



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: FOURTH SUNDAY OF EASTER: A
FOURTH WEEK OF EASTER: 3rd – 9th May 2020 (Weekday Cycle Year II / Psalter Week IV)

<u>Saturday 2nd May:</u> <u>St Athanasius, Bishop & Doctor (memoria)</u>	<u>VOCATIONS SUNDAY</u> This Sunday is a 'World Day of Prayer for Vocations.' Today the Church prays that the Lord will help all people to hear God's call in their lives and to discover their true vocation in life. Through the the celebration of the Sacraments, all of which flow from Baptism and personal prayer, especially silent prayer, we are invited to allow God to speak to us and inspire us to live His call generously and truly follow the vocation God is calling us to.
Mass; Pat & Harry Kerrison RIP (Willis)	
<u>Sunday 3rd May:</u> <u>Fourth Sunday of Easter</u>	<p><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.</p>
Mass; Pro Populo; People of the Parish	
<u>Monday 4th May:</u> <u>The English Martyrs (Feast)</u>	
Mass; Louis Blackburn RIP (Calladine)	
<u>Tuesday 5th May:</u> <u>Easter Feria</u>	
Mass; Deceased Parish Clergy (Foundation Mass)	
<u>Wednesday 6th May:</u> <u>Easter Feria</u>	
Mass; John Whitby RIP (1st Anniversary)	
<u>Thursday 7th May:</u> <u>Easter Feria</u>	
Mass; Holy Souls	
<u>Friday 8th May:</u> <u>Easter Feria</u>	
Mass; The Sick of Our Parishes	
<u>Saturday 9th May:</u> <u>Easter Feria</u>	
Mass; Private Intention	
<u>Sunday 10th May:</u> <u>Fifth Sunday of Easter</u>	
Mass; Ann Armitage RIP (Calladine)	
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.) Bishop Patrick has created a YouTube channel, so that during this time Mass and other devotions will be live – streamed from the Chapel at Bishop's House. This can be found by searching for 'Bishop Patrick McKinney' on YouTube and it will also be linked to the Bishop's Facebook and Twitter accounts. After each liturgy a video is created from the live streaming and this can also be accessed on the Bishop's YouTube account.

<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>

If you wish to take more opportunities to connect with Our Lord during this time, please use this useful link that lists all Prayer times, Rosary and Mass live links throughout your day in Ireland and the UK:

<http://www.churchservices.tv/timetable/>

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.

Fourth Sunday of Easter: Good Shepherd Sunday

We are without doubt living through the strangest and most unsettling of times. None of us has ever experienced a Holy Week and Easter quite like this year's as the coronavirus took hold across our communities. I know that many of you have been anxious about your family members and friends and our prayers are with those who have suffered bereavements in recent weeks. We pray that all those who have died will see the light on the face of the risen Christ.

Over the last few weeks we have had to modify our way of life and our way of faith for the wellbeing and safety of one another and this has inevitably changed the way that we practise our faith day by day. I realise how difficult it is not to be able to visit your Church or to receive the Sacraments and worship together as a faith community. But this sacrifice is contributing to the good of others.

As we continue our journey through the Easter season today's Gospel offers us consolation and encouragement just when it is most needed. Today is Good Shepherd Sunday – the time in Easter Season when we hear the Risen Lord calling us as our shepherd: *“I have come that they may have life and have it to the full.”* This year more than ever we need to hear the voice of the Good Shepherd calling us forward – to be carried on His shoulders so that as His flock we may gain fresh strength and purpose.

Our Lord calls us to be watchful and attentive as the sheep of His flock, to recognise and love the sound of His voice. When the Lord calls to us it is more than a gesture – it is a vocation, a calling to be His disciples and to do His will. On Good Shepherd Sunday we pray for an increase of vocations within the Church – vocations to married life, to Religious and Consecrated Life and, to the Ordained Ministries of the Priesthood and the Diaconate.

The Church's life is always enriched by the different vocations that come from the Good Shepherd. We have all been grateful over recent weeks for the dedicated work of doctors, nurses and care – workers. We are also grateful to those whose vocation finds its fulfilment in education. Thanks also to our teachers where our Catholic Schools have remained open, providing a vital local service for children and their families. There are others whose vocation from the Good Shepherd lies in social outreach, making the Church's social teaching alive and active in our local communities. And I am sure that you will know of other good examples in your own neighbourhood.

On this special day of prayer for vocations, please pray for those in formation for Priesthood at our seminaries. Pray also that more young men may become aware of the calling of the Good Shepherd, that they may have courage and find in Christ the confidence they need to offer their whole lives to Him. We also pray for one another as we continue the journey in company with the Risen Christ and always encouraged by His promise to us: *“I have come that they may have life and have it to the full.”*

Prayer for Vocations Sunday 2020

Heavenly Father, we thank you for the witness and ministry of the Bishops, Priests and Deacons and Consecrated Men and Women in the Diocese of Nottingham. Continue to send labourers into your harvest. Inspire the hearts of your people to answer your call to the Priesthood, the Diaconate and to the Religious Life. Bless our families with a spirit of generosity and may those you call have the courage to give themselves to your Church in faith. Send your Holy Spirit upon me to guide me in my own vocation. Enlighten my mind to show me what you want of me; fill my heart with the determination to answer your call in faith, hope and love. Through Jesus Christ, Our Lord. Amen.

“Every Vocation is born of that gaze of love with which the Lord came to meet us, perhaps even at a time when our boat was being battered by the storm.”

Pope Francis (from his 2020 message for the World Day of Prayer for Vocations).

MAY; THE MONTH OF THE ROSARY: As we have now entered the month of May, let us call on Our Lady to come to our aid during this crisis. May is traditionally dedicated by the Church to Our Lady. We know that the Mother of God has been given great power and therefore we can feel confident in asking her to come to our aid during this crisis, petitioning for an end to this grave situation, for comfort whilst we are threatened by disease and away from the Sacraments and for the conversion of the world. Pope Francis is encouraging everyone to rediscover the beauty of praying the Rosary at home especially during this month, either as a family or individually. He says *“the key to doing this is always simplicity and it is easy also on the internet to find good models of prayers to follow.”* Pope Francis has also published two new Marian Prayers and he asks that you join him in praying these two specific prayers to Mary, that he himself will be praying after the Rosary throughout the month, *“in spiritual union with you.”* In the first prayer he called Mary a sign of *“salvation and hope”* amid suffering and, using her title, *“Health of the Sick,”* he asks that she helps all people to accept God's will and to do whatever He asks. The second prayer is longer, he asks Mary to be a source of protection *“in the present tragic situation, when the whole world is prey to suffering and anxiety.”* The prayers from the Holy Father for the Month of May are:

FIRST PRAYER:

O Mary, You shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick, who, at the foot of the Cross, were united with Jesus' suffering and persevered in your faith. "Protectress of the Roman people," you know our needs, and we know that you will provide, so that, as at Cana in Galilee, joy and celebration may return after this time of trial. Help us, Mother of Divine Love, to conform ourselves to the will of the Father and to do what Jesus tells us. For he took upon Himself our suffering and burdened Himself with our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen. We fly to your protection, O Holy Mother of God; Do not despise our petitions in our necessities, but deliver us always from every danger, O Glorious and Blessed Virgin.

SECOND PRAYER:

"We fly to your protection, O Holy Mother of God."
In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you, Mother of God and our Mother, and seek refuge under your protection. Virgin Mary, turn your merciful eyes towards us amid this coronavirus pandemic. Comfort those who are distraught and mourn their loved ones who have died, and at times are buried in a way that grieves them deeply. Be close to those who are concerned for their loved ones who are sick and who, in order to prevent the spread of the disease, cannot be close to them. Fill with hope those who are troubled by the uncertainty of the future and employment. Mother of God and our Mother, pray for us to God, the Father of mercies, that this great suffering may end and that hope and peace may dawn anew. Plead with your divine Son, as you did at Cana, so that the families of the sick and the victims be comforted, and their hearts to be opened to confidence and trust. Protect those doctors, nurses, health workers and volunteers who are on the frontline of this emergency, and are risking their lives to save others. Support their heroic effort and grant them strength, generosity and continued health. Be close to those who assist the sick night and day, and to priests who, in their pastoral concern and fidelity to the Gospel, are trying to help and support everyone. Blessed Virgin, illumine the minds of men and women engaged in scientific research, that they may find effective solutions to overcome this virus. Support national leaders, that with wisdom, solicitude and generosity they may come to the aid of those lacking the basic necessities of life and may devise social and economic solutions inspired by farsightedness and solidarity. Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future. Beloved Mother, help us to realize that we are all members of one great family and to recognize the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need. Make us strong in faith, persevering in service, constant in prayer. Mary, Consolation of the afflicted, embrace all your children in distress and pray that God will stretch out his all – powerful hand and free us from this terrible pandemic, so that life can serenely resume its normal course. To you, who shine on our journey as a sign of salvation and hope, do we entrust ourselves, O Clement, O loving, O Sweet Virgin Mary. Amen. © Copyright – Libreria Editrice Vaticana

A People who Hope in Christ
**A Message from the Metropolitan Archbishops
of the Catholic Church in England and Wales**

Dear brothers and sisters in Christ,

The radiance of the risen Lord shines upon us. At a time when so many shadows are cast into our lives, and upon our world, the light of the resurrection shines forever to renew and restore our hope. In the words of our Holy Father, Pope Francis: *'In the midst of isolation when we are suffering from a lack of tenderness and chances to meet up, and we experience the loss of so many things, let us once again listen to the proclamation that saves us: he is risen and is living by our side.'* (27th March 2020).

The impact of Covid-19, both nationally and internationally, has been immense. So much of what we take for granted has changed. Our health and physical interaction, our capacity to travel and gather, have all been affected. There is uncertainty in our future, especially with work and the country's economy. As we know, very sadly, large numbers of people have died because of the coronavirus, and others have been or remain seriously ill. Keyworkers, not least in the National Health Service and care sectors, are serving selflessly to sustain the life of our nation. Our hearts and prayers go out to everyone who is suffering because of Covid-19, and to all those battling to overcome its effects. May those who have died rest in peace and those who are bereaved find comfort.

When the Prime Minister announced the lockdown, this included places of worship and therefore Catholic churches. These measures were put in place to stem the general transmission of the virus. It is right that the Catholic community fulfils its role in contributing to the preservation of life and the common good of society. This must continue until the restrictions applied by the Government are lifted.

None of us would want to be in the situation in which we find ourselves. While the live-streaming of the Mass and other devotions is playing an important part in maintaining the life of faith, there is no substitute for Catholics being able to physically attend and participate in the celebration of the Mass and the other sacraments. Our faith is expressed powerfully and beautifully though 'seeing, touching, and tasting.' We know that every bishop and every priest recognises the pain of Catholics who, at present, cannot pray in church or receive the sacraments. This weighs heavily on our hearts. We are deeply moved by the Eucharistic yearning expressed by so many members of the faithful. We thank you sincerely for your love for the Lord Jesus, present in the sacraments and supremely so in the Holy Sacrifice of the Mass. The bishops and priests of every diocese are remembering you and your loved ones at Mass each day in our churches as we pray 'in hope of health and well – being.' We thank our priests for this faithfulness to their calling.

As the Government's restrictions are relaxed step by step, we look forward to opening our churches and resuming our liturgical, spiritual, catechetical and pastoral life step by step. This will also be of service to those beyond the Catholic Church who depend on our charitable activity and outreach through which much goodness is shared by so many volunteers from our communities.

None of us knows, as yet, how or when the lockdown will end. There is likely to be a phased return to travelling and gathering. As a church, we are now planning for this time and our discussions with the statutory public health agencies and Government representatives are ongoing. Together with Catholics across England and Wales we desire the opening of our churches and access to the sacraments. Until then, we are continuing to pray and prepare.

We want to acknowledge with gratitude the service of our fellow bishops and priests, our deacons and religious, our families and lay faithful, together with all our parish and school communities, for the wonderful ways the life of the faith is being nourished at this time, especially in the home. We also pay tribute to the Catholic organisations and networks that are working to support the vulnerable and needy.

On that first Easter day, the disciples were in lockdown and the doors were closed. In their isolation the Lord Jesus came among them and said ‘Peace be with you.’ May the peace of the risen Lord reign in our hearts and homes as we look forward to the day we can enter church again and gather around the altar to offer together the Sacrifice of Praise.

We unite in asking the intercession of Our Blessed Lady and assure you of our prayers and blessing

Yours devotedly in Christ,

- ✠ Cardinal Vincent Nichols, Archbishop of Westminster
- ✠ Malcolm McMahon OP, Archbishop of Liverpool
- ✠ Bernard Longley, Archbishop of Birmingham
- ✠ George Stack, Archbishop of Cardiff
- ✠ John Wilson, Archbishop of Southwark

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**).



WELCOME TO WHAT GOOD NEWS!: The Christian message is good news. That is essentially what ‘Gospel’ means. Our reaction as believers to the message of Jesus and, that of countless thousands throughout the last two thousand years, has been one of gratitude. Lockdown may provide us with opportunities to dedicate more time to the reading of Scripture, celebrating our own Liturgy of the Word. Throughout the Easter season we read from the Acts of the Apostles, seeing how the Easter Gospel is preached in

Jerusalem, Judaea, Samaria and to the ends of the earth. Fr Adrian Graffy, Scripture scholar and member of the Pontifical Biblical Commission, has recorded a talk on the opening eight chapters of the Acts of the Apostles, which is now available at: www.whatgoodnews.org/faith-talks.

HOME ALONE WITH ST JEROME: What can the saints teach us about self – isolation? <https://www.cbcew.org.uk/home/events/the-god-who-speaks/word-at-home/home-alone-with-st-jerome/>

THE WORD AT HOME: Check out our new Top Ten ideas for in the home. <https://www.cbcew.org.uk/home/events/the-god-who-speaks/word-at-home/>