

## NEWSLETTER

PENTECOST  
SUNDAY

'when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them seemed like tongues of fire; these separated, and began to speak foreign languages as the Spirit gave them the gift of speech'. and came to rest on the head of each of them. They were all filled with the Holy Spirit' (Acts 2: 1-11)

Not so long ago, in my wilderness years, I questioned was there a powerful wind, noise filled the house and there were tongues of fire? I put it down to the liberality of the writer of the Acts. That was then, now I am learning with the grace of God, it was and why else would it be recorded.

Such manifestations of the coming of the Holy Spirit were made present for various reasons. One reason was that the first recipients of the outpouring of the Holy Spirit would have understood that something most wonderful was happening. By seeing and hearing such physical manifestations of the Holy Spirit they were properly disposed to understanding that God was doing something splendiferous. They were touched by the Holy Spirit, consumed, filled, and were set on fire. They discovered within themselves the promise Jesus had made and they began to understand. Pentecost changed their lives!

We have not seen or heard nor have had such physical manifestations of the outpouring of the Holy Spirit. We for our part should rely on the witnesses in our First reading from the Acts and allow ourselves to arrive at a deep and transforming faith that the Holy Spirit is very much real and wants to enter our lives in the same way. God wants to set our hearts on fire with His love, give us strength and grace so we could effectively live lives that bring about change in the world. Pentecost is not about becoming holy, it's about us being given all that we need to venture forth and bring the holiness of God to those we meet. Pentecost allows us to be powerful instruments of God's transforming grace and the world around us needs this transforming grace.

As we come to celebrate Pentecost through live streaming or online it would be helpful to ponder the Seven Gifts of the Holy Spirit; Wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. In a prayerful way. These Gifts are the primary effects of Pentecost for each one of us. We could use them as an examination of our lives and allow God to show us where we need to grow in the strength of the Holy Spirit. May God enlighten you this Pentecost.

*Fr. Christopher*

'I think of all the people, especially women, who multiply loaves of bread in soup kitchens: two onions and a package of rice make up a delicious stew for hundreds of children. I think of the sick, I think of the elderly. They never appear in the news, nor do small farmers and their families who work hard to produce healthy food without hoarding, without exploiting people's needs. I want you to know that our Heavenly Father watches over you, values you, appreciates you, and supports you in your commitment'

*Pope Francis*

'Move forward with enthusiasm! There is much to do on the journey that awaits you...Salvation is an encounter with Jesus, who loves and forgives us by sending the Spirit who comforts and defends us..For each one of us, salvation can take place only through the lens of an encounter with the one who calls us. For this reason, the mystery of predilection begins and can only begin with an outburst of joy and gratitude. The joy of the Gospel is that 'great joy' of the poor woman who on Easter morning went to the tomb of Christ, found it-empty, then encountered the risen Jesus and raced home to tell the others (Mt 28: 8-10). Only because we have been chosen and singled out can we bear witness to the glory of the risen Christ before the entire world'

*Pope Francis*

**MASS INTENTIONS****May 30, 2020**

6pm - Jo Collins (Anniv)

**May 31, 2020**

11am— People of the Parish

For weekday mass intentions please, see the notice board on the left hand side of the main door of the church.

***The church remains closed but masses continue to be offered behind the closed door.***

***Parish Office remains open.***

***Please, contact us in case of any problem caused by the lockdown. We got a team of healthy people ready to help.***

**Spiritual Communion**

Jesus!

My God and my All  
my soul longs for thee.

My heart yearns to  
receive thee in

Holy Communion, come, O  
Lord.

Bread of heaven and food of  
angels to nourish my soul  
heal my body and to rejoice  
my heart

come most lovable friend of  
my soul,

to inflame me with such love  
that I may never again be ever  
separated from thee. Amen

## Readings for this &amp; next Sunday

1st Reading; Acts 2:1 -11

Psalm 103:1, 24, 29-31, 34 response v 30

2nd Reading - 1 Corinthians 12:3-7, 12-13

SEQUENCE

Gospel – John 20; 19-23

1st Reading; Exodus 34:4 –6, 8-9

Psalm Daniel3:52-56, response v 52

2nd Reading - 2 Corinthians 13: 11-13

Gospel – John 3; 16-18

### On the Trinity

The Lord commanded that baptism be given in the name of the Father and of the Son and of the Holy Spirit, that is, with a profession of faith in the Creator, the Only-begotten and the Gift.

There is one Creator of all, for there is one God and Father, from whom all things are. There is Only-begotten, Jesus Christ our Lord, through whom all things are. There is one Spirit, the Gift, in all things.

Everything, therefore, is arranged in due order and merit: there is one power from which all things are; there is one offspring, through whom all things are; there is one gift of fulfilled hope. Nothing will be found lacking to this perfection, within which, in the Father, the Son, and the Holy Spirit, there is the infinity of the eternal, the vision of the image, the enjoyment of the gift.

We can learn from the Lord's own words the effect the Holy Spirit has in us: 'I have yet many things to say to you, but you cannot bear them now. For it is to your advantage that I go away; if I go, I will send the Counsellor to you'.

And again: 'I will pray that Father, and he will send to you another Counsellor, to be with you forever, even the Spirit of truth. He will guide you into all truth; for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. He will glorify me, for he will take what is mine'.

These words contain a general truth; they teach us the will of the Giver, and the nature and condition of the Gift. For since our weakness cannot grasp the Father and the Son, our faith, which has difficulty in conceiving the Incarnation, is enlightened by the gift of the Holy Spirit, as if a treaty were made through his intercession.

We receive the Spirit, then, for the sake of knowledge. To take a comparison, our bodily nature will become unnecessary if the needs that it serves come to an end: the eyes will serve no purpose if there is no light or day-time; the ears will not know what function to perform if no words or sounds are uttered; the nose will find no work if it can smell no scents. Not that these senses will lose their nature for some reason; rather there must be a reason for their use. So too, unless the human mind drinks in the gift of the Spirit by faith, it will have the nature for understanding God but it will not have the light knowledge.

The gift which is in Christ is one, yet offered, and offered fully, to all. Always available, it is given in proportion to each one's will to receive; it remains with each according to his will to grow in merit. This is what is with us to the end of time; this is our consolation in our time of waiting; this, through what it bestows and effects, is the pledge of our hope for the future; this is the light of our minds, the splendour of our understanding.

*St. Hilary*

### *The sending of the Holy Spirit*

When the Lord gave to the disciples' power to confer rebirth into the life of God, he said: 'God make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit'.

He promised through his prophets that he would pour out this Spirit in the last times on his servants and handmaidens so that they would prophesy. And so the Spirit came down on the Son of God, who became the Son of man, and with him became accustomed to dwell in the human race and to abide in God's creation, within men, working the Father's will among them and making their old natures new with the newness of Christ.

Luke says that at Pentecost, after the ascension of the Lord, the Spirit came down on the disciples with power to grant all nations entry into life, and to open the new testament. And so in every language, they sang a hymn to God in unison; for the Spirit brought the scattered races together into a unity, and offered to the Father the first-fruits of all nations.

Therefore the Lord promised to send the Holy Spirit to make us fit for God's purposes. Just as dry flour cannot coalesce into a lump of dough, still less a loaf, without moisture, so too we, being many, could not become one in Christ Jesus without the water which comes from heaven. And just as dry soil cannot bear fruit unless it receives moisture, so we, who to begin with are dry wood, can never bear fruit of life unless the rain from heaven falls upon our wills.

For our bodies through the water of baptism have received the unity which leads to freedom from corruption, but our souls have received it through the Spirit.

The Spirit of God came down on the Lord, 'the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and devotion, the Spirit of fear of the Lord'. he gave the same Spirit again to the Church, sending the Counsellor to every nation from heaven, from which the Lord said 'the devil was cast down like lightning'. Accordingly, we need God's dew, so as not to be burnt up and make unfruitful but rather to have a Counsellor when we have an accuser. For the Lord entrusts to the Holy Spirit his man who had fallen among thieves. Taking pity on him he has bound up his wounds and given two imperial coins, stamped with the image of the Spirit and the inscription of the Father and the Son. We are to accept them, and make the coin entrusted to us bear fruit and multiply for the Lord.

*St Irenaeus*

### Why Pray the Rosary? (continuation)

**THE SIGNIFICANCE OF THE MYSTERIES.** The mysteries of the life of Jesus are packed with meaning. And they are so packed because Jesus is so unique. Of course, he is not unique in that he is like us in all things (except sin) – in other words, he is true man. But he is unique in that he is true God. He is the God-man. This is something that should always be at the back of our minds when we meditate on the mysteries of Jesus. This infant in Bethlehem, this child in Jerusalem, this man in Galilee – he is God. Why is he being born? Why is he in the Temple? What is he trying to teach us? We should ask ourselves these questions when we pray the Rosary. Now, because Jesus is God, everything he says and does is packed with meaning. In fact, the events of his life are so packed with meaning that we cannot exhaust them. This is why we call the events “mysteries”. A mystery does not mean we cannot understand it. It means we can never come to the limit of understanding it. There are always more wonders to discover. There are always more riches to mine! There are infinite, inexhaustible treasures contained in each of the mysteries of the life of Christ.

Something else about the mysteries: They are unique events. Again, they are unique because Jesus is so unique. He is God and this is a big deal. In what is perhaps my favourite passage in the entire *Catechism of the Catholic Church*, the Church explains what is so unique about the events of the life of Jesus, and why they are such a big deal. It does to explain the Pascal mystery of Jesus (his suffering, death, and Resurrection), but what follows applies to all the events of his life:

“His Paschal mystery is a real event that occurred in our history, but it is unique: all other historical events happen once, and then they pass away, swallowed up in the past. The Paschal mystery of Christ, by contrast, cannot remain only in the past, because by his death he destroyed death, and all that Christ is – all that he did and suffered for all men - participates in the divine eternity, and so transcends all times while being made present in them all. The event of the Cross and Resurrection abides and draws everything toward life.”

This mind-blowing passage captures an amazing point about the mystery of time and eternity. When God, who lives in eternity, steps into time as the incarnate Word, this event, one might say, “bends time”, because it creates a unique historical reality that mysteriously exists both inside and outside of time. As the *Catechism* teaches, the mysteries of the life of Jesus *are not swallowed up in the past*; rather, they are still here, now, living – for us. “Jesus Christ is the same yesterday, today, and tomorrow” (Heb 13:8). These events in our Saviour’s life share in the “divine eternity”, the “eternal now” of God. They are truly present in *all times*, abiding forever. This reality deserves deep meditation, and each mystery of the Rosary in an opportunity for such meditation and for becoming fully present to Christ. By way of example, let’s take one mystery of the Rosary to see what’s going on here. Let’s reflect on the fifth Sorrowful Mystery, The Crucifixion.

About 2,00 years ago, Jesus was on the Cross dying in agony for our sins. As this was happening, Mary, St John, and St. Mary Magdalene were all historically present to Jesus on the Cross. This means that they were literally, physically there, and they could see, smell, hear, and feel what was going on around them. Roman soldiers were also historically present there along with Jewish priests and elders. Now, because the events of the life of Jesus *abide* and are present in all times, *we also can be there*. Of course, we cannot be historically present there – we cannot go back in a time machine and be there physically – but we can still be truly present to Jesus dying on the Cross. In fact, we can be even more present to him than the Roman soldiers and Jewish priests and elders. How? By the virtues of faith and love. In other words, when our hearts are moved to *faith* and *love* as we ponder Jesus’ suffering and death on the Cross, we are truly, 2mystically transported2 to him. We have a real contact with him there. We can truly receive, here and now, the fountain of love and mercy that gushes froth from Jesus’ pierced side and that flows through the ages like a mighty river. Indeed, the theological virtues of faith and love, we can enter into the “divine eternity” and become truly present to Jesus in all the mysteries of this life, death, and Resurrection - more so than if we had gone back in a time machine.

We enter into a real contact with Jesus through faith-filled and loving prayer even if, through meditation, we do not get all the historical details right. Who knows exactly how many people were historically present at the foot of the Cross or exactly what it all looked like? Historical details are not what we are most important. The important thing is that we ponder the Scripture – based mystery in our hearts and that we do so with faith and love. Whenever the theological virtues (faith, hope, and love) are active when we pray, then we have a real contact with Jesus. We touch him by these virtues, and just as a divine, healing, and strengthening power went forth from Christ to all those who encountered him in faith during his earthly life (see Lk 6:19), so also today, when we meditate on the mysteries of the life of Christ in faith, hope, and love, that same divine power reaches us.

The power that goes forth from Christ to us in his mysteries is new, fresh, and unique in each mystery. For instance, the birth of Jesus contains its own riches and power that can lift us up and enlighten our minds, giving us strength to be compassionate to the poor and to embrace at least spiritual poverty as we reflect on how Jesus is born in poverty. The graces are endless in each mystery, and their treasures are released when we ponder the mysteries, with Mary, in faith, hope, and love. *Fr Michael E Gaitley*

Take part in the Friends of Westminster Cathedral Lockdown Online Quiz on Tuesday 2 June at 6.30pm on the Friends of Westminster Cathedral Facebook Page. The quiz is free to enter but we are asking if you might make a £5 per head donation. All monies raised will help to support Westminster Cathedral. Parish virtual teams are welcome and may communicate using Zoom, Microsoft Teams, What’s App etc. For more details and to enter email [christinawhite@rcdow.org.uk](mailto:christinawhite@rcdow.org.uk)

Please note that the Friends page is private and you will need to join the page in advance to take part in the quiz.



**Little Sisters of the Poor**  
Caring for the elderly - inspired by our faith

## EMERGENCY APPEAL TO SUPPORT CARE HOME STAFF AND RESIDENTS

The Little Sisters of the Poor have launched a vital fundraising appeal, in response to the increasing pressures faced by St Anne's Care Home during the current COVID-19 (Coronavirus) pandemic.



The Little Sisters of the Poor are a charity committed to providing safe accommodation and professional care for vulnerable older people, and in these unprecedented times, our staff and volunteers are going above and beyond to make sure that this high quality care continues.

However, due to the recent Government restrictions, St Anne's Care Home in Stoke Newington has been forced to implement emergency measures to aid efforts to fight the Coronavirus pandemic. Unfortunately, along with residential visitations, this also includes cancelling charity events and collections which has had a massive impact on the donations we rely on to help with our increasing running costs.

We are appealing for your crucial support at this uncertain time, to help us safeguard our Home and meet the ever-evolving needs of our Sisters, staff and residents. Your crucial donations will enable us to purchase extra essential Personal Protective Equipment (PPE) such as gloves, sanitising gel, eye protection, face masks, visors, safety clothing, and chemical cleaning products to ensure we can continue to comply with all health and safety regulations. Another very high expense we are faced with at this moment, is the continuous use of Agency Staff to ensure staffing levels remain adequate at all times.

### Make a Donation

All donations, no matter what size, will be very gratefully received and will make a real difference to the lives of our vulnerable elderly residents. Cheques made payable to 'Little Sisters of the Poor' or PPE supplies can be sent to; **St Anne's Home, 77 Manor Road, Stoke Newington, London, N16 5BL**. Alternatively, you can make a secure, online donation, by visiting our website at: [www.littlesistersofthepoor.co.uk/donate-here/](http://www.littlesistersofthepoor.co.uk/donate-here/)

Thank you so much.

## The Solemnity of Pentecost

Dear Friends in Christ, In this particular time and circumstances as we reflect on the coming of the Holy Spirit at Pentecost. Cardinal Vincent Nichols has made available a video online at <https://vimeo.com/421046273> and on the diocesan website. You will notice that the Cardinal asks that, across the diocese, priests, and laity participate, from our homes, in a short vigil of prayer this Saturday. . There is no specific time or format for this: It's important that many of us as possible engage positively to the Cardinal's invitation. Also, a meditation on Pentecost, based on Christian art, will be available in the next few days via the diocesan website as a way to help us in this time of prayer.



### [Cardinal Vincent Nichols on Pentecost](https://vimeo.com/421046273)

In this message recorded on the Ascension, the Cardinal offers a reflection on the days leading up to Pentecost during this time of lockdown, and encourages everyone...

[vimeo.com](https://vimeo.com/421046273)