



THE CATHOLIC PARISH OF THE MOST HOLY TRINITY

31st May 2020

SOLEMNITY OF PENTECOST

THANK GOD

that the Church is bigger than you and me. Thank God that the Church is no mere human institution. Thank God that it does not stand or fall by my efforts and yours. If it were all down to us then every scientific or medical advance that ran the risk of debasing human nature would see us running for cover. If it were all down to us then any scandal that hit the Church would find us dumb and unable to respond. If it were all down to us then our worship would quickly become a dry and arid performance of rubrics.

But it isn't all down to us. Pentecost celebrates the wonderful gift of the Holy Spirit who is ever present to the Church, guiding and sustaining, emboldening and inspiring us in the myriad circumstances of our modern world.



To celebrate Pentecost is to remember that Jesus is still alive and active in his Church through the Holy Spirit. We call Pentecost-Whitsunday the birthday of the Church because on that day the first proclamation of the gospel took place after Christ's death and resurrection. And the apostles were just as daunted at the prospect as we sometimes are. They feared for their lives. Yet the tongues of fire which is the Spirit gave them the courage boldly to proclaim the good news of Jesus.

For the Church is the living Body of Christ and anything we do as the Church will produce results only if it is grounded in the Spirit. We cannot boast of our own efforts; it is the Spirit of God working through us that is effective. So if we are reticent

about bearing witness to our faith, if we want our prayer to be more heartfelt and our worship to come alive, if we feel that we need to recapture the joy and first commitment of our faith, then Pentecost is for us. Our prayer is that of the Church throughout the ages: Come, Holy Spirit, fill the hearts of your faithful!

The Clergy

Parish Priest:

Fr Kevin Dow

Priest in Residence:

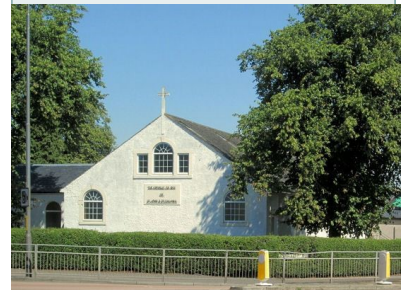
Fr Nicholas Hodgson

Pastoral Assistant:

Rev Pat Carrigan
(Permanent Deacon)



St Peter in Chains Church,
Inverkeithing



Ss John & Columba's Church,
Rosyth



Our Lady of Lourdes Church,
Dunfermline



THE LITURGY OF THE WORD

First reading

Acts 2:1-11

They were all filled with the Holy Spirit and began to speak

When Pentecost day came round, they had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech.

Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, each one bewildered to hear these men speaking his own language. They were amazed and astonished. 'Surely' they said 'all these men speaking are Galileans? How does it happen that each of us hears them in his own native language? Parthians, Medes and Elamites; people from Mesopotamia, Judaea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya round Cyrene; as well as visitors from Rome – Jews and proselytes alike – Cretans and Arabs; we hear them preaching in our own language about the marvels of God.'

The Word of the Lord

Responsorial Psalm **103(104):1,24,29-31,34**

Send forth your spirit, O Lord, and renew the face of the earth.

Bless the Lord, my soul!
Lord God, how great you are,
How many are your works, O Lord!
The earth is full of your riches.

You take back your spirit, they die,
returning to the dust from which they came.
You send forth your spirit, they are created;
and you renew the face of the earth.

May the glory of the Lord last for ever!
May the Lord rejoice in his works!
May my thoughts be pleasing to him.
I find my joy in the Lord.

Second reading **1 Corinthians 12:3-7,12-13**

In the one Spirit we were all baptised

No one can say, 'Jesus is Lord' unless he is under the influence of the Holy Spirit.

There is a variety of gifts but always the same Spirit; there are all sorts of service to be done, but always to the same Lord; working in all sorts of different ways in different people, it is the same God who is working in all of them. The particular way in which the Spirit is given to each person is for a good purpose.

Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink.

The Word of the Lord

Gospel Acclamation

Alleluia, alleluia!

Come, Holy Spirit, fill the hearts of your faithful
and kindle in them the fire of your love.
Alleluia!

Gospel

John 20:19-23

As the Father sent me, so am I sending you: receive the Holy Spirit

In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you', and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you.'

'As the Father sent me,
so am I sending you.'

After saying this he breathed on them and said:

'Receive the Holy Spirit.
For those whose sins you forgive,
they are forgiven;
for those whose sins you retain,
they are retained.'

The Gospel of the Lord.

DEVOTIONAL LIFE & PRAYER



To celebrate Pentecost, the descent of the Holy Spirit on the Church, we have recorded a “*Rosary round the Parish.*” This video will be available on the Parish Facebook pages today. Please do join in, in prayer for yourself, your parish, archdiocese, country and the world. The Church is more than an individual... Many thanks to the families who agreed to participate and contributed to the making of the video.

Come Holy Ghost Creator come...

A Spiritual Communion for use when not able to receive our Lord physically:

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into 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. Amen

Sacrament of Reconciliation & Holy Communion: if you wish to make an appointment with Fr Kevin to go to confession and receive Holy Communion (with all necessary safeguards in place), please contact him at the presbytery or by email.

Parish Safeguarding Coordinators Patricia Watt (PiC); Lisa Quinn (J&C); Jane Imrie & Margaret Hall (OLOL)

Baptisms & Marriages Arrangements for weddings (for which six months notice is required) and Baptisms should be made by appointment with one of the clergy.

Sacrament of the Sick / Hospital Visitations Those who require the Sacrament of the Sick at home should contact the Parish Office to arrange for Fr. Dow to visit. The Anointing of the Sick should ordinarily be arranged prior to any prolonged hospital visit. The Catholic Chaplain to the Victoria Hospital is Fr Gowans of St Marie’s Kirkcaldy (Tel: 01592 592111). In cases of emergency where you or a family member require the pastoral assistance of the Catholic Chaplain (emergency cover is provided by the various priests in Fife) please request this from the nursing staff at the hospital. For patients in Queen Margaret Hospital please contact Fr Chris Heenan at St Margaret’s (625611) ***Please note that a patient/family request must be made before the clergy can visit.***

Names for sick list Names can only be added by the person themselves or by a member of the family. Please advise the Parish Office of any name to be added or removed.

Mass Intentions Please try to have any intention that is required to be said on a particular date in a month before hand. On occasion when a funeral takes place, the stated intention will be moved to the next available date.

Hall Bookings Please contact (for St Peter’s Hall) Mrs Pat Reid on 417214 or Mary Irvine at the Parish Office (for Our Lady of Lourdes Hall) for availability.

Bulletin Notices All notices should be with the Parish Office by Thursday morning for inclusion in the weekend bulletin

PLEASE REMEMBER IN YOUR PRAYERS THE SICK AND INFIRM

Canon McAllister,
Maureen McLeod,
James Morris,
Elaine McCormick,
Sandra Graham,
Ester Wren,
Daniel Cornet,
Ann-Marie Bevan,
Patricia Phee,
Angie Kempson,
Margaret Lynch,
Edith Bryant,
Elizabeth McVay,
Veronica Fogherty,
David and Lynn Dean,
Colin Reid,
Martin Lacey,
Sandra Christie,
Eleanor Haggett,
Susan Stevenson,
Elizabeth Byrne
and Jennifer Imrie
Our Lady, Mother of the sick—pray for them

OF YOUR CHARITY, PLEASE PRAY FOR THE RECENTLY DECEASED

and those who have died of Covid-19

COVID-19 & OUR PARISH

MAKING A DONATION

During this time of Church closure, and no public Masses being celebrated, you have very little chance of supporting the ongoing mission of the parish and upkeep of our church buildings.

Therefore the archdiocese has arranged for a new way of giving. If you click on the relevant link, for which of our 3 churches you wish to make a donation towards, this will take you to the relevant site.

All you need is your credit or debit card details and you can securely make an online donation.

We thank you for all that you have contributed in the past, and if you are able to continue your support, which can also be Gift Aided, we would be eternally grateful. God bless.

For St Peter in Chains Church - [https:// donor.secureoperations.com/detailed/donate...](https://donor.secureoperations.com/detailed/donate...)

For Ss John & Columba's Church - [https:// donor.secureoperations.com/detailed/donate...](https://donor.secureoperations.com/detailed/donate...)

For Our Lady of Lourdes Church - [https:// donor.secureoperations.com](https://donor.secureoperations.com)

The First Minister has this past week, set out Scotland's Four Phase programme for lifting the current restrictions.

In Phase 2 churches will be allowed to reopen for private prayer and in Phase 3 for Mass and other public gatherings.

There is no date for when these phases might happen, since it all depends on the developing scientific evidence, but we are likely still talking about a good number of weeks (possibly 18th June). To make sure we are ready for when it does happen the bishops' working groups are preparing guidance and parishes have been asked to begin looking at practical plans to make access to our churches as safe as possible.

Government Document can be found here: <https://www.gov.scot/binaries/content/documents/govscot/publications/strategy-plan/2020/05/coronavirus-covid-19-framework-decision-making-scotlands-route-map-through-out-crisis/documents/covid-19-framework-decision-making-scotlands-route-map-through-out-crisis/covid-19-framework-decision-making-scotlands-route-map-through-out-crisis/govscot%3Adocument/covid-19-framework-decision-making-scotlands-route-map-through-out-crisis.pdf?fbclid=IwARoyYA5cVjPQpoPreYiwsnXz192qokzbHohtdJfokvIGqb8mxJQnAEF1YZI>

Opening our Churches: The Bishops Conference of Scotland has formed a Covid-19 Working Group for Infectious Disease, chaired by the former Chief Medical Officer for Scotland, Sir Harry Burns. It will propose procedures and protocols that will allow us to progress safely and in stages towards the opening of our churches, first for prayer, and later on for Mass, even if in a curtailed form. Please see today's press release on the BCOS website: <https://www.bcos.org.uk/News/tabid/113/Default.aspx>

A Working Group on Pastoral Ministry was also established to look at how to sustain pastoral life and ministry into the coming months, as necessary. I will keep you informed of developments emerging from both these Groups.

It is important for us as a parish to begin to gather together a parish "support network". We need to recruit the following volunteers for each church:

- 1) A person in our community who has technical skills. This will be useful if you think an electronic booking system might be used to facilitate low density activity and it will also help to keep our community connected;
- 2) A person who is well connected with active adults of your parish. This will be useful especially if you want help to increase the volunteer pool so that there are people to facilitate good practice and cleaning;
- 3) A person who may have connections to the more senior members of your community to ensure they are made aware of the changes taking place;
- 4) A person with sewing skills. Guidelines will very likely require the use of face coverings. It is likely that your parishioners will have their own face coverings and they will be asked to bring them and wear in the church buildings. We may be able to help parishioners who are unable to procure their own face coverings, or who come along without one. There is solid evidence based advice on how to sew home-made face coverings (click here: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>, and there may be volunteers willing to sew these;
- 5) A creative person. Protocols will involve the use of hand sanitisers and face coverings, and they may be able to prepare signage that will work within your parish to alert the faithful to these expectations. We hope to provide templates soon for you to use, but it's likely you will want to tailor them to your community and building, and someone to help with that would be an asset.

Please email the parish if you wish to volunteer.



NEWS & EVENTS

Today (Sunday) is the National Rosary Rally: our Archdiocese has been allocated 1pm till 2pm to take the lead. Please take the time to join in praying for the following intentions. 1. For Faith, Sanctity of Life, and Peace to prevail in our nations; 2. For an end to the COVID-19 virus, the sickness it causes, and its effects that prevent us living life in abundance (cf Jn 10:10); 3. For the protection of the common good, and people's economic livelihoods; 4. That the Holy Spirit will preserve us from disaster and war. This includes the key intentions of deliverance from this current pandemic and for the opening of our Churches. Our Lady, Queen of the most Holy Rosary, pray for us!

Sunday evenings At this time, there is a weekly ecumenical call to prayer on Sundays at 7pm. Thirteen Christian churches and organisations are taking part for the fourth consecutive week, with people urged to place a candle in their window at that time. We will publish details for this Sunday's prayer on our social media and website when we receive it. Please see <https://archedinburgh.org/churchesjoin-in-prayer-for-sunday-evening/>

Prayer resources There are an increasing number of valuable resources online that are very useful to Catholics during the lockdown. One which you may find worthwhile is on a website called Thy Kingdom Come, which has issued a range of neatly formatted resources, including Morning, Evening and Night prayer as well as a Pentecost Novena. You may wish to share these with parishioners. Visit: <https://www.thykingdomcome.global/resources/resources-catholic-church>

Vocations Mass: The monthly Mass for Vocations will be streamed on the Facebook page of St David's Parish, Dalkeith ([@stdavidsdalkeith](https://www.facebook.com/stdavidsdalkeith)) on Monday 01 June at 6.30pm. You can also watch it live on the Archdiocesan Facebook page ([@EdinburghRCdiocese](https://www.facebook.com/EdinburghRCdiocese)). Please pray for more vocations to the priesthood and religious life.

Day for Life: The theme for this year's Day for Life is "Choose Life". During the coronavirus crisis calls from pregnant women are still being received so your donations will be well used by the Archdiocesan Pro-Life Office to help them. You can donate online: https://donor.secure-operations.com/detailed/donate?charity_id=1086319&type=2&hidden_amount=&amount=&reference=LIFE. Or cheques can be sent to Pro-Life Office, Archdiocesan Offices, 100 Strathearn Road, Edinburgh, EH9 1BB. Please make cheques payable to Archdiocese of St Andrews & Edinburgh. Thank you for your support at this time!

Parish First Holy Communion celebrations: because of the on going pandemic and the closure of our churches, the scheduled celebrations have been provisionally moved to the following dates after consultation with the senior management teams in our parish schools: Our Lady of Lourdes Church (St Margaret's PS) - Saturday 7th November at 11am & Ss John & Columba's Church (St John's PS) - Saturday 21st November at 10am.

Online Activities to Support EU Citizens: The national lockdown during the coronavirus outbreak, unfortunately, prevents us from traveling around Scotland with our free information sessions. Many EU citizens and their families however still require information and support with their EU Settlement Scheme applications. In response to their needs, Citizens' Rights Project has decided to launch an online information and support service. For more information, please contact info@citizensrightsproject.org.

OUR VIRTUAL PARISH

as you all know, all public Masses, services, activities, clubs, etc are currently on hold. We do not know when the government will allow us to resume normal activities, and so please bear with us. Let us pray that the all clear may come soon, and that the virus does not claim anyone from our parish community.

During this trying time, both Deacon Pat and Fr Kevin have taken to social media to try and keep some form of parish activities on going. The timetable on the back of the newsletter, tells you of when and what we are doing.

All of these Masses and services are being 'live streamed' through the parish Facebook pages: "The Catholic Parish of the Most Holy Trinity" and "Most Holy Trinity Parish-Our Lady of Lourdes Church." If you have Facebook and you have not already 'liked' these pages (why wouldn't you have already?!), then please do so and keep in touch with the parish.



DEACON PAT'S PONDERINGS



Here are the Children's prayers I have been using throughout the Lock down.

1. Thank You, God!

"Thank you God for the world so sweet,
Thank you God for the food we eat,
Thank you, God for the birds that sing,
Thank you, God, for everything!"

2. Now I Lay Me Down to Sleep

"Now I lay me down to sleep.
I pray the Lord my soul to keep.
If I should live for other days,
I pray the Lord to guide my ways.
Lord, unto thee I pray, thou hast guarded me all day;
safe I am while in thy sight.
Safely let me sleep tonight.
Bless my friends; the whole world blesses;
Help me to learn helpfulness.
Keep me ever in thy sight,
so to all, I say good night."

"Now I lay me down to sleep;
I pray the Lord my soul to keep.
May God guard me through the night,
And wake me with the morning light."

3. Hi, It's Me!

This beautiful rhyme is a child's bedtime prayer and can be easily understood even by toddlers.

"Hi, it's me, just come to pray
And thank you for a fun-filled day!
You've been with me, so I know you've seen
All the great exciting things.
But also when I'm sad or cross
I know you love me, no matter what!
So help me rest and go to sleep
And feel the peace of your love for me."

4. Dear God

"Dear God,
I've felt a bit sad today.
Sometimes people say things that upset me.
Sometimes I feel lonely at school.
Sometimes I feel misunderstood by my mum and dad.
Sometimes my feelings are all mixed up inside.
Please make me feel better.
Please make me sleep with good dreams.
Please make a happier day tomorrow."

5. Father, We Thank Thee

"Father, We thank thee for the night,
And for the pleasant morning light;
For rest and food and loving care,
And all that makes the day so fair.
Help us to do the things we should,
To be to others kind and good;
In all we do, in work or play,
To grow more loving every day."

6. Angels Bless

"Angels bless, and angels keep
Angels guard me while I sleep
Bless my heart and bless my home
Bless my spirit as I roam
Guide and guard me through the night
and wake me with the morning's light."

7. Lord in Heaven

"Lord in heaven, hear my prayer,
Keep me in your loving care.
Be my guide in all I do.
Bless all those who love me, too."

8. Lord Be Beside Us

This prayer asks God to guide and protect the whole family.

"Lord be beside us, all every day
Guiding and leading us gently always.
Lord be above us, help us to see
The hope of the future, of all we could be.
Lord be beneath us, carry us when
We're too shattered or tired to really have strength.
Lord be ahead of us, smoothing our paths
Protecting and blessing the places we pass.
Lord be behind us, healing our wounds,
Forgiving our mistakes and making us new.
Lord, be within us, this family is yours
Now and forever, you are our Lord."

9. God, Grant Me the Serenity

"God, grant me the serenity to accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference."

THE KID'S KORNER



Children's Liturgy can be found here: <https://archedinburgh.org/childrens-liturgy-at-home-latest-resources-for-sunday-6/>

and the Children's Sunday Newsletter: Copy and paste this link into your web browser and it will take you to this weeks edition of a newsletter designed especially for our younger members of the parish: <https://thekidsbulletin.files.wordpress.com/2020/05/the-kids-bulletin-pentecost.pdf>

LITURGICAL TIMETABLE FOR COMING WEEK

Sunday 31st May <i>Solemnity of Pentecost</i>	10.00am <i>4.00pm</i>	Holy Mass <i>May Devotions & Benediction</i>	<i>Pro Populo</i>
Monday 1st June <i>Memorial of the Blessed Virgin Mary, Mother of the Church</i>	10.00am	Holy Mass	<i>Mary Harding RIP</i>
Tuesday 2nd June <i>Memorial of Ss Marcellinus & Peter</i>	10.00am	Holy Mass	<i>Jack Fitzpatrick RIP</i>
Wednesday 3rd June <i>Memorial of St Charles Lwanga & Companions</i>	10.00am	Holy Mass	<i>Frank Harding RIP</i>
Thursday 4th June <i>in the 9th Week of the Year</i>	10.00am	Holy Mass	<i>Bonnie Gauson RIP</i>
Friday 5th June <i>Memorial of St Boniface</i>	10.00am	Holy Mass	<i>Vhairi Harding RIP</i>
Saturday 6th June <i>in the 9th Week of the Year</i>	10.00am	Holy Mass	<i>Fr Tommy Greenan RIP</i>
Sunday 7th June <i>Solemnity of The Most Holy Trinity</i>	10.00am <i>4.00pm</i>	Holy Mass <i>Exposition & Benediction</i>	<i>Pro Populo</i>



The Catholic Parish of The Most Holy Trinity



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*The Most Holy Trinity is a parish of the Archdiocese of St Andrews & Edinburgh.
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