



THE CATHOLIC PARISH OF THE MOST HOLY TRINITY

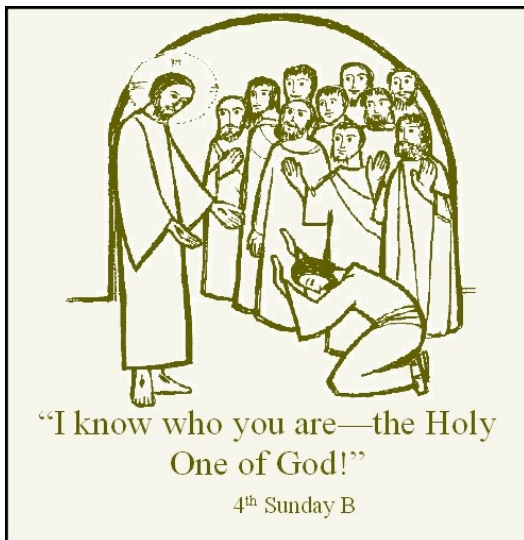
31st January 2021

FOURTH SUNDAY OF THE YEAR (B)

TODAY ST MARK TELLS US HOW JESUS WENT INTO THE SYNAGOGUE AND BEGAN TO TEACH.

He tells us how amazed the people were at how he taught and at the authority in his teachings. His authority was powerful enough to expel demons even. You'll notice that Mark doesn't tell us what Jesus taught, but only how he taught and the impression he made. So why did people sense authority in Jesus' presence, and why was it so compelling?

When we think of authority we tend to think of bosses, leaders or the legal profession. We think of rules, laws and boundaries. We equate authority with enforcement and for the most part we don't like it very much. Perhaps Jesus' brand of authority was compelling because it wasn't any of these things. Jesus' brand of authority wasn't about the exclusion that the scribes and Pharisees were so fond of but of total inclusion. Jesus' authority was routed in the value of every man, woman and child over any out-dated rule or redundant tradition.



We do not have the benefit of listening first hand to Jesus' teaching, but it is testament to his authority that we still read his words twenty centuries after he spoke them. There are still lessons to be learned for those who believe Jesus can add something to our world and change us forever. There are still demons in our lives, and Jesus' teaching still has the authority to drive them out.

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 Deuteronomy 18:15-20

I will raise up a prophet and put my words into his mouth

Moses said to the people: "The Lord your God will raise up for you a prophet like myself, from among yourselves, from your own brothers; to him you must listen. This is what you yourselves asked of the Lord your God at Horeb on the day of the Assembly. "Do not let me hear again" you said "the voice of the Lord my God, nor look any longer on this great fire, or I shall die"; and the Lord said to me, "All they have spoken is well said. I will raise up a prophet like yourself for them from their own brothers; I will put my words into his mouth and he shall tell them all I command him. The man who does not listen to my words that he speaks in my name, shall be held answerable to me for it. But the prophet who presumes to say in my name a thing I have not commanded him to say, or who speaks in the name of other gods, that prophet shall die." *The word of the Lord.*

Responsorial Psalm 94(95):1-2,6-9

*O that today you would listen to his voice!
'Harden not your hearts.'*

Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before him, giving thanks,
with songs let us hail the Lord.

*O that today you would listen to his voice!
'Harden not your hearts.'*

Come in; let us bow and bend low;
let us kneel before the God who made us:
for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand.

*O that today you would listen to his voice!
'Harden not your hearts.'*

O that today you would listen to his voice!
'Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your fathers put me to the test;
when they tried me, though they saw my work.'

*O that today you would listen to his voice!
'Harden not your hearts.'*

Second reading 1 Corinthians 7:32-35

Give your undivided attention to the Lord

I would like to see you free from all worry. An unmarried man can devote himself to the Lord's affairs, all he need worry about is pleasing the Lord; but a married man has to bother about the world's affairs and devote himself to pleasing his wife: he is torn two ways. In the same way an unmarried woman, like a young girl, can devote herself to the Lord's affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world's affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord. *The word of the Lord.*

Gospel Acclamation

Mt4:16

Alleluia, alleluia!
The people that lived in darkness
has seen a great light;
on those who dwell in the land and shadow of
death
a light has dawned.
Alleluia!

Gospel

Mark 1:21-28

Unlike the scribes, he taught them with authority

Jesus and his disciples went as far as Capernaum, and as soon as the sabbath came he went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority.

In their synagogue just then there was a man possessed by an unclean spirit and it shouted, 'What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.' But Jesus said sharply, 'Be quiet! Come out of him!' And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. 'Here is a teaching that is new' they said 'and with authority behind it: he gives orders even to unclean spirits and they obey him.' And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

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

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.

NEWS & EVENTS

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**

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 (SOLD OUT) | **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. All events will be broadcast on YouTube at bit.ly/ArchYouTube

St Margaret Lecture

Sister Catherine Droste OP will give this year's St Margaret of Scotland Lecture. Archbishop Cushley will conclude the event with a reflection. It takes place online on Wednesday, 10 February, 4:00-5:30pm. Registration details at <https://events.st-andrews.ac.uk/>

Ask your MP to sign a parliamentary motion calling on the Government to introduce new guidance on fetal pain

A new parliamentary motion (EDM 1340) is calling on the Government to introduce new guidance on fetal pain. The evidence that babies can feel pain in the womb, and during many abortions, highlights the humanity of the unborn child and provides another important reason to introduce legislation to protect the unborn child from abortion.

Right To Life UK have set up an easy-to-use tool which makes it simple to contact your MP, and ask them to sign this motion calling on the Government to introduce new guidance on fetal pain. It only takes 30 seconds using this easy-to-use tool. This tool can be accessed by visiting the link below:

www.righttolife.org.uk/FetalPainMotion



NEWS FROM THE ARCHBISHOP:

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. This is a free event organised by the Archdiocesan Marriage Commission. Register now at bit.ly/CouplesRetreat2021

Vocations Mass

Ahead of the World Day of Consecrated Life on Tuesday (2 February) please join the monthly vocations Mass from St David's Parish in Dalkeith, which will be posted on the Archdiocesan Facebook at 6:30pm on Monday 1 February. If you are interested in the priesthood or religious life, you can have a chat with one of the Archdiocese's vocation directors: Father Andrew Garden: 0131 663 4286 or vocations@staned.org.uk. Sr Mirjam Hugens FSO: 0131 623 8902 or religiousvocations@staned.org.uk

Marriage courses

If you are getting married at a church in the Archdiocese you must give the parish priest at least six months' notice and you will need to attend a marriage preparation course. Here are the available dates: **March** - Friday/Saturday 26/27. **April** - Friday/Saturday 23/24 **May** - Friday/Saturday 21/22. Spaces are filling up fast so please register now in consultation with the parish priest. Download an application form from the Resources section at <https://archedinburgh.org/pastoral-governance/marriage-families/>. Alternatively, email irene.furlong@staned.org.uk (0131 623 8900). Marriage course are currently taking place on Zoom.

Stations of the Cross

Stations of the Cross, organised by the Archdiocesan Pro-Life Office, will take place each Monday evening of Lent at 7:45pm. The Stations will be followed by a short reflection by one of our priests. You can register on Eventbrite: <https://www.eventbrite.co.uk/o/archdiocese-of-st-andrews-amp-edinburgh-18333988801>

Archdiocesan YouTube channel

If you miss any online event from the Archdiocese you can find it on YouTube. The link is bit.ly/ArchYouTube. The latest upload is 'Fire & Water: The Power of the Sacraments, a talk on Confirmation and Baptism by Sr Anna Marie McGuan RSM, the Archdiocesan Catechetics Advisor.

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

F	O	N	N	R	T	I	T	P	S	CAPERNAUM	SABBATH	SYNAGOGUE
Q	O	A	S	E	B	I	R	C	S	TEACH	SCRIBES	UNCLEAN
U	M	L	I	C	R	I	A	H	S	SPIRIT	DESTROY	HOLY
I	N	U	L	I	R	P	Y	T	R	QUIET	ORDERS	OBEY
Y	Q	C	P	O	E	Y	E	A	E			
O	L	S	L	R	W	A	E	B	D			
H	H	O	N	E	C	E	R	B	R			
M	N	A	H	H	A	O	R	A	O			
E	U	G	O	G	A	N	Y	S	N			
M	Y	O	R	T	S	E	D	E	O			



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



"It's as plain as the nose on your face". Now there is a phrase to conjure with! It also makes you wonder who coined this saying in the first place, obviously someone with a keen sense of observation who took in all that was going on about them and realised that the only folk who didn't realise what was

going on was those who were looking inward and at themselves only.

"They've been flirting all afternoon ... It's as plain as the nose on your face".

So, there is a basic explanation of the saying but we could expand on it by saying "Our churches should be a community... It's as plain as the nose on your face". That being the case I've been pondering this week as to what the future holds for our church and our community? Once we come out of the present set of circumstances will we return to Sunday worship on a regular basis or will some of us feel it is adequate to flick the switch on the computer, sit in our PJ's and tune into a Mass.

I know I've banged this drum before and it may start to be annoying, but it is a worry, not only for me as your Deacon but for the whole world's people of Faith. How do we recreate Community? The Dictionary defines community as 'the condition of sharing or having certain attitudes and interests in common'. In our case it is sharing the Christian Faith and the Word of God. Being there for one-another, a support mechanism from the richest (money) to the poorest (again money). Very often we see that when it comes to faith those circumstances are reversed and the opposite is true.

As we read through Scripture and the Gospel's we recognise that the community formed by Jesus was one where everyone was equal and shared the common good. This continued in the writings of the New Testament with the Letters of Paul, James and Peter. In this modern world has our sense of community drifted away in favour of a sense of self? Last Sunday a fellow dog-walker made a socially distanced observation to me in reference to others on the pathway: "What's wrong with people?" she asked and commented

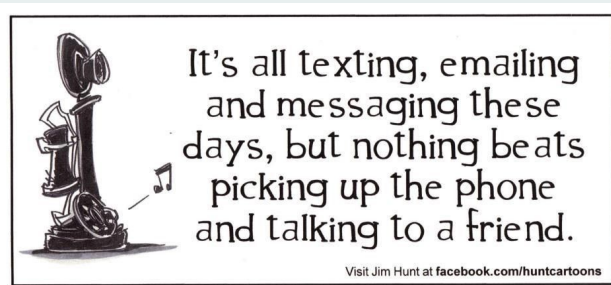
"They can't even say a cheery hello anymore, everyone is plugged into something except each other!"

Can we start to 'plug into' each other now, this Sunday, by picking up the phone and calling someone from our community just to make sure they are doing ok? Do our Seniors need a little help with shopping or technology? Do you have any easy fixes for the difficulties of Home Schooling?

I know it's not the same as meeting for a coffee but making arrangements to meet online with a coffee in hand or a significant other favourite beverage can make all the difference in a tedious day. To be there for each other... in community.

In today's Gospel, Jesus and his seedling community *"went into Capernaum; and immediately on the sabbath he entered the synagogue and taught. And they were astonished at his teaching, for he taught them as one who had authority, and not as the scribes"*. In this way Jesus began his public life preaching in a synagogue, preaching a movement of conversion to a new way of life, full of love for each other, a life of community. This was a life alien to the people of the day for theirs was a life of everyman for himself despite the fact that charity was integral to the Law. Suddenly the congregation were *"amazed, so that they questioned among themselves, saying, "What is this? A new teaching! With authority he commands even the unclean spirits, and they obey him."* And at once his fame spread *everywhere throughout all the surrounding region of Galilee"*. So Jesus' ministry began.

Yet, it took a demented man to recognise Jesus as the Messiah, the Christ, as he proclaimed: *"What have you to do with us, Jesus of Nazareth? ... I know who you are, the Holy One of God."*



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/catholicswufe>

Sunday 31st January <i>Fourth Sunday of the Year</i>	11.00am	livestreamed	Holy Mass	<i>Pro Populo</i>
Monday 1st February <i>in the 4th Week of the Year</i>	No Mass			
Tuesday 2nd February <i>Feast of the Presentation of the Lord</i>	7.00pm	livestreamed	Holy Mass	<i>Margaret Glancey RIP</i>
Wednesday 3rd February <i>in the 4th Week of the Year</i>	10.00am	livestreamed	Holy Mass	<i>Kathleen Conway RIP</i>
Thursday 4th February <i>in the 4th Week of the Year</i>	7.00pm	livestreamed	Holy Mass	<i>James Meade (Snr) RIP</i>
Friday 5th February <i>Memoria of St Agatha</i>	10.00am	livestreamed	Holy Mass	<i>Denis Sullivan RIP</i>
Saturday 6th February <i>Memorial of St Paul Miki & Companions</i>	10.00am	livestreamed	Holy Mass	<i>Maria Keane RIP</i>
Sunday 7th February <i>Fifth 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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*The Most Holy Trinity is a parish of the Archdiocese of St Andrews & Edinburgh.
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