



THE CATHOLIC PARISH OF THE MOST HOLY TRINITY

7th February 2021

FIFTH SUNDAY OF THE YEAR (B)

NOW MORE THAN EVER IN LIVING MEMORY WE ARE ALL CONSUMED BY THE NEED TO STAY WELL AND TO KEEP OUR FRIENDS AND FAMILY WELL TOO.

It's great news that our scientists have come up with a vaccine that will eventually help beat Covid. It's great news that we now have developed the means to save thousands of lives. Surely if Jesus was around today in person, he would give those scientists a big pat on the back. But perhaps Jesus would have something to add. A vaccine might save us from getting ill and dying, but it cannot add to our lives. Our bodies are merely vehicles in which to get us through life. It is important to look after a vehicle, but what greater point is there in looking after a vehicle that isn't heading anywhere? What we do with our lives is more important than how long we can stay fit and well, however important that is to us as humans.

Jesus behaves unexpectedly in today's gospel. Having cured Simon's mother in law, the whole town turns up at his door eager for miracle cures, and Jesus obliges. This it would seem is his golden opportunity. This is his chance to have everybody eating out of the palm of his hand. Instead, Jesus gets up early and goes off to a deserted place, and when Simon comes looking for him, Jesus suggests that instead of returning to his new found fans, that they move on to the next village. This might seem odd to many, but it is to become apparent that curing the sick was not top of Jesus' agenda.

To achieve anything in this world our health of course is important, but Jesus didn't heal people simply to promote some health and fitness regime. Healing was only part of his primary ministry to teach. Jesus' healing miracles were signs of his identity and of God's power and compassion. His acts of healing were often to teach the importance of faith and discipleship.

Saint Bernadette made a prayer that we could do well to adopt. She said "Lord, I do not ask that I never be afflicted, but only that you never abandon me in affliction."

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

Job 7:1-4,6-7

My life is but a breath

Job began to speak:

Is not man's life on earth nothing more than
pressed service,
his time no better than hired drudgery?
Like the slave, sighing for the shade,
or the workman with no thought but his wages,
months of delusion I have assigned to me,
nothing for my own but nights of grief.
Lying in bed I wonder, 'When will it be day?'
Risen I think, 'How slowly evening comes!'
Restlessly I fret till twilight falls.
Swifter than a weaver's shuttle my days have
passed,
and vanished, leaving no hope behind.
Remember that my life is but a breath,
and that my eyes will never again see joy.
The Word of the Lord.

Responsorial Psalm

146(147):1-6

Praise the Lord who heals the broken-hearted.

Praise the Lord for he is good;
sing to our God for he is loving:
to him our praise is due.

Praise the Lord who heals the broken-hearted.

The Lord builds up Jerusalem
and brings back Israel's exiles,
he heals the broken-hearted,
he binds up all their wounds.
He fixes the number of the stars;
he calls each one by its name.

Praise the Lord who heals the broken-hearted.

Our Lord is great and almighty;
his wisdom can never be measured.
The Lord raises the lowly;
he humbles the wicked to the dust.

Praise the Lord who heals the broken-hearted.

Second reading 1 Corinthians 9:16-19,22-23

I should be punished if I did not preach the Gospel

I do not boast of preaching the gospel, since it is a duty which has been laid on me; I should be punished if I did not preach it! If I had chosen this work myself, I might have been paid for it, but as I have not, it is a responsibility which has been put into my hands. Do you know what my reward is? It is this: in my preaching, to be able to offer the Good News free, and not insist on the rights which the gospel gives me.

So though I am not a slave of any man I have made myself the slave of everyone so as to win as many as I could. I made myself all things to all men in order to save some at any cost; and I still do this, for the sake of the gospel, to have a share in its blessings.

The Word of the Lord.

Gospel Acclamation

Mt8:17

Alleluia, alleluia!
He took our sicknesses away,
and carried our diseases for us.
Alleluia!

Gospel

Mark 1:29-39

He cast out devils and cured many who were suffering from disease

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon's mother-in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them.

That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was.

In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, 'Everybody is looking for you.' He answered, 'Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came.' And he went all through Galilee, preaching in their synagogues and casting out devils.

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

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>

Marriage courses

If you are getting married 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 courses are currently taking place on Zoom.

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:

Faith in the Time of Covid

Archbishop Cushley invites you to join the remaining 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. All events will be broadcast on YouTube at bit.ly/ArchYouTube

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

Couples' Retreat (image attached)

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 at 3:00pm, Saturday 13 February and lasts 90 mins. This is a free event organised by the Archdiocesan Marriage Commission. Register now at bit.ly/CouplesRetreat2021

INSPIRE - Lent Talks (image attached)

Register now for the Archdiocese's INSPIRE talk series for Lent. Guest speakers will guide you prayerfully through the season. All talks on Zoom, 7-8pm.

TALK 1: *Becoming Saints Today: Unlocking the Present Moment*, with Sr Anna Marie McGuan. 7pm, Tue 16 Feb. Register: bit.ly/LentMcGuan.

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

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

Jesus Ministers in Galilee

So he traveled throughout Galilee, preaching in their synagogues and driving out demons. Mark 1:39

Based on Mark 1:29-39



V	S	H	Z	X	U	C	N	P	N	O	D	N	J	S
I	I	Z	J	C	R	R	T	Q	E	M	K	K	J	I
L	M	V	J	E	H	D	B	E	D	O	C	G	F	C
L	O	I	O	X	P	N	E	Q	B	S	P	I	C	V
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G	L	R	J	Z	W	E	W	K	R	N	X	J	E	N
E	V	E	N	I	N	G	H	O	A	A	A	G	O	G
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F	O	D	L	L	S	D	E	M	O	N	S	D	S	S
M	H	H	B	E	I	U	H	S	M	I	U	F	E	J
R	N	Z	E	A	D	P	S	F	E	V	E	R	T	A

FEVER	SIMON	HAND	DOOR	ANDREW
SUNSET	VILLAGES	PREACH	BED	DEMONS
JOHN	SYNAGOGUE	PEOPLE	JESUS	HELPED
HEALED	TOWN	EVENING	JAMES	SICK

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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



Its raining! Its pouring and this old man is just about snoring!

Isn't funny what goes through your mind when you're having a wee fly nap in your office chair in the

solitude of the Study. Study! Well, ain't that sounding posh. Actually, I'm in the small bedroom of the house where I keep the computer and desk and do my studying and most other things. Really, it's my man cave.

Anyway, having read this Sunday's Mass Readings I was wondering what on earth I was going to write about and must have dozed off. Cast adrift in the sea of dreams I realised it was my Ordination day and while kneeling in front of Archbishop Cushley he was handing me a book of the Gospels saying: *"Receive the Gospel of Christ, whose herald you now are. Believe what you read, teach what you believe, and practice what you teach"*.

You would hardly credit it that this is my fourth year of Ordination and I have no doubt that the 16th September, the Feast of St Ninian, will come soon enough.

Going back to my instruction from the Archbishop, today's second reading from the first Letter of Saint Paul to the Corinthians (9:16-19,22-23) must have triggered in my mind these thoughts.

"For if I preach the gospel, that gives me no ground for boasting. For necessity is laid upon me. Woe to me if I do not preach the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my preaching I may make the gospel free of charge, not making full use of my right in the gospel. For though I am free from all men, I have made myself a slave to all, that I might win the more".

The question is, I suppose how do I preach the Gospel? By 'I', I mean 'we'. I looked it up...Then I wished I hadn't! It was pretty heavy stuff within the realms of Canon Law and the Catechism of the Catholic Church for the act of preaching is designated to the Pope and Bishops and is the office of communicating God's Word by Divine

Law and designated to others by ecclesiastical law (cc. 762-772) (CCC 76-77,94,132,651,875,1122,1151,1716). See what I mean? Bye the way, we're the 'others'!

So, I can stand at the ambo on a Sunday proclaim the Gospel and give a homily based on my thoughts inspired by the Gospel of the day, or I can write my views here for publication in the bulletin. I get the easy part on the face of it.

What about preaching the Gospel by our actions? That's not easy. Let's look at the words of Saint Paul:

"I am bound to do it. Woe to me if I do not preach the Gospel". Christ the Lord and Saviour began to rule the life this of Apostle from the instant he called him. *"I made myself all things to all people"* (v22). Paul then gives a guideline for apostles of all times, that's you and me. Apostolic movements, such as the early followers of Christ to whom we are bound, require their members to know their world very well and also the problems faced by their companions. Paul is telling us that committed Christians must share the life-style and aspirations of their companions in everything that is not sinful. We should become Paul like, that is *"a Greek among the Greeks"* not in appearance but in a real way. By doing this we will be able to simply and, in all truth, communicate our faith in Christ; in that way we will offer to our daily associates the possibility of one day finding their special place in the church.

From that moment on, like Paul, the life of the new convert will be sustained by faith.



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 7th February <i>Fifth Sunday of the Year (B)</i>	11.00am	livestreamed	Holy Mass	<i>Pro Populo</i>
Monday 8th February <i>in the 5th Week of the Year</i>	No Mass			
Tuesday 9th February <i>in the 5th Week of the Year</i>	7.00pm	livestreamed	Holy Mass	<i>Linda McLees' Intentions</i>
Wednesday 10th February <i>Memorial of St Scholastica</i>	10.00am	livestreamed	Holy Mass	<i>Patrick Gallagher RIP</i>
Thursday 11th February <i>Memorial of Our Lady of Lourdes</i>	7.00pm	livestreamed	Holy Mass	<i>For all who are ill, especially for all who are suffering due to Covid</i>
Friday 12th February <i>in the 5th Week of the Year</i>	10.00am	livestreamed	Holy Mass	<i>Betty Devine RIP</i>
Saturday 13th February <i>in the 5th Week of the Year</i>	10.00am	livestreamed	Holy Mass	<i>Patrick Lynch</i>
Sunday 14th February <i>Sixth Sunday of the Year (B)</i>	11.00am	livestreamed	Holy Mass	<i>Pro Populo</i>



The Catholic Parish of The Most Holy Trinity



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A Charity registered in Scotland Number SC008540*