

The Little Flower Messenger

Year A EASTER SUNDAY 12th April 2020

Welcome to our Parish Community of St. Theresa of Lisieux

The Presbytery, High Lane, Stansted Mountfitchet, CM24 8LQ
Tel. 01279 814349 • stansted@dioceseofbrentwood.org • <https://www.sttheresastansted.org/>
• Twitter: @StStansted • Instagram: sttheresastansted

Priest-in-Charge: Fr. Lee Bennett frlee@dioceseofbrentwood.org ☎ 814349

Parish Deacon: Rev. Des Connors desconnors@dioceseofbrentwood.org

Parish Administrator: Clair Rava stansted@dioceseofbrentwood.org ☎ 816889
(Office Hours: Tuesday–Thursday 10:00 a.m. – 2:00 p.m.)

Gospel: John 20:1-9

1st Reading:	<i>Acts 10:34, 37-43</i>
Psalm 117:	<i>This day was made by the Lord; we rejoice and are glad.</i>
2nd Reading:	<i>Colossians 3:1-4</i>
Gospel Acclamation:	<i>Alleluia, alleluia! Christ, our Passover, has been sacrificed; let us celebrate the feast then, in the Lord. Alleluia!</i>
Communion Antiphon:	<i>Christ our Passover has been sacrificed, alleluia; therefore let us keep the feast with the unleavened bread of purity and truth, alleluia, alleluia.</i>

This Week's Good News

Dear Friends,

He Is Risen.... Alleluia!!!!

Easter is the greatest and the most important feast in the Church for three reasons:

1) The Resurrection of Christ is the basis of our Christian Faith. It is the greatest of the miracles, for it proves that Jesus is God. That is why St. Paul writes: "If Christ has not been raised, then our preaching is in vain; and your Faith is in vain" (1 Cor 15:14). "Jesus is Lord, He is risen!" (Rom 10:9), was the central theme of the kerygma (or "preaching"), of the apostles, because Jesus had prophesied His Resurrection as a sign of His Divinity: The founder of no other religion has an empty tomb as Jesus has.

2) Easter is the guarantee of our own resurrection. Jesus assured Martha at the tomb of Lazarus: "I am the Resurrection and the life; whoever believes in Me will live even though he dies" (Jn 11:25-26).

3) Easter is a feast which gives us hope and encouragement in this world of pain, sorrows, and tears. It reminds us that life is worth living. It is our belief in the Real Presence of the Risen Jesus in our souls, in His Church, in the Blessed Sacrament and in Heaven that gives meaning to our personal as well as our communal prayer, strength to fight against temptations, and freedom from unnecessary worries and fear.

Today's Gospel account from John of the resurrection of Jesus from the dead was a clear wake-up call to his disciples and all the other people who had 'failed to understand the teaching of scripture, that he must rise from the dead' (Jn 20:9). His resurrection challenged them to wake from the sleep of their disbelief and indifference. By going into hiding and even denying all knowledge of Jesus when he was arrested, they had obviously missed the central message of his preaching and teaching.

But when the reality of Jesus' rising from the dead impacted on them, they began to understand that it was quite consistent with all that he had said and done before his death on the cross. So, they must have asked themselves why they had not listened to him and recognised him for who he is: The Son of God and the

Saviour of the world. As they thought back on the sayings, parables and miracles of Jesus' ministry, they gradually understood the truth of his claim to be 'the Way, the Truth and the Life' (Jn 14:6).

The realisation that the risen Lord was in their midst changed their lives radically. His several post-resurrection appearances gave them a renewed sense of hope and they became witnesses to his teaching.

The same joy and enthusiasm are meant to apply to us. However, there is also an important difference. Unlike the first disciples, we have the advantage of two millennia of Christian tradition and reflection. We have many opportunities for faith formation that did not exist in the early Church. Yet, even with the benefit of hindsight, we are equally or sometimes even more hesitant than the first-century disciples to make the necessary leap of faith in Jesus who is risen from the dead.

The significance of what happened at Easter is well summarised in the first Preface of Easter which states that 'by dying he [Jesus] destroyed our death; by rising he restored our life'.

This was what Simon Peter and John realised when they arrived at the empty tomb. Effectively, they saw, and they believed.



In contrast, we did not see the empty tomb. So, our Christian faith invites us to reverse the order by believing first and then, through our belief, seeing. Saint Thomas Aquinas taught that this is real faith: not to go looking for the evidence and then, when we satisfy ourselves that the necessary proof exists, to embrace the faith. Instead, it is the other way around: embracing God in faith and then seeking to deepen our knowledge and understanding.

Our belief in the risen Lord originates in the witness of those who accompanied him. We journey with him, but in a different way from those who met him and walked with him and ate with him and touched him after his resurrection from the dead. Jesus' resurrection from the dead is the definitive proof that physical death is not the end. There is life after death. And God invites all of us to use this earthly life to prepare for the next life.

With renewed faith and hope this day, let the words of the opening prayer for the Mass of Easter Sunday become our prayer: Let us pray that the risen Christ will raise us up and renew our lives. God our Father, by raising Christ your Son you conquered the power of death and opened for us the way to eternal life. Let our celebration today raise us up and renew our lives by the Spirit that is within us.

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.

The Mass times are:

Monday	10:00 hrs
Tuesday	10:00 hrs (Latin Mass – will not be livestreamed)
Wednesday	10:00 hrs
Thursday	10:00 hrs
Friday	10:00 hrs
Saturday	10:00 hrs
Sunday	10:00 hrs

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

Children's Liturgy: We appreciate the continuing challenge to keep your children motivated during the current situation we all find ourselves in. This week we have added a Home Project sheet for you to do, not only does it have ideas for children but for adults too. If any of the children wish to share pictures or activities they have completed and want to share them please email Clair at the stansted@dioceseofbrentwood.org email address and we will place copies of them in our Newsletter.

We also have a useful link to information to assist parents and carers explain COVID19 to young children and young people. All this information can be viewed via the following link:

<https://www.sttheresastansted.org/live-mass/childrens-liturgy/>

Thank you again 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. <https://www.sttheresastansted.org/live-mass/mass-intentions/>

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.



Planned Giving Envelopes & Continued Support

The Planned Giving Envelopes for Gift Aid donors have arrived and will be kept safe until the lockdown has been lifted.

As we are unable to attend church in person, should you wish to continue making donations you can consider the following options:

Weekly Donation: Should you wish to make your usual weekly donation to St Theresa's you can do so via <https://www.dioceseofbrentwood.net/donations/?parish=stansted>. Please ensure that Stansted Mountfitchet – St Theresa of Lisieux is selected. Any funds donated will come in full to the Parish.

Current Gift Aid Envelope Donor or New Gift Aid Donor: If you would like to start making donations via standing order please email stansted-giftaid@dioceseofbrentwood.org for details on how to set this up.

Current Gift Aid Donor – change of circumstances: If your circumstances have changed and you no longer wish to contribute via the Gift Aid Donor scheme please advise by email to stansted-giftaid@dioceseofbrentwood.org

During these difficult times, we recognise that the financial impact on some parishioners can be significant. Your continued support for our Parish is appreciated.

Another way of support us is making all of your online purchases via the Giving Machine. All you need to do is visit <https://www.thegivingmachine.co.uk/causes/st-theresas-catholic-church-stansted-mountfitchet> and register your details and confirm you wish to support us and that's it. You can then log into the Giving Machine each time you make an online purchase; different companies offer different amounts of support. Our sign-up code is **265525**.



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.

<https://www.sttheresasaststed.org/keep-in-touch/>

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)

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>The Resurrection of the Lord</i>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	People of the Parish
Monday 13 th April	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	Peter Diment (RIP) (J Richardson)
Tuesday 14 th April	Mass (Latin): 10:00 a.m.	
Wednesday 15 th April	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	
Thursday 16 th April	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	
Friday 17 th April	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	
SECOND SUNDAY OF EASTER Year A		
Saturday 18 th April	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	People of the Parish
Sunday 19 th April <i>Divine Mercy Sunday</i> <i>1st Reading: Acts 2:42-47</i> <i>Psalm: 117:2</i> <i>2nd Reading: Peter 1:3-9</i> <i>Gospel: John 20:19-31</i>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	

