



THE CATHOLIC PARISH OF THE MOST HOLY TRINITY

9th August 2020

NINETEENTH SUNDAY OF THE YEAR (A)

IN THESE DAYS OF CORONAVIRUS,

there has been much talk of a 'new normal'. For those of us stuck at home there has been time to sit and re-evaluate what is truly important in our lives. Perhaps there are those who have decided that the 'old normal' is something they definitely don't want to go back to. What was it that kept us tied into that 'old normal'. What was it that kept us tied in meaningless jobs or hollow lifestyles. Was there an expectation that we live out our retirement sitting in front of daytime TV? Were we tied by fear of the unknown? Were we tied by a need to cling to what was familiar and safe? There's no doubt about it, life is a big tumultuous sea full of hidden dangers. Is it any wonder we seek to carve a little niche in which to tuck ourselves away?

In today's gospel, Peter displays some odd behaviour. The disciples have gone ahead of Jesus and are sitting alone in a small fishing boat. Suddenly a storm brews up and the disciples are terrified for their lives. Just then, Jesus walks over the water telling them, "Take heart, it is I; do not be afraid." Surely any of us at this point would have decided to sit tight and wait to be rescued. Not Peter! Peter scrambles out of the boat and begins in all faith to walk towards Jesus. The great news is that when Peter suddenly got frightened and his faith faltered, Jesus was there with a strong arm to hold him up.

Just as Jesus called Peter from the boat, so Jesus calls us over life's storms. What is it we might venture to do? We might venture to change our jobs for something more worthwhile. We might venture to take on some kind of voluntary role that we might not previously have considered or initiate a local community project a global one even! We might think it makes more sense to stick to what we know, but if Peter hadn't have obeyed the call to walk on water he might never have had the great opportunity to experience God's life changing support. So too if we spend our lives splashing around in the shallows, we are in danger of missing the opportunity to truly recognise God and so deepen our faith.

It's said that the safest place to be is not in the boat at all; the safest place is out on life's seas, because that's where Jesus is!

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

1 Kings 19:9,11-13

The Lord was not in the wind, or the earthquake, or the fire

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

The Word of the Lord.

Responsorial Psalm

84(85):9-14

Let us see, O Lord, your mercy, and give us your saving help.

I will hear what the Lord God has to say,
a voice that speaks of peace.
His help is near for those who fear him
and his glory will dwell in our land.

Mercy and faithfulness have met;
justice and peace have embraced.
Faithfulness shall spring from the earth
and justice look down from heaven.

The Lord will make us prosper
and our earth shall yield its fruit.
Justice shall march before him
and peace shall follow his steps.

Second reading

Romans 9:1-5

I would willingly be condemned if it could help my brothers

What I want to say now is no pretence; I say it in union with Christ – it is the truth – my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were

adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

The Word of the Lord.

Gospel Acclamation

cf. Ps 129:5

Alleluia, alleluia!
My soul is waiting for the Lord,
I count on his word.
Alleluia!

Gospel

Matthew 14:22-33

Jesus walks on the water

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

The Gospel of the Lord.

DEVOTIONAL LIFE & PRAYER



The Month of August is dedicated to the Immaculate Heart of Mary:

O Immaculate Heart of Mary,
Heavenly beauty and splendour of the
Father, You are the most valued
Heavenly treasure.
New Eve, immaculate in soul, spirit and
body, Created of the godly seed by the
Spirit of God, You are the spiritual
Mother of mankind.
Pure Virgin, full of grace then and now,
Your whole being was raised Heavenly in
full glory, To be elevated above all the
hosts within the Kingdom of God.
O Heavenly Mother, Queen of

Heaven and earth, I recognize the glory of
your highest title, The Immaculate Heart
of Mary!

Loving Mother, dispenser of endless
blessings, You who continuously
intercedes on our behalf, Please
present my need before your loving Son
Jesus.

*(In your own words, make your
special request here. Do not just mention
a word. Speak to the Immaculate Heart
of Mary as you would speak to another
person, begging your Heavenly Mother to
plea to Jesus on your behalf, that you
be granted this special request.)*

O Immaculate Heart of Mary, I know that
you are now presenting my need before
Jesus, For you have never turned away
those in dire need.

Mother dearest, I await your
favourable answer, Submitting
myself to the Divine will of the Lord, For
all glories are His forever and ever.
Amen

8th August is also the Feast of St Teresa Benedicta of the Cross (1891 - 1942)

She was born into a practising Jewish family. She had a distinguished career
as a philosopher and received a doctorate at the University of Freiburg, but
her academic career was impeded because she was a woman.

Reading the autobiography of Saint Teresa of Ávila brought about her
conversion to Catholicism and she was baptized on 1 January 1922. She
taught at a Dominican girls' school and studied Catholic philosophy. She
became a lecturer at the Institute for Pedagogy at Münster but was thrown
out of her post in 1933 as a result of the Nazi régime's anti-Semitic
legislation.

She entered a Carmelite monastery in Cologne and took the name Teresa
Benedicta of the Cross. Her order moved her to the Netherlands to keep her
safe from the growing Nazi threat. While a Carmelite she wrote an
important philosophical book, seeking to combine the phenomenology of her former teacher
Edmund Husserl with the philosophy of Aquinas, and she also wrote on St John of the Cross.

On 20 July 1942 the Dutch Bishops' Conference had a statement read in all churches condemning
Nazi racism. In retaliation the authorities ordered the arrest of all Jewish converts to Christianity.
Teresa Benedicta was taken to Auschwitz and killed on 9 August 1942.



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 - if you wish to make an appointment
with Fr Kevin to go to confession (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 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 are legally obliged to wear a face covering.** Exemptions are children under 5 and those with a condition such as asthma.
 - 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.
 - For holy Communion, please keep your face covering in place when you receive Holy Communion, and then step to the side, remove mask, consume and replace mask.
 - 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.

COVID-19 & OUR

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Jesus Walks on the Water

During the fourth watch of the night Jesus went out to them, walking on the lake. Matthew 14:25 (NIV)

Based on Matthew 14:22-33 (NIV)



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

EVENING
COURAGE
LAKE
PRAY

HAND
AFRAID
WALKING
COME

DOUBT
SAVE
BOAT
WATER

WAVES
SINK
WIND
ALONE

NEWS & EVENTS

Funeral Masses: Please remember in your prayers all who have died recently and whose funerals will take place this week. In accordance with the Government guidelines, there are only 20 people allowed to attend a funeral Mass in our churches. Therefore I need to ask our normal weekday Mass attenders to please not attend Our Lady of Lourdes on Tuesday morning and Ss John & Columba's on Tuesday or Thursday mornings, to allow the family members of the deceased the ability to attend Mass. *Thank you for your understanding.*

Lebanon Appeal People throughout the world were shocked to see and read about the explosion in the port of Beirut earlier this week. Aid to the Church in Need Lebanon expert Father Samer Nassif, said that the Christian zone of Beirut was “completely devastated”, with at least 10 churches destroyed, 300,000 people homeless and many others suffering, with livelihoods “totally destroyed” by the blast. He said: “Yesterday in one second, more damage to the Christian quarter of Beirut was done than throughout the long years of the civil war. “We have to build it again from the ground up.” “Aid to the Church in Need UK” has opened up an Appeal for the People in Lebanon. If you can help perhaps you would consider donating via their website.

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-19th-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/19th-Sunday-of-Ord-Time-Year-A-PDF.pdf>

OUR VIRTUAL PARISH...

as you all know, whilst all public services, activities, clubs, etc are currently on hold. Public Masses have resumed, but with certain restrictions in place. We do not know when the government will allow us to resume everything as normal, 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, whilst Masses are being celebrated with a smaller number of parishioners physically present in our churches, Fr Kevin will continue to celebrate Mass live from Rosyth and recorded in Inverkeithing to be later added to the parish Facebook Page. If there is a desire for the videos to be added to our Youtube channel, please advise that you would like this to happen.

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.

If you do not have Facebook, then please subscribe to our parish YouTube channel, where Masses are uploaded for you to view.



DEACON PAT'S PONDERINGS



Last Tuesday, the exam results were published and it was a day of tremendous joy for many of our young adults but on the other hand no words could console those who didn't quite hit the mark and did not get the grades they hoped for. To those youngsters words of advice will go unheard at the

moment and it may seem like the end of their dreams. The future is dire.

Well, they may soon come to realise that this was only a stumbling block and very soon they will come up with 'Plan B'. As St Benedict tells his Monks, "You fall down, you get up, and you start all over again" and success comes!

Easy for me to say some will think, but experience will show that we weather the storms and God puts nothing in our paths that we cannot deal with – we get by and we develop new dreams.

This piece is being written not too far from the Hermitage in Highland Perthshire, Big Tree Country, and the evening is mellow and the sun is beginning to set and the earth is dappled in warm

shadows from the greenery of the many deciduous and coniferous trees that bless this area.

It is an area, just like Horeb where Elijah was sent in the first reading that has seen storms and rain, lightning and destruction with floods and landslides. As we read, the Lord was not in these wonders of nature.

It was when the high winds died down and the world became still, as it is this evening, the sound of the gentle breeze brings peace and with it the presence of God. God, who consoles and brings us insight, brings us the vision that helps us through all our tribulations in life.

Tonight is one of those nights, sitting in a magnificent forest, or equally true when you are on a deserted beach or on one of our Munroes that a sense of awe inhabits our being and leaves us in no doubt that you are a Spiritual Being.

The sky is clear and cloudless and as darkness descends and the universe reveals itself planet by planet and star by star, the beauty of Creation is reinforced.

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 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	-
Monday 10th August <i>Feast of St Lawrence</i>	No Mass			
Tuesday 11th August <i>Memorial of St Clare</i>	10.00am	Our Lady of Lourdes	Funeral Mass	<i>Francis Goodchild RIP</i>
	10.00am	Ss John & Columba's	Funeral Mass	<i>Bridget Daghish RIP</i>
Wednesday 12th August <i>in the 19th Week of the Year</i>	10.00am	St Peter in Chains	Holy Mass	<i>Special Intention</i>
Thursday 13th August <i>in the 19th Week of the Year</i>	10.00am	Ss John & Columba's	Funeral Mass	<i>Catriona O'Connor RIP</i>
	7.00pm	Our Lady of Lourdes	Holy Mass	-
Friday 14th August <i>Memorial of St Maximilian Mary Kolbe</i>	10.00am	St Peter in Chains	Holy Mass	<i>Sada MacDonald RIP</i>
Saturday 15th August <i>in the 19th Week of the Year</i>	10.00am	Ss John & Columba's	Holy Mass	<i>Francis Goodchild RIP</i>
	5.00pm	St Peter in Chains	Holy Mass	<i>Pro Populo</i>
Sunday 16th August <i>Solemnity of the Assumption of the Blessed Virgin Mary</i>	9.30am	Ss John & Columba's	Holy Mass	<i>Josephine Duffy RIP</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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Facebook: <https://www.facebook.com/catholicswufe/>



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