



*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*



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TIMES OF MASSES AND OTHER SERVICES: THE SIXTH SUNDAY OF EASTER &

SIXTH WEEK OF EASTER: 17th – 23rd May 2020 (Weekday Cycle Year II / Psalter Week II)

<u>Saturday 16th May:</u> <i><u>Easter Feria</u></i>	<p><i>Your Prayers are requested for those who are sick:</i></p> <p>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; Mrs Martha Whitmore RIP (Foundation Mass)	
<u>Sunday 17th May:</u> <i><u>Sixth Sunday of Easter</u></i>	
Mass; Pro Populo; People of the Parish	
<u>Monday 18th May:</u> <i><u>Easter Feria</u></i>	
Mass; Emelita Hurboda RIP (Hannah)	
<u>Tuesday 19th May:</u> <i><u>Easter Feria</u></i>	
Mass; Marie Strickland (Birthday) (Calladine)	
<u>Wednesday 20th May:</u> <i><u>Easter Feria</u></i>	
Mass; Willie & Mary Mc Hale RIP (Anniversary) (Willis)	
<u>Thursday 21st May:</u> <i><u>Ascension of the Lord (Feast)</u></i>	
Mass; Pro Populo; People of the Parish	
<u>Friday 22nd May:</u> <i><u>Easter Feria</u></i>	
Mass; Patrick Beatty RIP	
<u>Saturday 23rd May:</u> <i><u>Easter Feria</u></i>	
Mass; Intentions of Izzy & Joe Hopkins (5th Wedding Anniversary)	
<u>Sunday 24th May:</u> <i><u>Seventh Sunday of Easter</u></i>	
Mass; Phyllis Bennett RIP	
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>	
<p style="text-align: center;">HOSPITALS</p> <p>A number of priests are still trying to maintain an 'on – call' rota for City and QMC. This is strictly calls for Anointing of the Sick when someone is nearing the end of their life. The hospital will not call us out for a request for prayers or when someone has already died – these will be dealt with by a member of the Chaplaincy Team who may or may not be a Catholic minister. Holy Communion is not being taken into hospital by Eucharistic Ministers. Families should not contact a priest directly to visit their loved one in hospital – all requests need to go through the Ward and Chaplaincy Department. QMC 0115 924 9924 ext. 63799 or City 0115 969 1169.</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>
- 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*.

MARY'S MEALS: This is usually a time where we at Mary's Meals would be reaching out to ask churches if we can share our story with their parishioners but, due to the coronavirus, we know that will not be possible. Until we can be together again, our founder, Magnus MacFarlane – Barrow, has recorded a special message for Parishes. You can find his message, filmed outside the shed in Argyll where it all began for Mary's Meals, [here](https://www.youtube.com/watch?v=h9e_zhu98HY&feature=youtu.be). (https://www.youtube.com/watch?v=h9e_zhu98HY&feature=youtu.be). You can also view two more of our moving films, [Child 31](https://www.youtube.com/watch?v=aFU8cU-clCs&feature=emb_title) (https://www.youtube.com/watch?v=aFU8cU-clCs&feature=emb_title) and [Generation Hope](https://www.youtube.com/watch?time_continue=205&v=LMIkrC09NpI&feature=emb_title), (https://www.youtube.com/watch?time_continue=205&v=LMIkrC09NpI&feature=emb_title). A children's activity pack (https://d1345tgcmlbzipm.cloudfront.net/assets/global/The_Shed_That_Fed_school_activity_book.pdf) is also available to download.

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.

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.srscomat.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/>

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 realise that we are all members of one great family and to recognise 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/>

DAY OF PRAYER FOR EASTERN CHRISTIANS: will take place this *Sunday, 17th May 2020*, with the participation of Christians from all over Europe, the Middle East, North Africa, the Horn of Africa and India. This offers Eastern Christians and Western Christians an opportunity to unite in prayer during the Easter Season.

Moreover, it offers Western Christians a moment to remember and give thanks for all that we owe the Eastern Churches, not least the first preaching of the Gospel, the monastic tradition, the early Church Fathers, the different liturgical traditions and the witness of the Eastern Christians down the centuries, which has been, and still is, an inspiration to our faith. Today, the Eastern Christians, already an oppressed minority group in their Arab societies, now face the added crisis of the Coronavirus epidemic, with its concomitant threat to their livelihood, health and well – being. For them, this is yet another crisis: a crisis within an already existing crisis! How can they overcome their desperation and live the joy of Easter? How can we support them and give succour to their broken hearts. For sure, this is an impossible mission for us without the hand of God and the power of the Holy Spirit. For more information visit: <https://oeuvre-orient.com/the-international-day-of-prayer-for-eastern-christians/>.

As Western Christians we are encouraged to embrace the following prayer intention for our Eastern Christian brothers and sisters: ***“Heavenly Father, we pray today for peace in the world, especially in the Middle East. By your heavenly grace, strengthen the faith and hope of Eastern Christians. May they be blessed with peace and prosperity in their lands. And may we be inspired by their devotion and witness to the Gospel, by their love and compassion for all in their communities, and by their courage, their endurance and self – sacrifice against oppression. Through their charity, tolerance and friendship, bring peace and reconciliation to those troubled lands, where Christianity was born and first spread. Through Christ our Lord. Amen.”***

Sixth Sunday of Easter

On the Sixth Sunday of Easter, we are reminded not only of all the reasons for our hope but the need to share those reasons with others as well. The Easter season has two weeks to go and just as Our Lord Ascended and left His disciples to continue His work, we have to be ready for the return to Ordinary Time that should be no less characterised by hope.

In today’s First Reading Philip is one of the Christians scattered by the persecution that arose after the martyrdom of St Stephen; but that did not deter him or the Apostles from evangelising. Philip may have had to leave Jerusalem, but there was plenty of work in Samaria. Like Our Lord, he preached and performed signs and people welcomed his message. He cast out unclean spirits and paved the way for his listeners to be Baptised. The Apostles had remained in Jerusalem, despite the persecution, but when they heard of the work Philip had been doing in Samaria, they knew they had something to give as well: the Holy Spirit. Even today we don’t just receive Baptism; we receive the Holy Spirit through the Sacrament of Confirmation. Baptism strengthens us against evil and helps us to distance ourselves from sinful influences. Confirmation then gives us the strength and the mission to go out and share the Gospel with others.

In today’s Second Reading St Peter reminds us that we must always be ready to share the reasons for our hope with others. We have received new life in Christ. It is our duty to give others the opportunity to receive new life in Christ as well. This doesn’t just mean giving reasons, but showing in our lifestyle that hope has transformed us and sustained us. It is thanks to hope that we sanctify Christ in our hearts. It is thanks to hope that we don’t shy away from explaining the reasons for our hope to everyone who asks, even when they are curious or just sceptical. It is not just what we explain, but how we explain it that lends credibility to our message: gentleness and reverence. Harsh or bland Christians undermine the main reason for our hope: the love of God. If we are mocked as a result, we are consoled by the fact that we are imitating Christ in suffering for the sake of good.

In today’s Gospel Our Lord prepares the disciples, and us, for Pentecost. He may be Ascending soon, but the Holy Spirit is coming in force. The Lord after the Ascension is only within view of those who have faith. The world had its chance, but without faith, it was only a matter of time before they lost sight of Our Lord. After Calvary, as far as they were concerned, Jesus was gone. The Risen Christ appeared to those who believed in Him. But the Holy Spirit did not just come to us at Pentecost. Today’s words, spoken in the Last Supper, reminded the first disciples, and us, that the Holy Spirit is always with us. Thanks to the Holy Spirit we are never alone and even now, through the Holy Spirit, we maintain communion with the Father and the Son. The love of God is the greatest reason for our hope and the greatest way we can reciprocate that love is to obey Christ out of love.

“Reverence the Lord Christ in your hearts, and always have your answer ready for people who ask you the reason for the hope that you all have.” The term “apologetics” is derived from today’s Second Reading when Peter mentions the need to explain the reasons for your hope. Apologetics is a theological discipline that explains and defends Christian religion (see: <https://www.catholic.com/encyclopedia/apologetics>). When we think of an apology, we usually thinking of simply saying that we are sorry for something. Apology has a much broader classical meaning: “a verbal defence against a verbal attack; a disproving of a false accusation or; a justification of an action or line of conduct wrongly made the object of censure.” The Church Fathers of the second century are called the Apologists, debating mainly with the Jews of their time, but also the Pagans who objected to the doctrine and teachings of Christianity. The Church has had apologists throughout her history. At the start of the twentieth century, due to its critical tone, it fell out of fashion, lacking the gentleness and reverence Peter calls for in today’s Second Reading, but now it continues alive and well.

Some believers see apologetics as being sorry for something bad, so they just avoid mentioning that they are believers at all. There are many misunderstandings of our faith. If we do not realise that they are misunderstandings, it is no surprise that apologetics would mean for us apologising. That spirit many times means buying into the lies about our faith. And that robs us of hope. Apologetics is about sharing reasons for hope. It’s about sharing something good, not apologising for something bad. Take stock of your hope this week. It is what inspires us to give witness.