

## NEWSLETTER

THE MOST  
HOLY TRINITY**The Most Holy Trinity**

When I was reflecting on this weekend's Gospel for The Most Holy Trinity. I was reminded, of an anecdote that my Spiritual Director shared with me. 'St Augustine was walking along the sea-shore, attempting to conceive an explanation for the mystery of the Trinity. As he was walking along, he saw a small boy on the beach, attempting to pour seawater into a small hole in the sand. 'What are you doing, my child?' asked Augustine. 'I am trying to empty the sea into this hole,' the boy answered. But that is impossible, my child,' said Augustine. The boy stood up, looked straight at him, and replied, 'What you are trying to do-comprehend the enormity of God with your small head-is even more impossible'. The boy then vanished. The boy was an angel sent by God to teach Augustine a lesson.

Augustine later wrote: 'You see the Trinity if you see love.' Augustine went on to say, the Father is the lover, the Son is the loved one and the Holy Spirit is the personification of the very act of loving. This allows us to understand something of the Mystery of the Holy Trinity more readily with our hearts than with our feeble mind. Evagrius of Pontus, a Greek monk of the fourth century who came from what is now known as Turkey and later lived in Egypt, said: 'God cannot be grasped by the mind. If God could be grasped, God would not be God'.

The feast invites us to be aware of the presence of the Triune God within each one of us: The Father, the Son, and the Holy Spirit in the mystery of the Trinity: We begin our prayers in the Name of the Holy Trinity and end glorifying the Trinity; All Sacraments are administered (we are baptised, confirmed, anointed, our sins are forgiven, and our marriage is blessed, and Bishops, priests, and deacons ordained) in the name of the Holy Trinity; each time we hear Church bells ring thrice a day, it reminds us to pray to the Holy Trinity; We bless ourselves, and the priest blesses us, in the name of the Holy Trinity.

The Catechism of the Catholic Church states, 'There is one God, who has Three Divine Persons, Father, Son, and Holy Spirit. Each person is God, yet there is still only one God' ( CCC 234, 253,-256) The Trinity underlies all major Christian feasts, including Christmas, the Epiphany, Good Friday, Easter the Ascension and Pentecost. All the official prayers of the Church, including the Holy Mass and the Sacraments, begin with an address to the Holy Trinity: *'In the Name of the Father and of the Son and of the Holy Spirit'*. We are baptised, absolution of our sins, and anointed in the name of the Blessed Trinity. Throughout the world, where church bells ring three times a day we as Christians are invited to pray to God the Father (the Provider); God the Son (the Saviour); and God the Holy Spirit (the Sanctifier). We bless ourselves invoking the Trinity and we conclude our prayers glorifying the Holy Trinity, saying *'Glory be to the Father and to the Son and to the Holy Spirit'*. *Our readings convey the fundamental mystery that the Triune God reaches out to people in love, seeking the deepest communion with them.*

Fr. Christopher

**Cardinal's Mass**

On Sunday 14th June the Sunday Worship Programme, which airs at 8.10 am on BBC Radio 4, will broadcast Mass celebrated by Cardinal Vincent in Westminster Cathedral. I encourage you to tune in and it's especially beneficial to those of you who haven't the facility for live streaming or to go online. Should you know of any others who might be interested do pass it on.

**MASS INTENTIONS****June 6, 2020**

6pm - Charles Starkey RIP

**June 7, 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 & next Sunday**

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

1st Reading; Deuteronomy 8:2 –3, 14-16

Psalm 147:12-15, 19-20 response v 12

2nd Reading - 1 Corinthians 10: 16-17

Gospel – John 6; 51-58

### Reflection

'God's plan for humanity is good, but in daily affairs, we experience the presence of evil. It is a daily experience..., Do not forget this: the tempter is a bad payer, he does not pay well. While almost everyone behaves in a wicked manner, making hatred and conquest the great engine of human affairs, there are people who are capable of praying to God with sincerity, capable of writing mankind's destiny in a different way. One has the impression that prayer is a bulwark; it is man's refuge before the flood wave of evil that grows in the world. On closer inspection, we also pray to be saved from ourselves. It is important to pray: 'Lord, please, save me from myself, from my ambitions, from my passions'. The prayerful of the first pages of the Bible are peace workers: indeed, when prayer is authentic, it frees one from the instincts of violence and it is a gaze directed to God, that he may return to take care of the heart of mankind..Prayer cultivates flowerbeds of rebirth in places where man's hatred has only been able to expand the desert. And prayer is powerful because it attracts the power of God and the power of God always gives life: always. He is the God of life and he causes rebirth'. *Pope Francis*

### ***Light, splendour, grace in the Trinity and from the Trinity***

It will not be irrelevant to examine the ancient tradition and doctrine and the faith of the Catholic Church, which, as we know, the Lord handed down, the apostles preached and the fathers preserved. For on this tradition, the Church is founded, and if anyone abandons it, he cannot be a Christian nor have any right to the name.

And so the Trinity, which is recognised in the Father, the Son, and the Holy Spirit, is holy and perfect and has no adulteration of that which is foreign or external. Nor is it compounded of creator and created matter, but it is endowed with the complete power of creating and energizing; its nature also is consistent with itself and undivided, and its energy and activity is one. For the Father makes all things through the Word in the Holy Spirit, and in that way, the unity of the Holy Trinity is preserved. Thus in the Church one, God is preached, who is 'above all things and through all things and in all things'. Yes, certainly, 'above all things' as the Father, the first principle and origin; and truly 'through all things', that is through the Word, and finally 'in all things'. in the Holy Spirit.

When St Paul was writing to the Corinthians about spiritual matters, he traced all things back to one God the Father as to the fountain-head in these words: 'Now there are varieties of gifts, but the same Spirit; and there are varieties of service, but the same Lord: and there are varieties of working, but it is the same God who inspires them all in everyone'.

The gifts which the Spirit distributes to individuals are given by the Father through the Word. For all things which belong to the Father likewise belong to the Son: so that these things which are given by the Son in the Spirit, are true gifts of the Father. Similarly, when the Spirit is in us, the Word by whom we receive him also in us, and in the text: 'We ( that is, my Father and I) will come to him and make our home with him'. For where there is light, there also is brilliance, and where there is brilliance, there the power and glory of the light shine out.

Paul also in the second letter to the Corinthians gives the same teaching in these words: 'The grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all'. For grace and the gift which is given in the Trinity is given by the Father through the Son in the Holy Spirit. For just as grace is given from the Father through the Son, so within us, the fellowship in the gift cannot be brought about except in the Holy Spirit. If we have received the Spirit, then we have the love of the Father, the grace of the Son, and the fellowship of the Spirit himself. *St Athanasius*

'Dear brothers and sisters in the United States, I have witnessed with great concern the disturbing social unrest in your nation in these past days, following the tragic death of Mr. George Floyd. My friends, we cannot tolerate or turn a blind eye to racism and exclusion in any form and yet claim to defend the sacredness of every human life. At the same time, we have to recognize that the violence of recent nights is self-destructive and self-defeating.

Nothing is gained by violence and so much is lost. Today I join the Church in Saint Paul at Minneapolis, and in the entire United States, in praying for the repose of the soul of George Floyd and of all those others who have lost their lives as a result of the sin of racism. Let us pray for the consolation of their grieving families and friends and let us implore the national reconciliation and peace for which we yearn. May Our Lady of Guadalupe, Mother of America, intercede for all those who work for peace and justice in your land and throughout the world. May God bless all of you and your families'. *Pope Francis*



**Apsana Begum MP**  
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Ms Gail O'Flaherty  
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30<sup>th</sup> May, 2020

Dear Ms Gail O'Flaherty,

I hope that all is as well as it possibly can be with you at this horrendous time.

Thank you for the incredible work being done by you and your staff in such difficult and stressful circumstances. I know that local people appreciate this more than words can express.

I am keen to have a regular and constant dialogue and want to help and support your important work during this difficult period.

#### **Education Select Committee**

Firstly, I want to update you regarding the work of the Education Select Committee which I serve on.

We have met with Government Ministers and OFSTED. In particular, we have questioned the Education Secretary about the Department for Education's response to the pandemic - raising concerns about disadvantaged groups, special educational needs, disabilities and school funding.

Please don't hesitate to bring concerns and issues to my attention to follow up either via the Education Select Committee or elsewhere in Parliament. If you feel that it would be beneficial for us to meet, please contact my office via [apsana.begum.mp@parliament.uk](mailto:apsana.begum.mp@parliament.uk) to arrange.

#### **School Vouchers**

After all our lobbying, I have welcomed that the Government's stance on providing free school meals vouchers over the Easter holidays was overturned and now the same has happened regarding half term.

I know however that schools have raised serious concerns about their ability to complete and access their orders. I have continued to argue that the Government must be transparent about the scale of the problem, and how they will ensure that all families have access to the food they urgently need.

In particular, I am aware of the calls for the Department for Education should urgently address flaws in its supermarket voucher scheme in England while transitioning toward a cash transfer system that offers families and children greater dignity, and that there are concerns being raised by schools that all reasonable expenses they incur to replace free school meals will be reimbursed.

**[apsana.begum.mp@parliament.uk](mailto:apsana.begum.mp@parliament.uk)**

1 June 2020

Executive Mayor's Office

Contact

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Dear resident

### Supporting pupils to return to school safely

Last week I wrote a letter outlining our position on the re-opening of schools. This was based on widespread conversations with our education and public health professionals.

All of us are to a greater or lesser degree in the dark about the course of the pandemic but our statement was also informed by the fact that we have seen a massive reduction in infection and death rates in the borough. A few weeks ago, we would hear of four or five deaths each day, and now most commonly there are none. Our local hospital was at risk of not coping, but now hospital admissions are much reduced, and the NHS is returning, carefully, to its more routine non-Covid19 activities. Last week we understand that eight new positive tests were recorded in Tower Hamlets, far fewer than in previous weeks. While that is almost certainly fewer than the actual number it is positive news. An 'R' rate below one means a continuing reduction in infections. We understand the R rate within London is currently at 0.4 – the lowest of any region of the UK.

Yet the virus remains a very real threat. We know that the most vulnerable are those who are elderly or with a long-term health factor. We also know that those from BAME communities are over-represented in those suffering harm, which is of obvious concern in our diverse community. So we must continue to be careful, to avoid increasing the 'R' rate, to keep it as low as possible, to 'shield' vulnerable people and to constantly monitor and be willing to change the rules if there is any increase in the rate of infection.

So, where do our schools fit into this? There is a strong campaign, particularly of teaching unions and concerned residents, and including our two MPs, urging that our schools should not open, other than to children who are vulnerable or from 'key worker' families, from 1<sup>st</sup> June. It has been suggested that I should give a strong signal as Mayor that I support this. A number have suggested that 15<sup>th</sup> June would be far safer, as the earliest date for beginning to reopen for wider groups of children.

My job is to build support for a position that keeps us safe and around which we can build confidence. I recognise the opinion around 15<sup>th</sup> June and if this is a date around which schools and families can plan, and be confident, then that is a major step forwards for us in Tower Hamlets and I support it. The reality is that a few schools will start to widen attendance before 15<sup>th</sup> June. There is no fixed date when we will be entirely safe, and we must respond to the evidence. A small number of schools will be confident to open sooner, and are able to decide to do so, but for most, and depending on the evidence and any local factors, this is a good date to plan for.

To be clear, whatever the date no school should open until they have undertaken a thorough risk assessment and put in place a range of measures in their schools, informed by local conditions and expert advice. Every school which does begin to expand the number of students attending must do so carefully and gradually. We must be very careful and put the safety of children, staff, families and the wider community first. This is what we have been doing and will continue to do. In exceptional circumstances the council does have power to intervene if it became necessary, I do not imagine however that this will happen as we are working very closely with schools.

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