a gentle soul and hated delivering this fierce message, complaining to the Lord about his tough and unpalatable task, and the persecution he suffered. But he stuck to his guns, and when the king tore up the threatening message he sent, Jeremiah merely repeated it – with more besides. He also had a message of hope, that eventually the Lord would give them a new covenant, with a new heart and a new spirit, so that they would again be the People of God. This reading is chosen to show in the Old Testament the courage and perseverance in proclaiming the message that, in the gospels, Jesus asks from his disciples.*

**When is it most difficult to take a stand and announce that I hold Christian principles? Do I manage to do this?**

## **Second Reading: Christ, the Second Adam**

### **St Paul to the Romans 5:12-15**

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of 'law-breaking', yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law. Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift. Christ is the saviour, but how does he save? The Letter to the Romans is Paul's fullest explanation, and the heart of that teaching is that Christ is the Second Adam. Adam's sin in the Garden of Eden, as described in Genesis, is not a simple historical story of one particular sin. It is the paradigm of all sin, the paradigm or analysis of all human failure, the process of turning away from God's commandments in pride and independence: 'I know better than God what is good for me.' We are children of Adam in so far as we have sinned, and Adam's sin sums up that of all humanity. At the same time, Adam is not only the type, but also the founder of all humanity. Christ, by way of contrast, is the second founder of all humanity. His act of perfect obedience to his Father on the cross transcends and heals this act of disobedience committed by the first Adam. Only Christ's act of loving obedience could be great enough to do this. It had to be an act of a man, but not of a mere man. We are members of this new humanity in so far as we join ourselves to Christ, put all our trust and hope in him

**Can you see any similarity between the sin of Adam and our own sins?**

**“Only Christ's act of loving obedience  
could be great enough to do this.”**

## **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: William Hartnett, Mary Canning, Christina Mitchell, Albert Woods, Rev William Whitfield Raine, Angela Mary Crookenden, Joe Kennedy, Chris Faber, Victoria Peachey, Marie Hamblett, Angela Jones, Peter Albert E Granger, The Hon. Susan North, Pat Gibbs, Agnes Moran, Joan Patricia Wiseman, Mary Patrick Woolnough, Mary Anderson, Charles Maddocks.

*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”**

