



THE CATHOLIC PARISH OF THE MOST HOLY TRINITY

5th July 2020

FOURTEENTH SUNDAY OF THE YEAR

HOW OFTEN DO WE LAUGHINGLY SAY,

“...Out of the mouths of babes!” We usually say it when one of the junior members of our family has stated a glaring or embarrassing truth. To children the truth is black and white, but the older we get the more we tend to complicate issues that really ought to be very simple. Perhaps we want to dress up the truth with our own interpretations. Perhaps we want to disguise truths that make us feel uncomfortable. Whatever the reasons, as we get older the truth is harder for us to recognise.

Today Jesus criticizes the religious leaders who over complicate the law. Jesus was concerned for those people at the bottom of the social heap who could not live up to the six hundred and thirteen commandments of the Jewish law. Jesus' intention was not to do away with the law, but he could not support the lawyers who spent their time manufacturing new and insufferable burdens for broken people. To the broken people Jesus says, “Come to me, all you who labour and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.”

The demands of the twenty first century puts many challenges our way, and we spend a lot of our time juggling priorities and trying to live our lives by more than one agenda. Our lives are complicated and overly burdened. We look for the solutions to our problems in lifestyle magazines and in bottles of pills, no longer able to recognise simple truths. Why don't we look more to God for solutions? God wants us all to have peace and fulfilment; all we have to do is to yield to God's agenda. The smallest child knows the difference between what is important and what is not. Why can't we?

When Jesus says, “My burden is light,” he does not mean that Christianity is an easy way out ... he simply means that his demands aren't weighed down with rules and regulations that we aren't capable of meeting. “Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.”

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

Zechariah 9:9-10

See now, your king comes humbly to you

The Lord says this:

Rejoice heart and soul, daughter of Zion!
Shout with gladness, daughter of Jerusalem!
See now, your king comes to you; he is
victorious, he is triumphant, humble and riding
on a donkey, on a colt, the foal of a donkey.
He will banish chariots from Ephraim
and horses from Jerusalem; the bow of war will
be banished. He will proclaim peace for the
nations. His empire shall stretch from sea to
sea, from the River to the ends of the earth.
The Word of the Lord

Responsorial Psalm 144(145):1-2,8-11,13b-14

I will bless your name for ever, O God my King.

I will give you glory, O God my king,
I will bless your name for ever.
I will bless you day after day
and praise your name for ever.

The Lord is kind and full of compassion,
slow to anger, abounding in love.
How good is the Lord to all,
compassionate to all his creatures.

All your creatures shall thank you, O Lord,
and your friends shall repeat their blessing.
They shall speak of the glory of your reign
and declare your might, O God.

The Lord is faithful in all his words
and loving in all his deeds.
The Lord supports all who fall
and raises all who are bowed down.

Second reading

Romans 8:9,11-13

If by the Spirit you put an end to the misdeeds of the body, you will live

Your interests are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him, and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you.

So then, my brothers, there is no necessity for us to obey our unspiritual selves or to live unspiritual lives. If you do live in that way, you are doomed to die; but if by the Spirit you put an end to the misdeeds of the body you will live.

The Word of the Lord

Gospel Acclamation

Mt11:25

Alleluia, alleluia!
Blessed are you, Father,
Lord of heaven and earth,
for revealing the mysteries of the kingdom
to mere children.
Alleluia!

Gospel

Matthew 11:25-30

You have hidden these things from the wise and revealed them to little children

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'

The Gospel of the Lord.



DEVOTIONAL LIFE & PRAYER



The Litany of the Most Precious Blood (July Devotion)

Lord, have mercy. **Lord, have mercy.**
Christ, have mercy. **Christ, have mercy.**
Lord, have mercy. **Lord, have mercy.**

Christ, hear us. **Christ, hear us.**
Christ, graciously hear us.
Christ, graciously hear us.

God the Father of Heaven, **have mercy on us.**
God the Son, Redeemer of the world, **have mercy on us.**
God, the Holy Spirit, **have mercy on us.**
Holy Trinity, One God, **have mercy on us.**

Blood of Christ, only-begotten Son of the eternal Father, **save us.**
Blood of Christ, Incarnate Word or God, **save us.**
Blood of Christ, of the New and Eternal Testament, **save us.**
Blood of Christ, falling upon the earth in Agony, **save us.**
Blood of Christ, shed profusely in the Scourging, **save us.**
Blood of Christ, flowing forth in the Crowning with Thorns, **save us.**
Blood of Christ, poured out on the Cross, **save us.**
Blood of Christ, price of our salvation, **save us.**
Blood of Christ, without which there is no

forgiveness, **save us.**
Blood of Christ, Eucharistic drink and refreshment of souls, **save us.**
Blood of Christ, stream of mercy, **save us.**
Blood of Christ, victor over demons, **save us.**
Blood of Christ, courage of Martyrs, **save us.**
Blood of Christ, strength of Confessors, **save us.**
Blood of Christ, bringing forth Virgins, **save us.**
Blood of Christ, help of those in peril, **save us.**
Blood of Christ, relief of the burdened, **save us.**
Blood of Christ, solace in sorrow, **save us.**
Blood of Christ, hope of the penitent, **save us.**
Blood of Christ, consolation of the dying, **save us.**
Blood of Christ, peace and tenderness of hearts, **save us.**
Blood of Christ, pledge of eternal life, **save us.**
Blood of Christ, freeing souls from purgatory, **save us.**
Blood of Christ, most worthy of all glory and honour, **save us.**

Lamb of God, who taketh away the sins of the world, **spare us, O Lord.**
Lamb of God, who taketh away the sins of the world, **graciously hear us, O Lord.**
Lamb of God, who taketh away the sins of the world, **have mercy on us, O Lord.**

V. Thou hast redeemed us, O Lord, in Thy Blood.
R. And made us, for our God, a kingdom.

Almighty and eternal God, Thou hast appointed Thine only-begotten Son the Redeemer of the world and willed to be appeased by his blood. Grant, we beg of Thee, that we may worthily adore this price of our salvation and through its power be safeguarded from the evils of the present life so that we may rejoice in its fruits forever in heaven. Through the same Christ our Lord. Amen.

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.

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

Gerald Welsh, *RIP*
and those who
have died of Covid-
19

*Fidelium animae
per misericordiam
Dei requiescant in
pace. Amen*

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**



The obligation to attend Mass remains suspended at this time

Public Worship

Preparations are underway for the re-opening of Churches for public services. This, according to the latest information, may take place from the 23rd of July. This is what you can expect.

All being well Mass resumes on Sunday 26th July – the 17th Sunday in Ordinary Time

1. Seating according to physical distancing rules. Currently, Rosyth would have a capacity of 30 and the other 2 churches have still to be worked out. Households may sit together. You will be guided to a seat by a passkeeper- you not be able to sit where you normally do.
2. You will need to wear a face covering. Exemptions are children under 5 and those with a condition such as asthma. We have a very limited supply of masks if you do not have your own.
3. You will need to sanitise your hands on entering and leaving. This will be provided. Please avoid

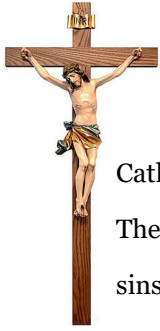
touching statues and other surfaces. If you wish to light votive candles, please place them in the basket provided for this purpose *(We ask you not to light the candles yourself, as your hands have flammable liquid on them...)*

4. There will be no music or singing, ministers of communion, altar servers or sacristans. Only the priest will be allowed in the sacristy and toilet facilities will not be available.
5. Mass will be celebrated without the Gloria or Creed and only one reading and the gospel.
6. Holy Communion (under the form of bread only) will be distributed after the final blessing and people are asked to leave immediately.
7. Offertory donations may be placed in baskets as you leave the church at the end of Mass
8. There will be no Teas etc. after Mass.
9. The church will have to be cleaned after each service.
10. We will need a team of at least 2 pass keepers, 1 reader and 2 or 3 cleaners for each Mass. Please consider volunteering your time and help make this all possible.
11. My thanks to those who are presently volunteering to clean the churches at the end of each period of private prayer.



E	R	R	E	V	E	L	C	E	D	BLESS	EARTH	CLEVER
S	S	E	L	B	L	U	H	E	E	ENTRUSTED	LABOUR	YOKE
A	T	E	D	A	B	E	T	R	S	GENTLE	HUMBLE	HEART
G	A	S	B	L	M	S	T	E	A	REST	BURDEN	LIGHT
A	E	O	E	H	U	T	K	B	E			
S	U	N	E	R	H	O	U	E	L			
R	N	A	T	G	Y	R	H	R	P			
E	R	N	I	L	D	E	A	S	Y			
T	E	L	H	E	E	A	R	T	H			
S	T	E	N	T	R	U	T	S	D			

DID YOU KNOW.....



The crucifix: The crucifix is a typically Catholic symbol, a cross bearing an image of Jesus being crucified. The graphic symbol of the crucifix became predominant in the Western Church to remind Catholics that Jesus was true man as well as true God and that his suffering and death were very real and painful. The crucifix reminds Catholics of the high price paid for humankind's sins and inspires believers to repent of their sins and be grateful for the salvation obtained by Jesus' death on the cross.

Holy water: Water blessed by a priest, bishop, or deacon, holy water is a *sacramental* — a religious object or action created by the Catholic Church as opposed to those instituted by Jesus himself. Holy water is used as a symbolic reminder of Baptism. On entering or leaving a church, Catholics dip their right hand, usually with two fingers, into a *font*, a cup of holy water on a wall near the doors of the church, and make the sign of the cross.



Non-Catholics may think of holy water as the stuff that burned the face of the possessed 12-year-old in the movie *The Exorcist*. Holy water can be used to drive out demons; so on rare occasions the Church uses it for that purpose.

Anytime a priest or deacon blesses a religious article, such as rosary beads, a statue, or a medal of one of the saints, he sprinkles holy water on the object after saying the prayers of blessing.

The rosary: Before Christianity, Hindus strung beads and used them to help count their prayers. Buddhists, Taoists, and Muslims have also used prayer beads to assist them in their private devotions. Hebrews used to tie 150 knots on a string to represent the 150 Psalms of the Bible. According to pious Catholic tradition, in the 13th century, Mary, the Mother of God, appeared to St. Dominic de Guzman, gave him a rosary, and asked that instead of praying the Psalms on the beads or knots, the faithful pray the *Hail Mary*, *Our Father*, and the *Glory Be*. Today, most Catholics use the five-decade Rosary.

(A *decade* refers to ten *Hail Marys* preceded by the *Our Father* and ending with a *Glory Be*.)

Scapulars and medals: Catholics often wear special religious articles, such as medals and scapulars, as a type of personal devotion. *Scapulars* are worn around the neck and have two pieces of cloth — one piece rests on the chest and the other on the back. These items aren't considered good luck charms, magical amulets, or the like. Catholics don't believe that medals and scapulars prevent sickness or stop you from sinning. And they're not a get-out-of-hell-free card. Catholics use them as mere reminders to stay close to God and to try to imitate the sanctity and holiness of the saints. They're just tangible symbols of the faith, such as a crucifix.



NEWS & EVENTS

St John's Primary School, Rosyth: We wish Mr Hutcheon a happy retirement as he leaves our school after being Head Teacher these past 4 years. May God bless him for all he gave during his time with us and over the many years of teaching. Mrs Munro, the Principal Teacher has been appointed acting Head Teacher in the meantime, until a new full time Head is appointed. We wish all our teachers in our parish schools—St Columba's HS, St Margaret's & St John's PSs a well end rest!

Lourdes: Catholics across the Archdiocese can sample the special Lourdes experience by taking part in a virtual pilgrimage. The innovative online idea has been organised by the Pilgrimage & Hospitalité Committees to make up for the disappointment of having to cancel the annual French trip due to the Covid-19 pandemic.

A spokesperson for the committees said: "The Pilgrimage & Hospitalité Committees have put together an experience to re-create our Pilgrimage with Masses, prayers, videos and interactive events. These will take place during the week when we would have been in Lourdes (10-17 July), and we bring this to you virtually by using our [website](#), [Facebook](#) and Zoom. More information can be found here: <https://archedinburgh.org/get-online-for-this-years-lourdes-pilgrimage/>

Churches open for private prayer: Many thanks to all who assisted in preparing our churches for opening last week. A wee reminder that Ss John & Columba's in open for private prayer on Tuesdays from 6pm-7pm and Our Lady of Lourdes church is open at the same times on a Thursday. Exposition of the Blessed Sacrament takes place during this time. Confessions are available with Fr Kevin on a Tuesday (*outside weather permitting—as use of the confession is not possible under the guidelines*).

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>

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.

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-14th-sunday.pdf>

Children's Liturgy material for you to use at home with the children can be found here: <https://archedinburgh.org/wp-content/uploads/14thSunOrd-Time-Year-A-2020PDF.pdf>

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



“Ground Control to Major Tom” or Deacon Pat could have been the theme of the week because of the number of online Conference calls that are being put through at the moment. All is fine; then you realise that you are sitting in your own little bubble with modern IT technology letting you speak and see six or seven

others.

This method of working seems to be more efficient and a larger amount of work is being processed. It's one meeting after another with no respect for human needs – the coffee break, the comfort break and more importantly the banter is missing!

Banter! Who would have thought how highly that is on our wish list and how we crave for human contact and the physical presence of another person? The need to communicate with each other on a one to one basis is so very important. This interaction sparks of all kinds of emotions within us and when it is missing, we tend to become listless and indeed down in the dumps. Missing our Work colleagues is one thing but it becomes even more stinging when we cannot see or be in the company of our loved ones. Being insular does not sit well with our human nature.

The scenario is even worse if there is a breakdown in the technology. You know how you feel nowadays if the Wi-Fi goes down and there is no Broadband facility. The house goes into uproar; there is wailing and gnashing of teeth from the Bairns – Then they realise the school work cannot be done – smiles! Working from home becomes impossible – smiles! and the online shopping is a no-no (maybe no smiles at that!). The house becomes silent because you can't listen to music or watch TV on the Smart devices and Mums and Dads and children are forced to sit at

the table, play board games and actually talk to each other. Sometimes they even realise that life without Wi-Fi can be fun. Really!

The children become nimble as squirrels as they get the chance to play and personal relationships come back to the fore. The World gets a chance to breathe and revive and if we are smart, we can do the same in our relationship with God.

You know how it is, you have that friend that you keep meaning to pick-up the phone and speak to. When you do it is as if you only spoke to them the day before and inside you know you are pals and will always be there for each other. That wee chat lasts for over an hour, and that contact charges your batteries and you are left with that glow in the knowledge that somebody cares about you.

You know where I'm going with this, don't you?

We are not insular because we are Spiritual beings, made to be in the likeness of God and to share in His Divinity – just as He shared in our humanity. He reaches out His hand to us, and it's up to us to grab it. God offers us a relationship and you cannot have a relationship with someone unless you get to know them. You need to talk, to have a blether and that's the way we interact. We call it prayer. It doesn't have to be long and drawn out, a quick hello keeps the contact going. Have a look at today's Gospel, it's a simple message passed very clearly.

And, if you have been away for a while, go on, pick up that direct line to God and it will be like that phone call to your Pal, it will seem as if you had never been away.

The reason that Jesus told the story of the Prodigal Son was to make a simple point, doesn't matter where you have been or what you have done, just, go on, come home. See you soon!

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.

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

LITURGICAL TIMETABLE FOR COMING WEEK

Sunday 5th July <i>Fourteenth Sunday of the Year</i>	10.00am 4.00pm	Holy Mass <i>Exposition & Benediction</i>	<i>Pro Populo</i>
Monday 6th July <i>Memorial of St Maria Goretti</i>	No Mass		
Tuesday 7th July <i>Requiem Mass</i>	10.00am	Requiem Mass	<i>Gerald Welsh RIP</i>
Wednesday 8th July <i>in the 14th Week of the Year</i>	10.00am	Holy Mass	<i>Marcella Savage RIP</i>
Thursday 9th July <i>Feast of Our Lady of Aberdeen</i>	10.00am	Holy Mass	<i>Mairead McKenzie RIP</i>
Friday 10th July <i>in the 14th Week of the Year</i>	10.00am	Holy Mass	<i>Stella Morrison RIP</i>
Saturday 11th July <i>Feast of St Benedict</i>	10.00am	Holy Mass	<i>Bernard McElhinney RIP</i>
Sunday 12th July <i>Fourteenth 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



Parish Office
67 Aberdour Road,
Dunfermline
KY11 4QZ

Phone: 01383 722202 (office)
01383 412084 (Presbytery)

E-mail: admin@catholicswfife.com

Website: www.catholicswfife.com

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



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