



THE CATHOLIC PARISH OF THE MOST HOLY TRINITY

24th January 2021

THIRD SUNDAY OF THE YEAR (B)

”WANTED:- MEN WILLING TO LEAVE BEHIND THEIR OLD WAY OF LIFE AND BECOME FISHERS OF MEN.”

There aren't many of us who would jump at this job application. It isn't that we don't want to become fishers of men, its leaving behind our old way of life that we're not too keen on. It seems that there is very little that would persuade us to abandon our own self-interest.

In today's gospel one of the most impressive elements is that the early disciples accept the call to repent, abandon their fishing nets and follow Jesus. That they turn away from a successful business in order to become 'fishers of men' is a measure of their commitment.

Today there are still those who accept the challenge to abandon everything and become fishers of men. Each year, thousands of men and women give their lives to God and join religious orders or the sacred priesthood. How do the rest of us answer to call to become 'fishers of men'? We can't all join religious orders; we have to find a way of answering the call in our own situation, and we might have lots of questions to ask first. What would being a disciple involve? Would we be up to the job? What would we have to leave behind? What would we have to give up? Would part time discipleship be okay ... after all we've got lots else to do!

There would be lots of questions we would ask, but sadly no easy answers. There is no one answer that is right for everybody. But the one important message for us today is that discipleship usually means a major shift in direction; a change that involves leaving behind things that get in the way of our relationship with God. It is left to each of us to decide what our particular mode of discipleship might be, and what stands in the path of our new direction. Our new direction has to start with some good hard soul searching, and a real desire to do something more important with our lives.

The Parish Clergy

Parish Priest:

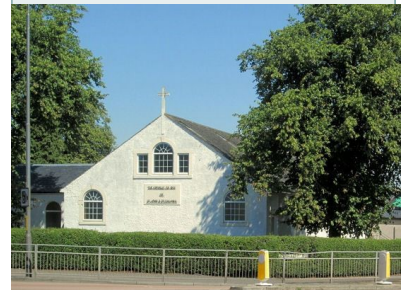
Fr Kevin Dow

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

Jonah 3:1-5,10

The people of Nineveh renounce their evil behaviour

The word of the Lord was addressed to Jonah: 'Up!' he said 'Go to Nineveh, the great city, and preach to them as I told you to.' Jonah set out and went to Nineveh in obedience to the word of the Lord. Now Nineveh was a city great beyond compare: it took three days to cross it. Jonah went on into the city, making a day's journey. He preached in these words, 'Only forty days more and Nineveh is going to be destroyed.' And the people of Nineveh believed in God; they proclaimed a fast and put on sackcloth, from the greatest to the least.

God saw their efforts to renounce their evil behaviour, and God relented: he did not inflict on them the disaster which he had threatened.

The Word of the Lord.

Responsorial Psalm

24(25):4-6,7b-9

Lord, make me know your ways.

Lord, make me know your ways.

Lord, teach me your paths.

Make me walk in your truth, and teach me:
for you are God my saviour.

Lord, make me know your ways.

Remember your mercy, Lord,
and the love you have shown from of old.
In your love remember me,
because of your goodness, O Lord.

Lord, make me know your ways.

The Lord is good and upright.
He shows the path to those who stray,
He guides the humble in the right path,
He teaches his way to the poor.

Lord, make me know your ways.

Second reading

1 Corinthians 7:29-31

The world as we know it is passing away

Brothers: our time is growing short. Those who have wives should live as though they had none, and those who mourn should live as though they had nothing to mourn for; those who are enjoying life should live as though there were nothing to laugh about; those whose life is buying things should live as though they had nothing of their own; and those who have to deal with the world should not become engrossed in it. I say this because the world as we know it is passing away.

The Word of the Lord.

Gospel Acclamation

Mk1:15

Alleluia, alleluia!

The kingdom of God is close at hand:
repent, and believe the Good News.
Alleluia!

Gospel

Mark 1:14-20

I will make you into fishers of men

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

As he was walking along by the Sea of Galilee he saw Simon and his brother Andrew casting a net in the lake – for they were fishermen. And Jesus said to them, 'Follow me and I will make you into fishers of men.' And at once they left their nets and followed him.

Going on a little further, he saw James son of Zebedee and his brother John; they too were in their boat, mending their nets. He called them at once and, leaving their father Zebedee in the boat with the men he employed, they went after him.

The Gospel of the Lord.

DEVOTIONAL LIFE & PRAYER

Daily Prayer Intention in the midst of the Pandemic— Archbishop Leo in has recent Social Media address to the members of the Archdiocese, has asked that we pray the Memorare each day with the intention of a swift end to the current crisis.

MEMORARE

Remember, O most gracious Virgin Mary, that never was it known, that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.



PLEASE REMEMBER IN YOUR PRAYERS THE SICK AND INFIRM

Canon McAllister,
James Lynch,
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,
Catherine Steven
and Jennifer Imrie
Our Lady, Mother of the sick—pray for them

OF YOUR CHARITY, PLEASE PRAY FOR THE RECENTLY DECEASED

Archbishop Philip Tartaglia of Glasgow & Bishop Vincent Logan formerly of Dunkeld, 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



ST. JOSEPH

Blessed Joseph, husband of Mary, be with us this day. You protected and cherished the virgin; loving the child Jesus as your Son, you rescued him from the danger of death. Defend the Church, the household of God, purchased by the blood of Christ. Guardian of the holy family, be with us in our trials. May your prayers obtain for us the strength to flee from error and wrestle with the powers of corruption so that in life we may grow in holiness and in death rejoice in the crown of victory.

—anonymous

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Year of St Joseph - Pope Francis has proclaimed a Year of St Joseph, which runs until the 8th December 2021. He has issued a new Apostolic Letter, which can be read online. Just type **PATRIS CORDE** in to your web browser. The Letter marks the 150th anniversary of Blessed Pius IX's declaration of St Joseph as Patron of the Universal Church.

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.

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

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.
- 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.



NEWS FROM THE ARCHBISHOP:

Faith in the Time of Covid

Archbishop Cushley invites you to join a series of Sunday talks from distinguished speakers who will offer their thoughts and approach to the pandemic. Each event is free and lasts 30 mins. **Bishop Philip Egan**, 5pm, 31 Jan. Register bit.ly/FaithCovid-Egan | **Dr Mary Rice Hasson**, 5pm, 07 Feb. Register bit.ly/FaithCovid-Hasson | **Professor John Haldane**, 5pm 14 Feb. Register: bit.ly/FaithCovid-Haldane | **Rt Hon Gordon Brown**, 5pm, 21 Feb. Register bit.ly/FaithCovid-Brown

Fire & Water

Rediscover the power of the Sacraments in the final online talk of the Archdiocese's *Fire & Water* series, covering confirmation and baptism. It takes place on Monday 25 Jan at 7:30pm on Zoom. Sign up by emailing sranna.marie@staned.org.uk. All welcome.

Couples' Retreat

Married and engaged couples are invited to a Valentine's retreat! It features specially prepared video reflections from Canon John Udris, Spiritual Director at St Mary's College, Oscott (Birmingham), to help you grow together in Faith. It takes place on Zoom and last 90 mins. 3:00pm, Saturday 13 February. Free event organised by the Archdiocesan Marriage Commission. Register now at bit.ly/CouplesRetreat2021

Stations of the Cross

The Archdiocesan Pro-Life commission is organising an online Stations of the Cross that will take place each Monday evening throughout Lent on Zoom. Details to follow soon.

Human Fraternity for Peace and Living Together

The Bishops' Conference of Scotland and the Ahl Al-Bait Scotland Society host this online conference to mark the signing of the document on Human Fraternity by Pope Francis and Sheikh Al Azhar. Keynote speakers are Dr Mohammad Ali Shomali and Cardinal Michael Fitzgerald. Monday 01 February 2021, 5-7pm. To register, search 'Human Fraternity for Peace and Living Together' on Eventbrite.

Pax Christi event

An online Nuclear Ban Treaty Vigil takes place on Zoom at 7-8pm this Friday (22 January). It features Bishop William Nolan of Galloway, who is the Bishop President Justice and Peace. Register at: <https://us02web.zoom.us/meeting/register/tZwsdu2trzkjE9JUq6AB2Hut3NJuzrml1Nbx>

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

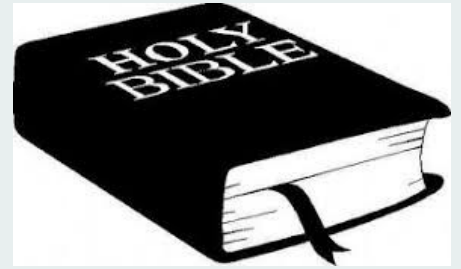
NEWS & EVENTS

SUNDAY OF THE WORD OF GOD—24 JANUARY 2021

*In his Apostolic Letter of 30 September 2019, *Aperuit illis*, Pope*

Francis established that the Third Sunday in Ordinary Time is to be the Sunday of the Word of God. He had already proposed something similar at the end of the Extraordinary Jubilee of Mercy.

Sunday of the Word of God is a day to be devoted to the celebration, study, and spreading of the Word of God. Pope Francis is clear from the very first paragraph of this letter that the relationship between the Risen Lord, a community of believers, and sacred Scripture is essential to who we are as Christians.



The Sunday assembly gathering to celebrate the Eucharist is the unique moment in the week where a community gathers in a particular place and when their communal identity is nourished by Word and Sacrament. An important advance in 20th century theological reflection is that every sacramental celebration is founded and constructed upon the Word of God, and that every proclamation of the Word of God is sacramental.

Sunday of the Word of God is not a new feast! After all, the Word of God is proclaimed at every Sunday Eucharist, and one of the great blessings of the liturgical reform and renewal flowing from the Second Vatican Council is a greater appreciation of the foundational role of the Word of God in every liturgical celebration. The reform of the lectionary has led to much more scripture being proclaimed during our liturgical gatherings and a greater awareness of the role of the Word of God in the life of faith.

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. 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 week I wrote of the physical walk of the Pilgrim across Fife and how the author foresaw the future of Christianity and its survival. Now, I have to ask the question "What about us?" What about the future of the individual Christian and individual well-being? For that I have to go back to the

past and the Desert and Greek Fathers. These Christians in their isolation sought God in their solitude and developed a form of prayer that strengthened their inner core of beliefs and enhanced and protected their mental wellbeing. The name they gave to this prayer was meditation. Christian meditation has been with us from the times that Christ entered the desert to pray.

So, what is meditation and how do we meditate?

Let's look at what the World Community of Christian Meditation says under the direction of Dr Laurence Freeman OSB and its founder Fr John Main.

Meditation in Christianity:

In recent times, there has been a major recovery of the contemplative dimension of Christian faith and prayer. The tradition of contemplation, the prayer of the heart or 'apophatic prayer, is transforming the different faces of the Church and revealing the way the Gospel integrates the mystical and the social.

The [World Community of Christian Meditation](#) teaches a meditation practice derived from the Gospel teaching of Jesus and the advice of early Christian monks. The Desert Fathers and Mothers teach a Christian spirituality of powerful relevance for those today who want to live their discipleship to Jesus in a radical and simple way.

John Main, and the community he inspired, have had a major role in this contemporary renewal of the contemplative tradition. His own introduction to meditation came to him from the universal wisdom, but led him to recognise and then go on to teach it as a way of prayer that is rooted in the Gospels and the Christian mystical tradition.

John Main teaches the practice in this simple way:

Sit down.

Sit still with your back straight.

Close your eyes lightly.

Then interiorly, silently begin to recite a single word – a prayer word or mantra. We recommend the ancient Christian prayer-word "Maranatha".

Say it as four equal syllables. Breathe normally and give your full attention to the word as you say it, silently, gently, faithfully and above all - simply. The essence of meditation is simplicity.

Stay with the same word during the whole meditation and from day to day. Don't visualise but listen to the word as you say it.

Let go of all thoughts (even good thoughts), images and other words. Don't fight your distractions but let them go by saying your word faithfully, gently and attentively and returning to it immediately that you realise you have stopped saying it or when your attention is wandering.

Meditate each morning and evening if you can for between 20 and 30 minutes.

Here today in the Gospel reading we see Christ's Journey begin and he takes Andrew and Peter with him along with James and John, future leaders of the Church.

Will we also embark on that journey of faith that these men took? It was only later as their life changed that Jesus explained to his apostles: "The Kingdom of God does not come in such a way as to be seen. No one will say 'look here it is', or 'there it is' because the Kingdom of God is within you" (Luke 17:20-21).

We only have to find it!

LITURGICAL TIMETABLE FOR COMING WEEK

As in accordance with the current Government legislation, all of our churches remain closed to public acts of worship. Mass will however, be celebrated by Fr Kevin and livestreamed onto the Parish's Facebook platform: <https://www.facebook.com/catholicswfife>

Sunday 24th January <i>Third Sunday of the Year</i>	11.00am	livestreamed	Holy Mass	<i>Pro Populo</i>
Monday 25th January <i>The Conversion of St Paul</i>	No Mass			-
Tuesday 26th January <i>Memorial of St Timothy & St Titus</i>	7.00pm	livestreamed	Holy Mass	<i>Patricia Loughrey RIP</i>
Wednesday 27th January <i>in the 3rd Week of the Year</i>	10.00am	livestreamed	Holy Mass	<i>Jim Norman RIP</i>
Thursday 28th January <i>Memorial of St Thomas Aquinas</i>	7.00pm	livestreamed	Holy Mass	<i>Margaret O'Brien's Intentions</i>
Friday 29th January <i>in the 3rd Week of the Year</i>	10.00am	livestreamed	Holy Mass	<i>Helen O'Neill's Intentions</i>
Saturday 30th January <i>in the 3rd Week of the Year</i>	10.00am	livestreamed	Holy Mass	<i>Robert Smith RIP</i>
Sunday 31st January <i>Fourth Sunday of the Year</i>	11.00am	livestreamed	Holy Mass	<i>Pro Populo</i>



The Catholic Parish of The Most Holy Trinity



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