

PARISH OF THE ENGLISH MARTYRS Goring Way

12.07.2020

Father Liam O'Connor, 37 Compton Avenue, Goring-by-Sea, West Sussex. BN12 4UE

Presbytery 01903 242624 / Church repository 01903 506890

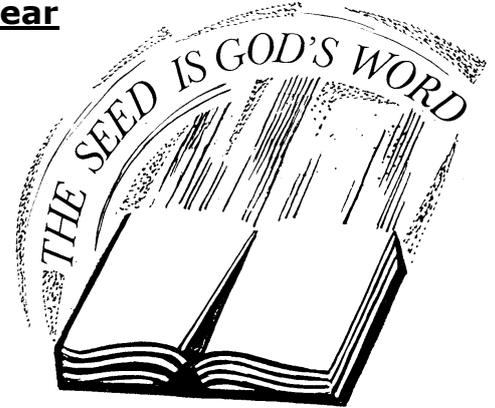
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Deacon Gary Bevans 01903 503514

Arundel & Brighton Diocesan Trust is a Registered Charity No: 25287

The Fifteenth Sunday of the Year

Saturday	11 th	6.00 pm	Patrick Brady RIP
Sunday	12 th	8.15 am	The Parish
		10.30 am	Intention of the Davitt Family
Monday	13 th	9.30 am	Len Argent (ill)
Tuesday	14 th	9.30 am	Holy Souls
Wednesday	15 th	9.30 am	Andrea Pyle RIP
Thursday	16 th	9.30 am	Holy Souls
Friday	17 th	9.30 am	Holy Souls
Saturday	18 th	6.00 pm	Kathleen & Tom Corrigan RIP
Sunday	19 th	8.15 am	Holy Souls
		10.30 am	The Parish



TODAY'S READINGS: Isaiah 55:10-11, St. Paul to the Romans 8:18-23, Matthew 13:1-23

NEXT WEEK'S READINGS: Wisdom 12:13, 16-19, St. Paul to the Romans 8:26-27, Matthew 13:24-43

COLLECTIONS: Church: £952 Thank you for your generosity.

PLEASE REMEMBER IN YOUR PRAYERS: Len Argent, Sister Catherine Lai, Maithé Bennett, Frances Boylan, Justin Gould, Rose Little, Albert Davitt, Lelia Murray, Mary Murphy, Anne Steere, Anthony Canneaux, Lawrence Brownlee, Margaret Birch, Lita Yong, Patrick Ryan, Brenda Peazold, Mary Wessel, Gina Palermo, Elizabeth Hoskins, Joan Cutmore, Christine Watson, Gordon Milne, Alfred Deacon, Roni Horstead, Ronnie Tyler, Jenny Begley, Bill Hogg, Breda Schlimgen, Michaela Finn, Winifred Lyons, Yvette Allen, Kerry McStravick, Lydia Van Melsen

2. THOSE WHO HAVE DIED RECENTLY: BRIAN HEARN, SHEILA PAYNE and those whose anniversary occurs about this time: Marjorie Clarke, Sean Kearney, Geoffrey Evans, Caroline Casey *May they rest in peace and rise in glory*

3. ARRANGEMENTS FOR PUBLIC WORSHIP: Again this weekend we will be celebrating Mass as a Parish once again. The Bishops of England and Wales emphasise that nobody is obliged at this time to participate publicly in the celebration of Mass.

- ❖ The church will be opened ten minutes before each Mass and will be closed again five minutes after the celebration has ended. Masks to be worn at all times. (Available at the church door if necessary)
- ❖ Entrance to the church will be through the Main Entrance. Please sanitise your hands as you enter and when you leave.
- ❖ Please collect Sunday Plus and Newsletter and take them home with you when you leave.
- ❖ A Steward will show you where to sit. You are asked to stay there until invited, by the Steward to go to Holy Communion. This is necessary so that the centre seats of the pews can be used while maintaining safe distancing.
- ❖ You are asked not to kneel in order to make sanitising the church easier.
- ❖ Mass will be celebrated without undue length. Homilies will be short and there will be no singing or Prayers of the Faithful.
- ❖ Before Holy Communion is distributed the priest will elevate the Host while saying 'The Body of Christ' All reply 'Amen' signifying our faith in the Real Presence
- ❖ Ministers of Holy Communion will sanitise their hands immediately before and after distributing Holy Communion and Communion will be received standing, holding out your hands at full stretch over a physical barrier. No words will be spoken. The Stewards will indicate to you when you may go up to Communion
- ❖ Disabled people will sit in the front row to the left of the altar and Communion will be brought to them when everyone else has received.
- ❖ **Having received Communion please stay in your 'Pew Order' and continue on round back into your pew.**
- ❖ **At the end of Mass please leave through the West Porch maintaining Social Distancing**
- ❖ And what about the Collection? This is still possible – plates will be available as you enter and leave onto which you may place your donation. Gift Aid envelopes can also be placed there and all will be banked according to the safety guidelines.
- ❖ There will be no access to Toilets

❖ The entrance and exit doors will remain open during Mass so as to lessen any danger of infection

4. HAVE YOU THOUGHT OF COMING TO A WEEKDAY MASS? If you do not feel ready to come to Mass at the weekend why not come to the 9.30 am weekday Mass. It is quiet and peaceful and with fewer people, less worrying than the weekend

5. CONGRATULATIONS TO PETER CLARKE who, to date, has raised £1,135 for the Chestnut Tree House Children's Hospice by doing 26,200 press-ups! Donations may still be made via this link <https://www.justgiving.com/fundraising/peter-clarke-press-up-challenge> and will go directly to the charity. Thank you in advance!

6. ARE YOU UNDER 70 YEARS OF AGE? We really do need your help as Stewards, Ministers of Communion (particularly 6.00 pm and 8.15 am) and Cleaners for each Mass both for weekend and weekdays. Please contact the Office if you are able to help. The recorded Mass will continue to be available on-line while the crisis continues

FATHER LIAM SAYS: There will undoubtedly be many people who will find it very difficult to cope with the consequences of Covid-19 when the lockdown is eventually ended. Those who have been victims of abuse, those who are facing financial hardship through loss of their jobs, those who have been bereaved and have been unable to grieve in the usual way because of restrictions placed on funeral rites, those who have been in Intensive Care and are now recovered may find the way forward difficult and may need to seek assistance, some people are dealing with depression and anxiety. But to assume that these groups will constitute a large segment of the population would be an error according to research carried out by leading psychologists in this field.

There have been many world changing events that have been enormously tragic in recent years. These have been studied in depth to assess the psychological outcomes of those who were exposed. This work has been spearheaded by two psychologists at Charlotte University in North Carolina, Richard Tedeschi and Lawrence Calhoun. I read a short article by a consultant psychiatrist and Professor of Psychiatry, Patricia Casey of University College, Dublin which I found encouraging. She has been studying the research that has taken place at Charlotte University. Among the tragedies that have been studied with a view to determining how the victims have emerged from their traumas have been such events as the capsizing of the Herald of Free Enterprise in 1978, the 9/11 terrorist attacks and the Sars epidemic in China. Despite the enormity of such events it seems that most people faced with such major stresses do cope and display no adverse outcome other than understandable distress and sadness. They do not need mental health interventions and are said to be resilient.

A surprising finding of this research is that a small but significant number of those impacted have not only reverted to their pre-event level of well-being but have psychologically grown and have thrived as a consequence of their experience.

This phenomenon is called Post Traumatic Growth (PTG). The number of people likely to be affected in this way is not known but it represents an important group that is expected to be the subject of much study. I have absolutely no competence in the field of psychology, I am merely commenting on some research that has been carried out in the hope that those particularly worried by some aspect of Covid-19 may be given some re-assurance. No doubt this pandemic of unprecedented magnitude will receive much scientific attention from those who specialise in the area of mental health.

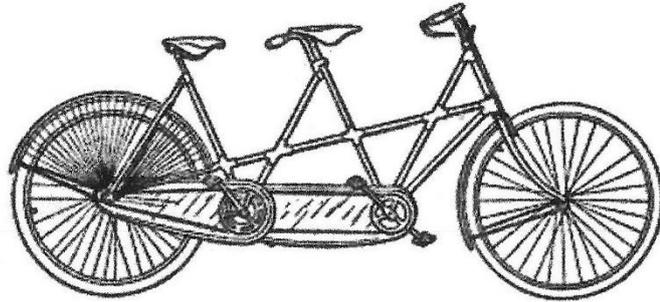
It seems that for centuries many people believed that tragedy, suffering and trauma could have a positive effect psychologically and spiritually on some people. Patricia Casey claims that there is now a significant body of research published in peer reviewed journals that has confirmed in the case of those affected the positive side of suffering which, after all, assails all humans at some point in their lives. The two psychologists at Charlotte University coined the term PTG for this age-old phenomenon and there is now a large centre for the study of PTG located there. The person best known for his writings on survival and growth is Victor Frankl. He was an Austrian neurologist and psychologist who was born in 1905 and was a survivor of the Holocaust. He died in 1997 and wrote about his experience of the concentration camps in his famous memoir 'Man's Search for Meaning'. He famously wrote: 'When we are no longer able to change a situation we are challenged to change ourselves'. He explored the form this change could take.

In what respect do some people change for the better after major trauma. The first area is one's sense of oneself. Obviously people would have preferred not to have experienced the trauma. It is a journey of profound sadness, turmoil and struggle. Over time, psychologists find that the sufferers' emotions become less intense and they see themselves as more confident, more self-reliant and stronger, and have an enhanced gratitude for what they have in life. They may change in their relationship with others, some feel closer to family and view friendships as more important than they did previously. They often describe themselves as less judgemental and more sensitive to the needs of others and better able to confide in others.

A third area of change could be the individual's philosophy of life. They may reflect more on what life is about, what gives it purpose and meaning. There may be a weakening of spiritual and religious beliefs only to emerge stronger in their beliefs. Some see their faith irrevocably weakened. Those working in this area hold that growth is likely to be greatest in those who face their sufferings rather than fleeing from them. Exploring the trauma tends to help us feel more in control and find personal peace. For Christians the most important thing is to put our hands in the hand of the Man from Galilee.

May God Bless you,
Fr. Liam.

The Road of Life



At first, I saw God
as my observer,
my judge,
keeping track of the things I did wrong,
so as to know whether I merited heaven
or hell when I die.

He was out there sort of like a president.
I recognized His picture when I saw it,
but I really didn't know Him.

But later on
when I met Christ,
it seemed as though life was rather like a bike
ride,
but it was a tandem bike,
and I noticed that Christ
was in the back helping me pedal.

I don't know just when it was
that He suggested we change places,
but life has not been the same since.

When I had control,
I knew the way.
It was rather boring,
but predictable . . .
It was the shortest distance between two points.

But when He took the lead,
He knew delightful long cuts,
up mountains,
and through rocky places
at breakneck speeds,
it was all I could do to hang on!

Even though it looked like madness,
He said, "Pedal!"

I worried and was anxious
and asked,
"Where are you taking me?"
He laughed and didn't answer,
and I started to learn to trust.

I forgot my boring life
and entered into the adventure.
And when I'd say, "I'm scared,"
He'd lean back and touch my hand.

He took me to people with gifts that I needed,
gifts of healing,
acceptance
and joy.

They gave me gifts to take on my journey,
my Lord's and mine.

And we were off again.
He said, "Give the gifts away;
they're extra baggage, too much weight."

So I did,
to the people we met,
and I found that in giving I received,
and still our burden was light.

I did not trust Him,
at first,
in control of my life.
I thought He'd wreck it;
but He knows bike secrets,
knows how to make it bend to take sharp
corners,
knows how to jump to clear high rocks,
knows how to fly to shorten scary passages.

And I am learning to shut up
and pedal
in the strangest places,
and I'm beginning to enjoy the view
and the cool breeze on my face
with my delightful constant companion, Jesus
Christ.

And when I'm sure I just can't do anymore,
He just smiles and says . . . "Pedal."

-- author unknown