

So, June has arrived – “*Flaming June*”, as is the title of a famous pre-Raphaelite painting, but the sunshine is taking a little bit of a rest as I write this on Friday morning !



Flaming June
by Sir Frederic Leighton, 1895.
Museo de Arte de Ponce

Last weekend we celebrated the great Feast of Pentecost and now we have returned to “Ordinary” time, as the Church calls it. It is in this “ordinary” time that we have the opportunity to put into action all the things which we have experienced and which have been revealed to us in the great Feasts that have led us to where we are in this year – Easter, Ascension and Pentecost; and in the next two weeks Trinity Sunday and the following Sunday for this year specially, Corpus Christi.

I suppose I have long realised that it is all very well to know the theory of prayer but it is in the putting it into practise that the rub comes ! It can sometimes be much harder than we might have thought at first. St Ignatius Loyola, the founder of the Jesuits has a good tip that I often have to call to mind. He says we might be praying hard for the grace to enable us to do something but sometimes we need to step back one pace... because perhaps there is a more basic prayer that we might need to make first... and that is to pray for the Grace to want to pray for the thing that we want Grace to help us to do !! It is about our “disposition”, and is a very important factor. St Ignatius was a very wise saint.

So, let us continue to pray for each other and remember this week that we need to do thorough preparation for our prayer – just like the house painter needs to check he has a clean and well prepared surface to paint on so that the new paint doesn’t flake off; and let’s ask St Ignatius to pray with us for the Grace of to make the right prayers at the right time !

Parish Note 5th June 2020 and the Sunday Message from Fr Peter

Bishop's Stortford - St Joseph & The English Martyr <bishopsstortford@rcdow.org.uk>

Fri 6/5/2020 5:14 PM

To: Bishop's Stortford - St Joseph & The English Martyr <bishopsstortford@rcdow.org.uk>

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weekly thought.docx;

Good afternoon everyone

I hope that you are all well.

Please find attached this weeks Sunday message from Fr Peter which contains a wonderful picture of ' Flaming June' by Sir Frederic Leighton. Fr Peter's message can also be found on our website.

Last Saturday morning, being a creature of habit,I routinely parked my car in 'my' usual parking space at the supermarket, having left the house at my normal time to stand in the queue with my fellow shoppers (most of whom I had seen at exactly the same point in the queue the previous week!). Standing in the sunshine, having a very pleasant chat with my new found friends was rather nice and you could sense the 'excitement' build, as one by one, we neared the entrance door, with our trolleys safely spaced equidistant apart, rather like awaiting a theme park ride, but a bit tamer. I overheard one 'new' lady talking to someone else opposite in the queue, having discovered a shared coincidence, uttering the phrase, ' It's a small world!'

For a brief moment, that phrase , transported me back to a time 15+ years ago, when fortunate enough to be on a family holiday in Florida at Walt Disney World, We went on a very gentle water-based boat ride in 'Fantasy land' called ' It's a small world'(after all), which unfortunately broke down mid-ride for what seemed like an eternity. The ride is described as 'featuring over 300 audio-animatronic dolls in traditional costumes from cultures around the world, frolicking in a spirit of international unity, and singing the attraction's title song', which has a theme of global peace, written by the Sherman brothers in 1962.

It has been claimed that this song is the single most-performed and most-translated piece of music on Earth. In 2014, it was estimated that the song had played nearly 50 million times worldwide on the attractions alone. I couldn't remember the verses,as on that day,I'm ashamed to say, being stuck next to the loudspeaker, the chorus had infiltrated my auditory senses to the point of me wanting to climb out of the boat and swim the remaining length of the ride to get out(!) but having had time since and whilst standing in the supermarket queue, I decided to look up the words, which although simple, 58 years on, remain rather poignant..

*It's a world of laughter
A world of tears
It's a world of hopes
And a world of fears
There's so much that we share
That it's time we're aware
It's a small world after all*

*There is just one moon
And one golden sun
And a smile means
Friendship to ev'ryone
Though the mountains divide
And the oceans are wide
It's a small world after all*

Hymns for this weekend - for the Solemnity of the Most Holy Trinity at the Saturday 6pm and Sunday 9am Masses.

Entrance Hymn: 700 - Come Praise the Lord, the almighty...

Words: <http://www.sacredhearhull.uk/Come,%20praise%20the%20Lord,%20the%20Almighty.pdf>

Melody (Similar to that of Praise the Lord): <https://www.youtube.com/watch?v=0JvCmvlm-Qg>

Communion Hymn: 662 - O Bread of Heaven

Melody and Words (With a View of Westminster Cathedral, during Pope Benedict's Visit to the UK): <https://www.youtube.com/watch?v=A2aopF3rS44>

Recessional Hymn: 962 - Firmly, I believe and truly...

Words: https://hymnary.org/text/firmly_i_believe_and_truly

Melody: <https://www.youtube.com/watch?v=F0K3STHs6yo>

Zoom - As always , thank you very much to John Wright and the 9am Music group for hosting the Sunday 9am Zoom Mass. This week , we celebrated another birthday and were again joined by Fr Peter directly after Mass for ' virtual refreshments'. We also learned the origins of the word ' Amen' following a very interesting question posed by one young Parishioner. Thank you to Blaise Morris from Holy Cross(and Google) for providing the answer! Thank you also to Mick Jones, who following a Zoom request, very kindly helped Father with a ' digging' project in the garden of number 3.

This week, we Zoom again..

The 9am Music Group bring you hymns via Zoom before and after the parish Live Streaming of Mass.

How it works:

- * Different members of the 9am Music Group will lead different hymns before and after Mass.
- * We will start the Meeting about 8:40am to allow people to join and get technology working.
- * Our hymns will start about 8:50am. At the end of Mass we will play a Communion and Exit Hymn.
- * We ask everyone to stay muted during the Mass otherwise your audio will affect others ability to hear the Priest.
- * Feel free to join with or without video! But if you are on video, we ask that you be appropriately dressed!
- * After the hymns at the end of Mass we will un-mute everyone so you can say hello and have a chat about your week.

Thanks everyone and we hope you enjoy a brief sense of community while things are in lock-down.

God bless x
9am Music Group

Topic: Sunday Family Mass via Zoom during lock-down - music from 8:45am

Time: Jun 7, 2020 08:30 AM London

<https://us02web.zoom.us/j/89018111347>

Meeting ID: 890 1811 1347

First Holy Communion 2020- This weekend would have been our First Holy Communion Masses for the Children of our Parish. Please keep them all in your thoughts and prayers along with their Parents/ Guardians

and our very hardworking, fantastic and extremely dedicated team of volunteer Catechists, who have continued working ' behind the scenes' to keep everyone updated. A new proposed date for the Masses have been tentatively booked in the diary for 10th / 11th October but this will be dependent on the COVID-19 situation and guidance still to be issued by the government and the Diocese. We will keep you updated and thank everyone for their continued patience and prayers.

First Holy Communion 2021 - Applications are now open for the Sacrament of Reconciliation and First Holy Communion 2021 for those Children who live in the parish, which will take place on Saturday 8th May 2021 at St Joseph and the English Martyrs and on Sunday 9th May 2021 at Most Holy Redeemer and Holy Cross. The preparation programme is only for those children who will be receiving the Sacrament within the parish and not elsewhere. It will start between November 2020 - May 2021 and will consist of 10 separate sessions. There will 3-4 sessions for Parents. The Children are expected to attend each session and the 9am Mass that Sunday. **Children should be 8 years old on or before 31 August 2021.**

What do I need to do to register my Child for the Sacrament of Reconciliation and First Holy Communion 2021?

- Firstly check that your Child qualifies under the above conditions i.e. they will be 8 years old on or before 31st August 2021, that you live in the parish and your Child will be receiving the Sacrament in the parish and not elsewhere.
- Email the parish office on bishopsstortford@rcdow.org.uk requesting a First Holy Communion application form **for your child only** giving the **FULL NAME** and **DATE of BIRTH of your CHILD**.
- A personalised application form containing your Child's name and date of birth will then be emailed to you as a PDF document.
- Please print off the PDF form, fill in the remaining details requested on both sides of the form, sign and post back the hard copy in an envelope to 3, Windhill, Bishop's Stortford, Herts CM23 2ND
- When you have submitted the 'hard copy' of the form, please then email fhcstjosephs@gmail.com so that the First Holy Communion Catechist can send you an acknowledgment email and keep you updated of proposed sessions.
- The Cut off date for the hard copy of all forms to have been received at 3, Windhill is **Tuesday 1st September 2020 with no exceptions..**
- If your Child has any special needs, requirements, medical conditions or needs additional support, please ensure that your form is submitted as soon as possible. This is to ensure that we can contact you early and have plenty of time to better understand what support may be required and also make any necessary arrangements.
- If you have any questions re the application process please contact the Parish office - Thank you

Mass broadcast on BBC Radio 4 - On Sunday 14th June, the Sunday Worship Programme, which airs at 8.10am on BBC Radio 4, will broadcast Mass celebrated by the Cardinal in Westminster Cathedral. Please share this welcome news with parishioners, and family and friends who do not have access to the internet and are thus unable to watch live streamed Masses.

Thank you very much - for your continued generosity. We are very grateful to those Parishioners who kindly donate each month either by Standing order, on line or by cheque.

How to perform CPR and use a Defibrillator - The Resuscitation Council UK, the UK's resuscitation experts, have issued updated COVID-19 guidance for those who need to perform CPR in an out of hospital situation. They are urging people to familiarise themselves with these key skills in case they need to help some one in need. I have updated our web site with the current guidance on how to perform CPR and use a defibrillator whilst there is the risk of the Corona virus (COVID-19). Please do take a look at the videos uploaded on there.

This updated guidance advises

- Against performing rescue breaths (commonly called 'mouth to mouth') and
- Encourages rescuers to put a piece of material over the mouth and nose to reduce the risk of infection.

CPR steps

To learn more about performing CPR in an emergency, read the rest of this page and visit our web site for the CPR training video.

Step 1: Shake and shout

Someone having a cardiac arrest will either not be breathing or they won't be breathing normally. They also won't be conscious.

If you come across someone who is unconscious, always check for danger and look for risks before you start helping.

Check for a response – gently shake the person's shoulders and ask loudly 'are you alright?'

Shout for help – if someone is nearby, ask them to stay as you might need them. If you are alone, shout loudly to attract attention, but don't leave the person.

Step 2: Call 999

If the person is not breathing or not breathing normally:

ask someone to call 999 immediately and ask for an ambulance

ask someone for a public access defibrillator (PAD).

If there's no one around call 999 before starting compressions.

Step 3: Cover mouth and nose with cloth.

Using a towel or a piece of clothing, lay it over the mouth and nose but do not put your face close to theirs.

If you're sure the person is breathing normally, then put them in the recovery position.

Step 4: Give chest compressions

Do not give rescue breaths at this time.

Kneel next to the person.

Place the heel of one hand in the centre of their chest. Place your other hand on top of the first. Interlock your fingers.

With straight arms, use the heel of your hand to push the breastbone down firmly and smoothly, so that the chest is pressed down between 5–6 cm, and release.

Do this at a rate of 100 to 120 chest compressions per minute – that's around 2 per second (See the Staying alive video on our web site)

Step 5: Keep going

Keep going until professional help arrives and takes over, or the person starts to show signs of regaining consciousness, such as coughing, opening their eyes, speaking, or breathing normally.

If you're feeling tired, and there's someone nearby to help, instruct them to continue.

Parishioners of the week award/ Sewing Super Heroes - A ' little bird' contacted me this week to tell me about Ann Wocjik and Angela Tyson, two amazing and very talented, lovely ladies of the parish who both sing in the Choir at St Joseph's and who have been using their creative sewing skills to create PPE ' Scrubs' for the medical team at Addenbrookes hospital, whilst on lockdown at home. Well done ladies - Absolutely fantastic job!

If you also wish to help to provide front line staff with scrubs please read below and follow the link for the specifications needed..

Cambridge University Hospitals NHS Foundation Trust had launched an appeal for scrubs to help supplement existing supplies. The Trust said it needed sewing super-heroes to ensure Addenbrooke's Hospital and the Rosie

maternity do not run out. The hospitals have registered with 'For the Love of Scrubs', a national organisation of people who have come together to help provide front line staff with scrubs. The organisation has drawn up patterns, materials and washing specifications for volunteers to follow and are available on a dedicated section to the Trust website, <https://www.cuh.nhs.uk/scrub-donations>

Volunteer Stewards/ Cleaners required - As we start to look forward to the eventual re opening of our Churches for private prayer over the coming months and whilst we await guidance and a risk assessment from the government and the Diocese, there is a lot of preparatory work to be done. To ensure that we remain COVID- 19 secure, we are currently sourcing and purchasing hand gels, welfare products, protective equipment, cleaning materials and tape for social distancing. We will also need to prepare the Church, identifying a one way system throughout, with hand sanitiser stations, having an exit and entry point and may have to cordon off certain areas. A clear cleaning regime is also to be implemented with a thorough domestic clean at least once each day or more regularly depending on usage. This involves washing with hot soapy water to break down any virus followed by disinfecting the area. Areas of frequent touch will also need to be cleaned more regularly e.g door handles etc. Access to the Sacristy will be restricted and the Toilets and Confessionals will remain locked at all times.

In order to facilitate this, we will require some help please to support this process and are therefore looking to put together a volunteer team of Stewards (for the entry point, exit point and in the Church) and Cleaners for the hours when the Church will be open, which to start with, will probably be restricted. Guidance, instructions and protective equipment will be given to all volunteers.

The latest guidance that we had from the Diocese (dated 27/5) advised that members of the team should be deemed healthy and fit for work prior to commencement of work. At present, this excludes those who are deemed vulnerable (over 70 years and/ or with certain pre- existing health conditions, self- isolating or shielding). This however may change.

So, that we can start to see potentially how many people would be willing/ available to help, please may you kindly email the office with the following information.

- Your Name and Contact details
- Your potential availability to help (i.e days of the week/ time/ hours available)
- Which volunteer role you wish to help with i.e. Steward/ Cleaner or Both
- If you are available to help with just a ' One- off' clean of the Church before we actually open our doors following the underfloor heating works.

Anniversaries - This month, Fr Peter and Fr Carlos both celebrate their Anniversaries of Ordination to the Priesthood. On 11th June is Fr Carlos' 4 year Diaconate Anniversary and on 19th June is Fr Peter's 26th year since his Ordination to the Priesthood. How quickly that year has gone, since we celebrated Father's ' Silver Anniversary' Mass on the Monastery garden! On 24th June will be Fr Carlos' 3rd year as a Priest and since coming to our parish from 25/6/2017 - 5/6/2020 Father has kept a record of the number of Masses that he has celebrated which currently total 1,058 Masses ! Please keep Fr Peter and Fr Carlos in your continued thoughts and prayers.

As always Fr Peter and Fr Carlos continue to keep you all very much in their thoughts and prayers too and they thank you for your good wishes.

To finish on the theme of the world..

Pope Francis ' Prayer intention for June is 'Compassion for the world amidst the Covid-19 pandemic'. Pope Francis asks everyone to pray for those who are suffering, as the Covid-19 pandemic continues to inflict all sorts of difficulties around the world. It has become the custom of Pope Francis to release a video message detailing his prayer intention for each month and a link to this is below and also on our web site.

<https://www.vaticannews.va/en/pope/news/2020-06/pope-francis-prayer-intention-june-2020-compassion.html>

The full text of his prayer intention is below:

Many people suffer due to the great difficulties they endure.

We can help them by accompanying them along an itinerary full of compassion which transforms people's lives.

It brings them closer to the Heart of Christ, which welcomes all of us into the revolution of tenderness.

We pray that all those who suffer may find their way in life, allowing themselves to be touched by the Heart of Jesus.

Wishing you a very happy and healthy week.

Best wishes

Debbie

Parish Administrator

(Mon- Fri 9am - 3pm)

Catholic Parish of Bishop's Stortford

*St Joseph and the English Martyrs, Bishop's Stortford
Holy Cross, at St Andrew's, Church Lane, Much Hadham
Most Holy Redeemer, Sayesbury Road, Sawbridgeworth*

3 Windhill, Bishop's Stortford, Hertfordshire, CM23 2ND
Telephone: 01279 654063

email: bishopsstortford@rcdow.org.uk

<http://parish.rcdow.org.uk/bishopsstortford/>

Follow our Live streaming on www.churchservices.tv/bishopsstortford

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