

DATE	TIME	CHURCH	LITURGICAL ACT	INTENTION
Sunday 19th February <i>Seventh Sunday of the Year (A)</i>	9:30am	*St John & Columba's	Holy Mass	Jean Devaney (RIP)
	11:30am	Our Lady of Lourdes	Holy Mass	Michael Cook (RIP)
	5:00pm	Our Lady of Lourdes	Holy Mass	Ladi Kauras (RIP)
Monday 20th February <i>Weekday in Ordinary Time</i>	NO	MASS	CELEBRATED	TODAY
Tuesday 21st February <i>Vigil of Ash Wednesday</i>	7:00pm	Ss John & Columba's	Holy Mass	Michael & Elizabeth McHale (Special Int)
Wednesday 22nd February <i>Ash Wednesday</i> <i>Day of Fasting and Abstinence</i>	10:00am	St Peter in Chains	Holy Mass	Ladi Kauras (RIP)
	7:00pm	Our Lady of Lourdes	Holy Mass	Collin Mackenzie (RIP)
Thursday 23rd February <i>Thursday after Ash Wednesday</i>	6:30pm	Our Lady of Lourdes	<i>Stations of the Cross</i>	
	7:00pm		Holy Mass	Collin Mackenzie (RIP)
Friday 24th February <i>Friday after Ash Wednesday</i>	9:30am	St Peter in Chains	<i>Stations of the Cross</i>	
	10:00am		Holy Mass	Mike Cook (RIP)
Saturday 25th February <i>Saturday after Ash Wednesday</i> <i>Vigil of the First Sunday in the Season of Lent (A)</i>	9:30am	Ss John & Columba's	<i>Stations of the Cross & Confessions</i>	
	10:00am		Holy Mass	Hellen Gaughan (RIP)
	4:30pm	St Peter in Chains	<i>Confessions</i>	Eileen Collins (RIP)
Sunday 26th February <i>First Sunday in the Season of Lent (A)</i>	5:00pm		Holy Mass	
	9:30am	Ss John & Columba's	Holy Mass	Eileen Collins (RIP)
	11:30am	Our Lady of Lourdes	Holy Mass	Philip Patterson (Ann)
	5:00pm	Our Lady of Lourdes	Holy Mass	Dellar Family (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: mhparishnewsletter@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 19th February 2023
 Seventh Sunday of the Year (A)**

Reflection - Going the Extra Mile

Vengeance, retaliation and violence seem part and parcel of the human experience. When we are hurt our first instinct is often to strike back, to take revenge on the one who hurt us - 'pay back', as we call it.

That's how cycles of violence get started. These cycles can continue, between families for example, for generations, enduring long after the original incident has been forgotten.

In continuing his Sermon on the Mount in today's Gospel, Jesus calls his disciples to a new way of handling violence and unjust treatment - not with revenge and retaliation, but with open-hearted generosity and forgiveness.

Jesus' teaching must have sounded like the ravings of a mad man to his hearers. Even for us today that teaching can be 'hard to swallow'. Is Jesus seriously asking us to offer the other cheek to the one who strikes us, to suffer double the injury? If someone wants our shirt, do we have to give them our coat as well? If someone forces us to go one mile, do we really have to go two miles with them? Love your enemies? Pray for those who persecute you? Seriously?

The challenge in Jesus' words is for the disciples to always act in our dealings with one another as God would act. That is how we can break the cycles of violence which would otherwise entrap us.

Jesus calls his disciples to a more abundant righteousness even when they are unjustly treated. He takes traditional interpretations of the ancient biblical teachings and corrects and extends them in a more generous interpretation.

Virtue and righteousness are not about looking good on the outside, fulfilling the 'letter of the Law'. They are about being good on the inside and acting for the good of others, allowing God's heart to reign within our own. That's what brings us into right relationship with God and neighbour.

True Christian virtue always goes beyond merely what is required. It is always willing to 'go the extra mile' in tolerance, love, forgiveness and mercy. It mirrors the excessive generosity of God.

The perfection of true holiness is found in acting towards others, including our enemies, as God acts towards us all.

(Reflection shared with permission from Carmelites website Ocarm.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

LEVITICUS 19:1-2,17-18

The Lord spoke to Moses; he said: ‘Speak to the whole community of the sons of Israel and say to them: “Be holy, for I, the Lord your God, am holy. “You must not bear hatred for your brother in your heart. You must openly tell him, your neighbour, of his offence; this way you will not take a sin upon yourself. You must not exact vengeance, nor must you bear a grudge against the children of your people. You must love your neighbour as yourself. I am the Lord.”’

The Word of the Lord– Thanks be to God.

RESPONSORIAL PSALM

PSALM 102

R. The Lord is compassion and love.

1. My soul, give thanks to the Lord all my being, bless his holy name. My soul, give thanks to the Lord and never forget all his blessings. (R)
2. It is he who forgives all your guilt, who heals every one of your ills, who redeems your life from the grave, who crowns you with love and compassion. (R)
3. The Lord is compassion and love, slow to anger and rich in mercy. He does not treat us according to our sins nor repay us according to our faults. (R)
4. As far as the east is from the west so far does he remove our sins. As a father has compassion on his sons, the Lord has pity on those who fear him. (R)

SECOND READING

1 CORINTHIANS 3:16-23

Didn't you realise that you were God's temple and that the Spirit of God was living among you? If anybody should destroy the temple of God, God will destroy him, because the temple of God is sacred; and you are that temple. Make no mistake about it: if any one of you thinks of himself as wise, in the ordinary sense of the word, then he must learn to be a fool before he really can be wise. Why? Because the wisdom of this world is foolishness to God. As scripture says: The Lord knows wise men's thoughts: he knows how useless they are; or again: God is not convinced by the arguments of the wise. So there is nothing to boast about in anything human: Paul, Apollos, Cephas, the world, life and death, the present and the future, are all your servants; but you belong to Christ and Christ belongs to God.

The Word of the Lord– Thanks be to God.

ACCLAMATION

JOHN 14:23

Alleluia, alleluia! If anyone loves me he will keep my word, and my Father will love him, and we shall come to him. Alleluia!

GOSPEL

MATTHEW 5:38-48

Jesus said to his disciples: ‘You have learnt how it was said: Eye for eye and tooth for tooth. But I say this to you: offer the wicked man no resistance. On the contrary, if anyone hits you on the right cheek, offer him the other as well; if a man takes you to law and would have your tunic, let him have your cloak as well. And if anyone orders you to go one mile, go two miles with him. Give to anyone who asks, and if anyone wants to borrow, do not turn away. ‘You have learnt how it was said: You must love your neighbour and hate your enemy. But I say this to you: love your enemies and pray for those who persecute you; in this way you will be sons of your Father in heaven, for he causes his sun to rise on bad men as well as good, and his rain to fall on honest and dishonest men alike. For if you love those who love you, what right have you to claim any credit? Even the tax collectors do as much, do they not? And if you save your greetings for your brothers, are you doing anything exceptional? Even the pagans do as much, do they not? You must therefore be perfect just as your heavenly Father is perfect.’

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

Sunday 12th February 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	£250.70	£145.70	£384.29
Building Fund		£58.00	
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

Scripture Readings from The Jerusalem Bible © 1966 1967 and 1968 by Darton Longman & Todd Ltd and Doubleday and Company Ltd.
Text of the Psalms: Copyright © 1963, The Grail (England). Used with permission Used with permission of A.P. Watt Ltd . All rights reserved.

This Weeks News & Events

Parish Announcement

It is with heartfelt sadness that Fr Joshua announces the death and passing of his mother Ladi Yawaina Kauras. Her funeral took place yesterday (18th February) in St Michael's Catholic Church Bazanshi Bogoro in the Local Government Area of Bauchi State. Due to private reasons Fr Joshua was unable to attend his mothers funeral but offered two Requiem Masses for the repose of her soul on the day of her funeral. Fr Joshua is a faithful servant to God and our Parish and at this time will be deeply saddened by the loss of his mother, please continue to keep him and his family in your prayers at this difficult time. Eternal rest grant unto her O' Lord and let perpetual light shine upon her, May she rest in peace and rise in glory, Amen.

Dean McGuire, Parish Assistant to Fr Joshua Kauras.

Message from Archbishop Leo

Lent begins on Ash Wednesday and it is a day of fasting and abstinence to acknowledge our mortality and begin preparing ourselves spiritually for Easter. Lent is a time of prayer and penance and I encourage you to take the opportunity to go to Confession if you have not been for a while. It is there that we experience the loving mercy of God, who forgives our sins and offers us His grace as we look with hope to experiencing the joy of Easter when Jesus was resurrected from the dead. The Friday after Ash Wednesday is the Day of Prayer for Those who have suffered abuse, and we hold in prayer all those who have experienced abuse I wish you all a prayerful and peaceful Lent.

Mass Schedule for Ash Wednesday - This Week

The Vigil Mass will be at 7pm in Ss John & Columba's. Mass of the day will be at 10am in St Peter in Chains and 7pm in Our Lady of Lourdes. If you are able to please join us for one of these services as we prepare as a parish for our Lenten journey. You are also requested to bring along your palm branch from last year if you are able to. Please remember that Ash Wednesday is a day of fasting and abstinence. Thank you.

Day of Prayer for Those who have Suffered Abuse

This day is marked each year on the Friday following Ash Wednesday (24 February). We unite in prayer for those who have suffered abuse: Lord Jesus, we praise you for calling us to the service of others. We pray for a generosity of spirit to ensure the vulnerable are protected. We pray for a compassionate heart so that we will reach out to those who are wounded by abuse. We pray for courage and determination as we seek the safety of everyone in our parish communities. We dedicate ourselves to this work of service and pray that you will help us to do your will at all times and in all places. Amen

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

World Day of Prayer - Rosyth

The world day of prayer for Rosyth & Inverkeithing will take place on Friday 4th March in the Methodist Church, Rosyth at 2pm. All are welcome.

World Day of Prayer - Dunfermline

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.

Ecumenical Remembering Service

A service for those who have suffered the loss of a child, from the beginning of pregnancy onwards, takes place on Today (19 February) at 5:00pm in 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 Eparch in the UK, along with other Christian faith leaders for an Ecumenical Prayer Service for Peace in Ukraine this coming Friday, 24 February, 7:00pm at St Mary's Cathedral in Edinburgh. Save the date and join Christians in praying for peace.