



THE CATHOLIC PARISH OF THE MOST HOLY TRINITY

2nd August 2020

EIGHTEENTH SUNDAY OF THE YEAR

WE ALL KNOW THE STORY

of the feeding of the five thousand. We were brought up on it from being young. Jesus takes the five loaves and two fish, and before we know it, five thousand people have had more than enough, and twelve baskets of food that was not eaten remain left over.

The twelve baskets are a sign that when we call on God's generosity, we always receive more than enough. God's grace always exhausts our needs. We end up not simply satisfied but satiated.

But why does God act like this? Earlier in the miracle story we hear that Jesus "took pity on the crowd". In fact, "took pity" is a rather weak way of describing what Matthew wrote in the Greek text. He said that Jesus had a feeling in the pit of his stomach, in his very guts, when he saw the plight of the crowd. It's the same sensation we get when perhaps we see news footage of a famine or a civil war: we instinctively want to do something.

It is because our God is capable of that feeling in the pit of the stomach, that

we end up with twelve baskets over. God is almost generous to a fault, but with a loving kindness that is never wasted.



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

Isaiah 55:1-3

Come and eat

Thus says the Lord:

Oh, come to the water all you who are thirsty;
though you have no money, come!
Buy corn without money, and eat,
and, at no cost, wine and milk.
Why spend money on what is not bread,
your wages on what fails to satisfy?
Listen, listen to me, and you will have good
things to eat
and rich food to enjoy.
Pay attention, come to me;
listen, and your soul will live.
With you I will make an everlasting covenant
out of the favours promised to David.
The word of the Lord.

Responsorial Psalm

144(145):8-9,15-18

*You open wide your hand, O Lord; you grant
our desires.*

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.

*You open wide your hand, O Lord; you grant
our desires.*

The eyes of all creatures look to you
and you give them their food in due time.
You open wide your hand,
grant the desires of all who live.

*You open wide your hand, O Lord; you grant
our desires.*

The Lord is just in all his ways
and loving in all his deeds.
He is close to all who call him,
who call on him from their hearts.

*You open wide your hand, O Lord; you grant
our desires.*



Second reading Romans 8:35,37-39

*No created thing can ever come between us and
the love of God made visible in Christ*

Nothing can come between us and the love of Christ, even if we are troubled or worried, or being persecuted, or lacking food or clothes, or being threatened or even attacked. These are the trials through which we triumph, by the power of him who loved us.

For I am certain of this: neither death nor life, no angel, no prince, nothing that exists, nothing still to come, not any power, or height or depth, nor any created thing, can ever come between us and the love of God made visible in Christ Jesus our Lord.

The word of the Lord.

Gospel Acclamation

Mt4:4

Alleluia, alleluia!

Man does not live on bread alone,
but on every word that comes from the mouth of
God.

Alleluia!

Gospel

Matthew 14:13-21

The feeding of the five thousand

When Jesus received the news of John the Baptist's death he withdrew by boat to a lonely place where they could be by themselves. But the people heard of this and, leaving the towns, went after him on foot. So as he stepped ashore he saw a large crowd; and he took pity on them and healed their sick.

When evening came, the disciples went to him and said, 'This is a lonely place, and the time has slipped by; so send the people away, and they can go to the villages to buy themselves some food.' Jesus replied, 'There is no need for them to go: give them something to eat yourselves.' But they answered 'All we have with us is five loaves and two fish.' 'Bring them here to me' he said. He gave orders that the people were to sit down on the grass; then he took the five loaves and the two fish, raised his eyes to heaven and said the blessing. And breaking the loaves handed them to his disciples who gave them to the crowds. They all ate as much as they wanted, and they collected the scraps remaining; twelve baskets full. Those who ate numbered about five thousand men, to say nothing of women and children.

The Gospel of the Lord.

DEVOTIONAL LIFE & PRAYER

The month of August is dedicated to the Immaculate Heart of Mary. Since the 16th century Catholic piety has assigned entire months to special devotions. The month of August is traditionally dedicated to the Immaculate Heart of Mary. The physical heart of Mary is venerated (and not adored as the Sacred Heart of Jesus is) because it is united to her person and is the seat of her love (especially for her divine Son), virtue, and inner life. Such devotion is an incentive to a similar love and virtue.

This devotion has received new emphasis in this century from the visions given to Lucy Dos Santos, oldest of the visionaries of Fatima, in her convent in Tuy, in Spain, in 1925 and 1926. In the visions Our Lady asked for the practice of the Five First Saturdays to help make amends for the offenses committed against her heart by the blasphemies and ingratitude of men. The practice parallels the devotion of the Nine First Fridays in honour of the Sacred Heart.

On October 31, 1942, Pope Pius XII made a solemn Act of Consecration of the Church and the whole world to the Immaculate Heart. Let us remember this devotion year-round, but particularly through the month of August.

Pope Paul VI, on the floor of the Vatican Council at the close of the third session, renewed publicly the consecration of the Church and the world to Mary's Immaculate Heart. He said that his thoughts turned to the whole world "which our venerated predecessor Pius XII . . . not without inspiration from on high, solemnly consecrated to the Immaculate Heart of Mary. . . . O Virgin Mary, Mother of the Council, to you we recommend the entire Church." When he visited Fatima on May 13, 1967, the same Pope recalled this "consecration which we ourselves have renewed on November 21, 1964 — we exhort all the sons of the Church to renew personally their consecration to the Immaculate Heart of the Mother of the Church and to bring alive this most noble act of veneration through a life ever more in accord with the divine will and in a spirit of

filial service and of devout imitation of their heavenly Queen."

Before making a consecration it is most desirable to make a careful preparation extending over some period of time. One good way to make that preparation is described in the last part of St. Louis de Montfort's *True Devotion* book.

The most essential thing is not making an act of consecration, with or without some solemnity, though that is important. The essential thing is to live that consecration.

Living a consecration could be described as following three attitudes or spirits:

Union — Imitation of Jesus and Mary, so as to become like them, and trying to develop as constant as possible a realization of His and her presence.

Dependence — Give to Jesus and Mary the right to dispose of everything we have, temporal and spiritual.

Obedience — Jesus and Mary have the right to ask us to do anything at all, even without reward. In consecration, we recognize that right, give it on a basis of love, and plan to carry it out with fullest generosity.

St. Maximilian Kolbe liked to speak of the relation of consecration to our baptismal promises, in which we promised to renounce Satan and all his works, and to follow Jesus, by whom we are "sealed" in baptism as His property. Consecration is the fullest kind of response to and carrying out of these promises. Mary, in view of her Immaculate Conception, was most fitted to respond most fully, and that she did, with a fullness and perfection beyond our ability to visualize — for we recall that Pius IX told us that even at the start of her existence, her holiness was so great that "none greater under God can be thought of, and no one but God can comprehend it."

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 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 Fogherly,
David and Lynnis
Dean, Colin Reid,
Martin Lacey,
Sandra Christie,
Eleanor Hagggett,
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

All those who have died, especially *Bridget Daghish RIP*, *Francis Goodchild RIP & Catriona O'Connor RIP* and all those who have died as a result of Covid-19 and all who have no one to pray for them

Fidelium animae per misericordiam Dei requiescant in pace.
Amen

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

As from the 15th July we have been able to open our 3 churches, following both the bishop's and the government guidelines.

We will only be able to continue to open our churches if enough parishioners volunteer to assist with the cleaning after each Mass...

- You may attend any weekday Mass, instead of attending the Sunday one;
 - If you are shielding, it's important that you do not come out to Mass at all;
 - We will need to record your name and address when you attend Mass, in case you need to be traced;
 - We are not allowed more than 50 people in church.
 - Seating according to physical distancing rules. Currently, Rosyth would have a capacity of 30, Inverkeithing will also be about 30 and Dunfermline is 48. Households may sit together. **You will be guided to a seat by a passkeeper- you will not be able to sit where you normally do.**
 - **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.

COVID-19 & OUR

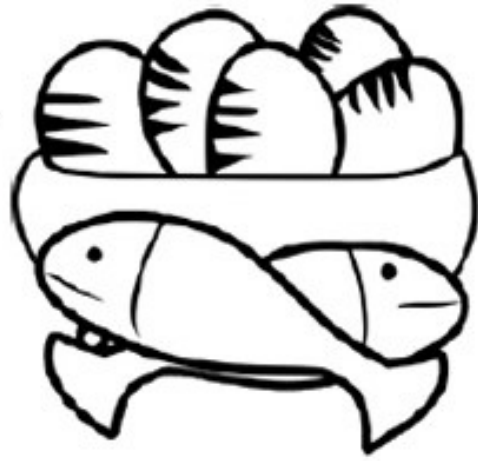
- You will need to sanitise your hands on entering and leaving. This will be provided. Please avoid touching statues and other surfaces. If you wish to light votive candles, please place them in the basket provided for this purpose (*We ask you not to light the candles yourself, as your hands have flammable liquid on them...*)
- There will be no music or singing, no readers, ministers of communion, altar servers or sacristans. Only the priest will be allowed in the sacristy and toilet facilities will not be available.
- Mass will be celebrated without the Gloria or Creed and only one reading, psalm and the gospel.
- Holy Communion (under the one species) will be distributed after the final blessing and people are asked to leave immediately.
- Offertory donations may be placed in baskets as you leave the church at the end of Mass
- There will be no Teas etc. after Mass.
 - We will suspend the Holy Hours to focus on Mass, until we can resume normal services.
 - The church will have to be cleaned after each Mass.
- We will need a team of at least 2 pass keepers, and 2 or 3 cleaners for each Mass. Please consider volunteering your time and help make this all possible.
- My thanks to those who are presently volunteering to clean the churches at the end of each period.



Jesus Feeds the 5000

Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish. John 6:11 (NIV)

The puzzle is based on John 6:1-14



H J F W W W H F J S S X N N V
 V B B O A T T B K X A Y C D D
 X P T J M F L N A M T H Q P J
 C D Q F E A A C K K I E N T R
 T H C L O H V R E U S G K W Z
 O E U U T L G I T Z F C P E V
 W A X T J R L P X Z I L A L V
 N L H T X E Z O L S E P M V B
 S E I C Y H S V W P D B V E I
 L D C R G S C U L E E S F S K
 J O T A E M I M S J D O D K C
 F B A S K E T F U L S W P S K
 P I B V T T A K B D O H S L W
 P S S L E B D U I R K M X M E
 Q D J H K S F K C L M E H A O

JESUS	BASKETFULS	SATISFIED	CROWDS	LOAVES
THANKS	LEFT	FOLLOWED	PEOPLE	TOWNS
TWELVE	HEALED	FISH	BOAT	SICK

NEWS & EVENTS

Please, please, please read the guidelines on page 4 of this newsletter! They are the same guidelines that have been in place for over a month and yet in recent days we have unfortunately had parishioners being unhelpful and critical towards our volunteer stewards (*who without their assistance we would not be able to open our churches*). If parishioners are going to refuse to follow these guidelines, then we will have to make the difficult, but necessary decision to stop public Masses and resume to life in lockdown! The guidelines are here for a reason—to save lives, so please abide by them. *We will make it clear to you when things change for the better.*

Church halls: these remain closed at the present time until advised by the Archbishop that it is safe to open them up.

Parish Groups: currently remain suspended during this period also.

Time of private prayer: now that the public celebration of the Mass has been allowed, we will stop the periods of private prayer, to cut down on the time in church—and yes, I know that sounds wrong, but so is dying on a contagious virus!

Prayer resources <https://archedinburgh.org/call-to-prayer-at-7pm-on-sunday-3/>

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/2020/07/the-kids-bulletin-18th-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/18th-Sunday-of-Ord-Time-Year-A-PDF2.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



Black dress shoes. Black dress shoes sitting on the floor of the wardrobe and they seemed to be staring at me, daring me to put them on. Once I put them on things would change again for me in this uncertain year of 2020.

For months I've been running about in flip-flop sandals, training shoes and even when public Mass restarted, I kept to a pair of black leather sandals that I could wear with my clericals. I was comfortable and my feet didn't hurt, they had a chance to spread out and breathe easy.

Those black leather shoes were signalling confinement, discomfort and a return to a lifestyle that has changed dramatically since I last wore them and I was unhappy about that!

Since March onwards we all have had a chance to reassess our lifestyles and despite the personal hardships there have been some benefits. The Planet has in those few short weeks started to heal and the dangers produced by carbon gases have diminished. Plants and animals have taken the opportunity to enjoy a world that they and we are entitled to, despite our great desire for electricity produced under any procedure and the car that chokes the atmosphere. Walking and cycling have become popular and everyone has benefitted from the extra exercise.

Those black shoes were signalling to me the return of the car, for the shortest journeys, people returning to selfish ways with the attitude of me first and the least able can fend for themselves. Dark clouds were forming on the horizons.

When we think of the world in the time of Jesus people did not worry about climate change, but they did worry about the weather and everything else that could affect their vegetable and wheat crops, for hunger was

the enemy. Here today we hear of Christ addressing the problem of finding food, a real problem of the area at the time, and feeding over 5000 people until they were content. The Bible tells us that from the mouth of God comes bread, and the Word that we need (Dt 8:3) so by the act of giving the people bread Jesus demonstrates that His words are God's words. But, if we do not know how to listen to the Word, we will not know how to solve the world's most urgent problems. Having faith in God's promises is the only way we can find the force to fight against the injustice in the World and all those unequal privileges, and that faith will eventually obtain food, peace and freedom for all.

Here, in this Scotland of ours, one of the dark clouds on the horizon for all people of Faith is the Government's Hate Crime and Public Order Bill. This Bill proposes to modernise, consolidate and extend hate crime legislation in our country. No bad thing! However, this is a Bill that needs much work and clarification as to the definition of offences under this legislation. We already have laws in Scotland that were hastily put together and the result is that many actions that are brought have insufficient grounds for winning, purely to cause annoyance to the defendant.

Now, if some people take it into their head to make complaints under this particular Act we could find that the Tanakh, the Hebrew Bible, or the Koran, the Muslim Holy Book, and indeed our Christian Bible and perhaps even the Catechism of the Catholic Church could be labelled inflammatory material and as such possession of these could be an offence under this Bill. Food for thought! While holding the view that any kind of discrimination for any reason is abhorrent it is still a basic freedom in this country to hold respectful debate while acknowledging the numerous views and the host of opposite opinions held by people. We need to protect this freedom to disagree while protecting everyone in this country.

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 2nd August <i>Eighteenth Sunday of the Year</i>	9.30am	Ss John & Columba's	Holy Mass	<i>Pro Populo</i>
	11.30am	Our Lady of Lourdes	Holy Mass	-
	5.00pm	Our Lady of Lourdes	Holy Mass	-
Monday 3rd August <i>in the 18th Week of the Year</i>	No Mass			
Tuesday 4th August <i>Memorial of St John Vianney</i>	10.00am	Our Lady of Lourdes	Holy Mass	-
	7.00pm	Ss John & Columba's	Holy Mass	<i>Susan Wilson RIP</i>
Wednesday 5th August <i>Memorial of the dedication of St Mary Major</i>	10.00am	St Peter in Chains	Holy Mass	<i>Denis Sullivan RIP</i>
Thursday 6th August <i>Feast of the Transfiguration of the Lord</i>	10.00am	Ss John & Columba's	Holy Mass	-
	7.00pm	Our Lady of Lourdes	Holy Mass	-
Friday 7th August <i>in the 18th Week of the Year</i>	10.00am	St Peter in Chains	Holy Mass	-
Saturday 8th August <i>Memorial of St Dominic</i>	10.00am	Ss John & Columba's	Holy Mass	-
	5.00pm	St Peter in Chains	Holy Mass	-
Sunday 9th August <i>Nineteenth Sunday of the Year</i>	9.30am	Ss John & Columba's	Holy Mass	<i>Pro Populo</i>
	11.30am	Our Lady of Lourdes	Holy Mass	-
	5.00pm	Our Lady of Lourdes	Holy Mass	-



The Catholic Parish of The Most Holy Trinity



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