



# THE CATHOLIC PARISH OF THE MOST HOLY TRINITY

*21st March 2021*

## FIFTH SUNDAY OF LENT (B)

ONE OF THE SADDEST STORIES TOLD RECENTLY WAS ABOUT  
A PEOPLE THAT WAS SUFFERING FAMINE.

Eventually they were given some meagre rations to keep them from starving to death. In addition they were given seed potatoes to be planted so that they would produce a crop that would eventually feed them. But they were so hungry that they ate most of the seed potatoes and when harvest time came round the yield was so small that it was not enough to feed them.

Stupidity? Maybe, but who knows what we would have done when the pangs of hunger got the better of us? What the story illustrates is that there are times in life when we have to deny ourselves in order to reap the benefit later. At a deeper level it shows that we have to take the long-term view of many things in life rather than going for the here and now.

Of course, the gospel story today involves Jesus reminding us that like the wheat grain we too have to die in order to live. There are circumstances in which we are asked to put ourselves in second place and see to the needs of others first. And this is what is asked of all Christians.

They are not particularly famous, but they are heroic. There's the wife who has lived with her husband for forty years and now he's developed Alzheimer's disease and no longer knows who she is, yet she is there for his every need, putting him first. There's the family who live with the consequences of the eldest son's drug taking. Their lives are regularly thrown into turmoil. It would be easier for them to disown him, but they keep supporting him in the hope that the treatment will eventually come up trumps. And what about the teenager who holds faith with his father even though he regularly fails to turn up on weekend visits, or the husband whose wife fritters away their meagre earnings on drink? Or even the kids who let the no-hoper play on their team because his grandma died last week and he's feeling really low?

And then, of course, there's you. What wheat grain has been offered to you? For Christ says that if you plant it deep, then you will reap a rich harvest.

### The Parish Clergy

#### Parish Priest:

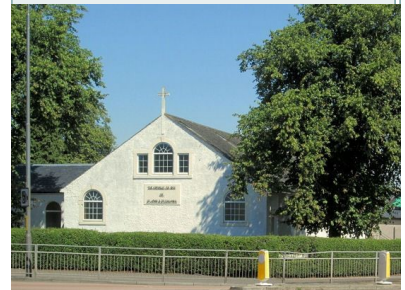
Fr Kevin Dow

#### 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

**Jeremiah 31:31-34**

*I will write my Law in their hearts*

See, the days are coming – it is the Lord who speaks – when I will make a new covenant with the House of Israel (and the House of Judah), but not a covenant like the one I made with their ancestors on the day I took them by the hand to bring them out of the land of Egypt. They broke that covenant of mine, so I had to show them who was master. It is the Lord who speaks. No, this is the covenant I will make with the House of Israel when those days arrive – it is the Lord who speaks. Deep within them I will plant my Law, writing it on their hearts. Then I will be their God and they shall be my people. There will be no further need for neighbour to try to teach neighbour, or brother to say to brother, ‘Learn to know the Lord!’ No, they will all know me, the least no less than the greatest – it is the Lord who speaks – since I will forgive their iniquity and never call their sin to mind.

*The Word of the Lord.*

### Responsorial Psalm

**50(51):3-4,12-15**

*A pure heart create for me, O God.*

Have mercy on me, God, in your kindness.  
In your compassion blot out my offence.  
O wash me more and more from my guilt  
and cleanse me from my sin.

A pure heart create for me, O God,  
put a steadfast spirit within me.  
Do not cast me away from your presence,  
nor deprive me of your holy spirit.

Give me again the joy of your help;  
with a spirit of fervour sustain me,  
that I may teach transgressors your ways  
and sinners may return to you.

### Second reading

**Hebrews 5:7-9**

***He learned to obey and he became the source of eternal salvation***

During his life on earth, Christ offered up prayer and entreaty, aloud and in silent tears, to the one who had the power to save him out of death, and he submitted so humbly that his prayer was heard. Although he was Son, he learnt to obey through suffering; but having been made perfect, he became for all who obey him the source of eternal salvation.

*The Word of the Lord.*

### Gospel Acclamation

**Jn12:26**

Glory to you, O Christ, you are the Word of God!  
Whoever serves me must follow me, says the Lord;  
and where I am, there also will my servant be.  
Glory to you, O Christ, you are the Word of God!

### Gospel

**John 12:20-33**

***If a grain of wheat falls on the ground and dies, it yields a rich harvest***

Among those who went up to worship at the festival were some Greeks. These approached Philip, who came from Bethsaida in Galilee, and put this request to him, ‘Sir, we should like to see Jesus.’ Philip went to tell Andrew, and Andrew and Philip together went to tell Jesus. Jesus replied to them:

‘Now the hour has come  
for the Son of Man to be glorified.  
I tell you, most solemnly,  
unless a wheat grain falls on the ground and dies,  
it remains only a single grain;  
but if it dies,  
it yields a rich harvest.  
Anyone who loves his life loses it;  
anyone who hates his life in this world  
will keep it for the eternal life.  
If a man serves me, he must follow me,  
wherever I am, my servant will be there too.  
If anyone serves me, my Father will honour him.  
Now my soul is troubled.  
What shall I say:  
Father, save me from this hour?  
But it was for this very reason that I have come  
to this hour.  
Father, glorify your name!’

A voice came from heaven, ‘I have glorified it, and I will glorify it again.’ People standing by, who heard this, said it was a clap of thunder; others said, ‘It was an angel speaking to him.’ Jesus answered, ‘It was not for my sake that this voice came, but for yours.

‘Now sentence is being passed on this world;  
now the prince of this world is to be overthrown.  
And when I am lifted up from the earth,  
I shall draw all men to myself.’  
By these words he indicated the kind of death he would die.  
*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**

Tam Higgins (Dunfermline) RIP, and 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

### **Booking a place at Mass starting Saturday 27th March:**

As from Sat 27th March, our churches are allowed to resume public worship with a maximum of 50 parishioners in attendance.

The Parish Pastoral Council have agreed that if you wish to attend one of our Sunday Masses, please use the relevant email address and send your request stating how many places you require, your name and telephone number to:

**For St Peter in Chains:** [kathleen481@outlook.com](mailto:kathleen481@outlook.com)

**For Ss John & Columba's:** [lisaquinn50@hotmail.co.uk](mailto:lisaquinn50@hotmail.co.uk)

**For Our Lady of Lourdes:** [hall\\_margaret4@sky.com](mailto:hall_margaret4@sky.com)

You may email in your request on a **Friday between 12noon and 6pm** for the approaching weekend. *You will only be notified with a response if you have been unsuccessful in getting an allocated seat.*



### **HOLY WEEK & SACRED TRIDUUM:**

Maundy Thursday (1st April)

Mass at 7pm in Ss John & Columba's Church

Good Friday (2nd April)

The Passion of our Lord at 3pm in ALL 3 Churches

Holy Saturday (3rd April)

Vigil Mass at 8.00pm in St Peter in Chains Church



## NEWS FROM THE ARCHBISHOP:



### **INSPIRE prayer talk**

Register now for the final Archdiocesan INSPIRE talk for Lent. *Praying the Passion according to St Mark*, with Archbishop Leo Cushley, 7pm, Tue 23 March. Register: [bit.ly/LentCushley](https://bit.ly/LentCushley) Alternatively watch live on the Archdiocese's YouTube channel [bit.ly/ArchYouTube](https://bit.ly/ArchYouTube)

### **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. Register now on Eventbrite: <http://standrewsandedinburgh.eventbrite.com>

### **Human Fraternity for Peace & Unity**

The Bishops' Conference of Scotland and the Al Ahl Bait Society invite you to this event featuring speakers are Cardinal Michael Fitzgerald and Dr Mohammed Ali Shomali. This is a **follow up to the conference of 01 Feb which marked the signing of the document of Human Fraternity by Pope Francis and Sheikh Al-Azhar**. This Zoom event is on Tuesday 23 March at 6pm. To register visit [eventbrite.co.uk](https://eventbrite.co.uk) and search the event title.

### **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/>

**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!

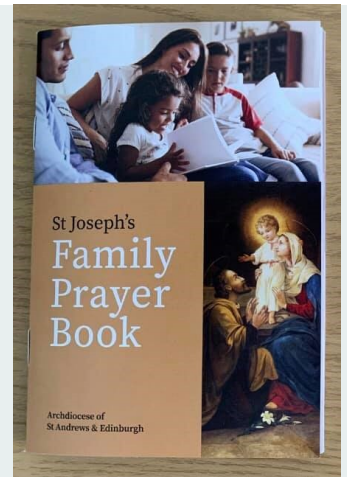
We are looking to get a team of volunteers (zoning areas of Dunfermline, Rosyth and Dalgety Bay and a few from each main towns/villages in our geographically huge parish) who would be willing to deliver them during their legitimate time of exercise. All being well, there would be a contact person in 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](mailto: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.—WE HAVE NOT RECEIVED OUR COPIES YET FROM THE ARCHDIOCESE AS YET

[\*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.



## 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



Conflict of the heart is truly agonising; it is a torment of the Soul but our sufferings are nothing compared to the suffering Jesus suffered as he approached Passover and his destiny.

Martin Luther King once wrote about a time when he knelt in prayer in the kitchen of his home in Alabama. Stones had been thrown through the window because of his call for civil rights for black people. His wife and children were in danger. He was already a respected academic and a promising career lay ahead. In prayer he found himself asking if it was right to put himself and them in danger? It was in that moment he decided to put the will of God and the welfare of his people before his own security and that of his family. He chose to serve God by working for those who were most oppressed. In a sense, he chose to die so that others could more fully live. It was a striking echo of what Jesus says in the gospel reading, that the grain of wheat must fall into the ground to yield a rich harvest.

Jesus himself was the supreme expression of this principle. He is the grain of wheat that falls to the ground and dies, and in dying yields a harvest of life. He describes that harvest in prophetic words: "When I am lifted up from the earth, I will draw all people to myself."

If God worked powerfully through the life of Jesus, He worked even more powerfully through the death of Jesus, a death that reveals the power of God's love, even more fully than his life of healing and ministry, for the amazing love revealed in his death on the cross drew people to God, and continues to do so. Over the centuries, millions of people, by looking upon the crucifix, have experienced God's personal love and compassion and found themselves drawn to God in return. In accepting the loss of so much that was dear to him, in particular, his vibrant life and warm companionship with others, Jesus drew people of all nations to himself and, thereby, to sharing in God's life.

It was when some Greeks (i.e., foreigners) came to hear him speak that Jesus made this declaration; and then he asked: "What shall I say? Save me from this hour. No, it was for this reason I have come to this hour." In these lovely spring days, we may find ourselves sowing some seeds in the garden. The seed that dies in order to yield a new form of life is as familiar to us today as it was in


the day of Jesus. This phenomenon of nature can speak to our own experience as much as it did to the experience of Jesus. Each of us in different ways has to accept some significant loss if we are to remain true to our deepest and best self, true to what God is asking of us.

Then there are other losses in life that we do not choose, but that are forced upon us. These are losses we have no choice but to accept. We may have to accept the loss of people we love and care about because of choices they make themselves. Parents may not wish to see a son or daughter go far away to live and work, but they accept this necessary loss out of respect for the one they love. In accepting the losses that life imposes, in letting go of those we love, we often find something fuller and richer, just as Jesus' disciples received him again in a new and fuller way through his resurrection from the dead and the sending of the Spirit.

At the end, for each of us, there is the final, unavoidable struggle to let go of our very life, with all the loss that is entailed in that. As we face of all these inevitable losses that are integral to life, we are strengthened by the words of Jesus in today's gospel, "When I am lifted up from the earth, I will draw all people to myself." We trust and believe that, at the end of the day, after we have struggled through all our losses, the Lord will draw us to himself, and, when that happens, we will lack nothing.

<https://www.associationofcatholicpriests.ie>

Unless a grain  
of wheat  
falls to the  
earth  
and dies



It remains  
just a  
grain  
of wheat

## 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>**

<b>Sunday 21st March</b> <i>Fifth Sunday of Lent</i>	<b>11.00am</b>	<b>livestreamed</b>	<b>Holy Mass</b>	<i>Pro Populo</i>
<b>Monday 22nd March</b> <i>in the 5th Week of Lent</i>	<b>No Mass</b>			
<b>Tuesday 23rd March</b> <i>in the 5th Week of Lent</i>	<b>7.00pm</b>	<b>livestreamed</b>	<b>Holy Mass</b>	<i>Grace Devine RIP</i>
<b>Wednesday 24th March</b> <i>in the 5th Week of Lent</i>	<b>10.00am</b>	<b>livestreamed</b>	<b>Holy Mass</b>	<i>Tam Higgins RIP</i>
<b>Thursday 25th March</b> <i>Solemnity of the Annunciation</i>	<b>10.00am</b>	<b>livestreamed</b>	<b>Holy Mass</b>	<i>Special Intention</i>
<b>Friday 26th March</b> <i>in the 5th Week of Lent</i>	<b>10.00am</b>	<b>livestreamed</b>	<b>Holy Mass</b>	<i>Margaret Glancey RIP</i>
<b>Saturday 27th March</b> <i>in the 5th Week of Lent</i>	<b>10.00am</b>	<b>livestreamed</b>	<b>Holy Mass</b>	<i>John Gavin RIP</i>
<b>Sunday 28th March</b> <i>Palm Sunday</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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KY11 4QZ

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01383 412084 (Presbytery)

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

Website: [www.catholicswfife.com](http://www.catholicswfife.com)



*The Most Holy Trinity is a parish of the Archdiocese of St Andrews & Edinburgh.  
A Charity registered in Scotland Number SC008540*