



THE CATHOLIC CHURCH OF
OUR LADY OF THE ASSUMPTION,
FOSTER AVENUE, BEESTON,
NOTTINGHAM, NG9 1AE
and
ST FRANCIS OF ASSISI CHURCH,
TAMWORTH ROAD,
LONG EATON, NG10 1DH



Nottingham Roman Catholic Diocese Trustees Company No. 7151646 Charity No. 1134449

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TIMES OF MASSES AND OTHER SERVICES: THIRD SUNDAY OF EASTER: A

THIRD WEEK OF EASTER: 26th April – 2nd May 2020 (Weekday Cycle Year II / Psalter Week III)

<u>Saturday 25th April: St Mark, Apostle & Evangelist (Feast)</u>		<i>PARISH FINANCES</i>
Mass;	Canon Michael Hazell RIP (Deceased Clergy)	
<u>Sunday 26th April: Third Sunday of Easter</u>		18 th / 19 th April 2020
Mass;	Bridget Ward RIP (1st Anniversary)	
<u>Monday 27th April: Easter Feria</u>		Envelopes: Loose Plate: Standing Orders:
Mass;	Fr Joseph Mc Govern RIP (Deceased Clergy)	
<u>Tuesday 28th April: St Anselm, Bishop & Doctor (memoria)</u>		TOTAL: Chad: Intercare: SVP:
Mass;	Mrs Martha Whitemore (Foundation Mass)	
<u>Wednesday 29th April: St Catherine of Sienna, Virgin & Doctor, Patron of Europe (Feast)</u>		<i>Your Prayers are requested for those who are sick:</i> Isobel Alana Barnes, Marica Borsos, Jessie Breame, Margaret Brown, Fr John Cairns, Pat Constable, Francesca Lina Craparotta, Jim & Margaret Dougan, Fr Theodore Gomes, Ann Harrison, Fr Peter Harvey, Andrea Hoffman, Breeda Keaney, Elizabeth Reilly, Alan Roberts, Maria Sawicki, Simpson Family and Evelyn Venning.
Mass;	David Powell RIP (Jane)	
<u>Thursday 30th April: Easter Feria</u>		
Mass;	Kathleen Stevenson RIP (Calladine)	
<u>Friday 1st May: St Joseph the Worker (memoria)</u>		
Mass;	Fr Stephan Foster RIP (Deceased Clergy)	
<u>Saturday 2nd May: St Athanasius, Bishop & Doctor (memoria)</u>		
Mass;	Pat & Harry Kerrison RIP (Willis)	
<u>Sunday 3rd May: Fourth Sunday of Easter</u>		
Mass;	Pro Populo; People of the Parish	
THE ABOVE MASSES WILL ALL BE SAID PRIVATELY AS ALL PUBLIC ACTS OF WORSHIP REMAIN SUSPENDED UNTIL FURTHER NOTICE!		
<p>The Church of Our Lady of the Assumption and the Parish Hall and the Church of St Francis of Assisi and the Parish Hall are closed to members of the public, until further notice. If you urgently wish to contact Fr Christopher please telephone 0115 922 8145 (at any reasonable time).</p> <p>For enquiries or to book a Mass, please also do this via the telephone. Stipends can be posted or given at a later date, but for the foreseeable future if you book, or have already booked a Mass Intention, then this Mass will be Celebrated in private.</p>		

Items for the newsletter can be given to Fr Christopher or e – mailed to frcathomas@live.com by Thursday of each week for inclusion in the next issue.

Help Guide For Lockdown

Some of the tips below are taken from this website:
<https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>

This is an extraordinarily trying time, so anything that alleviates stress and anxiety helps, such as eating healthy meals, getting plenty of sleep. Here are some tips for practising self – care in the face of the unique disruptions caused by the coronavirus.

1. **Be kind to yourself.** Go easy on yourself if you're experiencing more depression or anxiety than usual. You're not alone in your struggles. Try not to watch too much news, which can cause further anxiety.
2. **Maintain a routine as best you can.** Even if you are stuck at home, try to stick to your regular sleep, meal or work schedule. This can help you maintain a sense of normality.
3. **Take time out for activities you enjoy.** Read a good book, watch a comedy, play a fun board or video game, make something, whether it's a new recipe, a craft or a piece of art. It doesn't matter what you do, as long as it takes you out of your worries.
4. **Get out in the garden, if possible.** Sunshine and fresh air will do you good. Even a short walk can make you feel better. Just be sure to keep your distance from people you encounter and, obey Government restrictions.
5. **Find ways to exercise.** Staying active will help you release anxiety, if you're stuck at home, look online for exercise videos you can follow. There are many things you can do even without equipment, such as yoga and exercises that use your own bodyweight.
6. **Prayer helps us during a crisis.** Devote a part of your day to quiet prayer and spiritual reflection, find a comfortable place in your home to do this. Here are some websites with prayer resources:
 - i. CAFOD Prayers for the Corona Virus Pandemic on their website <https://cafod.org.uk/Pray/Prayer-resources/Coronavirus-prayers>
 - ii. The Catholic Bishops' of England and Wales also have prayer resources on their website: <https://cbcew.org.uk/home/our-work/health-social-care/coronavirus-guidelines>
 - iii. Information is also available on the Nottingham Diocesan website: <https://www.dioceseofnottingham.uk>
 - iv. More information about the Coronavirus, Public Worship, When Mass cannot be celebrated publicly, Sunday Prayers & Readings, Making it a Retreat and other Prayers during a time of 'flu and illness can be found at the Liturgy Office for England & Wales: <http://www.liturgyoffice.org.uk/Resources/Flu/index.shtml>

LIVE STREAMING AND YOUTUBE VIDEOS WITH LINKS TO ACCESS LITURGIES BEING OFFERED DURING THE CORONAVIRUS PANDEMIC

THE PRIVATE CHAPEL OF THE BISHOP OF NOTTINGHAM, BISHOP'S HOUSE.

Bishop Patrick McKinney & Father Jonathan Rose

Previous liturgies available to view. Liturgy times change weekly.

Sunday A Simple Mass at 11:00 am

Monday – Friday Mass at 9:00 am

<https://www.youtube.com/channel/UCaf7upUMsn3Kl8GD79FotjQ>

THE CATHEDRAL OF ST BARNABAS, NOTTINGHAM

Canon Malachy Brett & Father Mathew Neriattil

http://www.stbarnabascathedral.org.uk/01_Community/livestream.html

Sunday Mass at 10:00 am

Monday – Friday Mass at 1:00 pm

Saturday Mass at 10:00 am

PARISH OF ST PAUL'S LENTON AND ST MARY'S HYSON GREEN

Father David Palmer

https://www.youtube.com/channel/UC1GxayEWIN_QQcfHqdzQG3g

Weekend Mass available to view from 6:00 pm Saturday

Ordinariate Mass available to view from 6:00 pm Sunday

Listen to Father David Palmer's homilies on podcast:

<https://podcasts.apple.com/gb/podcast/fr-davids-homilies/id1481476061>

OTHER LIVE STREAMED MASSES: If you make a cursory search of the Internet there are other Masses in English (and probably other languages) from each Diocese in England and Wales and around the world. For example St Patrick's Cathedral, New York City, at: <https://www.saintpatrickscathedral.org/live> (Times given are for US Eastern Standard Time EST – approx. 5 hours behind BST) or Word on Fire and Bishop Robert Barron at: <https://www.wordonfire.org/daily-mass/> (Times given are for US Pacific Time EST – approx. 8 hours behind BST). Please note that the times given for Worldwide broadcasts are given as the local time for that part of the world and NOT BST; so you will have to work out the time difference!

Catholic National Shrine and Basilica of Our Lady at Walsingham: <https://www.walsingham.org.uk/live-stream/>

Fr Martin Sylvester's YouTube Channel can be accessed at www.revms.uk/youtube

SCHOOL RESOURCES: Resources available from The Nottingham and Derbyshire Catholic Multi – Academy Trusts: Our Lady of Lourdes CMAT (Nottinghamshire) <https://m.youtube.com/user/TheBecketSchool/videos> and St Ralph Sherwin CMAT (Derbyshire) https://m.youtube.com/channel/UC3M5M_ZNXU1ze-NS3pnZ4pA (or search SRS Chaplaincy) also if you visit our website there are lots of other resources too (www.srscmat.co.uk and click on Chaplaincy).

POOR CLARES: On Holy Saturday I took your donations to the Sisters at Bulwell – observing the current social distancing rules of course. The Sisters had not expected to receive any gifts from us this month with the current restrictions in place and were so grateful. It is important that we continue to support them at this time if we possibly can so I will go to the Convent again on **Monday 25th May 2020** to take Parish gifts. Although it is not possible to leave donations in the Church now they can be left outside the Presbytery back door under the car port or delivered to my home for those of you who know my address. Many thanks to you all – *Diane Wilson*.

ADDITIONAL HELP AND SUPPORT: A group of Parishioners are forming a Community Support Group for the Parish to help people out during the Coronavirus outbreak. This will be coordinated via a **WhatsApp Group (Assumption Support Group)**. If you think you might need support over the coming weeks with shopping for groceries, collecting prescriptions, swapping library books etc., then please contact the number below and we will do our best to help you. If you would like to offer your support please contact the number below and leave your name and number and we will add you to the WhatsApp Group. You can also join one of the local community groups on Facebook: 07729 150771.

PRO – LIFE CHAIN: As you know, each year SPUC both locally and nationally holds an annual act of witness for the lives lost to abortion in our country. The date is usually the nearest Saturday to the anniversary of the **implementation of the Abortion Act on 27th April 1968**. We use this important event to remind people – members of the public, mostly in cars and on buses – that there are those who think abortion is deeply wrong. Here in Nottingham, our Pro – Life ‘chain’ was due to be held this year on Saturday 25th April 2020 on Trent Bridge. Due to the public health emergency we will be unable to hold the chain in public this year. **So SPUC have asked us to pray at home instead. The date will be MONDAY 27th APRIL 2020. The time will be the same as usual, from 10:00 am until Midday.** If you would like to know more about this, please go to <https://spuc.org.uk/Pro-Life-Prayer-Chain-2020> where you can learn more, sign on and find some examples of prayers for you to use. Finally, a **WhatsApp Group** has been set up for those who will be praying on 27th April 2020, so that we can pray together. If you use WhatsApp and would like to join the group for this purpose, just let me know by text or WhatsApp (along with your phone number) and I will add you to the group (the telephone number is 07757 815625). The idea is that people sign in when they start praying, like collecting a poster, then pray for two hours. There won’t be any need to sign out. (some may also find the following link interesting, which is part of the March for Life in America this year: <https://www.youtube.com/watch?v=3RjuADPBo-Q>).

SITUATIONS VACANT: Diocese of Nottingham – **Director of Adult Formation for Mission.** The Diocese of Nottingham seeks to appoint a Director of Adult Formation for Mission to work with the Bishop of Nottingham and the Parishes of the Diocese to lead the creation and delivery of opportunities for adult formation, promoting the Diocesan Vision and Mission and the three themes of Encounter, Discipleship and Missionary Discipleship, and helping our people to grow in confidence as practical, engaging, Spirit – filled witnesses of Jesus Christ in their everyday lives. This would suit a committed Catholic, qualified in theology, catechetics, evangelisation or pastoral ministry, experienced in leading catechesis and evangelisation and with a passion for the mission of the Church. Salary: £ 45,000 – £ 50,000 dependant on qualifications and experience. For more information and an application pack email: office@dioceseofnottingham.uk (Closing date for applications: **25th May 2020**).