

DATE	TIME	CHURCH	LITURGICAL ACT	INTENTION
<b>Sunday 28 January</b> 4th Sunday of the Year	5:00pm (Sat)	St Peter in Chains	Vigil Mass	Special Intention
	9:30am	St John & St Columba	Holy Mass	Special Intention
	11:30am	Our Lady of Lourdes	Holy Mass	For the People
	5:00pm	Our Lady of Lourdes	Holy Mass	Special Intention
<b>Monday 29 January</b> 4th Week of the Year	10:00am	St Peter in Chains	Holy Mass	Jenny Smith (RIP)
<b>Tuesday 30 January</b> 4th Week of the Year	7:00pm	St John & St Columba	Holy Mass	Robert Smith (RIP)
<b>Wednesday 31 January</b> <i>St John Bosco</i>	NO	MASS	CELEBRATED	TODAY
<b>Thursday 1 February</b> 4th Week of the Year	7:00pm	Our Lady of Lourdes	Holy Mass	Gary Wood & Family (Thanksgiving)
<b>Friday 2 February</b> Presentation of the Lord	10:00am	St Peter in Chains	Holy Mass	Anne & David Burke (Spec. Int)
<b>Saturday 3 February</b> 4th Week of the Year	10:00am	St John & St Columba	Holy Mass	Darragh Owens (RIP)
	5th Sunday of the Year	5:00pm	St Peter in Chains	Vigil Mass
<b>Sunday 4 February</b> 5th Sunday of the Year	9:30am	St John & St Columba	Holy Mass	James Meade Snr (Anniv.)
	11:30am	Our Lady of Lourdes	Holy Mass	For the People
	5:00pm	Our Lady of Lourdes	Holy Mass	Elizabeth Markie (Anniv.)

Sacrament of Reconciliation

Tuesday - St John & St Columba - 6:30pm - 6:50pm  
 Thursday - Our Lady of Lourdes - 6:30pm - 6:50pm  
 Saturday - St John & Columba - 10:30am - 11:00am  
 - St Peter in Chains - 4:30pm - 4:50pm

Rosary & Adoration of the Blessed Sacrament

Tuesday - St John & St Columba - 6:30pm - 7:00pm  
 Thursday - Our Lady of Lourdes - 6:30pm - 7:00pm  
 Saturday - St John & St Columba - 9:30am - 10:00am  
 Sunday - St John & St Columba 9:00am - 9:30am  
 Our Lady of Lourdes 4:30pm - 5:00pm

**PARISH CONTACT INFORMATION**

**Parish Priest - Fr Andrew Kingham** (email: frandrew.kingham@stened.org.uk)

Parish Office & Presbytery - 67 Aberdour Road, Dunfermline, KY11 4QZ Telephone 01383 722202

**Parish Deacon - Rev Pat Carrigan** (email: obl.columba@gmail.com)

**Parish Secretary** - please email the Parish Priest

**Parish Assistant - Dean McGuire** (email: mhparishnewsletter@gmail.com) newsletter submissions to be received by 12 noon on a Thursday.

**Parish Safeguarding Officers** - Michael McCourt (PiC); Lisa Quinn & Karen Parker (J&C); Andrew Millar & Christopher Nwachukwu (OLoL)

**Marriages & Baptisms**

Arrangements for weddings, for which six months notice is required, as well as Baptisms should be made by appointment with the Parish Priest.

**The Anointing of the Sick & Hospital Visitations**

The Anointing of the Sick should ordinarily be arranged prior to any prolonged hospital visit. Those who require the Sacrament of the Anointing of the Sick at home, should contact the Parish Priest to arrange a 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.

**Funeral Arrangements**

For funeral arrangements please make contact with Fr Andrew.

**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**

Please collect an envelope from the back of the Church. When complete these can be given to the Priest or put through the Presbytery door at Our Lady of Lourdes. Please print the name of the person in block capitals for ease of legibility.

**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 28 January 2024**

**Fourth Sunday in Ordinary Time (B)**

*This Week's Reflection - Beginning the Journey*

Following directly from the call of the first four disciples in last week's Gospel, this week we are plunged into the ministry of Jesus. The gospels of the 4th, 5th and 6th Sundays detail Jesus' ministry in Capernaum.

Last Sunday the Gospel highlighted the disciples' call to live and work in active partnership with Jesus. To become 'fishers of people' they left behind all that was known and familiar to them, including their thriving fishing businesses and families. They took 'a leap of faith', not knowing where their journey with Jesus would take them.

Over the next three Sundays we get some insight into who Jesus is and what that journey is about.

Today's gospel finds Jesus and the disciples arriving in Capernaum, a small town on the northern edge of the Sea of Galilee, which will be Jesus' base for his ministry in Galilee.

On the Sabbath Jesus and the disciples attend the Sabbath service during which Jesus gives a teaching. His words strike the people as authentic and having the 'ring of truth' about them. Jesus' words not only move the people but also release a man from an unclean spirit. Jesus' action is in response to the question the man poses, 'Have you come to destroy us?' Rather than destroy, Jesus liberates the man from the unclean spirit, restoring him to health and wholeness.

Jesus' way is not about crushing people with the power and authority of God, but about bringing freedom and liberation from the evil which holds them bound.

Many people are afraid of God, but Jesus keeps saying and showing that we don't need to be afraid of God. God is about doing good for his people, not about punishing them. God's power heals, restores and frees so that we can grow into the people God has always dreamed we might become.

The disciples are learning something new about who God is through the words and actions of Jesus. There is a call here to greater faith and trust in the goodness of God.

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

**The Parish Clergy**

**Parish Priest:**

Fr. Andrew Kingham

**Parish Deacon:**

Rev. Pat Carrigan

Contact details can be found on the back page.



*St Peter in Chain's Church, Inverkeithing*



*St John & St Columba's Church, Rosyth*



*Our Lady of Lourdes Church, Dunfermline*

# Scripture Readings & Responses

## FIRST READING

**DEUTERONOMY 18:15-20**

Moses said to the people: ‘The Lord your God will raise up for you a prophet like myself, from among yourselves, from your own brothers; to him you must listen. This is what you yourselves asked of the Lord your God at Horeb on the day of the Assembly. “Do not let me hear again” you said “the voice of the Lord my God, nor look any longer on this great fire, or I shall die”; and the Lord said to me, “All they have spoken is well said. I will raise up a prophet like yourself for them from their own brothers; I will put my words into his mouth and he shall tell them all I command him. The man who does not listen to my words that he speaks in my name, shall be held answerable to me for it. But the prophet who presumes to say in my name a thing I have not commanded him to say, or who speaks in the name of other gods, that prophet shall die.”’

*The Word of the Lord— Thanks be to God.*

## RESPONSORIAL PSALM

**PSALM 94**

**R. O that today you would listen to his voice! ‘Harden not your hearts.’**

1. Come, ring out our joy to the Lord; hail the rock who saves us. Let us come before him, giving thanks, with songs let us hail the Lord. ( R )
2. Come in; let us bow and bend low; let us kneel before the God who made us: for he is our God and we the people who belong to his pasture, the flock that is led by his hand. ( R )
3. O that today you would listen to his voice! ‘Harden not your hearts as at Meribah, as on that day at Massah in the desert when your fathers put me to the test; when they tried me, though they saw my work.’ ( R )

## SECOND READING

**1 CORINTHIANS 7:32-35**

I would like to see you free from all worry. An unmarried man can devote himself to the Lord’s affairs, all he need worry about is pleasing the Lord; but a married man has to bother about the world’s affairs and devote himself to pleasing his wife: he is torn two ways. In the same way an unmarried woman, like a young girl, can devote herself to the Lord’s affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world’s affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord.

*The Word of the Lord— Thanks be to God.*

## GOSPEL ACCLAMATION

**MATTHEW 11.25**

***Alleluia, alleluia! Blessed are you, Father, Lord of heaven and earth for revealing the mysteries of the kingdom to mere children. Alleluia!***

## GOSPEL

**MARK 1:21-28**

Jesus and his disciples went as far as Capernaum, and as soon as the sabbath came he went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority. In their synagogue just then there was a man possessed by an unclean spirit and it shouted, ‘What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.’ But Jesus said sharply, ‘Be quiet! Come out of him!’ And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. ‘Here is a teaching that is new’ they said ‘and with authority behind it: he gives orders even to unclean spirits and they obey him.’ And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

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

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Text of the Psalms: Copyright © 1963, The Grail (England).

### Sick of the Parish

Please keep in your prayers those who are sick in our Parish at this time, especially: Patricia Donald.

*Lord, we lift up to you those who are sick and housebound. We ask that you would bring them healing and comfort. May they feel your presence with them, and may they be strengthened by your love. We pray that you will grant them peace and rest, and that they will be restored to full health. Amen.*

# This Week’s News & Events

## **For You Prayers**

The Funeral Mass of the late David Muir RIP will take place on Monday 5 February in Our Lady of Lourdes at 12 noon. David’s committal will then take place at Dunfermline Crematorium at 1:15pm. Eternal rest grant unto him O Lord and let perpetual light shine upon him. May he rest in Peace and rise in glory, Amen. Please continue to keep David’s family in your prayers at this time.

## **For You Prayers**

The Funeral Mass of the late Bernadette McShane RIP will take place on Tuesday 6 February in St Peter in Chains at 12 noon. Bernadette’s committal will then take place at Dunfermline Crematorium 1:15pm. Eternal rest grant unto her O Lord and let perpetual light shine upon her. May she rest in Peace and rise in glory, Amen. Please continue to keep Bernadette’s family in your prayers at this time.

## **Count Down to Lent**

You should return your old palms from last year and leave them in the baskets at the back of the church. These will be burned to make ashes for this year’s celebration.

## **Ash Wednesday**

Ash Wednesday takes place on 14 February marking the beginning of our lenten journey towards Christ’s resurrection at Easter. Holy Mass and the distribution of ashes will take place in St Peter in Chains at 10am, and in Our Lady of Lourdes at 7pm. A reminder that this day is a day of fasting and abstinence for those who are able.

## **Sacramental Preparation**

Parents who have children in classes P3, P4, and P7 attending non Catholic schools and who wish their child to be prepared for the Sacraments should contact Deacon Pat as soon as possible by email to register for instruction. Please include child's name, class and school in this correspondence and email it to [DeaconPatrick.Carrigan@staned.org.uk](mailto:DeaconPatrick.Carrigan@staned.org.uk). Please note this email address is case sensitive so should be copied as above.

## **Lenten SCIAF Campaign**

As part of our Lenten journey and the encouragement of almsgiving, the Scottish Catholic International Aid Fund (SCIAF) launch their ‘wee box’ appeal. Look out next weekend for your ‘wee box’ which will be inserted into your newsletter. Information booklets will also be available at the back of the Church. Please also have a look at the posters located on the noticeboard in your Church. As a parish, lets raise the most money we ever have for this very worthwhile cause.

## **Flower Arranging at Our Lady of Lourdes**

We are looking for an individual or small team who would be willing to take on the role of arranging the flowers at Our Lady of Lourdes. If you think this is something you would be interested in, or you would like to help as part of a team. Please speak to or email Father Andrew.

## **New Dawn Day**

New Dawn in Scotland hosts a conference and parish healing service at Ss John Cantius & Nicholas Parish, West Main Street, Broxburn, EH52 5RJ on Saturday 3 February from 9:30am. Speakers are Fr Frankie Mulgrew, priest from the Diocese of Salford (and a former comedian), and Terry Quinn, an International Catholic Evangelist and bible scholar. We will also be offering workshops, prayer ministry, testimonies, youth & children's ministries along with adoration and rosary. There will also be priests available to hear confessions. Please bring a packed lunch along on the day. Visit <https://newdawninscotland.com> for more information.

<b>21 January 2024</b> <i>Thank you for your generosity</i>	<b><i>St Peter in Chain's Inverkeithing</i></b>	<b><i>St John &amp; St Columba's Rosyth</i></b>	<b><i>Our Lady of Lourdes Dunfermline</i></b>
Offertory Collection (Sunday)	<b>£211.97</b>	<b>£138.62</b>	<b>£498.19</b>
Second Collection		<b>£65.23 (Building Fund)</b>	<b>£19.55 (Building Fund)</b>
Standing Orders	<b>£158.75</b>	<b>£364.63</b>	<b>£100.50</b>
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