



THE CATHOLIC PARISH OF THE MOST HOLY TRINITY

10th January 2021

FEAST OF THE BAPTISM OF THE LORD

VERY FEW OF US REMEMBER OUR OWN BAPTISM,

and perhaps we have never really even questioned why it might be important, other than something we might need to attend a Catholic School or get married. Perhaps we need to look to Jesus' baptism to know how privileged we really are to have been baptised.

What does Jesus' baptism say to us? Jesus' thirty years of preparation before his public baptism remind us that it takes time to get ready for God's mission. How many countless hours did Jesus spend in prayer? What study, what thought, what agony must he have undergone before appearing in front of John to ask him to baptize him. We are reminded that baptism isn't just something that happens to us as children, it's something we have to live out on a daily basis.

January is a time for new beginnings and fresh resolution. John the Baptist was an expert on this. John's ministry was all about repentance and life changing reform ... that's what his baptism was all about. But anyone who has ever seriously tried to change themselves will know how difficult change really is. The addict will tell you how difficult it is to quit gambling, drinking or cigarettes. All of us can point to parts of our life that remain stubbornly unchanged year in and year out. Those who were baptised by John were baptised as a sign of their intent to change from their old ways, but knowing how difficult change can be, we can't help wondering how successful they must have been. Perhaps John appreciated this too when he said "I have baptised you with water, but he will baptise you with the Holy Spirit."

Christians are hugely privileged people. We are told that the same Holy Spirit that empowered Jesus at the outset of his ministry, is the same Holy Spirit that is given to us in our baptism. Validating our baptism anew every day, knowing that we are filled with the Holy Spirit change isn't beyond any of us.

The Parish Clergy

Parish Priest:

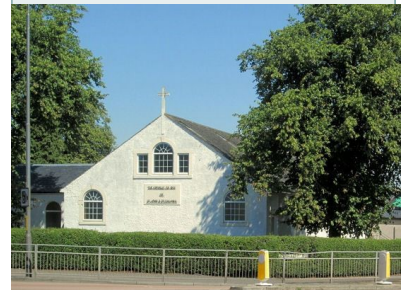
Fr Kevin Dow

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

Isaiah 55:1-11

Come to me and your soul will live, and I will make an everlasting covenant with you

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.
See, I have made of you a witness to the
peoples, a leader and a master of the nations.
See, you will summon a nation you never knew,
those unknown will come hurrying to you,
for the sake of the Lord your God, of the Holy One
of Israel who will glorify you.

Seek the Lord while he is still to be found,
call to him while he is still near.
Let the wicked man abandon his way, the evil man
his thoughts.
Let him turn back to the Lord who will take pity
on him, to our God who is rich in forgiving;
for my thoughts are not your thoughts,
my ways not your ways – it is the Lord who
speaks.
Yes, the heavens are as high above earth
as my ways are above your ways, my thoughts
above your thoughts.

Yes, as the rain and the snow come down from the
heavens and do not return without watering the earth,
making it yield and giving growth to provide seed for
the sower and bread for the eating, so the word that
goes from my mouth does not return to me empty,
without carrying out my will and succeeding
in what it was sent to do.

The Word of the Lord.

Responsorial Psalm

Isaiah 12

The rejoicing of a redeemed people

*With joy you will draw water from the wells of
salvation.*

Truly, God is my salvation, I trust, I shall not
fear. For the Lord is my strength, my song, he
became my saviour. With joy you will draw wa-
ter from the wells of salvation.

Give thanks to the Lord, give praise to his
name! Make his mighty deeds known to the
peoples! Declare the greatness of his name.

Sing a psalm to the Lord for he has done
glorious deeds; make them known to all the
earth! People of Zion, sing and shout for joy,
for great in your midst is the Holy One of
Israel.

Second reading

1 John 5:1-9

Jesus Christ came by water and blood

Whoever believes that Jesus is the Christ
has been begotten by God; and whoever loves the
Father that begot him loves the child whom he
begets. We can be sure that we love God's chil-
dren if we love God himself and do what he has
commanded us; this is what loving God is –
keeping his commandments; and his command-
ments are not difficult, because anyone who has
been begotten by God has already overcome the
world; this is the victory over the world – our
faith.

Who can overcome the world?
Only the man who believes that Jesus is the Son of
God: Jesus Christ who came by water and blood,
not with water only, but with water and blood;
with the Spirit as another witness – since the
Spirit is the truth – so that there are three wit-
nesses, the Spirit, the water and the blood, and all
three of them agree.
We accept the testimony of human witnesses,
but God's testimony is much greater, and this is
God's testimony, given as evidence for his Son.
The Word of the Lord.

Gospel Acclamation

cf. Jn1:29

Alleluia, alleluia!
John saw Jesus coming towards him, and said:
This is the Lamb of God, who takes away the sin
of the world.
Alleluia!

Gospel

Mark 1:7-11

**'You are my Son, the Beloved; my favour rests on
you'**

In the course of his preaching John the Baptist said:
'Someone is following me, someone who is more pow-
erful than I am, and I am not fit to kneel down and
undo the strap of his sandals. I have baptised you with
water, but he will baptise you with the Holy Spirit.'

It was at this time that Jesus came from Nazareth in
Galilee and was baptised in the Jordan by John. No
sooner had he come up out of the water than he saw
the heavens torn apart and the Spirit, like a dove, de-
scending on him. And a voice came from heaven, 'You
are my Son, the Beloved; my favour rests on you.'
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.

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

COVID-19 & OUR

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:

Weddings: Are you planning to marry this year? You should give you parish priest at least six months' notice before the date of your wedding. Marriage preparation course dates are now available for the Archdiocese. Find them at <https://archedinburgh.org/pastoral-governance/marriage-families> or email irene.furlong@staned.org.uk

Week of Prayer for Christian Unity

This takes place from 18-25 January. Resources are available at <https://ctbi.org.uk/week-of-prayer-for-christian-unity-2021/>

Sacramental Talks

Rediscover the power of the Sacraments in a new online talk titled *Fire & Water*, covering confirmation and baptism. Sign up for your deanery area by emailing sranna.marie@staned.org.uk. All talks on Zoom. Fife: Mon 11 Jan 2:00pm | West Lothian: Mon 11 Jan 7:30pm | Mid/East Lothian & Borders: Mon 18 Jan 2:00pm | Edinburgh: Mon 18 Jan 7:30pm | Falkirk & Stirling Mon 25 Jan 7:30pm.

COVID 19 Lockdown guidelines

Effective from 06 January 2021

Close your church: Your churches should now be closed to the public for Mass and private worship. This is expected to last throughout January.

Funerals: A funeral can take place in your parish with a maximum of 20 participants, including the priest. Post funeral gatherings cannot take place. Face coverings do not need to be worn by the priest leading a funeral service.

Weddings: These can take place with a maximum of five participants, including the celebrant (six if translator required). Face coverings must be worn by those attending a wedding, except for the couple and the priest.

Baptisms: Unless required *in extremis*, Baptisms should not take place.

Last Sacraments: Emergency callouts – the arrangements will vary between different hospitals/care homes. Please follow all the safety protocols provided by them.

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

Bishop's Conference Of Scotland Statement – 05 January 2021

Recognising the dangers posed by the new faster-spreading variant of COVID-19, we note the Scottish Government's decision to close all places of worship from Friday 8 January 2021. *

The Scottish Government believes that such measures are necessary to curtail the spread of this new strain during the roll-out of the vaccine. We appreciate the difficult choices facing the Scottish Government at this time and we have shown ourselves ready both to cooperate with and to support its efforts in protecting the common good. This has included curtailing public worship in extreme circumstances and for a limited period.

However, we are also perplexed by the decision, given that the stringent measures taken since last March to ensure public safety in our churches have been effective. No evidence has been forthcoming to justify the inclusion of places of worship as sources of infection. Without such scientific evidence these restrictions will appear to Catholics to be arbitrary and unfair. Moreover, a significant number of other sectors similarly restricted last March alongside public worship – such as construction, manufacturing and elite sports - have now been left free to continue in operation.

We also note that, in England, the essential contribution of public worship to the spiritual welfare of all citizens during this crisis has now been endorsed by the decision not to close places of worship while the Scottish Government has apparently retreated from this view, causing dismay and confusion

We are very aware of the disappointment these closures will cause not only to our own Catholic community, but to many of our fellow-Christians and those of other faiths in Scotland. We wish to emphasise again the spiritual, social and psychological benefits provided by continuing public worship, and we ask for these to be taken into full account in future decisions. Public worship is a human right and is a duty humanity owes to God. More concretely, Catholics need the Eucharist and the Sacramental encounter with the LORD as necessary to their spiritual wellbeing and their ultimate salvation.

While we unequivocally share the common goal of protecting public health, we urge the Scottish Government, when the present measures are reviewed later in January, to reconsider these restrictions in the light of the above concerns.

**Edit: The Scottish Government has since clarified that churches should be closed now.*



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



In this horrific and fatal game of Snakes and Ladders we are involved in with Covid, here we are back at the beginning, back to square one and we find ourselves back in lock-down with all the trials and tribulations that brings.

It seems so long ago, back in March 2020, when I

suggested that we all create a specific Sacred space in our homes where we could perhaps spend a few moments in quiet prayer and settle ourselves back into the rhythms of God's love. I did that. I also suspect that many of you also did that and we were all able to engage with God in dividualy or as a family.

Then came the summer and restrictions were eased, our churches were opened although with many restrictions, but we had public Mass again. We started to go about our businesses in a semi orderly fashion. We had long hot days to enjoy and our thoughts turned to well deserved holidays and a bit of rest and relaxation.

We drifted back to our old ways. Me too!

Some of us may have forgotten about our personal Sacred space and allowed ourselves to drift, others may struggle with prayer sometimes, again I say, me too! So, this week I thought we could do a wee piece on prayer and for this I have to thank the Community at Durham Cathedral.

So, what is prayer?

Prayer is simply a conversation with God. It does not need special words or a special place, although people find that these can help.

What to say: Prayer includes asking God for help with things that trouble us. It also includes thanksgiving for the good things in our lives and the world.

Praying with or without words: You can use your own words to talk with God, as you would with a friend. Sometimes we use a lot of words in prayer, at other times just a few words like, "Dear God, please help my Mum to get better" or "Please help Fred find a job" are needed.

There are prayer books online or you can read or recite a hymn as a prayer too. Sitting in silence in

a quiet candle lit space thinking about God can also be a prayer, as can weeping.

Pray wherever you are: Some people like to have a particular place for prayer such as a chair or by a candle or a cross on a shelf. You can also pray: at home, at work, when walking the dog, standing at the bus stop, enjoying beautiful scenery, even in the shower.

Whenever you like: You can pray whenever you like. However, some people find it helpful to pray at particular times such as: when you first wake up, before a meal or before you go to bed. The choice is yours.

Lighting a candle: Some people like to light a candle as a visible sign of their prayer which continues to burn after they have left their Sacred space.

A Prayer from France as you light a candle:

I do not know how to pray. I do not know what to say. I do not have much time. So? This candle I light is: something of what I have, something of mu time, something of myself that I leave before the Lord. This light which shines stands for my prayer that I continue to offer even as I leave this place.

A prayer for people in need:

Dear Lord, I pray today for ... You know what he/she is going through. Please look after him/her, give the strength and support he/she needs, and help me not to worry but to show my concern in helpful ways. Remind me and those for whom I have prayed of your continuing love and care. Thank you, Lord for your great goodness. Amen.

If you are struggling and need to talk, you can contact Father Kevin via the Parish email address and myself on obl.columba@gmail.com

God bless and stay safe.



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 Social Media platforms.

Sunday 10th January <i>Feast of the Baptism of the Lord</i>	11.00am	livestreamed	Holy Mass	<i>Pro Populo</i>
Monday 11th January <i>in the 1st Week of the Year</i>	No Mass			-
Tuesday 12th January <i>in the 1st Week of the Year</i>	7.00pm	livestreamed	Holy Mass	<i>Russell Family Intention</i>
Wednesday 13th January <i>Feast of St Kentigern</i>	10.00am	livestreamed	Holy Mass	<i>John Gavin</i>
Thursday 14th January <i>in the 1st Week of the Year</i>	7.00pm	livestreamed	Holy Mass	<i>Dave Speed RIP</i>
Friday 15th January <i>in the 1st Week of the Year</i>	10.00am	livestreamed	Holy Mass	<i>Sheila Dredge Rip</i>
Saturday 16th January <i>in the 1st Week of the Year</i>	10.00am	livestreamed	Holy Mass	<i>Denis Sullivan RIP</i>
Sunday 17th January <i>Second 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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