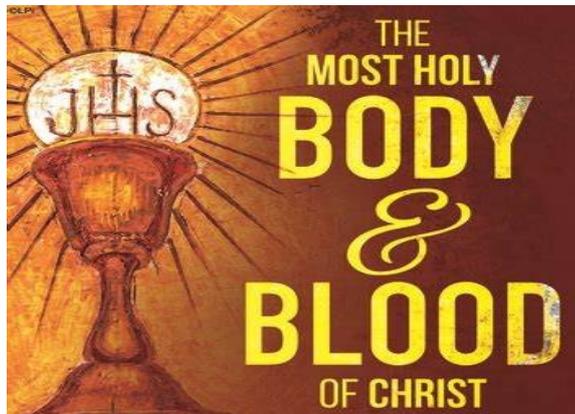


# News from the Parishes of Holy Family, Pensby and Our Lady & St. John, Heswall



## Parishioners who need our Prayers

Please remember in your prayers all those in both parishes who are sick at home or in hospital, including:

Catherine Maschke,  
Gerry Smith,  
Joe Lucas,  
John Moroney,  
Ken Davies,  
Madge McGrath,  
David Gorman,  
Carol Ross,  
Jillie Huntingford,  
Imelda Atherton,  
Eileen Millard,  
Pauline Pritchard,  
Deacon Philip White,  
Sara Bull,  
Lil Skinner,  
Margaret C. Hiepko,  
William Kerin,  
David Johnston,  
Phil Shaw,  
Eileen Roberts



*Please get in touch if there are any alterations.*

## ☞ May They Rest in Peace ☛

Please pray for the repose of the souls of

**Theresa Coonan**

**Dan Miller**

who have recently died. May their souls Rest in Peace.

Please remember to pray for their families at this difficult time.



## Ladymount School Foundation Governor Vacancy

A vacancy for a Foundation Governor has arisen and expressions of interests are being sought from practising committed Catholics for the role.

Being a Governor is an enjoyable and rewarding role supporting the education of our children.

Governors have key roles in ensuring clarity of vision, holding the school to account, and financial oversight.

Foundation Governors are appointed by Bishop Mark, to represent his and the catholic communities interests, to ensure that the religious character of the school is preserved, and religious education is delivered in accordance with the Bishop's policy.

If you are interested in the role, further information is available from Fr Stephen, or Brian Sharp the current chair of the Governing Board who can be contacted on 07920849388.

## Sunday Readings for The Most Holy Body & Blood of Christ

### 1st Reading – Exodus 8:2-3,14-16

*He fed you with manna, which neither you nor your fathers had known*

Moses said to the people: ‘Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

‘Do not become proud of heart. Do not forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.’

The word of the Lord

**R. Thanks be to God**

### Responsorial Psalm - Psalm 147:12-15,19-2

**R. O praise the Lord, Jerusalem!**

O praise the Lord, Jerusalem!  
Zion praise your God!  
He has strengthened the bars of your gates,  
He has blessed the children within you.

**R. O praise the Lord, Jerusalem!**

He established peace on your borders,  
He feeds you with finest wheat.  
Hes sends out his word to the earth  
And swiftly runs his command.

**R. O praise the Lord, Jerusalem!**

He makes his word know to Jacob  
To Israel his laws and decrees.  
He has not dealt thus with other nations;  
He has not taught them his decrees.

**R. O praise the Lord, Jerusalem!**

### 2nd Reading - 1 Corinthians 10:16-17

*That there is only one loaf means that, though we  
are many, we form one body*

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

The word of the Lord

**R. Thanks be to God**



## Sequence

Sing forth, O Zion, sweetly sing  
The praises of thy Shepherd-King,  
In hymns and canticles divine;  
Dare all thou canst, thou hast no song  
Worthy his praises to prolong,  
So far surpassing powers like thine.

Today no theme of common praise  
Forms the sweet burden of thy lays –  
The living, life-dispensing food –  
That food which at the sacred board  
Unto the brethren twelve our Lord  
His parting legacy bestowed.

Then be the anthem clear and strong,  
Thy fullest note, thy sweetest song,  
The very music of the breast:  
For now shines forth the day sublime  
That brings remembrance of the time  
When Jesus first his table blessed.

Within our new King's banquet-hall  
They meet to keep the festival  
That closed the ancient paschal rite:  
The old is by the new replaced;  
The substance hath the shadow chased;  
And rising day dispels the night.

Christ willed what he himself had done  
Should be renewed while time should run,  
In memory of his parting hour:  
Thus, tutored in his school divine,  
We consecrate the bread and wine;  
And lo – a Host of saving power.

This faith to Christian men is given –  
Bread is made flesh by words from heaven:  
Into his blood the wine is turned:  
What though it baffles nature's powers  
Of sense and sight? This faith of ours  
Proves more than nature e'er discerned.

Concealed beneath the two-fold sign,  
Meet symbols of the gifts divine,  
There lie the mysteries adored:  
The living body is our food;  
Our drink the ever-precious blood;  
In each, one undivided Lord.

Not he that eateth it divides  
The sacred food, which whole abides  
Unbroken still, nor knows decay;  
Be one, or be a thousand fed,  
They eat alike that living bread  
Which, still received, ne'er wastes away.

The good, the guilty share therein,  
With sure increase of grace or sin,  
The ghostly life, or ghostly death:  
Death to the guilty; to the good  
Immortal life. See how one food  
Man's joy or woe accomplisheth.

We break the Sacrament, but bold  
And firm thy faith shall keep its hold,  
Deem not the whole doth more enfold  
Than in the fractured part resides  
Deem not that Christ doth broken lie,  
'Tis but the sign that meets the eye,  
The hidden deep reality  
In all its fullness still abides.

\*Behold the bread of angels, sent  
For pilgrims in their banishment,  
The bread for God's true children eant,  
That may not unto dogs be given:  
Oft in the olden types foreshowed;  
In Isaac on the altar bowed,  
And in the ancient paschal food,  
And in the manna sent from heaven.

\*Come then, good shepherd, bread divine,  
Still show to us thy mercy sign;  
Oh, feed us still, still keep us thine;  
So may we see thy glories shine  
In fields of immortality;

\*O thou, the wisest, mightiest, best,  
Our present food, our future rest,  
Come, make us each thy chosen guest,  
Co-heirs of thine, and comrades blest  
With saints whose dwelling is with thee.

## Gospel Acclamation

**Alleluia, alleluia!**

I am the living bread which has come down from heaven, says the Lord. Anyone who eats this bread will live forever.

**Alleluia!**

### Gospel – John 6:51-58

The Lord be with you.

**R. And with your spirit.**

A reading from the holy Gospel according to John. †

**R. Glory to you, O Lord.**

*My flesh is real food and my blood is real drink*

Jesus said to the Jews:

‘I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.’

Then the Jews started arguing with one another: ‘How can this man give us his flesh to eat?’ they said. Jesus replied:

‘I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.’

The Gospel of the Lord

**R. Praise to you Lord Jesus Christ.**

### Final Hymn for Sunday’s Mass

#### Guide me O thou great redeemer

Guide me, O thou great Redeemer,  
pilgrim through this barren land;  
I am weak, but thou art mighty;  
hold me with thy powerful hand.  
bread of heaven, bread of heaven,  
feed me till I want no more  
feed me till I want no more.

Open now the crystal fountain,  
whence the healing stream doth flow.  
let the fire and cloudy pillar  
lead me all my journey through.  
strong Deliverer, strong Deliverer,  
be thou still my strength and shield  
be thou still my strength and shield.

When I tread the verge of Jordan,  
bid my anxious fears subside.  
death of death, and hell's destruction,  
land me safe on Canaan's side.  
songs of praises, songs of praises  
I will ever give to thee  
I will ever give to thee.

*Public Domain material*

*Words: W Williams (translated P and W Williams) 1745  
and 1771*

*Music: Cwm Rhondda composed in 1905 by John  
Hughes*

**Reflection on the Sunday Gospel**

*By Father Stephen*

Today’s gospel is taken from Chapter 6 of the Gospel According to John. Throughout this chapter Jesus contrasts the food that he will give to the manna given in the desert. Bread in this chapter has the double sense of wisdom from heaven as well as the bread of life, which is Jesus himself. The stark realism of the language “eat flesh” and “drink blood” emphasises that the life of the Word-made-flesh and his death on the cross bring us eternal life. Eternal life is fullness of life with God in Jesus Christ.

Today’s feast of the Body and Blood of Christ reminds us that we share in the communion of Christ’s body and blood. I was discussing with a non-believer recently what his most basic problem was with what Catholics believe about the Eucharist. He thought for a moment and said, “Well, if Catholics really believed that they were receiving the body and blood of Christ together at Mass, would they treat each other the way they do?” As we thank Jesus for the gift to us of himself, let us pray for greater unity and mutual understanding among Catholics. In the words of the Sequence: “Come then, good shepherd, bread divine, still show to us thy mercy sign; feed us still, still keep us thine; so may we see your glories shine in fields of immortality.”



**View Mass said by Fr. Stephen**



Father Stephen has been recording daily and Sunday Masses from Our Lady and St John. They are available to view on our **new YouTube channel** by 11am that day. It is easy to access.

Simply click on this link (Ctrl + click to follow link)

<https://www.youtube.com/channel/UCyzzNjNscAoxuWubVYv04Lw>

Or copy and paste it into your internet browser search bar.

You don’t need to sign up to anything, just select the Mass you want to view and press play. Make sure your volume is on and not muted!

The readings and gospel for the Sunday Mass are in this newsletter for you to follow along. However, if you would also like to read the readings, gospel and responses for the weekday Masses, click on the following link for the weekday Mass sheets.

<https://coventry-catholicdeanery.org.uk/new/wp-content/uploads/2020/03/Week-10-Year-II-2020.pdf>

The mass sheets have been kindly provided by the Coventry Catholic Deanery and can also be printed off, as they are a PDF document.





Update from Mary's Meals, a charity that helps feed children in the poorest areas of the world and one that we as a parish have helped in the past. Daniel Adams the UK Executive Director of Mary's Meals writes;

*"I am deeply moved by the way church leaders across the UK have embraced technology to reach out to their congregations at this time.*

*You have inspired us to create a series of special messages especially for churchgoers. These short films will include updates on how Mary's Meals is feeding hungry children through this pandemic and personal reflections on how faith is bringing hope and comfort.*

*The first message, shared in April, came from our founder Magnus MacFarlane-Barrow. Click [here](#) to view this message. The second message is from Mary's Meals' leaders in India and Kenya. Click [here](#) to view the second message.*

*Until we can meet again, please know that you and your congregation are in our prayers. Thank you for all your support.*

*May the Lord bless and keep you"*

**mary's meals** | a simple solution to world hunger

## **NHS** Wirral Health and Care Community NHS Trust Adult Social Care

Adult Social Care is operating an extended service during the current challenging times.

The team are happy to discuss general social care needs and are also offering advice, guidance and support in relation to the current restrictions.

**We are contactable on 0151 514 2222 option 3**

This service is open from 8.50 am until 8 pm everyday. The usual duty service is operating during office hours so maybe busy, but between 5 and 8pm weekdays and all day Saturday and Sunday the line is for those needing help in particular if you are in isolation, shielding or providing care to others.

If you would like to discuss support or if you need assistance to access local support please do call the team.

## **News from Assam**

This week we have been sent two emails with news from Assam, one from Father Purty and one from Father Andreas.

### **Father Purty writes,**

*"Hope you are keeping good health and safe from Corona virus? The situation is becoming alarming here. Day by day the cases are increasing. The lockdown is not helping at all. The plight of the migrant workers is horrible. I am sure you have seen it in media. Many died on the road while others had to suffer grievously in the hands of the brute force used on them. The religious places are closed. People have no access to churches. Hopefully the government will allow to ease down and began life normally.*

*We are praying for you all. May God strengthen you in this hour of crisis. Give our prayerful wishes to all. With love and regards, Fr. Purty Philip"*

### **Father Andreas writes,**

*"How is everything your side? Here we are not so bad; staying at home and staying safe! And I have plenty of time to study and has been busy with home assignments. Last few days, I had been to Margherita my previous assignment place to see and take stock of the work I had started. So, I will be visiting Margherita soon. Margherita school building has been used as quarantine for workers and students who came back from other parts of the country. And that's how, Covid-19 has affected all of us. Slowly getting used to it. All these days, schools and churches have remained closed due to lock down. I believe, it may be the same with you in your place. Let us pray that we may learn to adjust and live with. Today is the feast of St. Boniface, the name feast of Boniface Apostolic Home, Dibrugarh. But nobody is there to celebrate as boys are at home. Please remember them in prayers.*

*This year, Celestina Tete will complete her B. Ed. course. Phoowanti Nag will complete her 1st year of LL.M. Marestella Indwar will complete her Bachelor degree. Edlina Kerketta is in Bangalore and is pursuing her fellowship course and after that, she may do her Ph. D. if she gets some sponsorship. Two more boys have requested me for financial help for doing their higher studies. Any way, I have not promised any one as I am not in a position. This is what I thought I could share with you though it is not a very good time.*

*Any way, I think and pray for you all daily in my rosary now that I have much time to pray. My love and regards to one and all. Bye and God bless you. Fr. Andreas Indwar"*

## Ways to Stay in Touch with Parish News



Visit the parish website  
[www.rcchp.org.uk](http://www.rcchp.org.uk)



Sign up for the weekly parish newsletter via email  
 To join send an email to Victoria Hanlon  
[contact@ourladyandstjohn.org.uk](mailto:contact@ourladyandstjohn.org.uk)



Visit the Holy Family Pensby Facebook page



Watch Masses said by Father Stephen on our NEW YouTube channel - Our Lady and St John Heswall

<https://www.youtube.com/channel/UCyzzNjNscAoxuWubVYv04Lw>

### Pope Francis' Prayer For Protection

*O Mary, you shine continuously on our journey as a sign of salvation and hope.*

*We entrust ourselves to you, Health of the Sick.*

*At the foot of the Cross you participated in Jesus' pain, with steadfast faith.*

*You, Salvation of the Roman People, know what we need.*

*We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.*

*Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us:*

*He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.*

*We seek refuge under your protection, O Holy Mother of God.*

*Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.*



## An Update on the Re-opening of Holy Family and Our Lady & St John's Churches.

As mentioned in last week's newsletter, we have been given the go ahead to open up both our Parish churches for private prayer. Of course this can't be done without the help of volunteers. After last week's request for help, we are pleased to say that we have had quite a number of offers. Thank you to everyone who has volunteered.

Due to the amount of changes and Health and Safety policies that we need to implement before opening, we are aiming to re-open both churches some time at the beginning of July.

Initially we will be opening up both churches for private prayer, most probably for a couple of hours each week. The Diocese have stipulated that a maximum of 10 people (excluding stewards) are allowed in a church at any one time. They have also advised that people entering the church may only stay for a maximum of 15 minutes at a time.

This will be a huge learning curve for us all, so please bear with us as we try our best to make our churches available for everyone. These plans will be continually revised and adapted to the changing circumstances and government policies.

We will hopefully be able to share more precise re-opening information, with you next week.



**Do you know of anyone who is isolated and does not have access to the internet?**

**YES?**

**Please send Victoria Hanlon an email at**  
[contact@ourladyandstjohn.org.uk](mailto:contact@ourladyandstjohn.org.uk)

**Please send details of their postal address and I will send them a paper copy of the weekly newsletter, for them to keep in touch with the Parish.**



### Children's Sunday Liturgy Page

Parents, please feel free to print off this page for your children to colour and complete!

And don't forget that you can follow our own Children's Liturgy programme on our YouTube channel. A new Children's Liturgy video is posted each week, ready to accompany each Sunday Mass said by Father Stephen. Follow the link below:

<https://www.youtube.com/channel/UCyzzNjNscAoxuWubVYv04Lw>

*The Most Holy Body and Blood of Christ  
Gospel: John 6:51-58*



Illustration: Erika Pál Charity no. 160354 and a company limited by guarantee no. 05167256

Find out more about children around the world at [cafod.org.uk/kidzzone](http://cafod.org.uk/kidzzone)

