

The Little Flower Messenger

Year A **THIRD SUNDAY OF EASTER 26th 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 frleebennett@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: Luke 24:13-35

'They recognised him at the breaking of bread'

1st Reading: *Acts 2:14, 22-33*

Psalm 15: *Show us, Lord, the path of life.*

2nd Reading: *1 Peter 1:17-21*

Gospel Acclamation: *Alleluia, alleluia! Lord Jesus, explain the scriptures to us. Make our hearts burn within us as you talk to us. Alleluia!*

Communion Antiphon: *The disciples recognised the Lord Jesus in the breaking of the bread, alleluia.*

This Week's Good News

Dear Friends,

Our Scripture lessons for today have one common, encouraging theme: No matter what happens in our lives, the risen Jesus is always with us. God is always near to those who seek Him and who want to live in His presence, doing His will.

Luke's Emmaus Gospel is a beautiful, theological dramatisation of one of the encounters of the disciples with their risen Lord during those wonder-filled days after the discovery of the empty tomb. It is the story of how on Easter Sunday two disciples of Jesus, discouraged and devastated, set out on the road from Jerusalem to Emmaus — a distance of about seven miles — and were overtaken by a stranger going along the same road. They began to speak to him about all that had occurred in the Holy City during the previous week. Most probably, Cleopas and his companion were husband and wife, residents of Emmaus and disciples of Jesus who had witnessed His crucifixion and burial.

These two disciples chose to leave Jerusalem on the afternoon of the third day after the death of Jesus – the very day they had received news that the tomb was empty. They were “prevented” from recognising the Stranger, Jesus, perhaps partly by preoccupation with their own disappointment and problems. As they journeyed on, Jesus showed them how the Scriptures had foretold all that he had done and suffered, including his death and its purpose. His coming to them and walking alongside them illustrates the truth that the road to Emmaus is a road of companionship with Jesus who desires to walk with each of us. *“I am with you always”* (Matthew 28:20). The incident further illustrates that Jesus is with us even when we do not recognise him. As was customary, the stranger is invited to share a meal with the two disciples.

During the meal, when Jesus broke the bread and gave it to them, the disciples realised that this stranger was Jesus, the risen Christ, and Jesus immediately vanished. Later they said to each other, “Did not our

hearts burn within us when he opened up the Scriptures to us?” Since they could not keep the Good News to themselves, the Emmaus disciples walked back seven miles to Jerusalem to share their story with the other disciples. The Fathers of the Church note how well the details of this Emmaus episode match our process of coming to Faith in Jesus Christ. First, there are questions and a search for answers. Then comes a moment of discovery when our eyes are opened and our hearts within begin to burn with longing. Finally, there is the desire to tell the story to all who will listen.

The risen Lord meets us on the road to our Emmaus, both in the ordinary experiences of our lives, and in the places to which we retreat when life is too much for us. We too, have hopes and dreams about better health, financial security and family relationships. These hopes and dreams often shatter. This current situation of isolation, separation and fear is such a time when we ourselves may not recognise Jesus walking with us.

This story promises us, however, that Jesus will come to us in unfamiliar guises to support and strengthen us when we least expect our risen Lord. Emmaus moments come to us when we meet the risen Christ on our life’s journey through rough times. When we meet Jesus in the Eucharist and through the Word of God, we commune with him in prayer, and thus renew our relationship of mutual loving service. These meetings, then, enable us to encounter the risen Jesus living in all the people we meet and, in them, to offer our Lord humble, loving, selfless service.

Deacon Des

Prayer & Liturgy

We are keen to share Mass with you as often as we can, and we livestream 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.

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 to 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/https://www.thegivingmachine.co.uk/> 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

If you wish Father Lee or Deacon Des to call for a chat on a weekly basis to see how you are and offer guidance then please complete the form on the website <https://www.sttheresastansted.org/keep-in-touch/>, 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 has started 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.

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.



Mass Times and Intentions (no public attendance)

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)
THIRD SUNDAY OF EASTER Year A		
Sunday 26 th April	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	People of the Parish
Monday 27 th April	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	
Tuesday 28 th April <i>St Paul of the Cross</i>	Mass (Latin): 10:00 a.m.	June Hennessey (RIP) (B McGreevy)
Wednesday 29 th April <i>St Catherine of Siena</i>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	
Thursday 30 th April	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	Philip Manning (RIP) (T Kemp)
Friday 1 st May <i>Day of Prayer for Human Work</i>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	
Saturday 2 nd May <i>St Athanasius</i>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	People of the Parish
FOURTH SUNDAY OF EASTER Year A		
Sunday 3 rd May <i>World Day of Prayer for Vocations</i> <i>1st Reading: Acts 2:14</i> <i>Psalm: 22</i> <i>2nd Reading: Peter 2:20</i> <i>Gospel: John 10:1</i>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	Fr John Garrett (RIP) (J Boland)

