



# THE CATHOLIC PARISH OF THE MOST HOLY TRINITY

*21st February 2021*

## FIRST SUNDAY OF LENT (B)

TO UNDERSTAND LENT, WE NEED TO LOOK TO THE WILDERNESS STORY WHICH WE REAS ON THE FIRST SUNDAY OF LENT EVERY YEAR.

Every year on this day we are told how Jesus went into the wilderness for forty days to fast and to reflect on the job he was about to do here on Earth. We are told how he was confronted with temptation and how he overcame it. There are three elements to this story. Jesus withdrew from worldly distractions and fasted, he reflected on who and what he was about, and he overcame temptation. The problem is, we all seem to latch onto the first bit of the story about fasting and forget the two more important elements. Jesus reflected on the importance of the ministry he was about to undertake and he refused to be swayed from it. This is the important bit. This is how we need to understand and live our next forty days.

At this time of year we are asked to 'repent'. We are asked to turn away from things in our lives that are not working well or are wrong. That will be different for all of us, so we need to sit down in a quiet space and work out what we need to do. How we need to change should be something more important than those new-year resolutions we all make and break. Next we need to identify the barriers that stop us making those changes. Withdrawing from worldly comforts might be part of this barrier which is where fasting or giving up TV might come in. Lastly we need to resist the temptation to give up on plans to change ourselves and the world around us, and that's the hardest bit of all.

As children today's gospel is presented to us with an accompanying illustration of the devil complete with huge bat like wings a scaly tail and horns. How easy to resist temptation packaged so obviously as a 'bad choice'. The trouble with temptation is it rarely comes packaged as a 'bad choice'. Often temptation comes as a fairly harmless choice or even as an attractive or intelligent option. How harmless does it seem to sip half a glass of wine when you're supposed to be quitting. How harmless does it seem to 'borrow' a little cash from the office tea fund ... you can always pay it back later.

There's lot of talk about what is classed as a temptation and what isn't. In the context of the first Sunday of Lent, a temptation is anything that takes you further way from God. If having an extra cream cake takes you further way from God, then it's a temptation ... if having an extra cream cake has nothing to do with your relationship with God than it's totally unimportant.

When it comes to temptation, a simple rule of thumb is to ask yourself in each of your daily decisions, "Will this decision bring me nearer to God or take me further away?" Knowing who you are and what you are trying to achieve in life not only helps you to identify your temptations, but also gives you a reason and strength of character when it comes to resisting. Today is the day we start giving the devil a hard time. Tempted?

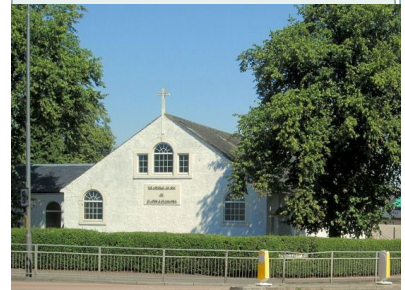
### The Parish Clergy

**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

Genesis 9:8-15

***'There shall be no flood to destroy the earth again'***

God spoke to Noah and his sons, 'See, I establish my Covenant with you, and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you: everything that came out of the ark, everything that lives on the earth. I establish my Covenant with you: no thing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again.'

God said, 'Here is the sign of the Covenant I make between myself and you and every living creature with you for all generations: I set my bow in the clouds and it shall be a sign of the Covenant between me and the earth. When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh.'

*The Word of the Lord.*

### Responsorial Psalm

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

*Your ways, Lord, are faithfulness and love for those who keep your covenant.*

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.

*Your ways, Lord, are faithfulness and love for those who keep your covenant.*

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

*Your ways, Lord, are faithfulness and love for those who keep your covenant.*

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.

*Your ways, Lord, are faithfulness and love for those who keep your covenant.*

### Second reading

1 Peter 3:18-22

***The water on which the Ark floated is a type of the baptism which saves you now***

Christ himself, innocent though he was, died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a small group of eight people 'by water', and when God was still waiting patiently, that these spirits refused to believe. That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God's right hand, now that he has made the angels and Dominations and Powers his subjects.

*The Word of the Lord.*

### Gospel Acclamation

Mt4:4

Praise to you, O Christ, king of eternal glory!  
Man does not live on bread alone,  
but on every word that comes from the mouth  
of God.  
Praise to you, O Christ, king of eternal glory!

### Gospel

Mark 1:12-15

***Jesus was tempted by Satan, and the angels looked after him***

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

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.'

*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, 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



**Parish Pastoral Council:** our PPC will be meeting virtually this coming week—many thanks to the members and Deacon Pat for this. If any member of the parish community has any suggestions or ideas as to what they would like the PPC to consider, for example something that they feel would be beneficial to the Pastoral life of the parish both during the current Lockdown and/or post Lockdown, please email Deacon Pat with your ideas (*email address on the back page*).

### Job Opportunity

SPUC Scotland (Society for the Protection of Unborn Children) has an opportunity for a full-time Communications Officer (Content Production). The role sits in the Public Affairs Department and helps SPUC to gather and tell stories that captivate, inspire and compel action. For more information and details on how to apply please email [michael@spucscotland.org](mailto:michael@spucscotland.org)

### Ask your MP to support an amendment to help stop forced abortion in Xinjiang, China

There is extensive evidence that many women in the Uyghur Muslim community in Xinjiang, China are being subjected to forced abortions.

Lord Alton is currently championing an amendment to the Trade Bill which would give British courts a role in determining whether a country is committing genocide. This would help with putting international pressure on the Chinese Communist Party to stop the practice of forcing abortions on the Uyghur Muslim community along with the wider human rights abuses that evidence shows is being perpetuated against this community.

If you would like to email your MP asking them to support the amendment, you can do this easily using a tool which has been set up on the Genocide Response campaign website which can be accessed by visiting the link below:

<https://genocideresponse.org/>

## NEWS FROM THE ARCHBISHOP:



### **Lent event 1: INSPIRE prayer talks**

Register now for the Archdiocese's INSPIRE talk series for Lent. Guest speakers will guide you prayerfully through the season. All talks on Zoom, 7-7:45pm.

**TALK 2: *Songs of the Redemption: The Benedictine Liturgy of the Hours***, with Brother Joseph Carron. 7pm, Tue 02 Mar. Register: [bit.ly/LentCarron](https://bit.ly/LentCarron)

**TALK 3: *Prayer as a Relationship Reflected in St Teresa of Avila***, with Sr Sally Rollo. 7pm, Tue 16 March. Register: [bit.ly/LentRollo](https://bit.ly/LentRollo)

**TALK 4: *Praying the Passion according to St Mark***, with Archbishop Leo Cushley. 7pm, Tue 23 March. Register:

**Lent resources** The Archdiocesan Catechetics Commission has produced a range of resources for Lent that will assist adults and children to deepen their understanding of this holy season and aid them in their prayer life. Find them in the resources section at: <https://archedinburgh.org/pastoral-governance/catechetics/>. The Bishops Conference of Scotland has issued an Ash Wednesday Liturgy and a Stations of the Cross for use at home: <https://www.bcos.org.uk/COVID19/COVIDResources>

### **Pro-Life 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 now on Eventbrite: <http://standrewsandedinburgh.eventbrite.com>

### **Faith in the Time of Covid**

Archbishop Cushley invites you to join the remaining series of online talks from distinguished speakers who will offer their thoughts and approach to the pandemic. All events will be broadcast on YouTube at [bit.ly/ArchYouTube](https://bit.ly/ArchYouTube) as the webinars themselves are sold out. **Rt Hon Gordon Brown**, 5pm, Sunday 21 February.

**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

## SEASON OF LENT:

**As we know**, one of the 3 things associated with our Lenten observances is almsgiving. The other 2 being fasting and praying.

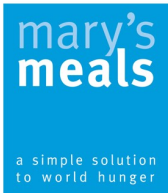
As well as increasing our prayer life this Lent—by participating daily with Mass online (you are sitting in the house anyway!), or by reading a section of our Bible every

day, or praying the rosary or parts of the Church's official prayers in the Divine Office; we can practice the ancient custom of fasting on Fridays and perhaps also Wednesdays the 2 historical days of penance. It is our custom to use not only the money that we save from our fasting, but by also giving something more from our resources to assist those less fortunate than ourselves.

An excellent charity that we all know in our parish is of course Mary's Meals, so please do consider sending your Lenten Alms to them this year...



### Marys Meals



Marys Meals is drawing our attention to the worsening crisis in Ethiopia, and for families in the war-torn Tigray region of Ethiopia. The people there urgently need your help, as millions of people in Tigray have been forced to flee their homes because of ongoing fighting in the region. They are now at imminent risk of starvation, very frightened and without access to proper sanitation or medical care. Across the Tigray region of Ethiopia, brutal fighting has forced hundreds of thousands of people to flee their homes. As a result, millions are now living in fear of starvation. The region's capital, Mekelle, is being overwhelmed by displaced and

traumatised people arriving every day. Many are unaccompanied children who have lost their parents. Mary's Meals has been working in Ethiopia for many years and are ready to help those who need it most as this dire situation continues to unfold. In these uncertain times, your generosity is needed more than ever. They need your help to continue this life-saving work. Please give if you can: <https://bit.ly/3a5ITqq>

## 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



Sand, sand, sand! But not the sand of some warm lovely Mediterranean beach or a hot lagoon somewhere in the Seychelles where we can rest, relax and charge our batteries and enjoy some peace and happiness. No,

the sand of the desert brings opposite emotions, discomfort and distress, anxiety and fear.

When we think of a desert, we think of a place of sun scorched lands with little or no water. The people of these regions suffer daily in their fight for survival and lead lives of terrible strain and poverty. Other desert lands are not sand but vast areas of inhospitable earth covered in vegetation difficult to clear and of no food value.

This is our second Lent in our own personal deserts. We may live in a pleasant and fertile land but at the moment we are confined to a very small part of this Scotland. Our confinements have led to all sorts of problems – tensions within the home as we are in each other's company 24/7, on the opposite side of that the problems that arise from being on one's own 24/7. Trying to balance the day and juggling home schooling with working from home, the need for some form of exercise, keeping the children amused during leisure time and refereeing squabbles when they break out. Finding enough money to support ourselves and families. All these tensions can lead to our own anxieties and affect our own mental health and that is why the question arises within us: "What about me?"

This is a very justified and pertinent question and it is the reason that we need to find for ourselves some 'me time', a place of solitude, a sacred space that we can make our own, find ourselves and the healing that comes when we realise that 'I' am very important in the whole scheme of things and that inner peace comes when we realise and take to heart the words of Jesus "the Kingdom of Heaven is within you".

If we can do this then the desert becomes a very happy place where we can dismiss the temptations of secular life with all its needs and limitations. We realise that we don't need to keep up with the Smith's and we can live without social media with all its pitfalls and misinformation. Our happy place comes from within us as we gain

strength from the Gospel and by taking some time each day to live off grid as it were, making some minutes for ourselves and God.

Today's Gospel is short: *"The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him. 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.'*"

These temptations of Satan are not mentioned by Mark in his Gospel but we know from the other Evangelists that the evil spirit was trying to convince Jesus that he was better than and more important than God the Father. By his actions Jesus rejected these temptations and inner struggles and found peace. How?

Well, we know that it was Jesus' practice to find isolated places where he could be on his own, a place where he could meditate and pray. Christ's 'me time' when he could find the answers and recharge his batteries. A place where he found solutions and guidance that he could act on.

Strengthened by his time of isolation and tranquillity Christ entered the arena that we call his public life. Making his way to Galilee, to Capernaum, Christ began his mission; think about your life, change your ways, be aware. Listen to me. Listen to me and find the 'Good News', the 'News from God'.

Andrew, Peter, James and John, along with many others heard the words of Christ, looked within themselves and found a new way of living their lives. 'Where are you going?' was the question these people asked, 'Come and see' was the reply... And they did!

'Where am I going' we ask, 'Come and see' Christ replies to those whose who hear ... And did we?



## 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>**

<b>Sunday 21st February</b> <i>First Sunday of Lent</i>	<b>11.00am</b>	<b>livestreamed</b>	<b>Holy Mass</b>	<i>Pro Populo</i>
<b>Monday 22nd February</b> <i>Feast of the Chair of St Peter</i>	<b>No Mass</b>			
<b>Tuesday 23rd February</b> <i>in the 1st Week of Lent</i>	<b>7.00pm</b>	<b>livestreamed</b>	<b>Holy Mass</b>	<i>Annie Lynch's Intentions</i>
<b>Wednesday 24th February</b> <i>in the 1st Week of Lent</i>	<b>10.00am</b>	<b>livestreamed</b>	<b>Holy Mass</b>	<i>David &amp; Mary Swann's Intentions</i>
<b>Thursday 25th February</b> <i>in the 1st Week of Lent</i>	<b>7.00pm</b>	<b>livestreamed</b>	<b>Holy Mass</b>	<i>Donors Intentions</i>
<b>Friday 26th February</b> <i>in the 1st Week of Lent</i>	<b>10.00am</b>	<b>livestreamed</b>	<b>Holy Mass</b>	<i>Holy Souls</i>
<b>Saturday 27th February</b> <i>in the 1st Week of Lent</i>	<b>10.00am</b>	<b>livestreamed</b>	<b>Holy Mass</b>	<i>Mother's prayers for her son</i>
<b>Sunday 28th February</b> <i>Second Sunday of Lent</i>	<b>11.00am</b>	<b>livestreamed</b>	<b>Holy Mass</b>	<i>Pro Populo</i>



## The Catholic Parish of The Most Holy Trinity



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Pastoral Assistant's email: [obl.columba@gmail.com](mailto:obl.columba@gmail.com)

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