

GOSPEL REFLECTION FOR PENTECOST SUNDAY



Self-Made Prisons

As were the first disciples, so we are sent out on a great mission to make disciples of all nations. We are sent out each with our own style of evangelisation and our own very individual array of gifts. There should be no stopping us, and yet there is. Like it or not, we all live in little prisons of our own making. We might live in a prison where every corner of our life has been consumed by the need to make money leaving no room for anything else. We might live in a prison where household chores dominate from morning until night. We might live behind the locked doors of inadequacy, inferiority, self-doubt or fear. We might have

spent our whole lives building prisons brick by brick so that whatever dreams we might once have had, we are now totally incapable of realising them.

In today's gospel we find the disciples locked away for fear of the Jews, and we must surely be able to empathise with them. But then comes the good news. Jesus shows us that the Holy Spirit is the exit from the hopelessness of being locked into a fearful and damaging past. The Holy Spirit is not shy of the boundaries that people erect. The Holy Spirit is not halted by locked doors or locked hearts. We may have spent our past making feeble attempts to love, to forgive or to make special things happen, but today's exciting message is that the past does not have to equal the future. The Spirit which filled the apostles and enabled them to change history is the very same Spirit which has been given to us. If we believe in, and trust in the Holy Spirit, we can make things happen.

We can of course spend more of our short lives locked away, doubting as Thomas did that anything miraculous could happen. At the end of the day the proof of the pudding would be to step out of our self-made prisons and allow the Holy Spirit to work in our lives.



PARISH PRAYER – Father, pour out your Spirit upon our parish. Grant us a new vision of your glory, a new faithfulness to your Word and a new consecration to your service, that your love might grow among us and your kingdom come, through Christ our Lord, Amen.

Useful links: Diocesan Safeguarding – <https://www.rcdea.org.uk/safeguarding/>
 Diocesan Website – <http://www.rcdea.org.uk>
 Notre Dame High School, Norwich – <http://www.ndhs.org.uk>
 Daily Liturgy Website – www.universalis.com

PARISH OF THE SACRED HEART AND ST. MARGARET MARY [Registered Charity 278742]

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31ST MAY 2020 - PENTECOST SUNDAY – Year C

THE CHURCH REMAINS CLOSED AT THIS TIME

Mass Times for the coming week			
9 th Week of the Year, Weekday Year II, Psalter Week 1			
<i>Although celebrated without a congregation, the times of Mass are as follows:</i>			
			Intentions
Sun. 31 st May	11:00 am	PENTECOST	The People of the Parish
Mon. 1 st June	12:00 Noon	Mary, Mother of the Church	Robert Nicol (May)
Tues. 2 nd June	12:00 Noon	Feria	Sr Margaret McMahon, SND (Borthwick)
Weds. 3 rd June	12:00 Noon	S Charles Lwanga & Companions	Robert Nicol (Tinney)
Thurs. 4 th June	12:00 Noon	Our Lord Jesus Christ, Eternal High Priest	Anisha Cyriac (Ciji Cyriac)
Fri. 5 th June	12:00 Noon	S Boniface	Helen Jacob (Flint)
Sat. 6 th June	12:00 Noon	Feria	Bishop Leo McCartie (Bailey)
Sun. 7 th June	11:00 am	THE MOST HOLY TRINITY	The People of the Parish

I have a few more Mass intentions from before the pandemic to say and I thought now might be a good time to celebrate these Mass intentions.

The parish newsletter (incl. back copies) is available to view on the parish website from Friday onward each week.

Anniversaries this week: Ann Rolph, Robert Woolward, Mr. Goodenough, Frances Hunt, Bill Shaw, Joan Stimson, Ivan Lyons, Irene Ann Knight, James Farmer, David Thompkins and Fr. Thomas K. Phillips (2nd Priest in Dereham). *May their souls and the souls of all the faithful departed rest in peace.*

Hospital Visits: If you or family members are admitted to the Norfolk & Norwich Hospital (NNUH) or Queen Elizabeth II Hospital, King's Lynn (QEII), and would like a visit from the Roman Catholic Chaplain, please call either St. John's Cathedral, Norwich (01603 624615) for visits to NNUH, or call the NNUH Hospital Chaplaincy direct on 01603 287470 for people needing urgent spiritual attention, or for visits to QEII Hospital, call Fr. Peter Rollings on 01553 772220. If you would like to receive the Sacrament or Anointing of the sick before going to hospital, please contact Fr. Brendan on 01362 694066.

Sick & Housebound [with GDPR Permissions] – **Please pray for:** Janet Yardley, Jenny Rudd, Carol Whitesides, Shirley Liebenhals, Frances Saville King, Una McWeeny, Derek Williams, Teresa Kendall, Greta Cummings, Deacon Ron O'Toole (former Deacon at Dereham).

Money Matters - Thank you to everyone who continues to support the parish financially by cheque, cash, or standing orders. Some monies were banked last week and some more this week. If you had noticed that cheques for the collection or for the Easter Offering were not showing up in your statements, this should now be rectified. The name on cheques should be Catholic Church of Dereham and the account for standing orders is: Account name **Catholic Church of Dereham. Sort Code 40-20-18 Account Number 11311115**

Diary Dates for this week – All parish group meetings are currently suspended while the church remains closed at this time.

Livestreaming of Mass. I am investigating the possibility of installing this in our church. It is a standard piece of kit in a lot of churches now. Darren Butler who installed and renewed our sound system is going to do a survey of the church for us and indicate costs. More later.



The Paschal Candle will be moved to beside the baptismal font following Mass on Sunday. Eastertide will come to an end. The colours on the altar, lectern and tabernacle will revert to green and Ordinary Time will resume. We will need to change over the Mass books when the church reopens. I hope and pray the ordinary time and ordinary life will be restored as soon as it is safe. Ordinary time, ordinary life, ways, work and play and prayer will be very much appreciated when it is restored.

Parish Newsletter by Email - Please let me know if you would like to have the parish newsletter sent directly to your inbox. We are preparing a GDPR compliant list of email addresses for this purpose. The paper edition will continue as normal anyway.



Cardinal Nichols on re-opening churches for private prayer ... Cardinal Vincent Nichols spoke to presenter Justin Webb on BBC Radio 4's Today programme on 14 May about how he envisaged Catholic Churches could be safely re-opened for private prayer as the UK government seeks to ease its lockdown restrictions to combat the spread of COVID-19. Cardinal Nichols pointed out the difficulty in the government making 'one size fits all' rules for different faiths saying "... there needs to be an understanding that what goes on in places of worship is quite different from one to another. So a personal, individual prayer in a Catholic church is not something that is much done in Pentecostal churches, which tend to concentrate on big gatherings, and it's not what's done in mosques where people pray side by side. So we need a bit of differentiated thinking.' **You can read this interview at <https://www.cbcew.org.uk/cardinal-on-safely-re-opening-churches-for-private-prayer/>.**



Pentecost: Did You Know?

- Pentecost comes from a Jewish harvest festival called Shavuot. The apostles were celebrating this festival when the Holy Spirit descended on them.
- The Day of Pentecost is seen as the culmination of the Easter season.
- In many calendars, the day is listed as "Whitsunday." This comes from the phrase "White Sunday," and refers to practice of the newly baptized appearing in their white, baptismal garments on that day.

Growing for Wellbeing Week, 1st – 7th June 2020 - This week is a celebration of the magic that growing your own produce can do for your wellbeing, both physically and mentally. It's particularly relevant during the pandemic, not only for our wellbeing, but to start a money saving habit. Growing our own veg is cheaper than buying it.

Bitesize – "Why do you stay in prison when the door is so wide open? Move outside the tangle of fear-thinking." ~ Rumi, as interpreted by Coleman Barks

REGINA COELI

Queen of heaven, rejoice, Alleluia.
For he, whom you did merit to bear, Alleluia.
Has risen as he said, Alleluia.
Pray for us to God, Alleluia.
Rejoice and be glad, O Virgin Mary, Alleluia.
For the Lord has truly risen, Alleluia.

Let us pray: O God, who gave joy to the world through the resurrection of your Son, our Lord Jesus Christ, grant we beseech you, that through the intercession of the Virgin Mary, his mother, we may obtain the joys of everlasting life, through the same Christ our Lord. Amen.