



THE CATHOLIC PARISH OF THE MOST HOLY TRINITY

14th June 2020

SOLEMNITY OF THE MOST HOLY BODY & BLOOD OF CHRIST

THIS WEEKEND

we celebrate the transferred Solemnity of Corpus Christi – The Body and Blood of our Lord Jesus Christ.

The Feast of Corpus Christi (the Body of Christ) was promoted by the Augustinian nun Juliana of Liège in the thirteenth century and thereafter spread throughout the whole Church. It is, of course, a Feast in honour of the Blessed Sacrament, and is marked by processions of Our Lord.

These Feasts, which focus on certain aspects of our faith, come about in the Church by the providence and guidance of God. If there is a need, then God provides us with the answer. So it was that belief in the Real Presence had begun to be questioned and the people no longer treated the Blessed Sacrament with the respect that was Its due. This Solemnity of Corpus Christi promoted a love for the Blessed Sacrament, and a devotion to Our Lord, truly present in the Sacred Host.

Corpus Christi celebrates the continuing presence of Christ in His Church. It celebrates the adoration that we show to God, but adoration in a physical way. We need something to focus on, and God gave us the Blessed Sacrament.

We should receive Christ with as much preparation as our children do for their First Holy Communion; through frequent prayers, regular confession, an eager joy and an innocent faith. We should be filled with wonder and praise at the God who made us, and died for us. We should, in silence, thank Him for the wonders of all creation.

It is a great shame that we are not able to hold a Corpus Christi Procession. We will need to plan for one next year. Let Corpus Christi be a celebration for us all. Let us fix our minds again on this great mystery of the Church, and give thanks to God for our children and their faith.

The Clergy

Parish Priest:

Fr Kevin Dow

Priest in Residence:

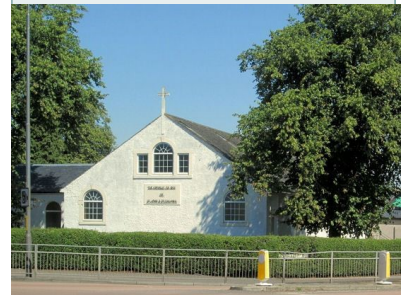
Fr Nicholas Hodgson

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 Deuteronomy 8:2-3,14-16

He fed you with manna, which neither you nor your fathers had known

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

'Do not become proud of heart. Do not forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.'

The Word of the Lord.

Responsorial Psalm 147:12-15,19-20

O praise the Lord, Jerusalem!

O praise the Lord, Jerusalem!
Zion, praise your God!
He has strengthened the bars of your gates
he has blessed the children within you.

O praise the Lord, Jerusalem!

He established peace on your borders,
he feeds you with finest wheat.
He sends out his word to the earth
and swiftly runs his command.

O praise the Lord, Jerusalem!

He makes his word known to Jacob,
to Israel his laws and decrees.
He has not dealt thus with other nations;
he has not taught them his decrees.

O praise the Lord, Jerusalem!

Second reading 1 Corinthians 10:16-17

That there is only one loaf means that, though we are many, we form one body

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

The Word of the Lord.

Gospel Acclamation

Jn6:51

Alleluia, alleluia!

I am the living bread which has come down from heaven,
says the Lord.

Anyone who eats this bread will live for ever.
Alleluia!

Gospel

John 6:51-58

My flesh is real food and my blood is real drink

Jesus said to the crowd:

'I am the living bread which has come down from heaven.
Anyone who eats this bread will live for ever;
and the bread that I shall give is my flesh,
for the life of the world.'

Then the Jews started arguing with one another:
'How can this man give us his flesh to eat?' they said.
Jesus replied:

'I tell you most solemnly,
if you do not eat the flesh of the Son of Man and
drink his blood,
you will not have life in you.
Anyone who does eat my flesh and drink my
blood
has eternal life,
and I shall raise him up on the last day.
For my flesh is real food
and my blood is real drink.
He who eats my flesh and drinks my blood
lives in me
and I live in him.
As I, who am sent by the living Father,
myself draw life from the Father,
so whoever eats me will draw life from me.
This is the bread come down from heaven;
not like the bread our ancestors ate:
they are dead,
but anyone who eats this bread will live for ever.'
The Gospel of the Lord.



DEVOTIONAL LIFE & PRAYER



On this Solemnity of the Most Holy Body and Blood of Christ, whilst physically cut off from receiving our Lord in Holy Communion, why not make a heartfelt Spiritual Communion using the prayer below?

Please do join us for Exposition, Vespers and Benediction of the Blessed Sacrament, this Sunday at 4pm, broadcast live from Ss John & Columba's Church on our parish Facebook page.

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.

June is a month dedicated to the Sacred Heart of Jesus, and as you will have noticed, at the end of each Mass during this month, the Litany of the Sacred Heart is prayed. Please do join in, asking our Lord, to enfold you and your loved ones in the tender loving embrace of his Most Sacred Heart.

You may wish to offer up the following Novena as we lead up to celebrating the Solemnity of The Most Sacred Heart of Jesus on 19th June especially in these difficult times.

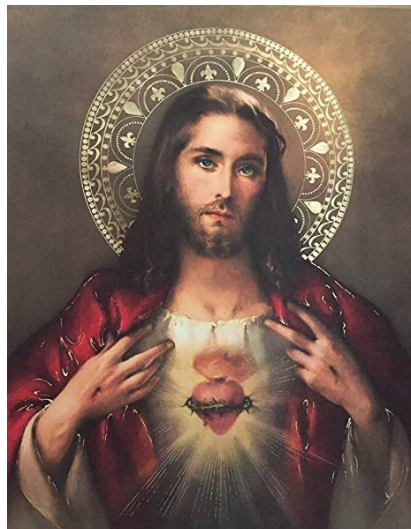
O my Jesus, You said, "Truly I say to you, ask and you shall receive, seek and you shall find, knock and it shall be opened to you," behold I knock, I seek and I ask for the grace of ...

Our Father, Hail Mary, Glory be.

Sacred Heart of Jesus, I place all my trust in You. O my Jesus, You said, "Truly I say to you, whatsoever you shall ask the Father in My name, He will give it to you," behold in your name I ask the Father for the grace of ... Our Father, Hail Mary, Glory be. Sacred Heart of Jesus, I place all my trust in You. O my Jesus, You said, "Truly I say to you, heaven and earth shall pass away but my words shall not pass away," behold encouraged by your infallible words, I now ask for the grace of ...

Our Father, Hail Mary, Glory be.

Sacred Heart of Jesus, I place all my trust in You. O Sacred Heart of Jesus, to whom one thing alone is impossible, namely, not to have compassion on the afflicted, have pity on us miserable sinners and grant us the grace which we ask of You through the Sorrowful and Immaculate Heart of Mary, Your and our tender Mother. Hail, Holy Queen ... St Joseph, foster father of Jesus, pray for us.



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

John McLoughlin
RIP (*funeral details on page 5*)
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.

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.

Below are the details for the bank accounts for each church if you wish to make your donation directly into the bank account:

St Peter in Chains—
RBS A/C No:
00600297
Sort Code: 833300

Ss John & Columba's—
RBS A/C No:
00114865
Sort Code: 832339

Our Lady of Lourdes—
RBS A/C No:
00249131
Sort Code: 833300



Where are we at: After consultation with the Scottish Government, the BCOS General Secretariat has released national guideline documents on how we prepare for the phased reopening of our churches. You will find their downloadable links on the following webpage: <https://www.bcos.org.uk/COVID19/tabid/127/Default.aspx>

Volunteer Stewards

We are currently working hard on our preparations for the reopening of the church for private prayer. We continue to put measures in place so that we are able to successfully complete the risk assessment once we receive it. We will also need a team of volunteer stewards who can supervise the church while it is open. This will include supervising social distancing and activities inside and outside the building. It will also entail some cleaning at the end of each opening session. Volunteers must be under 70 and with no underlying health conditions. If you are a parishioner and feel you would like to help, please email us with your contact details on admin@catholicswife.com

Please also note that a form (found on the BCOS website—link above) will be required to be filled in prior to the start of your volunteering.

THANK YOU

Thank you to all parishioners for your continued support of each other and of the parish. Thanks to those who have contacted us and other parishioners with kind messages of support and encouragement, and thanks to everyone for your continued financial support of the parish.

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

Funeral arrangement for John McLoughlin: Service will take place at Dunfermline Crematorium , Tuesday 16th June at 2:00 pm. A live stream is available at WWW.obitus.com; User name - ZUFO 8864; password 023095. *Message to Family and Friends because of Covid 19 - We feel your presence and love today! Minti, Martin, Simon and Laura.*

Details of the route to be taken by the Funeral Cortege will be posted on Parish FB page.

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>

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



For a wee boy growing up in the north west of Glasgow, Columba was one of the first Saint's names he ever learnt. Columba was the patron of our Parish Church and the local Catholic school, both Primary and Secondary. So, for the first 10 years of my life, Columba was always around.

The hand of the Abbot of Iona guided me and my classmates through our First Reconciliation Service, in those days called First Confession, followed by First Holy Communion and a couple of years later the Sacrament of Confirmation.

Columba always seemed to draw me to him and even yet his life it a bit of an enigma to me, a man of mystery vaguely sketched out by Adomnán, the ninth Abbot of Iona. He shows a wise Christian man, a monk and Abbot who travels from Iona throughout Scotland and Northern England evangelising and converting the inhabitants of these lands to Christianity.

Despite moving on to another part of the City and later in life moving to another part of the country Columba has always been my shadow. The family school here in Dunfermline was St. Columba's R.C. High and again the hand of Colum Cille was evident in the ethos of this place of learning, which held and stills holds the welfare of our children in all aspects of life as its main priority. All this was achieved by a chain of inspirational Teachers and support staff which included 'Boab the Janny'!

Columba entered my life again at midlife, in those days of pondering the future and where the road would lead. He was with me as I walked the paths

of Scotland, westward from Milngavie to Fort William and later as I investigated the Benedictine way of life and Spirituality. Indeed, when I became an Oblate of the Abbey of Pluscarden, Columba is the name I took.

Nowadays, when we scarper off to our Highland bolt hole, I fall out of bed and into the Chapel of St Columba and some hundreds of yards away his relic is held in the local Cathedral.

I suppose I'm telling those young adults who leave St Columba's school in this unprecedented year that once touched by the hand of the Abbot, he never leaves you. As you enter this complex world of joy, happiness, stress and uncertainty Columba will always be there for you.

In this time of complex issues where we recognise many, many new issues and pressures we must take time for ourselves and find our own space. Somewhere within ourselves find the spiritual battery charger which will bring us through the sad and bad times. Modernists and Humanists called it 'Mindfulness' but we Christians call it prayer and meditation so let Columba and the Saints be your guide. Look within to look outwards and always let the Holy Spirit guide you.

I know... I know, all this is sounding so very heavy but take it as it is meant... a wee word of advice to those setting off on their voyage of life. Enjoy yourselves. Love, be happy and laugh often. Look out for each other and keep safe.

And, as Mrs Ryan drummed into you "Reach for the Stars"

Watch Mrs Ryan's version on the school-leavers video youtu.be/s270E4vt3bM

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.

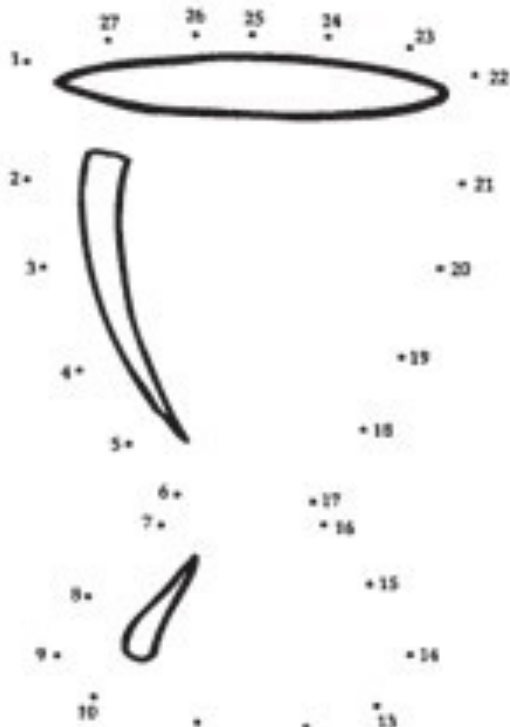
Mass Intentions Please try to have any intention that is required to be said on a particular date in a month before hand. On occasion when a funeral takes place, the stated intention will be moved to the next available date.

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.

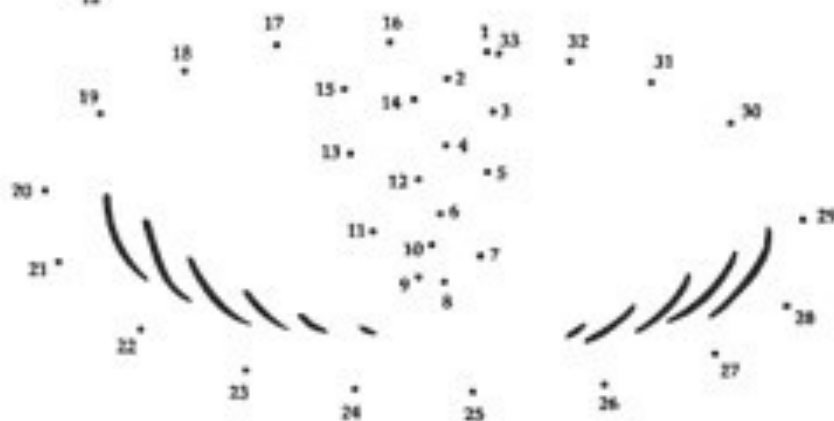
Bulletin Notices All notices should be with Fr Kevin in Rosyth by Thursday morning for inclusion in the weekend bulletin

**The Last
Supper**
—Luke 22

★
**Remember
Jesus**



Jesus ate the Passover meal with His followers just before He died. He took two things from the table and told the followers that these two things would forever after be used to remember His death. What were these two things? To find out, complete the two dot-to-dots.



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/2020/06/the-kids-bulletin-body-and-blood-of-christ.pdf>

Children's Liturgy material for you to use at home with the children can be found here: <https://archedinburgh.org/wp-content/uploads/Feast-CorpusChristi-YrA14Jun2020PDF.pdf>

LITURGICAL TIMETABLE FOR COMING WEEK

Sunday 14th June <i>Solemnity of The Most Holy Body & Blood of Christ (Corpus Christi)</i>	10.00am 4.00pm	Holy Mass <i>Exposition & Benediction</i>	<i>Pro Populo</i>
Monday 15th June <i>in the 11th Week of the Year</i>	No Mass		
Tuesday 16th June <i>in the 11th Week of the Year</i>	10.00am	Holy Mass	<i>Martin Wallace RIP</i>
Wednesday 17th June <i>in the 11th Week of the Year</i>	10.00am	Holy Mass	
Thursday 18th June <i>in the 11th Week of the Year</i>	10.00am	Holy Mass	
Friday 19th June <i>Solemnity of the Sacred Heart of Jesus</i>	10.00am	Holy Mass	<i>Thanksgiving Intentions of Fr Kevin</i>
Saturday 20th June <i>Memorial of the Immaculate Heart of the Blessed Virgin Mary</i>	10.00am	Holy Mass	
Sunday 21st June <i>12th Sunday of the Year</i>	10.00am 4.00pm	Holy Mass <i>Exposition & Benediction</i>	<i>Pro Populo</i>



The Catholic Parish of The Most Holy Trinity



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Dunfermline
KY11 4QZ

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01383 412084 (Presbytery)

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Facebook: <https://www.facebook.com/catholicswfife/>



*The Most Holy Trinity is a parish of the Archdiocese of St Andrews & Edinburgh.
A Charity registered in Scotland Number SC008540*