

The Little Flower Messenger

Year A FOURTH SUNDAY OF EASTER 3rd May 2020

Welcome to our Parish Community of St. Theresa of Lisieux

The Presbytery, High Lane, Stansted Mountfitchet, CM24 8LQ
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Parish Administrator: Clair Rava stansted@dioceseofbrentwood.org ☎ 816889

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

Gospel: John 10:1-10

'I am the gate of the sheepfold'

1st Reading:	<i>Acts 2:14, 36-41</i>
Psalm 22:	<i>The Lord is my shepherd; there is nothing I shall want.</i>
2nd Reading:	<i>1 Peter 2:20-25</i>
Gospel Acclamation:	<i>Alleluia, alleluia! I am the good shepherd, says the Lord: I know my own sheep and my own know me. Alleluia!</i>
Communion Antiphon:	<i>The Good Shepherd has risen, who laid down his life for his sheep and willingly died for his flock, alleluia.</i>

This Week's Good News

Dear Friends,

Today the Church celebrates Good Shepherd Sunday. The Gospel today comes from the tenth chapter of John's Gospel, as it does every year on the fourth Sunday of Easter. This contains the wonderful imagery of our Lord as a shepherd.

Jesus tells the people that he is the gate of the sheepfold. The shepherd would care and protect his flock, and Jesus referring to himself as the gate of the sheepfold is very symbolic. Shepherds would sleep in the middle of the flock at night and the only legitimate way into the sheep fold was through a very narrow gate. To enter other than through the gate was to do so because that person was 'a thief and brigand.' We need to beware of such false shepherds who wish to lead us astray.

Jesus is the only way for us to enter into salvation. The sheep know the voice of the master, they follow him. The shepherd knows each of them personally and calls to them and leads them to safety. The challenge for each of us, is to be able to listen and hear the voice of the Good Shepherd amidst all the other voices calling to us that distract us from hearing the master's voice. These voices and sounds challenge our faith, our beliefs and our values. We can become distracted by listening to these sounds because they are everywhere, on the television, radio, social media. They are loud and distracting, designed to sow discord and conflict inside and outside the Church.

They tell us that we should only be concerned with the here and now, power, wealth, status and reputation. It's all around us, on a daily basis and if we listen to it long enough then we begin to believe it. However, in the midst of all this noise is the gentle voice of the Good Shepherd speaking to us - speaking to us through the Gospel, through his Church and its ministers and people. Even today, when we are unable to gather together, his voice gently pushes away the noise and distraction.... if we listen carefully enough. Today is

also Vocations Sunday, and we pray also that young people hear the voice of the Good Shepherd and a call to a vocation in the Church, to tend to each of the Lord's flock.

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/>

Children's Liturgy: We have added a 'Scripture Scramble' challenge this week, its great fun for all the family, why not have a go! <https://www.sttheresastansted.org/live-mass/childrens-liturgy/>

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.

Sycamore

The National Shrine of Our Lady of Walsingham is delighted to present the faith exploration series Sycamore, presented by Fr Stephen Wang.

Sycamore is an informal course about the Christian faith and its relevance for life today. Each session involves a short film and discussion questions to get you thinking.

The Timetable: The 10 sessions will be broadcast daily on the Shrine's livestream from Wednesday 29th April until Friday 8th May, with each episode shown at 10.30am and then repeated again at 4pm:

- Session 1: The Search for Happiness (Wednesday 29/4)
- Session 2: The Existence of God (Thursday 30/4)
- Session 3: A God Who Speaks (Friday 1/5)
- Session 4: Who is Jesus? (Saturday 2/5)
- Session 5: The Holy Spirit and the Church (Sunday 3/5)
- Session 6: The Bible (Monday 4/5)
- Session 7: The Gift of Faith (Tuesday 5/5)
- Session 8: The Power of Prayer (Wednesday 6/5)
- Session 9: Finding True Freedom (Thursday 7/5)
- Session 10: The Meaning of Love (Friday 8/5)

The streaming from Walsingham has been very popular over this period of the Covid-19 lockdown, partly because the Shrine was at the centre of the Rededication of England as the Dowry of Mary last month. More details can be found on the Walsingham website page: www.walsingham.org.uk/event/sycamore

You can watch the live stream via www.walsingham.org.uk/live-stream

SYCAMORE

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.



CaFE@Home

Following the terrible impact of the Coronavirus on our church gatherings, café (Catholic Faith Exploration) are providing a service called CaFE@Home. They have created a plan to help parishes and parishioners affected by the crisis and are offering both multiple copies of the course DVD discs (and books if applicable) at cost price. If this is of interest to you the link can be found on our Website: <https://www.sttheresasaststed.org/keep-in-touch/useful-catholic-links/>



Domestic Abuse

Sadly, during these difficult times, the number of domestic incidents has increased, and many people are at continuing risk. If you or anyone you know is suffering, we have placed a list of contacts on our website where you can go to for help <https://www.sttheresasaststed.org/keep-in-touch/useful-catholic-links/>

Please do not suffer in silence and seek help when you can, the Government has said that anybody suffering domestic abuse can leave their homes to seek help.

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 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>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	Fr John Garrett (RIP) (J Boland)
Monday 4 th May <i>The English Martyrs</i>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	
Tuesday 5 th May	Mass (Latin): 10:00 a.m.	
Wednesday 6 th May <i>St John Payne</i>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	
Thursday 7 th May	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	
Friday 8 th May	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	
Saturday 9 th May	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	
FIFTH SUNDAY OF EASTER Year A		
Sunday 10 th May <i>1st Reading: Acts 6:1-7</i> <i>Psalm: 32</i> <i>2nd Reading: 1 Peter 2:4-9</i> <i>Gospel: John 14:1-12</i>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	People of the Parish

