

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>

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>

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.

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

Ordinate 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).

CENTRE FOR APPLIED CARMELITE SPIRITUALITY, BOARS HILL, OXFORD: “EMPOWERED BY THE SPIRIT'S BREATH: An Online Pentecost Retreat.” 23rd – 31st May 2020. After Easter the Lord Jesus said to the disciples: “And now I will send the Holy Spirit, just as my Father promised. But stay here in the city until the Holy Spirit comes and fills you with power from heaven.” (Luke 24²⁹) How do we wait? Who can help us to prepare to receive this precious gift that empowers us to live each day with peace and joy and freedom that nothing in the world can give us? And when we have received the Father's gift, how do we allow it to transform us into a gift for others? This nine – day retreat will prepare you for Pentecost and help you understand how to cultivate the gifts of the Spirit in you so that your life will be a living expression of the fruitfulness of the Spirit and in turn the Father's gift to the world. For more information visit: <https://www.oxcacs.org/product/pentecost-online-retreat/>

CAFOD: launched its coronavirus emergency appeal on 30th April 2020. The effects of coronavirus on developing countries are likely to be devastating. Families without enough to eat and without access to clean water and healthcare are particularly vulnerable to coronavirus. The poorest and most marginalised communities will be pushed further into poverty. Your prayers and gifts are needed now more than ever to help protect the lives of those in poor communities. While we are not able to hold collections in Church, you can donate as individuals at cafod.org.uk/coronavirusappeal.

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.

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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/>

Fifth Sunday of Easter

In this Sunday's Gospel Jesus tells us, "*Do not let your hearts be troubled. Trust in God still, and trust in me...I am the Way, the Truth and the Life.*" The Way, the Truth and the Life of Jesus are to be found in the words of Holy Scripture. I came across this story recently which sums it up very well:

The young man's name was Michael. It was a little more than a week before his eighteenth birthday when he stopped by his father's office one day after school. He had been disagreeing with his father about most things lately and as he walked into the office Michael said, "Dad, it's going to be my birthday next Tuesday and if you love me you'll get me a new car for my birthday." His father just looked at him and Michael continued, "And if you really love me, you'll get me the car I've always wanted." Then, without giving his father a chance to reply, he left.

The next morning at breakfast his father said jokingly, "Michael, yesterday when you came to the office, you didn't mention what sort of car you've always wanted."

Michael replied, "You know, Dad, a red Porsche."

The boy's father smiled and asked, "And how much do they cost?"

"Seventy thousand pounds and, if you really love me Dad, that is what you'll get me for my birthday. Don't let me down," Michael replied and left for school.

Tuesday came and as was the family's custom, they celebrated Michael's birthday with dinner and the cutting of the cake. And as they enjoyed their cake, one by one Michael's brothers and sisters handed him a gift. He opened the gifts and thanked them each graciously, but his mind was elsewhere. Finally, the moment he had been waiting for arrived.

Even as Michael's father handed him a small rectangular parcel, he hoped he would find the keys to his new car. Michael ripped at the wrapping paper and discovered that it was a book, a Bible. He didn't even finish unwrapping it. Disgusted, he stood up, pushed his chair away from the table and against the wall behind him and rushed from the dining room. Racing upstairs to his bedroom, he slammed the door and threw the still unopened gift against the wall. It hit the wall, then the floor and bounced into the corner.

Michael went to bed without talking to anyone. The next morning he got up early and went to school, again without speaking to anyone.

Just before lunch that day, Michael's father suffered a massive heart attack. He was rushed to the hospital and arrangements were made to bring Michael from school to the hospital to be with his father. For seven hours, Michael sat at his unconscious father's bedside, playing the events of the night before over and over in his head. Exhausted and hungry, he got up and went to get some coffee and a sandwich and while he was gone his father died.

Michael was devastated. He went home, lay on his bed and cried. He wept inconsolably for hours and then out of the corner of his eye he saw the gift, still unopened, sitting in the corner. Getting up off the bed, he went over and picked it up and finished unwrapping it. For some time he just sat there holding the leather Bible and staring at it. Then, opening the Bible, he discovered an inscription on the inside front cover:

"Dear Michael,

*Within these pages you will find the answers to all of life's questions and the secrets to all of life's success.
With love on your Eighteenth Birthday, Dad."*

Michael wept some more. The tears streamed down his face, falling to the page and smudging his father's handwriting. To console himself Michael opened the Bible and flicked through the pages hoping to find some words to comfort him. What he discovered was that his father had placed a bookmark in the Bible. He removed the bookmark and stared at it with open mouthed amazement. It was a cheque for seventy thousand pounds.

This father was able to give his son everything from a material standpoint, it seems. But more importantly, he wanted his son to place the Word of God at the centre of his life. His son was surprised to find the cheque in the Bible, but we hope that it was just one of many wonderful surprises he found in its pages.

In the same way, God wants us to discover the many surprises He has tucked away in the pages of the Bible. And, as it was with Michael, we often value the wrong things and set our hearts on our own selfish plans. But God has a better plan for each of our lives than we could even imagine for ourselves and He always wants to give us more.