

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

## ✠ May They Rest in Peace ✠

Please pray for the repose of the souls of

### David Holgate & Winifrid Kieron

who have recently died. May their souls rest in peace. Please remember to pray for their families at this difficult time.

## Latest News

### Covid-19 and our Parish Churches

Although the Government is planning on relaxing Covid restrictions from Monday 19th July, there will be **no immediate changes** in our current arrangements for Mass and attending church, until we have received guidance from the Bishop and had time to determine what it means for us.

Note, that any changes we do make, will commence in August.

Thank you for all your help and understanding during these times.

**When coming to Mass remember . . .**



## 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,  
Imelda Atherton,  
Pauline Pritchard,  
Sara Bull,  
Lil Skinner,  
William Kerin,  
David Johnston,  
Phil Shaw,  
Eileen Roberts,  
Irene Fitzpatrick,  
Frances Ford,  
Maureen Jones,  
Moira Griffiths-Parr,  
John McNulty,  
Samantha Stevens,  
John Charles Smith,  
Father Paul O'Grady,  
John Gibbings,  
Pauline Chapman,  
Peter Ryan



*Please get in touch if you would like to add or remove someone from the list.*

## Reflection on the Sunday Gospel

*By Father Stephen*



Today's gospel recounts the return of the disciples from their missionary journey and Jesus invites them to come away by boat to a lonely place to rest for a while. This break proves to be short-lived as crowds see where they are going and hurry to the place on foot and arrive before them. Jesus takes pity on them, because they are like sheep without a shepherd and sets himself to teach them at some length. Like the people of Israel, the crowds are in the desert where they will receive not only miraculous food but guidance and instruction, just as the Law was given in the desert of Sinai.

Jesus is the good shepherd promised by Jeremiah who will look after the sheep and take away terror and fear. He will also be a king like David who will practise honesty and integrity in the land. In the Church "pastoring", "shepherding" has always been an important image for leadership and care. Pastoring is not just for the ordained. All of us must be people of compassion, who feel deeply the sufferings of others and understand their fear and terror, who guide people in the right paths and are concerned about what is right and just.

### Masses for the Week Commencing Sunday 18th July 2021

Sun 18th July	16th Sunday in Ordinary Time (Psalter Week IV)	9:30 am	Holy Family	Mass - John Pownall
		11:15 am	OLSJ	Mass - Maureen Birch & Raymond Coonan Anniversary
Mon 19th July	St John Plesington	9:30 am	OLSJ	Mass - Alec Noonan R.I.P.
Tues 20th July	St Apollinaris	8:30 am	YouTube	Mass - Michael McGurk
Wed 21st July	St Lawrence of Brindisi	9:30 am	Holy Family	Mass - John Pownall
Thurs 22nd July	St Mary Magdalene	9:30 am	OLSJ	Mass - Maureen & Joe Mutch 61 Wedding Anniversary
Fri 23rd July	St Bridget	8:30 am	YouTube	Mass - Henry Bernard McGurk Birthday Anniversary
Sat 24th July	BVM on Saturday	12 noon	Holy Family	Mass - Special Intention M.P.R.
Sun 25th July	17th Sunday in Ordinary Time (Psalter Week I)	9:30 am	Holy Family	Mass - Mrs M Robson
		11:15 am	OLSJ	Mass - Parishioners



## Feeling nervous about the forthcoming Covid restrictions being lifted? You are not alone.....

Easing of lockdown will allow us to get back to the people and things we love, but it's OK if you feel worried about going back to something more "normal" as lockdown restrictions loosen.

The coronavirus (COVID-19) outbreak has been hard for us all and we have all experienced the effects differently, including those of us who have been shielding.

Even positive change can lead to anxiety, and it can take time to readjust to things we have not done for a while. Feelings of post-lockdown anxiety are likely to pass with time as we get used to the "new normal" but it's important to do what we can to take care of our mental health.

There are lots of things that can help you to manage these feelings and make it easier to adjust.

The NHS has created a web page with advice on coping with anxiety about lockdown lifting. Click the link below to read the advice.

[How to cope with anxiety about lockdown lifting - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk/every-mind-matters/how-to-cope-with-anxiety-about-lockdown-lifting)



### Appeal for Funds for Flowers at Holy Family

As things gradually get back to normal, the usual Church Flower Collection box will be available for donations at the back of Holy Family church after Mass on Sundays.  
*Thank you for your generosity.*



### Baptism Congratulations

We warmly welcome **Nathan Andrew Ellis Hughes** who was baptised at Holy Family last Sunday, 11th July 2021.



#DOIN  
IT4DAN

## GOOD LUCK

To everyone involved in this weekend's World Record Rugby attempt in memory of parishioner, Dan Miller who sadly passed away in June last year.



### An Urgent Request from Wirral Foodbank

We have had an email from Wirral Foodbank to all the churches, asking if we could let people know that they are urgently in need of donations of shampoo (kids and adults) and baby wipes in particular.

They are so grateful for all your continued support.

For more information visit the website:

[Wirral Foodbank | Helping Local People in Crisis](https://www.wirralfoodbank.org.uk/)



## Shrewsbury Lourdes Hospitality

invites you to....

# WALK5 PRAY5 DONATE5

The journey to Lourdes is an important part of the pilgrimage to Lourdes, it is the first time the pilgrimage gathers together, meets old and new friends and gives feelings of both excitement and apprehension of the journey and week ahead.

Therefore, as we can unfortunately not make a pilgrimage to Lourdes this year, we hope as a pilgrimage family we can collectively walk the 1207km from Shrewsbury Cathedral to Lourdes throughout July 2021 and aim to reach Lourdes by the 30th July 2021 in time for the first day of the Virtual Pilgrimage on 31st July 2021.

**WALK5** - we invite you to walk 5km - this can be all in one go or split amongst shorter walks. 1312 steps make up 1km if you want to track this way. This can be alone, with friends or family. Please register the completion of your walk at <https://forms.gle/LEfChzeRTpKCKDi7A>. If you can't access the online form then please text/call 07451 249267 or email [events@teamshrewsbury.co.uk](mailto:events@teamshrewsbury.co.uk).

**PRAY5** - we invite you to pray for 5 minutes, say 5 prayers or take part in our 5 minute reflection available on youtube - [www.youtube.com/channel/UCu3r6ConukJ9AU1F3BOaMXA](http://www.youtube.com/channel/UCu3r6ConukJ9AU1F3BOaMXA)

**DONATE5** - we encourage you to donate £5 using our online link - <https://app.investmycommunity.com/ShrewsburyLourdesHospitality> - all proceeds raised will be split equally between the sanctuary of Lourdes and the Hospitality Notre Dame de Lourdes

We would love to see your photos of you taking part and these can be shared on either Facebook or Instagram - [shrewsburyvirtualwalktolourdes](https://www.instagram.com/shrewsburyvirtualwalktolourdes). You'll also be able to see updates of where we are on our journey.

**Please ensure you remain COVID19 safe and note that all participants taking part do so at their own risk.**

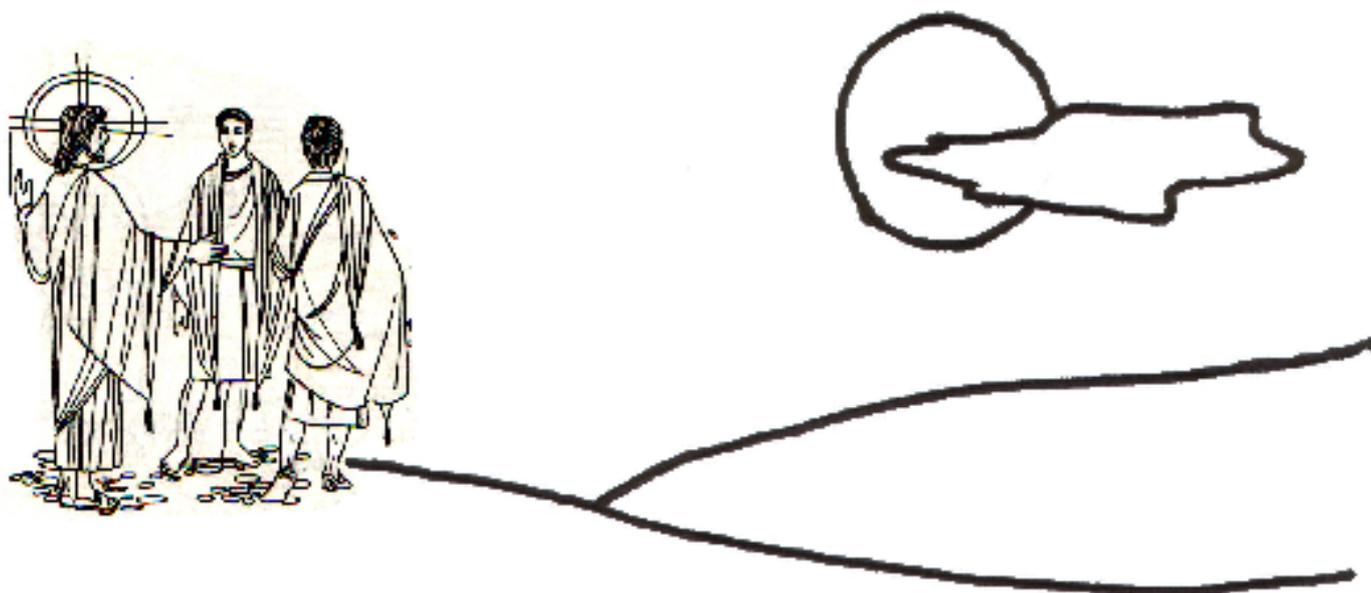


## Children's Liturgy

Don't forget that you can follow this week's Children's Liturgy on our YouTube channel.

# THE LORD IS MY SHEPHERD

When the 12 apostles came back from preaching they were tired. They went with Jesus to rest. But many people still came to listen to Jesus!



Jesus took pity on the crowd because they were like sheep without shepherd.

## HE STARTED TO TALK TO THEM

Draw more people in the crowd listening to Jesus.

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

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



Visit the parish

Website



at

[www.rcchp.org.uk](http://www.rcchp.org.uk)

Do you know anyone that doesn't have access to the internet?  
A paper copy of the weekly newsletter can be sent to them in the post. Just drop a line to the Parish Secretary.



**Ways to Stay in Touch with Parish News**

Visit the Holy Family Pensby Facebook page



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)



Have your contact details changed recently?  
If they have, please let the Parish Secretary know.  
[contact@ourladyandstjohn.org.uk](mailto:contact@ourladyandstjohn.org.uk)