

DATE	TIME	CHURCH	LITURGICAL ACT	INTENTION
Sunday 5th February <i>Fifth Sunday of the Year (A)</i>	9:30am	*St John & Columba's	Holy Mass	Frank O'Donnell (Ann)
	11:30am	Our Lady of Lourdes	Holy Mass	Helen Stevens (Ann)
	5:00pm	Our Lady of Lourdes	Holy Mass	Deborah D'Mello (Ann)
Monday 6th February <i>Memorial of St Paul Miki & Companions</i>	NO	MASS	CELEBRATED	TODAY
Tuesday 7th February <i>Weekday in Ordinary Time</i>	6:30pm	Ss John & Columba's	<i>Divine Mercy & Confessions</i>	
	7:00pm		Holy Mass	Elizabeth Ward (Ann)
Wednesday 8th February <i>Weekday in Ordinary Time</i>	10:00am	St Peter in Chains	Holy Mass	Eileen Collins (RIP)
Thursday 9th February <i>Weekday in Ordinary Time</i>	6:30pm	Our Lady of Lourdes	<i>Rosary & Confessions</i>	
	7:00pm		Holy Mass	Terry Shelley (RIP)
Friday 10th February <i>Memorial of St Scholastica</i>	9:30am	St Peter in Chains	<i>Rosary</i>	
	10:00am		Holy Mass	Private Intention (Sick)
Saturday 11th February <i>Weekday in Ordinary Time</i>	9:30am	Ss John & Columba's	<i>Adoration, Rosary & Confessions</i>	
	10:00am		Holy Mass	Roswita Schilz (RIP)
	<i>Vigil of the Sixth Sunday of the Year (A)</i>	4:30pm	St Peter in Chains	<i>Confessions</i>
5:00pm			Holy Mass	
Sunday 12th February <i>Sixth Sunday of the Year (A)</i>	9:30am	Ss John & Columba's	Holy Mass	Eric & Therese Allcock (Ann)
	11:30am	Our Lady of Lourdes	Holy Mass	Anna & Jim Hain (Ann)
	5:00pm	Our Lady of Lourdes	Holy Mass	Ann Marie Hepburn (Special Intention)

PARISH GENERAL INFORMATION

Parish Administrator - Fr Joshua Kauras, (email: admin@catholicswife.com)
 Parish Office & Priests Address – 67 Aberdour Road, Dunfermline, KY11 4QZ Telephone 01383 722202
Parish Deacon - Rev Pat Carrigan (email: obl.columba@gmail.com)
Parish Secretary – Mary Irvine (email: maryolol@btinternet.com) general enquiries only.
Parish Assistant & Newsletter Coordinator – Dean McGuire (email: mhtparishnewsletter@gmail.com) Submissions by 12 noon on a Friday.
Parish Safeguarding Officers - Vacant (PiC); Lisa Quinn & Karen Parker (J&C); Vacant (OLoL)

Marriages & Baptisms

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 & Funeral Arrangements

Those who require the Sacrament of the Sick at home should contact the Parish Office to arrange for Fr. Joshua to visit. For funeral arrangements please contact Fr Joshua or Deacon Pat. The Anointing of the Sick should ordinarily be arranged prior to any prolonged hospital visit. In cases of emergency where you or a family member require the pastoral assistance of the Catholic Chaplain please request this from the nursing staff at the hospital. The Catholic Chaplain to the Victoria Hospital is Fr Gowans (Tel: 01592 592111) and for Queen Margaret Hospital Fr Syriac (625611) *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.*

Mass Intentions

If you wish for a Mass to be said for deceased relatives or friends, an anniversary or special or private intention, please collect an envelope from the back of the Church. When complete these can be placed in collection plate or post through the door of the presbytery at Our Lady of Lourdes, or given to the Priest.

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

The Catholic Parish of the Most Holy Trinity. Parish Newsletter. Sunday 5th February 2023 Fifth Sunday of the Year (A)

Reflection - Vulnerable Risk Takers

Last Sunday, in the 'Beatitudes', Jesus called his disciples to be vulnerable risk-takers in the way they lived their lives.

Continuing the Sermon on the Mount this week, Jesus goes on to say that if they live this way, they will be like the salt that transforms the flavour of food and the light that transforms the darkness.

Undertaking this path of transformation produces the flavour and light of good works which lift burdens from our fellow human beings, not for the praise of the disciple but for the praise to God. In this way, these good works draw others into the circle of God's friendship and the experience of the kingdom.

Disciples walk the path of vulnerability and risk in order to help lift burdens from human beings; to make the world safe for their brothers and sisters.

These good, life-giving actions towards our fellow human beings restore life, heal relationships and seek peace and justice.

This non-aggressive, non-grasping, non-competitive stance towards one another would hardly be described by many in today's world as the way to a successful life. It is a real challenge to live by the Gospel in a world which fawns over and celebrates wealth, power, aggression, status and deceptive and combative behaviour. We, too, can be easily seduced.

We need to be bold and brave in our care for one another, like a light-filled city on a hilltop.

So, can we run the risk of being poor in spirit, gentle, a peacemaker, working for what is right, being merciful, or persecuted in the cause of right? Can we be vulnerable risk-takers?

As always, the first reading provides an introduction to the Gospel text. The reading from Isaiah (58:7-10) gives some very practical examples of good works: share your bread with the hungry, clothe the naked, look after your family members. Then 'your light will shine'. Integrity will be yours and God will walk with you. 'If you do away with the angry word and the clenched fist, feed the hungry, give relief to the oppressed, your light will rise in the darkness and your shadows become like noon.'

A great 'setting of the scene' for the Gospel!

(Reflection shared with permission from Carmelites website Oearm.org)

The Parish Clergy

Parish Administrator:

Rev Fr. Joshua Kauras

Parish Deacon (Permanent):

Rev. Pat Carrigan

Parish Office Staff:

Mary Irvine &
Dean McGuire



St Peter in Chains Church, Inverkeithing



Ss John & Columba's Church, Rosyth



Our Lady of Lourdes Church,
Dunfermline

Scripture Readings & Responses

FIRST READING

ISAIAH 58:7-10

Thus says the Lord: Share your bread with the hungry, and shelter the homeless poor, clothe the man you see to be naked and do not turn from your own kin. Then will your light shine like the dawn and your wound be quickly healed over. Your integrity will go before you and the glory of the Lord behind you. Cry, and the Lord will answer; call, and he will say, 'I am here.' If you do away with the yoke, the clenched fist, the wicked word, if you give your bread to the hungry, and relief to the oppressed, your light will rise in the darkness, and your shadows become like noon.

The Word of the Lord— Thanks be to God.

RESPONSORIAL PSALM

PSALM 111

R. The good man is a light in the darkness for the upright.

1. He is a light in the darkness for the upright: he is generous, merciful and just. The good man takes pity and lends, he conducts his affairs with honour. (R)
2. The just man will never waver: he will be remembered for ever. He has no fear of evil news; with a firm heart he trusts in the Lord. (R)
3. With a steadfast heart he will not fear; open-handed, he gives to the poor; his justice stands firm for ever. His head will be raised in glory. (R)

SECOND READING

1 CORINTHIANS 2:1-5

When I came to you, brothers, it was not with any show of oratory or philosophy, but simply to tell you what God had guaranteed. During my stay with you, the only knowledge I claimed to have was about Jesus, and only about him as the crucified Christ. Far from relying on any power of my own, I came among you in great 'fear and trembling' and in my speeches and the sermons that I gave, there were none of the arguments that belong to philosophy; only a demonstration of the power of the Spirit. And I did this so that your faith should not depend on human philosophy but on the power of God.

The Word of the Lord— Thanks be to God.

ACCLAMATION

JOHN 8:12

Alleluia, alleluia! I am the light of the world, says the Lord, anyone who follows me will have the light of life. Alleluia!

GOSPEL

MATTHEW 5:13-16

Jesus said to his disciples: 'You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men. 'You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven.'

The Gospel of the Lord— Praise to you Lord Jesus Christ

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Sunday 29th January 2023 <i>Thank you for your generosity</i>	<u><i>St Peter in Chains</i></u> <u><i>Inverkeithing</i></u>	<u><i>Ss John & Columba's</i></u> <u><i>Rosyth</i></u>	<u><i>Our Lady of Lourdes</i></u> <u><i>Dunfermline</i></u>
Offertory Collection	£ 469.95	£163.00	£354.00
Building Fund		£48.00	
Standing Orders	£220.00	£415.25	£144.75
Bank Account Details	RBS A/C No: 00600297 Sort Code:833300	RBS A/C No: 00114865 Sort Code: 832339	RBS A/C No: 00249131 Sort Code: 833300

This Weeks News & Events

World Day of Prayer

This year's World Day of Prayer will take place in Friday 3 March at 3 pm in Viewfield Baptist Church. There will also be a Children's service which will take place on Saturday 4 March in St. Leonard's Church at 2 pm followed by a craft workshop at 3pm. In order to assess how much materials will be needed it would be helpful if the names of children who will be attending could put their names on the sheet at the back of the Church.

Our Lady of Lourdes 200 Club

Our Lady of Lourdes 200 Club. Subscriptions are now due. To keep the club viable we need new members. If you would like to join please speak to Mary Irvine or Margaret Collins or complete the form in the porch. Envelopes are available at the back of the church for subs. Membership costs £1 per month.

Message from Archbishop Leo Cushley

My Dear Friends, World Day for the Sick is on Saturday 11 February. In light of the Church's synodal journey, Pope Francis invites us to reflect "that it is especially through the experience of vulnerability and illness that we can learn to walk together according to the style of God, which is closeness, compassion, and tenderness." The day is also the Memorial of Our Lady of Lourdes so we ask for her intercession in giving comfort and peace to the sick and ill in our parishes.

Our Lady of Lourdes, Edinburgh

The February Mass in honour of Our Lady of Lourdes takes place at 3pm on Sunday 5 February at St Cuthbert's Church, Slateford Road, Edinburgh. All welcome. Find out more about the Archdiocesan summer Pilgrimage to Lourdes at <https://www.edinburgh-lourdes.com/>

Valentine's Retreat 2023

This free half-day retreat offers couples a chance to reflect on their love and commitment to each other, to God and to their community. It will be led by Annette and Paul O'Beirne, of Equipes Notre-Dame - Teams of Our Lady. The retreat takes place from 2-5pm on Saturday 11 February at the Gillis Centre, 100 Strathearn Road, Edinburgh, EH9 1BB (free parking onsite). Register at bit.ly/valentineretreat

Retreat

St Albert's Catholic Chaplaincy in Edinburgh hosts 'RETURN!', a one-day retreat for young adults aged 18-35. The day includes talks, workshops, confession, adoration, Holy Mass, and a chance to grow friendships rooted in the love of Christ. It takes place on Saturday, 11 February from 9am-9pm at 24 George Square, Edinburgh, EH8 9LD. To Register please do so at bit.ly/returnedinburgh

Holy Hour with Archbishop Cushley

Join Archbishop Cushley for Eucharistic Adoration at 6pm on Sunday 12 February at St Margaret's Chapel at the Gillis Centre, 100 Strathearn Road, Edinburgh, to pray for "insight, courage and joy in our mission," as part of the Synod 2023. The final Holy Hour will take place at the same time/location on Sunday 12 March. No registration is required please just come along.

Ecumenical Remembering Service

A service for those who have suffered the loss of a child, from the beginning of pregnancy onwards, takes place on Sunday 19 February, 5:00pm at St John the Baptist RC Church, St Ninian's Road, Corstorphine, Edinburgh. It is a chance to have time in quiet surroundings to fully recognise the loss and to help with healing. Those who wish to come in love and support are also welcome. The service is ecumenical and open to all.

Ecumenical Prayer Service for Peace in Ukraine

Archbishop Cushley will join Bishop Kenneth Nowakowski, the Catholic Ukrainian Eparchy in the UK, along with other Christian faith leaders for an Ecumenical Prayer Service for Peace in Ukraine on Friday, 24 February, 7:00pm at St Mary's Cathedral in Edinburgh. Save the date and join Christians in praying for peace.

Lent talks

Discover Jesus Christ in the Servant Songs of Isaiah with four online talks from the Archdiocese. They are hosted by Fr Jamie McMorrin of St Margaret's, Davidson's Mains, and Sr Anna Marie McGuan RSM and take place at 7:30pm on Wednesday 1, 8, 15, 22 March. [Register at bit.ly/lenttalks2023](http://bit.ly/lenttalks2023)

Marriage Preparation Courses

Courses for February, March and April 2023 are now full. Couples can check availability of places on later courses on the Archdiocesan website at bit.ly/archmarriagecourses