

The Little Flower Messenger

Year A SECOND SUNDAY OF EASTER 19th 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: John 20:19-31

‘Eight Days later, Jesus came’

1st Reading:	<i>Acts 2:42-47</i>
Psalm 117:	<i>Give thanks to the Lord for he is good, for his love has no end.</i>
2nd Reading:	<i>1 Peter 1:3-9</i>
Gospel Acclamation:	<i>Alleluia, alleluia! Jesus said: ‘You believe because you can see me. Happy are those who have not seen and yet believe.’ Alleluia!</i>
Communion Antiphon:	<i>Bring your hand and feel the place of the nails, and do not be unbelieving, but believing, alleluia.</i>

This Week’s Good News

Dear Friends,

Today is Divine Mercy Sunday. It is no surprise therefore, that the readings for this Sunday are about God’s mercy, the necessity for trusting Faith and the need for God’s forgiveness of sins. The opening prayer addresses the Father as “God of Mercy.” The Response for today’s Responsorial Psalm (Ps 118), is “Give thanks to the Lord for He is good; His Love is everlasting!” In the first section of that Psalm, we repeat three times, “His mercy endures forever.” God revealed His mercy to the world, first and foremost, by sending His only begotten Son to become our Saviour and Lord by His suffering, death and Resurrection. Divine Mercy is offered to us also in each celebration of the Sacraments.

The first reading (Acts 2:42-47), shows us how the early Church grew every day because of the acts of mercy and sharing, sacrificial agápe love, practised by the early Christians. They expressed their love and mercy by sharing what they had with everyone in need. In the second reading (1 Peter 1:3-9), St. Peter glorifies God, the Father of Jesus Christ, for showing us His mercy by granting to His Son, Jesus, Resurrection from the dead and a glorious Ascension into Heaven, thus offering us the assurance of our own resurrection, entry into Heaven, and “imperishable and unfading” Heavenly bliss. In today’s Gospel, as we recall Jesus’ appearance to the Apostles on that first Easter evening, we are vividly reminded of the Sacrament of Reconciliation – the power to forgive sins which Our Lord gave to His Apostles, saying, “Whose sins you forgive, they are forgiven them, and whose sins you retain, they are retained” (Jn 20:23).

Today’s Gospel also emphasises the importance of Faith in the all-pervading presence of the risen Lord of Mercy. The second part of the Gospel (verses 24-29), presents the fearless apostle St. Thomas, in his uncompromising honesty, demanding a personal vision of, and physical contact with, the risen Jesus as a condition for his belief. Thomas had not been with the Apostles when Jesus first appeared to them. As a result, he refused to believe. This should serve as a warning to us. It is difficult for us to believe when we do not strengthen ourselves with the fellowship of other believers. When the Lord appeared to Thomas

later, He said: “Blessed are those who have not seen but have believed.” Thomas was able to overcome his doubts by seeing the risen Jesus. Thomas, the “doubting” apostle, makes the great profession of Faith: “My Lord and my God.” Here, the most outrageous doubter of the Resurrection of Jesus utters the greatest confession of belief in the Lord who rose from the dead.

To “believe without having seen” is every later Christian’s experience. We are invited to receive liberation from doubts and hesitation by surrendering our lives to the risen Lord of Mercy. Let us ask God our Father to open our hearts so that we may receive His Mercy in the form of the Holy Spirit.



St. Faustina of Poland is the well-known apostle of Divine Mercy. On the 30th of April 2000, at 10:00 a.m. on the Second Sunday of Easter (Divine Mercy Sunday, the Feast requested by Jesus in His communications with St. Faustina), His Holiness Pope St. John Paul II celebrated the Eucharist in Saint Peter’s Square and proceeded to the canonization of Blessed Sister Faustina. [John Paul himself would be canonized on this same Feast Day – April 27th in 2014 – by Pope Francis.]

Saint Faustina invites us by the witness of her life to keep our Faith and Hope fixed on God the Father, rich in mercy, who saved us by the precious Blood of His Son. During her short life, the Lord Jesus assigned to St. Faustina three basic tasks:

- 1. to pray for souls, entrusting them to God’s incomprehensible Mercy;**
- 2. to tell the world about God’s generous Mercy;**
- 3. to start a new movement in the Church focusing on God’s Mercy.**

At the canonization of St. Faustina, Pope St. John Paul II said: “The cross, even after the Resurrection of the Son of God, speaks, and never ceases to speak, of God the Father, who is absolutely faithful to His eternal love for man. ... Believing in this love means believing in mercy.” “The Lord of Divine Mercy,” a drawing of Jesus based on the vision given to St. Faustina, shows Jesus raising his right hand in a gesture of blessing, with His left hand on his heart from which gush forth two rays, one red and one white.

The picture contains the message, “Jesus, I trust in You!” (Jezu ufam Tobie). The rays streaming out have symbolic meaning: red for the Blood of Jesus which is the life of souls and white for the water of Baptism which justifies souls. The whole image is symbolic of the mercy, forgiveness and love of God.

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

Divine Mercy Service: Deacon Des will be holding a Divine Mercy service today (Sunday 19th April) at 3:00 p.m. which will also be livestreamed via the YouTube channel.

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. We have several links with helpful activities for parents to do with their children on the Children's Liturgy page: <https://www.sttheresastansted.org/live-mass/childrens-liturgy/> If you have any pictures your children have completed and would like to share, please email a copy to Clair at stansted@dioceseofbrentwood.org and she will place them in our Newsletter.

This week we have also added a link to 'Think u know'. This is an education programme that helps protect children both online and offline. Take some time to explore the website for advice about keeping your children safe when they are using a phone, tablet or computer.

We also have a useful link to information on how to explain COVID19 to young children and young people.

Thank you again to Ann and Bernadette 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



Essex Welfare Service

Essex Welfare Service (<https://www.essexwelfareservice.org.uk/>) was mobilised in March 2020 in response to the Coronavirus crisis. The Service is commissioned by Essex County Council and delivered by Provide CIC in partnership with Priority Digital Health - a truly local service for local residents.

It is designed for people who are without the support of family, friends or neighbours and the aim is to quickly and safely co-ordinate requests and referrals for support from vulnerable people in Essex and connect them to a fully vetted volunteer who wants to help their community during this difficult time.

The service also delivers a remote stop smoking service and other community services previously delivered by the Essex Lifestyle Service.

How do I get support?

Should you require support you can visit <https://www.essexwelfareservice.org.uk/support-request> . Simply fill in the form and you will be connected very quickly with a volunteer who can help with your request. Alternatively, you can contact them on 0300 303 9988.

Who can volunteer and what are the jobs?

Essex Welfare Service needs volunteers to help with simple but essential jobs including driving people to and from hospital and delivering food and medication.

Please note, to comply with the UK's current 'Stay at Home' rules you can only volunteer to carry out those tasks which involve leaving your home if you fulfil ALL of the conditions below:

- You are well and have no symptoms like a cough or high temperature and neither does anybody in your household
- You are under 70
- You are not pregnant
- You do not have any long-term health conditions that make you vulnerable to coronavirus
- Guidance for those at increased risk of severe illness from coronavirus can be found here on the gov.uk website.

How do I volunteer?

Just complete the form <https://www.essexwelfareservice.org.uk/volunteer-registration> . You will then be asked to select from a list of tasks you can help with. Once they have completed the necessary checks, you will be trained on how to select jobs you can support with.

How is this different from the NHS Volunteer Responder Service?

This is a community service just for Essex in order to meet wider demand for community support. It is being delivered by Provide CIC, one of the leading providers of wellbeing and community services in Essex.



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)

SECOND SUNDAY OF EASTER Year A		
Saturday 18 th April	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	F&C Roberts 50th Wedding Anniversary (F Roberts)
Sunday 19 th April <i>Divine Mercy Sunday</i>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	People of the Parish
Monday 20 th April	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	Ted Bubien (RIP) (B Quinn)
Tuesday 21 st April	Mass (Latin): 10:00 a.m.	
Wednesday 22 nd April	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	
Thursday 23 rd April <i>St George</i>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	
Friday 24 th April	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	
THIRD SUNDAY OF EASTER Year A		
Saturday 25 th April <i>St Mark</i>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	Peter Diment (RIP) (B Quinn)
Sunday 26 th April <i>1st Reading: Acts 2:14</i> <i>Psalm: 15:1</i> <i>2nd Reading: Peter 1:17</i> <i>Gospel: Luke 24:13</i>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	People of the Parish

