

SICK & HOUSEBOUND: Michael Fahey, Anne Hull, Gillian Gibbs, Catherine Kevill, Margaret O'Shea, Lionel Stonehouse, Edith Geissler, Marie Rego, Eileen Kidd, Christopher Browne, John and Angela McCarthy, Germaine Duffner, Patrick McDonagh, Paul Turnbull, Tom Fernandes.

RECENTLY DEPARTED: Maureen O'Rourke.

ANNIVERSARIES OF THE DEPARTED: David Sullivan (9th Ann), Dennis Pierson, Derek Smith.

INTENTION OF POPE FRANCIS FOR March Catholics in China: We pray that the Church in China may persevere in its faithfulness to the Gospel and grow in unity.



ACT OF SPIRITUAL COMMUNION

I wish, my Lord, to receive you with the purity, humility, and devotion with which your most holy mother received you, with the spirit and fervour of the saints.

SANCTUARY LAMP

has been sponsored this week
In Memory of
ELSA MILANETTO RIP

LAMP AT THE ALTAR OF OUR LADY OF WALSINGHAM
has been sponsored this week
For SPECIAL INTENTIONS

ROSARY AT HOME:

This week the statue of Our Lady of Fatima will be at the home of
SPIRITA ALSALMAR



Switch mobile phones off or to silent

MAKING CONTACT AT ST. GEORGE'S

Parish Priest:	Mgr. Jeremy Fairhead	jeremyfairhead@rcdow.org.uk
Assistant Priest:	Fr. John Warnaby	johnwarnaby@rcdow.org.uk
Catechetical Coordinator:	Mr. Peter Kingsley	peterkingsley@rcdow.org.uk
Secretary:	Mrs. Toni Miles	sudbury@rcdow.org.uk
Director of Music:	Mr. Scott Price	scottprice@rcdow.org.uk
Hall Bookings:	via the office or	sudbury@rcdow.org.uk
Safeguarding Representative:	Mrs. Mary Kugaswaran	sudburysg2@rcdow.org.uk
Address: The Presbytery, 970 Harrow Road, Sudbury, Wembley, Middlesex, HA0 2QE		
Tel: 020 8904 2552. Phone Options: 1. Mass Times; 2. Parish Office 3. Mgr Jeremy;		
4. Fr. John; 5. Catechetical Coordinator. Charity No: 233699		
Email: sudbury@rcdow.org.uk Website: parish.rcdow.org.uk/sudbury		



Sunday cycle
Readings Year A

Weekday Readings
Lent week 2

Divine Office
Psalms Week 3
Lent week 3

**The Catholic Parish
of St George, Sudbury**



**Sunday 15th March 2020
THIRD SUNDAY OF LENT**

Welcome to all at Mass today, especially to any visitors and particularly those who are here for the first time. Please take this sheet home with you which will tell you about this week's celebration and the activities during the week and also to remind you of our Liturgy today.

TODAY'S MASS



Through baptism Christ becomes within us a source of the living waters of grace. Through the holy spirit the Love of God is poured into our hearts and our spiritual thirst is quenched. We really come alive. We become in our turn the wells of God's goodness at which people will drink.

First Reading: Exodus 17:3-7

God tells Moses to bring forth water from the rock.

Responsorial Psalm: Psalm 95:1-2,6-9

Sing joyfully in the presence of the Lord.

Second Reading: Romans 5:1-2,5-8

Christ died for us while we were still sinners.

Gospel Reading: John 4:5-42

Jesus reveals himself to the Samaritan woman at the well.
(shorter form: John 4:5-15,19b-26,39a,40-42)

**PLEASE TAKE THIS NEWSLETTER HOME WITH YOU.
DO NOT LEAVE IT IN THE PEW
OR RETURN IT TO THE BASKET**

SUNDAY REFLECTION

In today's Gospel, the dialogue between Jesus and a woman from Samaria is among the most lengthy and most theological found in Scripture. The most startling aspect of the conversation is that it happens at all. Jesus, an observant Jew of that time, was expected to avoid conversation with women in public. The animosity between the Jews and the Samaritans should have prevented the conversation as well. The woman herself alludes to the break from tradition: "How can you, a Jew, ask me, a Samaritan woman, for a drink?" Yet Jesus not only converses with the woman, he also asks to share her drinking vessel, an action that makes him unclean according to Jewish law.

The initial conversation between Jesus and the woman is better understood if we consider the importance of water, especially in the climate of Israel. At first, the woman understands Jesus' promise of "living water" in a literal sense: "Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water." With no running water, the daily trip to the well by the women of the community was of paramount importance. The women of the town would have travelled to the well in the early morning, but this woman came to the well at noon, the hottest time of the day. The timing of her visit is a clear sign that she is an outcast within the Samaritan community. We learn in her conversation with Jesus that she is an outcast because of her "many husbands." Behind the conversation lies the animosity and rivalry between the Jews and the Samaritans. Samaritans shared Jewish ancestry, but Samaritans had intermarried with foreigners when they lived under the rule of the Assyrians. Samaritan religion included worship of God, but was also influenced by the worship of other

gods. When the Jews refused Samaritan help in the building of the Temple at Jerusalem, the Samaritans eventually built a temple for themselves at Mt. Gerizim (the same mountain mentioned by the woman at the well). Like the Jews, the Samaritans believed that a Messiah would come.

The high point of the conversation is when Jesus reveals himself to her as the Messiah. His answer to the Samaritan woman's questions about worship is meant to predict a time when worshiping in truth and spirit will become the way to worship.



After the conversation, the Samaritan woman becomes a disciple. Even though she is an outcast and not a Jew, she returns to her town to lead others to Jesus and to wonder whether she has found the Messiah. The Samaritan townspeople return with her to meet Jesus for themselves, and many are said to come to believe in him.

The significance of the encounter between Jesus and the Samaritan woman has many

levels. The first is personal: The woman is herself converted to belief in Jesus as Messiah because he knows her sin but speaks with her just the same. The second is social: Having come to know Jesus as the Messiah, the Samaritan woman becomes an evangelist to her own people.

The third level of the story is educational: Jesus uses his encounter with the Samaritan woman to teach his disciples that God's mercy is without limit. The disciples return from their shopping quite confused to find Jesus talking with a Samaritan, and a woman at that! But the conversion of the Samaritan townspeople is a foretaste of the kind of open community that will be created among those who believe that Jesus is

sights and ways into personal prayer and commitment to Jesus. Booklets can be purchased from the Repository or on the day for £3.

CHURCH FLAGS—thanks to such a generous and quick response we have paid for our flags which will fly after Lent. Thank you!

ROSARY AT HOME Would you like to be part of our parish prayer chain? If so, you will receive a statue of Our Lady of Fatima to display for a week (Monday to Friday) in your home. You will also undertake to pray the Rosary at home, each day during the week, for the intentions of the parish, the Church and the world. There is a sign-up sheet at the back of the church if you would like to participate. The list is ongoing and changes each week.

GIFT AID AND PLANNED GIVING SCHEME: If you have a gift aid and contribute by planned giving envelope or bankers' order please remember to inform the parish office if you have ceased to pay tax. Thank you.

ANNUAL MASS OF THANKSGIVING FOR THE SACRAMENT OF MATRIMONY at Westminster Cathedral, Saturday 30th May 2019 at 3pm. The Cardinal will be inviting to this Mass all couples in the Diocese who are celebrating their 5th, 10th, 25th, 30th, 40th, 50th and 60th (and every year over 60) wedding anniversary of Catholic marriage in 2020. If you are celebrating an anniversary, please give the parish team or parish office the following details: husband and wife's names, wedding date, full postal address and email (or telephone number, if no email).

Thanks to those who have already contributed.

CORONAVIRUS – let's not forget the vulnerable. In light of the uncertainty over the Coronavirus, it is understandable that we want to ensure our kitchen cupboards are well stocked. However, we must not forget that this can leave foodbanks struggling. Hundreds of people rely on generous donations from our parishioners. This includes the need for hygiene items, toilet paper, sanitary products etc, as well as sealed packages of dry food, tins, and long-life milk etc. Foodbanks also welcome donations of money - please give what you can.

Please also consider if you could spare some time to volunteer – perhaps by driving to collect food for a foodbank – or simply by looking out for your neighbours. Contact Caritas at cfc@rcdow.org.uk or call 020 7931 6077 to add your name to a list of people who would be willing to help respond.

SUNDAY COUNTERS: We are looking for new counters to join our teams, to work in groups of three, for approximately 3 hours on Sunday afternoons. This will be on a rota basis. If you are interested and think you are able to help please contact the parish team.

MASS INTENTIONS are booked well into September 2020 and beyond. Remember to book your anniversary Masses early.

CHURCH LAMPS: If you would like to sponsor the blessed sacrament lamp or the lamp by the altar of Our Lady of Walsingham with a particular intention, the cost is £10 for the

week. There are still some free dates for March and April. Please see Toni in the Parish Office

CARITAS WESTMINSTER is recruiting at least one Caritas Representative from each parish, to help two-way communication between the Parish and Caritas to support and grow charitable activities. They will help to display posters, flyers, speak in Masses, learn about new tools and models for social action and share best practice between parishes. If you would like to be considered as a Caritas Representative, please contact one of the Parish Team.

FOLDER INFORMATION FOR THE FOLLOWING: (See in church porch)

BEGINNING EXPERIENCE helps separated, divorced or widowed Catholics.

SMART LOVING SEMINAR for married couples.

CATHOLIC SINGLES information

RETROUVAILLE—a lifeline for married couples.

WIDOWED YOUNG—support events.

CALIX CENTRE—A Catholic ministry to addicts.

ADULT FAITH FORMATION COURSES.

MARRIAGE/ENGAGED ENCOUNTER: www.wvme.org.uk

CAN YOU SPEAK FRENCH? Can you spare a few hours a week to volunteer to work with small group of boys to help develop their skills in conversational French at the Salvatorian College, Harrow Weald. If you can please contact Ms Faryal Memon on 020 8863 2706 or f.memon@salvatorian.harrow.sch.uk or see notice in porch folders.

DO YOU NEED A CLEANER? Please contact Helen on 07805774573

ROOM NEEDED Nice polite young man desires a room. Please see Fr Jeremy if you can help.

PROBLEM WITH YOUR COMPUTER? Tomasz can fix it. Help also with setting up phones/TV'S/ home security Call: 020 8058 2826. £20 per hour. Longer projects at negotiable prices.

CAR REPAIRS: Baptist Fernandes is available to help with all mechanical and electrical body repairs, M.O.T's for any make and model of car, and picking up and scrapping if needed. Further information on 07446355757.

FOR ALL PAINTING/DECORATING—please ring David on 07904913443

NAIL CARE SERVICES— and preventive advice please ring Patrick on 07881103376

CARDINAL WISEMAN CATHOLIC SCHOOL require SEN Senior Teaching Assistant (C/date 20 April).

DIOCESAN AND SCHOOL VACANCIES please see folder in porch or School/diocesan website.

FOLDERS in the church porch: look for pilgrimages & retreats, job opportunities, schools & colleges information.

NEWS & VIEWS

NEW TO THE PARISH? If you are, please know you are very welcome. Please fill in one of the new parishioners forms at the back of church and we'll get back to you.

PLEASE LEAVE THE PEW NEAT AND TIDY AS YOU DEPART CHURCH TODAY. This is especially true if you have children using their worksheets. Please make sure they (or you) bring all the crayons back to the basket.

PARISH DIARY FOR THIS WEEK

Monday 16 March:	
Confirmation	7.30pm
Tuesday 17 March:	
Prayer Time	10.15am
First Holy Communion	7.00pm
Set Dancing	8.45pm
Wednesday 18 March:	
SVP Group	7.30pm
Thursday 19 March:	
Church Cleaning Group D	3.00pm

NO COFFEE & TEAS AFTER MASS—this is the advice to stay safe during the crisis with the virus.

HOLY BAPTISM: Information packs are available from the parish office. You can sign up there for the preparation course. Parents to be, i.e., before birth, are welcome to attend. **The date of the next baptism preparation course will be on Friday 27th March at 7.30pm** in the parish centre. Please let the parish office know if you are attending.

THIS YEAR'S ST. GEORGE'S LENTEN CHARITY is for **EMPOWERING VULNERABLE CHILDREN (Uganda)**. Due to the coronavirus situation this collection will now take place later in the year.

GOOD NEWS—our sanctuary project is now complete with the rails up to the tabernacle and new lighting finishing off the work. We have new projects in hand according to our financial needs:

- Resurfacing the car park
- Sanding and sealing the church floor
- Refurbishment of the main hall

NEXT WEEKEND—if all goes according to plan—Bishop John Sherrington will be spending the weekend with us in the parish.

EUCCHARISTIC MINISTERS—please note that only 3 are required during this time when the chalice will not be administered. Please also make sure you use Gel before and after the distribution of Holy Communion.

DIVINE MERCY -The **Divine Mercy Chaplet** is recited in the church every Monday after the Rosary. All are welcome!

THE REPOSITORY continues to be open after all Masses today with a selection of gifts and cards.

FAITH CAFÉ- 'Faith Café' is a monthly opportunity to explore the Catholic faith. The next session, on 'The Use of Parables', will be taking place in the Café Bar on **Wednesday 1st April**. Teas and coffees at **7.00pm** is followed by a video presentation and discussion at 7.30pm. All are welcome!

CONFIRMATION 2020 Thank you for ensuring the candidate's Letter to the Bishop is completed and brought to the session this week. Following the guidelines provided by the Diocese sadly, due to concerns about the spread of the Coronavirus, the Parish Charity Breakfast will not be able to go ahead this year. Instead, during the session on **Monday 16th March at 7.30pm**, the candidates will be deciding with their Catechists on an alternative fundraising activity to raise funds for our Lenten Charity.

FIRST HOLY COMMUNION - The Programme continues, this coming **Tuesday 17th March at 7pm**, with a session for **children only** entitled **We receive Holy Communion**'.

SVP—The **Parish SVP Group** will be meeting in the **Café Bar** this coming **Wednesday 18th March at 7.30pm**. The **St. Vincent de Paul Society** aims to turn concern into action by providing people in any form of need with a sense of dignity, worth, well-being & peace of mind. For further information please contact Theresa Frain at fraint@pladisglobal.com.

SERVING AS A CATECHIST - Do you have a little time on your hands? Might you consider helping the community as a Catechist? We are already looking for people to help with First Holy Communion and Confirmation next year. If you might consider helping, or would just like further information, please contact Peter, our Catechetical Coordinator, at peterkingsley@rcdow.org.uk. He will be happy to meet to talk about what would be involved and answer any questions you may have.

CHILDREN'S LITURGY AT 9.45AM FAMILY MASS—We are hugely grateful to our team of Catechists who generously provide a **Children's Liturgy at the 9.45am Family Mass**. Please, however, note that the **Children's Liturgy is ONLY for children from Reception to Year 2**. Older children are asked to remain in Church with their Parents/Carers.

ST. PATRICK'S DAY TEA PARTY—unfortunately due to the coronavirus situation this event has been cancelled. If you have paid for a ticket please call to the parish office, with your ticket, for a refund

OVER 60'S GROUP— All meetings have been cancelled until further notice.

FILM NIGHT: this has now been cancelled.

LENTEN SMALL GROUP - All are welcome to join the Lenten Small Group after Mass on Tuesdays in the Parish Café Bar. 'A Word for Lent' includes six sessions providing stimulating in-

O Mary,
 You always shine on our path
 as a sign of salvation and hope.
 We rely on you, Health of the sick,
 You who, at the cross, united with Jesus' pain,
 keeping steadfast your faith.
 You, Salvation of the Roman people,
 you know what we need
 and we are sure that you will provide
 for, as at Cana of Galilee,
 may joy and celebration return
 after this trial.
 Help us, Mother of Divine Love,
 to conform to the will of the Father
 and to do what we are told by Jesus,
 Who has taken our suffering upon Himself
 and has burdened Himself with our sorrows
 to lead us through the cross,
 to the joy of resurrection. Amen.
 Under your protection we seek refuge, Holy
 Mother of God.
 Do not spurn the pleas of we who are in trial
 And free us from every danger, O glorious and
 blessed Virgin.

POPE FRANCIS

Word Search Puzzle

J O H N N A W D G E
 E G I V E G A R U T
 S B H E V A T I S E
 U U E V E I E N H R
 S T R E R N R K I N
 T H I R S T Y S N A
 H A W Y S H W P G L
 I T H O S E I R S N
 S O O N U M L I A R
 L I F E P C L N I S
 B E C O M E G G D V

(John 4:13-14) Jesus said to her, "Everyone who drinks of this water will be thirsty again, (14) but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." (NRSV)

Word List

EVERYONE THIRSTY GUSHING ETERNAL
 SPRING DRINKS BECOME WATER THOSE
 NEVER JESUS AGAIN WILL THIS
 THEM THAT SAID LIFE JOHN GIVE
 WHO HER BUT UP TO OF

LITURGICAL CALENDAR & MASS INTENTIONS

SUNDAY MASS: 6.15pm (Saturday Vigil), 8.30am, 9.45am (Family) & 11.15am (Solemn), 5.30pm.
WEEKDAY MASS: Monday – Saturday 9.30am.
HOLYDAYS OF OBLIGATION: 9.30am, 8.00pm.
EUCCHARISTIC ADORATION: Saturday 5.15-6.00pm.
CONFESSIONS: Saturday 5.15pm - 6.00pm. *and any time by appointment.*
DIVINE MERCY: Monday 10.30am.
ROSARY: Daily after Mass.

<i>Sun 15 March</i> 6.15pm (Vigil)	THIRD SUNDAY OF LENT Terry Kelly RIP
8.30am	Thomas & Catherine McCormack RIP
9.45am	David Sullivan RIP (9th Anniversary)
11.15am	Sr. Maureen Gibbons RIP
5.30pm	PRO POPULO

Mon 16 March 9.30am	Lent feria Rev. Patrick Kelly RIP
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Tues 17 March 9.30am	S. Patrick The Bowe Family Intentions
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Weds 18 March 9.30am	Lent feria John O'Donnell RIP
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Thurs 19 March 9.30am	S. JOSEPH Sheila Bates RIP
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Fri 20 March 9.30am	Lent feria For the good health & safety of Alex Alcalá
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Sat 21 March 9.30am	Lent feria Francis Anselmo Fernandes RIP
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<i>Sun 22 March</i> 6.15pm (Vigil)	FOURTH SUNDAY OF LENT Patrick O'Connor RIP
8.30am	Kevin Reddan RIP
9.45am	PRO POPULO
11.15am	Michelle Coughlan RIP
5.30pm	Bridie Murphy RIP (4th Anniversary)

CORONAVIRUS – COVID 19 VIRUS PRECAUTIONS AT THIS TIME IN CHURCH (UPDATED)

- ◆ If you feel ill, especially with flu like symptoms, stay at home. If you need help, you are advised first to call the NHS 111 number. The can also be accessed online.
- ◆ Wash hands thoroughly, with soap, before coming to Church, and on returning from Church. If you have managed to get your own sanitising gel, use that too.
- ◆ Unfortunately, due to panic buying, we only have a limited amount of sanitising gel. If more becomes available, it will be accessible for use as you enter and leave church.
- ◆ Use paper tissues for coughs and sneezes, keep them on your person and dispose of them at home. ***Don't leave them lying around the Church as happens now.***
- ◆ Holy water will not be available at the door of church. An option as you enter church is to say a "Glory be" instead.
- ◆ Holy Communion will be administered only as the Sacred Host. The Precious Blood will not be administered for the immediate future.
- ◆ It is strongly recommended that all of us receive communion now in the hand. This is done by putting one hand over the other and picking it up and placing the host directly in your mouth (**Do not bring the host on your hands to your mouth directly – this is the worst of all combinations**).
- ◆ Whilst receiving on the tongue for many is important and a sign of real devotion to the Eucharist, we are in an unusual and especially difficult situation which demands a generosity which God will clearly understand and may even demand of us. Making a special act of devotion to the Presence of the Lord in the Blessed Sacrament may be one way to give particular adoration at this time.
- ◆ At any time, hands receiving Holy Communion should be clean, and hold nothing else, not even a rosary. If you are refraining from Holy Communion the words of the Act of Spiritual Communion are printed on the back of the Newsletter.
- ◆ We will not be shaking hands both as a liturgical sign or at the door of church. For now, there will be no invitation to exchange the sign of peace at Mass (which has always been optional).
- ◆ Ministers of the Eucharist will sanitise their hands both before and after the distribution of the host.

Gospel: John 4:5-42

Jesus came to the Samaritan town called Sychar, near the land that Jacob gave to his son Joseph. Jacob's well is there and Jesus, tired by the journey, sat straight down by the well. It was about the sixth hour. When a Samaritan woman came to draw water, Jesus said to her, 'Give me a drink.' His disciples had gone into the town to buy food. The Samaritan woman said to him, 'What? You are a Jew and you ask me, a Samaritan, for a drink?' - Jews, in fact, do not associate with Samaritans. Jesus replied:

'If you only knew what God is offering and who it is that is saying to you: Give me a drink, you would have been the one to ask, and he would have given you living water.'

'You have no bucket, sir,' she answered 'and the well is deep: how could you get this living water? Are you a greater man than our father Jacob who gave us this well and drank from it himself with his sons and his cattle?' Jesus replied: Whoever drinks this water

will get thirsty again:
but anyone who drinks the water that I shall give
will never be thirsty again:
the water that I shall give
will turn into a spring inside him, welling up to eternal life.'

'Sir,' said the woman, 'give me some of that water, so that I may never get thirsty and never have to come here again to draw water.' I see you are a prophet, sir' said the woman. 'Our fathers worshipped on this mountain, while you say that Jerusalem is the place where one ought to worship.' Jesus said:

'Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem.
You worship what you do not know; we worship what we do know; for salvation comes from the Jews.
But the hour will come - in fact it is here already -
when true worshippers will worship the

Father in spirit and truth:
that is the kind of worshipper the Father wants.
God is spirit,
and those who worship
must worship in spirit and truth.'

The woman said to him, 'I know that Messiah - that is, Christ - is coming; and when he comes he will tell us everything.' 'I who am speaking to you,' said Jesus 'I am he.'

Many Samaritans of that town had believed in him on the strength of the woman's testimony when she said, 'He told me all I have ever done', so, when the Samaritans came up to him, they begged him to stay with them. He stayed for two days, and when he spoke to them many more came to believe; and they said to the woman, 'Now we no longer believe because of what you told us; we have heard him ourselves and we know that he really is the saviour of the world.'

Prayer over the Offerings

Be pleased, O Lord, with these sacrificial offerings, and grant that we who beseech pardon for our own sins, may take care to forgive our neighbour.

Through Christ our Lord.

Communion Antiphon Jn 4: 13-14

For anyone who drinks it, says the Lord, the water I shall give will become in him a spring welling up to eternal life.

Prayer after Communion

As we receive the pledge of things yet hidden in heaven and are nourished while still on earth with the Bread that comes from on high, we humbly entreat you, O Lord, that what is being brought about in us in mystery may come to true completion.

Through Christ our Lord.

Prayer over the People

Direct, O Lord, we pray, the hearts of your faithful, and in your kindness grant your servants this grace: that, abiding in the love of you and their neighbour, they may fulfil the whole of your commands.

Through Christ our Lord.

TODAY'S MASS

Entrance Antiphon Cf. Ez 36: 23-26

When I prove my holiness among you,
I will gather you from all the foreign lands;
and I will pour clean water upon you
and cleanse you from all your impurities,
and I will give you a new spirit, says the Lord.

Collect

O God, author of every mercy
and of all goodness,
who in fasting, prayer and almsgiving
have shown us a remedy for sin,
look graciously on this confession of our
lowliness, that we,
who are bowed down by our conscience,
may always be lifted up by your mercy.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the
Holy Spirit,
one God, for ever and ever.

First Reading: Exodus 17:3-7

Tormented by thirst, the people complained
against Moses. Why did you bring us out of
Egypt? they said. Was it so that I should die of
thirst, my children too, and my cattle? Moses
appealed to the Lord. How am I to deal with this
people? he said. A little more and they will stone
me! The Lord said to Moses, Take with you some
of the elders of Israel and move on to the fore-
front of the people; take in your hand the staff
with which you struck the river, and go. I shall be
standing before you there on the rock, at Horeb.
You must strike the rock, and water will flow
from it for the people to drink. This is what
Moses did, in the sight of the elders of Israel. The
place was named Massah and Meribah because
of the grumbling of the sons of Israel and be-
cause they put the Lord to the test by saying, Is
the Lord with us, or not?

Responsorial Psalm: 94

R/. **O that today you would listen to his voice!
Harden not your hearts.**

1. Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before him, giving thanks,
with songs let us hail the Lord. **R./**

2. Come in; let us bow and bend low;
let us kneel before the God who made us for he
is our God
and we the people who belong to his pasture,
the flock that is led by his hand. **R./**

3. O that today you would listen to his voice!
"Harden not your hearts as at Meribah,
as on that day at Massah in the desert when
your fathers put me to the test;
when they tried me, though they saw my work."
R./

Second Reading: Romans 5:1-2, 5-8

Through our Lord Jesus Christ by faith we are
judged righteous and at peace with God, since it
is by faith and through Jesus that we have en-
tered this state of grace in which we can boast
about looking forward to God's glory. This hope
is not deceptive, because the love of God has
been poured into our hearts by the Holy Spirit
which has been given us. We were still helpless
when at his appointed moment Christ died for
sinful men. It is not easy to die even for a good
man - though of course for someone really wor-
thy, a man might be prepared to die - but what
proves that God loves us is that Christ died for us
while we were still sinners.

Gospel Acclamation

Praise to you, O Christ, King of eternal glory

**Lord, you are really the Saviour of the world:
give me the living water, so that I may never
get thirsty.**

Praise to you, O Christ, King of eternal glory

- ◆ Likewise, servers will sanitise their hands both before and after the Mass.
- ◆ **Printed Matter:**

The use of hymn books and Mass cards are no longer available as those surfaces can carry the virus for a period of time.

Newsletters will be still available but PLEASE TAKE IT HOME WITH YOU. We cannot redistribute them once you have handled them.

If a hymn sheet has been provided, please take this home as it cannot be used again.
- ◆ There will, for the time being, be no offertory procession.
- ◆ The Collection at the Offertory will now take place with buckets at the end of Mass. This is to stop any germs being passed from one to another.
- ◆ For the time being our Children's Leaflets and crayons will still be available. The leaflets MUST BE TAKEN HOME – DO NOT RETURN THEM TO THE BASKET.
- ◆ The chalice and all other vessels used at Mass will be regularly sanitised after each celebration.
- ◆ Coffee and tea after Mass and all other events with catering elements are suspended.
- ◆ The Church will be regularly cleaned and disinfected in the areas most used by hands (pews, door handles etc.). Gloves are available for those helping.
- ◆ **Toilets.** Those at the front of church are to be used **ONLY** in an extreme emergency. The toilets in the hall will be available during all Masses where there are better washing and drying facilities. Please do use these to wash your hands both before and after Mass, if necessary.
- ◆ If you feel you are unable to get to Mass, or may have the need to 'self-isolate', we have now produced a leaflet entitled: "**PERFECT CONTRITION & SPIRITUAL COMMUNION – What to do if you cannot go to Confession or receive Holy Communion because of the COVID-19 Virus**". These are available at the back of Church. All those who receive Holy Communion regularly at home should also receive one of these.
- ◆ Questions about the Holy Week and Easter services are still being considered.
- ◆ *It is important to be prudent and calm. If we all act **sensibly** and **responsibly** we can confront this situation in the best way possible looking out for the needs of each other. Above all, bring all these matters to prayer, for wisdom, and for the needs of all affected. Also remember other more longstanding health issues around the world.*

PERFECT CONTRITION AND SPIRITUAL COMMUNION

What to do if you cannot go to Confession or receive Holy Communion because of the COVID-19 virus

“When we feel the love of God growing cold, let us instantly make a Spiritual Communion. When we cannot go to Church, let us turn towards the tabernacle; no wall can shut us out from the good God”
(St John Vianney)

If you need to isolate or quarantine yourself because of the COVID-19 virus, you are unlikely to be able to receive the sacraments normally.

In these circumstances there are devotions that allow you to receive absolution for your sins (under certain conditions) and the consolation of Eucharistic grace.

These devotions are officially encouraged by the Church and have been practiced by saints.

HOW TO MAKE AN ACT OF PERFECT CONTRITION

Through an act of Perfect Contrition you can receive the forgiveness of your sins outside of confession, even mortal sins, provided that you determine yourself to correct your life and make a firm resolution to go to sacramental confession as soon as possible, when it becomes once more available.

1. In reality or in your mind kneel at the foot of a crucifix and mentally repeat: ***“Jesus, my God and my Saviour, in the midst of your agony you remembered me, you suffered for me, you wanted to purify me from my sins”.***
2. Contrition is "perfect" if you repent of your sins because you love God and you sincerely regret having offended Him and having contributed Christ's sufferings on the Cross.
3. Recite, slowly and sincerely, an act of contrition focusing on the goodness of God and your love for Jesus: ***“O my God, since you are so good I am sincerely repentant for having sinned against you and with the help of your grace I will no longer sin. Amen”.***
4. Make a firm resolution to go to sacramental confession as soon as possible.

HOW TO MAKE A SPIRITUAL COMMUNION

The key to Spiritual Communion is to make a constant desire for the Blessed Sacrament to grow in your heart

1. If you are aware that you have committed mortal sins, do an Act of Perfect Contrition.
2. Imagine the sacred words and actions of the Mass, or watch them online or on TV.
3. Sincerely desire to receive Our Lord present - in Body, Blood, Soul and Divinity - in the Blessed Sacrament.

4. Recite this prayer of Saint Alphonsus de 'Liguori:

“My Jesus, I believe you are present in the Blessed Sacrament. I love you above all things and I desire you in my soul. Since I cannot receive you in Holy Communion now, at least spiritually come to my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from You, (make here an intention). Amen.”

5. After a few moments of silent adoration recite an act of faith, hope, humility, charity, and some prayers that can be made after Holy Communion.

PRAYERS

ACT OF FAITH

My God, I believe in you and all that your Church teaches, because you have said it, and your word is true.

ACT OF HOPE

My God, I hope in you, for grace and for glory, because of your promises, your mercy and your power.

ACT OF HUMILITY

O divine Lord, how shall I dare to approach you, I who have so often offended you? No, Lord, I am not worthy that you should enter under my roof; but speak only the word and my soul shall be healed.

ACT OF CHARITY

My God, because you are so good, I love you with all my heart, and for your sake, I love my neighbour as myself.

***“One thing I ask of the Lord, for this I long,
To live in the house of the Lord,
All the days of my life
To savour the sweetness of the Lord,
To behold his temple.”***
(from psalm 26)

Lord Jesus Christ, present day and night in the Most Holy Sacrament, as a good shepherd you keep watch in the midst of your flock. Be for me a clear light and faithful guardian through the hours of darkness; for you are the love, joy, delight and repose of my soul.
Amen.

I believe that you, O Jesus, are in the Most Blessed Sacrament! I love you and desire you! Come into my heart. I embrace you. O never leave me! May the burning and most sweet power of your love, O Lord Jesus Christ, absorb my mind, that I may die through your love, who was pleased to die through love of my love. Amen. *(St Francis of Assisi)*