

The Little Flower Messenger

Year A PALM SUNDAY 5th April 2020

Welcome to our Parish Community of St. Theresa of Lisieux

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(Office Hours: Tuesday–Thursday 10:00 a.m. – 2:00 p.m.)

Gospel: Matthew 26:14-27:66

1st Reading:	<i>Isaiah 50:4-7</i>
Psalm 21:	<i>My God, my God, why have you forsaken me?</i>
2nd Reading:	<i>Philippians 2:6-11</i>
Gospel Acclamation:	<i>Praise to you O Christ, king of eternal glory!</i> <i>Christ was humbler yet, even to accepting death, death on a cross. But</i> <i>God raised him high and gave him the name which is above all names.</i> <i>Praise to you O Christ, king of eternal glory!</i>
Communion Antiphon:	<i>Father, if this chalice cannot pass without my drinking it, your will be done.</i>

This Week's Good News

Dear Friends,

The Church celebrates this sixth Sunday of Lent as both Palm Sunday and Passion Sunday. This is the time of year we stop to remember and re-live the events which brought about our redemption and salvation. What we commemorate and re-live during this week is not just Jesus' dying and rising, but our own dying and rising in him, which will result in our healing, reconciliation, and redemption. The difficult circumstances we face currently as a parish, diocese and Church precludes us from coming together in the Church. However, this does not mean that we should be any less involved. Attentive participation in the Holy Week liturgy will deepen our relationship with God, increase our Faith and strengthen our lives as disciples of Jesus. Today's liturgy combines contrasting moments, one of glory, the other of suffering: the royal welcome of Jesus in Jerusalem and the drama of the trial, culminating in crucifixion, death and burial for the Christ.

The first part of today's Gospel describes the royal reception which Jesus received from His admirers, who paraded with Him for a distance of two miles: from the Mount of Olives to the city of Jerusalem. Two-and-a-half million people were normally present to celebrate the Jewish feast of Passover. Jesus permitted such a royal procession for two reasons: 1) to reveal to the general public that He was the promised Messiah, and 2) to fulfil the prophecies of Zephaniah (3:14-19): "Shout for joy, O daughter Zion, The King of Israel, the Lord, is in your midst, you have no further misfortune to fear;" and of Zechariah (9:9): "Say to daughter Zion, 'Behold, your king comes to you, meek and riding on an ass....'" (The traditional "Palm Sunday Procession" at Jerusalem began in the fourth century AD when the Bishop of Jerusalem led the procession from the Mount of Olives to the Church of the Ascension).

In the second part of today's Gospel, we listen to/participate in the reading of the Passion of Christ according to Matthew. Jesus' passion, death and resurrection constituted the most important aspect of his

life and ours. According to Fr. Raymond E. Brown “Theologically, Christians have interpreted the death of Jesus on the cross as the key element in God’s plan for the justification, redemption and salvation of all. Spiritually, the Jesus of the passion has been the focus of Christian meditation for countless would-be disciples who take seriously the demand of the Master to take up the cross and follow him. Pastorally, the passion is the centrepiece of Lent and Holy Week, the most sacred time in the liturgical calendar.” [The Death of the Messiah, Vol. I, (Doubleday, New York: 1994).] Taking into account the Jewish heritage as well as the increasingly Gentile complexion of his Church, Matthew presented Jesus as the Messiah, foretold in Hebrew Scripture, and as the universal Saviour of all peoples. We are challenged to examine our own lives in the light of some of the characters in the story like Peter who denied Jesus, Judas who betrayed Jesus, Pilate who acted against his conscience, Herod who ridiculed Jesus, and the leaders of the people who preserved their position by getting rid of Jesus. God humbled himself for us! All we can do in response is to bow our heads in awe, and present our loving, contrite hearts to God, begging for mercy. God wants a humbled, contrite heart as the sign of our true repentance.

We journey spiritually with our Lord today and as we prepare to enter Holy Week. We must remember that God will never abandon us, despite how dark things may appear at this moment in history. This is an opportunity for us to take up our own cross and follow our Lord up the hill of Calvary. An opportunity not to sink into darkness but to be what we are called to be as Christians, a light in the darkness. We will, all of us, come out of this stronger and by the grace of God be able to look back and see that this was a turning point not just for us but for the whole world. Take heart, stay safe and remember that the events on Good Friday saw the disciples sink into despair, only to be replaced with the joy of the risen Lord a few days later. This is what faith is, without that, we deny Christ.

Deacon Des

Prayer & Liturgy

We are keen to share Mass with you as often as we can, and we are now livestreaming Masses via our YouTube page. This can be accessed via our website under the ‘Live Mass Times’ tab.

Holy Week: The Mass times for Holy Week are:

Fig Monday	6 th April	10:00 hrs
Temple Tuesday	7 th April	10:00 hrs (Latin Mass – will not be livestreamed)
Spy Wednesday	8 th April	10:00 hrs
Maundy Thursday	9 th April	20:00 hrs ** Please Note Time**
Good Friday	10 th April	
Stations of the Cross		10:00 hrs
Mass		15:00 hrs ** Please Note Time**
Maria Desolata		19:30 hrs ** Please Note Time**
Holy Saturday	11 th April	20:00 hrs ** Please Note Time**
Easter Sunday	12 th April	10:00 hrs

Please continue to check the website, Facebook page and Newsletter for updates and information.

Children's Liturgy: As you know we have placed a page on our website for parents with school-aged children to assist with worship at home. This week we have updated the page to include an RE home learning workbook for the children, which contains lots of lovely activities all based on Holy Week and Easter. There is also plenty of information for parents so that they can support their children's learning. Thank you to Ann for helping us with this.

Mass Intentions: Fr. Lee is still happy to receive intentions for Mass. If you would like a Mass offered at St. Theresa's for a deceased friend or relative or you would like a Mass said for yourself, please submit the details via the form on our website.

Weekly Donations: Should you wish to continue making your weekly donations, whether or not you are a Gift Aid donor, you may do so by standing order. Please email stansted-giftaid@dioceseofbrentwood.org for details on how to arrange this.

Adoration and Rosary

Deacon Des will be holding a daily hour of prayer from St Theresa at 12:00p.m. for all the members of the Parish. You may join him spiritually and through our YouTube channel.

Full details and the text of prayers can be viewed from our website page <https://www.sttheresastansted.org/live-mass/adoration-and-rosary/>

Sacramental Preparation

Sacrament of Marriage: Catholics must approach the Parish Priest / Deacon, at least 6 months prior to their intended wedding, and before setting a wedding date.

Making an Act of Spiritual Communion

When we cannot fulfil our obligation to attend Mass on a Sunday or Holy Day of Obligation, whether because of illness or bad weather, or some other reason outside of our control, we can, and indeed should make an Act of Spiritual Communion. It is also good to make an Act of Spiritual Communion when we can attend Mass, but when something prevents us from receiving sacramental Communion that day—say, a mortal sin that we know we have not had the opportunity to confess yet.

We can make an act multiple times a day—even on days when we have been able to receive the Eucharist; because each Act of Spiritual Communion that we make increases our desire to receive sacramental Communion, and also helps us to avoid the sins that would make us unable to receive Communion worthily.

My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there, and unite myself wholly to You. Never permit me to be separated from You. Amen.



Keep in touch

Your emotional and mental health well-being is just as important as your spiritual well-being. It is normal to feel stressed or lonely when self-isolating, but there are some things you can do to feel better.

Reach out to your usual supports, like family and friends, and talk about how you feel. Also, it is recommended that you consider sticking to a routine, such as having regular mealtimes, bedtimes and exercising.

As an additional support Fr. Lee and Deacon Des would like to chat with you on a weekly basis to see how you are and to offer guidance. If this is something that is of interest to you then please complete the form on the website, alternatively you can post your details to the Presbytery.

If you are in touch with people of the parish that may not have access to social media, or our website, then please ask them to also post their details to the Presbytery.

WhatsApp Group: Deacon Des is starting a parish WhatsApp group, if you would like to join please email Des at desconnors@dioceseofbrentwood.org with your mobile number and he will send you an invitation to join the group.



Mental Health

As mentioned above, during these times of social distancing and isolation, it is more important than ever to keep our minds healthy. Again, thanks to Ann, we have been given some information to share which we have also placed onto our Website. Remember the five ways to wellbeing:

1. Connect with those around you - make a phone call, use social media, pray for others
2. Keep active - walk, cycle or jog (if it is safe to do so), walk on the spot, take part in exercise videos online, move as much as possible
3. Keep learning - research a topic of interest, learn a new word, read a book
4. Take notice - recognise how you are feeling
5. Give - do something good to help others: give to charity, smile at your family



Keeping Our Data Safe

During these unusual times it's a sad fact that some people will look to take advantage of the vulnerable.

As most of us are using technology in one way or another, and for some of us it's the first time, you need to be mindful of scammers and hackers. Here are a few things to think about:

- Before you click on a link in an email or text message be sure you know it's from a legitimate source. If you have any doubt, please ask for help or just delete the message. If you think a message feels suspicious you are probably right.
- Here is a link to some information on current scams from Essex & Kent Police & Crime and Action Fraud <https://www.actionfraud.police.uk/> so you know what to be on the lookout for.
- Unfortunately, some people will try and exploit the young as well as the old. Jessie & Friends is a useful tool for both parents and children to view and can be accessed via www.thinkuknow.co.uk.

We all need to take care to keep ourselves and our data safe at all times.



Mass Times and Intentions (no public attendance)

PALM SUNDAY Year A		
Saturday 4 th April	Mass: 10:00 a.m.	People of the Parish
Sunday 5 th April <i>Palm Sunday</i>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	The Holy Souls (RIP) (C&J Welsh)
Monday 6 th April <i>Fig Monday</i>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	The Pugh Family (D Bowers)
Tuesday 7 th April <i>Temple Tuesday</i>	Mass (Latin): 10:00 a.m.	
Wednesday 8 th April <i>Spy Wednesday</i>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	
Thursday 9 th April <i>Maundy Thursday</i>	Mass of The Lord's Supper: 8:00 p.m. <i>Livestreamed on our YouTube channel</i>	
Friday 10 th April <i>Good Friday</i>	Stations of the Cross: 10:00 a.m. <i>Livestreamed on our YouTube channel</i> Mass: 3:00 p.m. <i>Livestreamed on our YouTube channel</i> 7:30 p.m. .Maria Desolata (Stations of the Cross with our Lady returning from the tomb): <i>Livestreamed on our YouTube channel</i>	
EASTER SUNDAY Year A		
Saturday 11 th April <i>Holy Saturday</i>	Easter Vigil: 8:00 p.m. <i>Livestreamed on our YouTube channel</i>	McCreanor/Donnelly & Wood Families (S Wood)
Sunday 12 th April <i>Easter Sunday</i> <i>1st Reading: Acts 10:34</i> <i>Psalm: 117</i> <i>2nd Reading: Colossians 3:1-4</i> <i>Gospel: John 20:1-9</i>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	People of the Parish

