

# *St Teresa & St John Southworth Churches, Cleveleys*

Fr Chris Cousens—Phone: 853340

Rev Bernard Ward (Deacon) (Tel: 858346)

Enquiries for St John Southworth: Phone: 853340

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<http://www.st-teresas-church.co.uk>

Email: [st.teresas.cleveleys@gmail.com](mailto:st.teresas.cleveleys@gmail.com)

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## **Sunday : 14<sup>th</sup> Sunday in Ordinary Time**

**Contents:** The Gospel

Reflection

Notices (including about our churches being open again for Mass - Please Read)

Reflections for the coming week

### **Gospel:**

#### **Matthew: 11:25-30**

Jesus exclaimed, "I bless you, Father, Lord of heaven and earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what is pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

"Come to me, all you who labour and are overburdened and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light."

#### **Reflection : More Hoist , Less Speed**

Slow me down, Lord. Ease my pounding heart, quieten my racing mind, steady my hurried steps. Amidst the business of life, give me the calm I need.

Teach me the art of taking time-off, of slowing down to look, to chat, to read. Remind me each day that there is more to life than increasing its speed. Hoist me, lift me up by letting me down - but gently, Lord.

Help me be gentle and humble of heart, for then I might find rest for my soul - **and** give others the chance to unwind too!

## Notices

**From this weekend, 4th/5th July, both our churches are opening daily for Mass.**

At this stage it is important to remember that the Corona Virus has not yet been defeated, and we must continue to make sensible decisions for ourselves and for others in order to stay as safe as possible. In fact with our church practice our Bishop reminds us that we remain in a stage of transition, and the dispensation from attending Sunday Mass still holds. For the vulnerable it might be very wise to stay with what we have discovered in our prayer and spiritual lives at home, or, as Mass will be celebrated on Sundays **and** weekdays, to come to Mass during the week instead of Sunday. As it is, despite all the benches and seats we have in our churches, because of physical distancing not all of them can be used, and so the capacity size of the congregation will have to be reduced.

At the same time, as with other things, it will not be "All back to as it was before" It will be a "new normal", maybe for some time, with aspects which will certainly not seem to be 'normal' for us. For instance in the three pages of guidelines we have received, besides the physical distancing, we are instructed that during Mass there can be no singing, no Bidding Prayers, no Offertory procession or collection (there will be a basket near the door at the end of Mass), Holy Communion will be under one kind, the host, and received only on the hand, **and** - a short sermon! (Hurray!!)

**The times of Masses for Sundays and weekdays are as we had before :**

### St. Teresa's :

Saturdays (Vigil Mass) : 6.30 pm

Sundays : 9 am and 10.30 am

Weekdays : Monday - Tuesday and Thursday - Saturday 9.30 am

### St. John Southworth :

Sundays : 5pm

Weekdays : Wednesday : 9.30 am

**Please note : As the church is open each day, but only for Mass times, the recent times of opening for 'Private Prayer' are now finished.**

**When you come to Mass:**

- \* If you can it is advisable that you bring a mask/scarf with you, otherwise the social distancing in church will be two metres + for you instead of one metre.**
- \* Those who share the same household can sit together in the same bench, as long as you are distanced from any other person.**
- \* Please allow the "stewards" (friendly parishioners!) to guide you when you arrive.**

## **Daily Reflections for this week**

### **Monday (Preface of Christ the King)**

Father, all-powerful and ever-living God, we do well always and everywhere to give you thanks. You anointed Jesus Christ, your only Son, with the oil of gladness, as the eternal priest and universal king. As priest he offered his life on the altar of the cross and redeemed the human race by this one perfect sacrifice of peace. As king he claims dominion over all creation, that he may present to you, his almighty Father, an eternal and universal kingdom: a kingdom of truth and life, of holiness and grace, of justice, love and peace.

### **Scripture (Isaiah 9:1-2,5)**

*The people that walked in darkness have seen a great light; on the inhabitants of a country in shadow as dark as death light has blazed forth. You have enlarged the nation, you have increased its joy; they rejoice before you as people rejoice at harvest time, as they exult when they are dividing the spoils. For a son has been born for us, a son has been given to us, and dominion has been laid on his shoulders; and this is the name he has been given, 'Wonder-Counsellor, Mighty-God, Eternal-Father, Prince-of-Peace, to extend his dominion in boundless peace.*

### **Tuesday (Carlo Carretto)**

The peace promised by Jesus communicates to the soul such a sense of 'new life', such a 'chaste joy' despite the tremendous trials. At bottom, what is the real difficulty of living on earth? Is it not surmounting pain, fear, illness, old age, death? Well if we have found something which enables us to overcome these negative aspects of our earthly pilgrimage, which helps us to smile through our tears, to hope even as we decline, to be certain of life even in death, we have experienced in ourselves the victory brought by Christ. God communicates his love, and by living this love of his we live in him and share in his 'victory' during our struggle on earth.

### **Scripture (Hebrews 12:1-2)**

*With so many witnesses in a great cloud all around us, we too, then, should throw off everything that weighs us down and the sin that clings so closely, and with perseverance keep running in the race which lies ahead of us. Let us keep our eyes fixed on Jesus, who leads us in our faith and brings it to perfection: for the sake of the joy which lay ahead of him, he endured the cross, disregarding the shame of it, and has taken his seat at the right hand of God's throne.*

### **Wednesday (Cardinal Newman)**

The Christian has a deep, silent, hidden peace. We can bear ourselves; we can (as it were) joy in our selves, for it is the grace of God within us, it is the presence of the eternal comforter, in which we joy. We can lay our head down at night and know that God has been all things to us, and that nothing is not ours which God could give us. More thankfulness, more holiness, more of heaven we need indeed, but the thought that we can have more is not a thought of trouble but of joy.

### **Scripture (Philippians 4:4-7)**

*Always be joyful, then, in the Lord; I repeat, be joyful. Let your good sense be obvious to everybody. The Lord is near. Never worry about anything; but tell God all your desires of every kind in prayer and petition shot through with gratitude, and the peace of God which is beyond our understanding will guard your hearts and thoughts in Christ Jesus.*

### **Thursday (Fr. Richard Rohr)**

All false religion proceeds in a certain sense from one illusion: people say, "Thy Kingdom come" out of one side of their mouth, but they don't out of the other side say, "My kingdom go." It happens, when we try to have both these kingdoms reign, when we say that the Lord is Lord of our lives, but in fact we are lord of our own lives. When Jesus is not the Lord of our lives, we will most assuredly lord it over one another. That attitude has resulted in the domination, competition and success agenda of western civilisation.

### **Scripture (2 Corinthians 5:17-19)**

*For anyone who is in Christ, there is a new creation: the old order is gone and a new being is there to see. It is all God's work; he reconciled us to himself through Christ and he gave us the ministry of reconciliation. I mean, God was in Christ reconciling the world to himself, not holding anyone's faults against them, but entrusting to us the message of reconciliation.*

### **Friday (A New Catechism)**

Beneath the surface each of us contains within us the history of sin and grace. This is what lies deepest: the harshness, the scandal, the indifference, the unbelief, the despair, the hatred, to which God responds again and again with grace. Time and time again he has renewed his gift to us of the Holy Spirit. This is the true dimension of the history of goodness. It is the history of the power of sin and the greater power of grace. If there is anything to mark out those who have tried to live out the life of Jesus in the ranks of humanity, it is the fact that they have been penetrated with the sense of their own insufficiency and of the glory of God.

### **Scripture (Matthew 11:27-30)**

***Jesus exclaimed, 'Yes, Father, that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him. Come to me all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden is light.'***

**Martin Bennett**