



THE CATHOLIC PARISH OF THE MOST HOLY TRINITY

28th February 2021

SECOND SUNDAY OF LENT (B)

IF YOU ARE ALWAYS EAGER AND MOTIVATED AND PRO-ACTIVE, THEN THIS ISN'T FOR YOU.

If you, on the other hand, suffer from bouts of lethargy, are often paralysed by feelings of fear, anxiety or self-doubt, then today's gospel carries a powerful message of hope.

Most of us probably fall into the second category. We start a project in a flush of excitement and commitment, but when the hard work sets in and success eludes us, we can become discouraged. We take on a big financial commitment thoroughly convinced that we can deal with it, but begin to have sleepless nights, dreading the bills and fearing the bank manager. We enter into new relationships and quickly get disappointed when elements of that relationship demand more of us than we thought. We embark on a challenging career but become fearful and filled with self-doubt. Eventually we lose the hope that had originally driven us.

Take Heart! We are no different from the early disciples. Jesus had been telling his disciples what being the 'Messiah' really meant, and it didn't entail hurling the Romans out on their ear, it entailed dying on a cross. Is it any wonder the disciples were feeling discouraged! Jesus knew that his disciples needed to see beyond the fear. He knew that he needed to re-ignite a vision of the rewards of their work, and he knew that vision needed to stay with them always to motivate them in times when their ministry weighed heavy. In short, Jesus needed to remind them how important their job was, and so he gave them the spiritual experience we now call the 'transfiguration'. This was a vision of

himself in a dazzling light flanked by Moses and Elijah and God's voice from the clouds "This is my Son, the Beloved. Listen to him."

Like the early disciples, we have to look beyond our fears if we are to work through them. God gave each of us a talent, and with that a talent comes a vision of what we can do and what we can achieve. This is the vision we can call upon when we lose hope. This is the vision that will carry us beyond our fear.



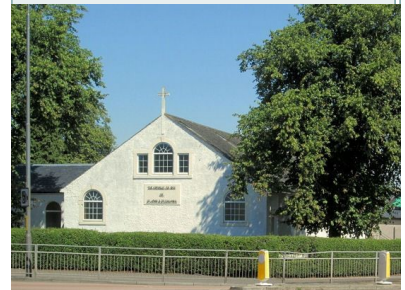
The Parish Clergy

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 22:1-2,9-13,15-18

The sacrifice of Abraham, our father in faith

God put Abraham to the test. 'Abraham, Abraham' he called. 'Here I am' he replied. 'Take your son,' God said 'your only child Isaac, whom you love, and go to the land of Moriah. There you shall offer him as a burnt offering, on a mountain I will point out to you.'

When they arrived at the place God had pointed out to him, Abraham built an altar there, and arranged the wood. Then he bound his son Isaac and put him on the altar on top of the wood. Abraham stretched out his hand and seized the knife to kill his son.

But the angel of the Lord called to him from heaven. 'Abraham, Abraham' he said. 'I am here' he replied. 'Do not raise your hand against the boy' the angel said. 'Do not harm him, for now I know you fear God. You have not refused me your son, your only son.' Then looking up, Abraham saw a ram caught by its horns in a bush. Abraham took the ram and offered it as a burnt-offering in place of his son.

The angel of the Lord called Abraham a second time from heaven. 'I swear by my own self – it is the Lord who speaks – because you have done this, because you have not refused me your son, your only son, I will shower blessings on you, I will make your descendants as many as the stars of heaven and the grains of sand on the seashore. Your descendants shall gain possession of the gates of their enemies. All the nations of the earth shall bless themselves by your descendants, as a reward for your obedience.'

The Word of the Lord.

Responsorial Psalm 115(116):10,15-19

I will walk in the presence of the Lord in the land of the living.

I trusted, even when I said:
'I am sorely afflicted,'
O precious in the eyes of the Lord
is the death of his faithful.

Your servant, Lord, your servant am I;
you have loosened my bonds.
A thanksgiving sacrifice I make;
I will call on the Lord's name.

My vows to the Lord I will fulfil
before all his people,
in the courts of the house of the Lord,
in your midst, O Jerusalem.

Second reading

Romans 8:31-34

God did not spare his own Son

With God on our side who can be against us? Since God did not spare his own Son, but gave him up to benefit us all, we may be certain, after such a gift, that he will not refuse anything he can give. Could anyone accuse those that God has chosen? When God acquits, could anyone condemn? Could Christ Jesus? No! He not only died for us – he rose from the dead, and there at God's right hand he stands and pleads for us.

The Word of the Lord.

Gospel Acclamation

Mt17:5

Glory and praise to you, O Christ!
From the bright cloud the Father's voice was heard:
'This is my Son, the Beloved. Listen to him.'
Glory and praise to you, O Christ!

Gospel

Mark 9:2-10

This is my Son, the Beloved

Jesus took with him Peter and James and John and led them up a high mountain where they could be alone by themselves. There in their presence he was transfigured: his clothes became dazzlingly white, whiter than any earthly bleacher could make them. Elijah appeared to them with Moses; and they were talking with Jesus. Then Peter spoke to Jesus: 'Rabbi,' he said 'it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah.' He did not know what to say; they were so frightened. And a cloud came, covering them in shadow; and there came a voice from the cloud, 'This is my Son, the Beloved. Listen to him.' Then suddenly, when they looked round, they saw no one with them any more but only Jesus.

As they came down from the mountain he warned them to tell no one what they had seen, until after the Son of Man had risen from the dead. They observed the warning faithfully, though among themselves they discussed what 'rising from the dead' could mean.

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.

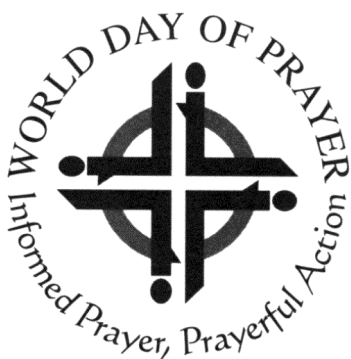
We thank you for all that you have contributed in the past, and if you are able to continue your support, which can also be Gift Aided, we would be eternally grateful. God bless.

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

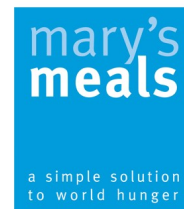


This coming Friday is the annual World Day of Prayer. Since we are in Lockdown at the moment and cannot hold our usual ecumenical services, the Dunfermline Group of Churches have produced a Friday which will be launched on Friday at 11am. Please look for the video on the Parish Facebook Page then.

There will also be a session for children to join on Saturday Sat 6th March 2021 at 2:00 PM via Zoom. The login details are: Meeting ID: 876 5725 1823 Passcode: 565370

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>



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. If you miss a talk you can find it at bit.ly/ArchYouTube

TALK 2: *Songs of the Redemption: The Benedictine Liturgy of the Hours*, with Brother Joseph Carron. 7pm, Tue 02 Mar. Register: 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

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

Lent event 2: Pro-Life Stations of the Cross

Stations of the Cross, organised by the Archdiocesan Pro-Life Office, is on each Monday evening of Lent at 7:45pm. The Stations are followed by a short reflection by a priest of the Archdiocese. You can register now on Eventbrite: <http://standrewsandedinburgh.eventbrite.com>

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/>.

World Day of Prayer

This takes place on Friday, 5 March and the theme is *Build on a Strong Foundation* (Matthew 7: 24-27). Find out more at www.wdpscotland.org.uk/

Emergency Appeal

Mary's Meals has launched an emergency appeal for aid for Tigray, Ethiopia where millions of people have been displaced as a result of civil conflict and are lacking food and basic necessities. Donations can be made at www.marysmeals.org.uk.

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

ST JOSEPH'S PRAYER BOOK:

As you may know, this year has been specially dedicated by the Holy Father to St Joseph. The Archdiocese has published a little family prayer book to mark this occasion. It has lots of lovely prayers and practical suggestions to help families, and especially our young ones, to stay connected with the Lord and their faith during the time that places of worship are closed or have limited capacity and are so unable to come to Mass.

To this end, we would like to try and get a free copy to every home in the parish as a spiritual gift to them during difficult times. This is perfectly doable within the present Covid guidelines* but ... we need your help!

We are looking to get a team of volunteers (zoning areas of Dunfermline, Rosyth and Dalgety Bay and a few from each main towns/villages in our geographically huge parish) who would be willing to deliver them during their legitimate time of exercise. All being well, there would be a contact person in each place for you to liaise with should you wish to make sure you get a copy or know of people who would appreciate one. These contact people would have extra copies available.

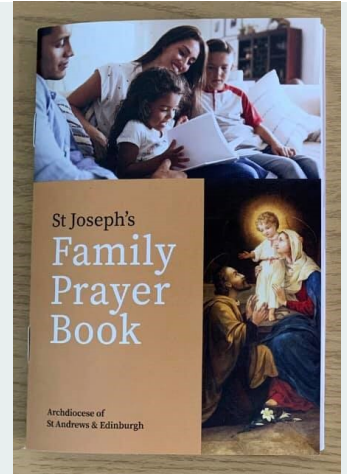
Our parish database is old and out of date but, with local knowledge and ingenuity, we think we could do this pretty well. (We also hope to update our database somewhat in the process. More of which later).

If you are interested and wish to help, please email the parish on admin@catholicswife.com and we can start taking things from there.

Our copies will hopefully arrive soon and we would we would aim to have as many of them as possible delivered in time for the Feast Day of St Joseph on 19 March.

[*Covid guidelines include things like: delivery during exercise only, wearing disposable gloves/face coverings at point of delivery, copies of book in disposable, clear bag, packages of books left for 72 hours before ready for distribution etc.

Any and all help will be greatly received! St Joseph, pray for us.



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



Our Scotland is graced with some of the most beautiful country in the world. The drive up the A9 road from south to north and vice versa is an absolute joy! You could drive that road for 365 days of the year and every day the

scenery would be different and stunning. The emerging greenery of Spring when our trees start to dress themselves with budding leaves and the hills start to scour away the browns of winter as new grass grows. The lush verdant greens of the forests in all their Summer glory and the warm invitation that beckons us to our Corbets and Munroes. As Autumn comes, we lose the green to stunning russets and reds, yellows and gold that shelter the rutting deer and then the snow of Winter comes covering the earth with a blanket, a shelter allowing the land and the trees to rest and gain strength, a strength that transfers itself to the people, fortifying them by osmosis.

I love to be on our hills enjoying the freedom to roam and explore, discovering the secrets of our hills. Many of us have taken a family walk up the Lomond Hills but how many of us have noticed the story of the land as we strolled, the open secrets there to be seen. I'm not going to tell you which hill, you'll have to search this out on your own. Anyway, as you walk and climb the first thing you should notice on the left side of the path is a strange way marker. In fact, it is not a way marker but a boundary marker and it gives the initials of the landowner and the year. What it doesn't say is that this landowner cleared the people from his property and moved sheep into the area... a lucrative money-making venture.

Plod on and again on the left side of the path you might notice a stone lined square hole full of water. Just an ordinary hole? No! It's a cist, a bronze age burial chamber, a small stone-built coffin-like box or ossuary used to hold the bodies of the dead. Climb higher and the ground reveals the circular foundations of a group stone-age dwellings and if you look beyond them to a raised hillock you will see on closer inspection that this is a man-made construction that allowed an ancient times shepherd to locate his hut in such a way that he could see all his sheep grazing on the surrounding land. From here look over your shoulder, about 60 degrees, and if you take the

trouble to walk along that bearing for a short distance you will enjoy the most stunning view of a well-defined man-made edifice, a hill fort guarding the pass below. Retrace your steps and ascend the path to the summit and the reward is a stupendous view of Scotland from the Forth river to the Tay estuary, a joy to behold.

Sometimes we don't see or recognise what is right in front of us and we need proof before we realise that we have something or someone valuable in our midst. Is this the message in today's Gospel?

'Prayer can often feel like a long mountain walk! You wonder is it worth it, and you don't always have the stamina. But if you give quality time to it, as you are doing now, it is always worthwhile. Jesus 'took with him Peter, James and John' and he will take you too, if you are willing to climb. Try not to be irritable and edgy as you make your way upward with him.

You may have no great spiritual experiences, but being with Jesus and listening to him brings its own reward at a deep inner level. It is in this way that we are transfigured.

This incident on the mountain gets us to look forward either to the resurrection of Jesus or the glory of the second coming. Peter's reaction also gets us to look forward to life with God, so that we will say in eternity, 'It is good for us to be here'. In prayer we can rest at times and just be glad, happy and content to be with Jesus, in his presence and in his love. The transfiguration was for the benefit of the disciples, for their faith and confidence in the lasting glory of Jesus at bad times. It can be the same of each of us in prayer.' 1.

1. <https://www.sacredspace.ie/scripture/mark-92-10>



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 28th February <i>Second Sunday of Lent</i>	11.00am	livestreamed	Holy Mass	<i>Pro Populo</i>
Monday 1st March <i>in the 2nd Week of Lent</i>	No Mass			
Tuesday 2nd March <i>in the 2nd Week of Lent</i>	7.00pm	livestreamed	Holy Mass	<i>Jim Norman RIP</i>
Wednesday 3rd March <i>in the 2nd Week of Lent</i>	10.00am	livestreamed	Holy Mass	<i>Marjory Pooley RIP</i>
Thursday 4th March <i>in the 2nd Week of Lent</i>	7.00pm	livestreamed	Holy Mass	<i>All who have died from covid & their families</i>
Friday 5th March <i>in the 2nd Week of Lent</i>	10.00am	livestreamed	Holy Mass	<i>Frank Harding RIP</i>
Saturday 6th March <i>in the 2nd Week of Lent</i>	10.00am	livestreamed	Holy Mass	<i>Fr Simon Lumbela's Health</i>
Sunday 7th March <i>Third Sunday of Lent</i>	11.00am	livestreamed	Holy Mass	<i>Pro Populo</i>



The Catholic Parish of The Most Holy Trinity



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01383 412084 (Presbytery)

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Website: www.catholicswfife.com



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