

The Little Flower Messenger

Year A MOST HOLY TRINITY 7th June 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 • www.sttheresasstansted.org

• Twitter: @StStansted • Instagram: sttheresasstansted

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 3:16-18

‘God sent his Son so that through him the world might be saved.’

1st Reading:	<i>Exodus 34:4-6, 8-9</i>
Psalms Daniel 3:52:	<i>To you glory and praise for evermore.</i>
2nd Reading:	<i>2 Corinthians 13:11–13</i>
Gospel Acclamation:	<i>Alleluia, alleluia! Glory be to the Father, and to the Son, and to the Holy Spirit, the God who is, who was, and who is to come. Alleluia!</i>
Communion Antiphon:	<i>Since you are children of God, God has sent into your hearts the Spirit of his Son, the Spirit who cries out: Abba, Father.</i>

This Week’s Good News

Dear Friends,

Today’s Gospel comes from the story of Jesus’ encounter with Nicodemus. Jesus speaks about the Father who has sent him (the Son), and, after the Last Supper, He speaks about the Holy Spirit Whom he will send. He says that the Father has given him (the Son) all that He has and that Jesus, in turn, has given to the Holy Spirit all that he has received from the Father. In this we see the unity of purpose among the Three Persons of the Trinity.

Today’s feast invites us to live in the awareness of the presence of the Triune God within us: The Father, the Son, and the Holy Spirit. The mystery of the Holy Trinity, a doctrine enunciated by the ecumenical councils of Nicaea and Constantinople, is one of the fundamental doctrines of Christianity and the greatest mystery of our Faith, namely, that there are Three Divine Persons, sharing the same Divine nature in one God. “There is one God, who has three Persons, Father, Son and Holy Spirit. Each Person is God, yet there is still only one God” (CCC #234, #253-256). We have the Father Who is the Creator, the Son who is the Redeemer and the Holy Spirit who is the Sanctifier and the Counsellor.

The doctrine of Three Persons in one God, co-equal and co-eternal in Divinity yet distinct in Person, is not explicitly spelt out in the Bible. Even the very word “Trinity” is not found in the Bible. But the doctrine of the Trinity underlies all major Christian feasts, including Christmas, the Epiphany, Good Friday, Easter, the Ascension and Pentecost. All the official prayers of the Church, including the Holy Mass and the Sacraments, begin with an address to the Holy Trinity: “*In the Name of the Father and of the Son and of the Holy Spirit.*”

We are baptised, absolved of our sins and anointed in the name of the Blessed Trinity. We bless ourselves with the Sign of the Cross, invoking the Name of the Father and of the Son and of the Holy Spirit, and we

conclude our prayers glorifying the Holy Trinity, saying “*Glory be to the Father and to the Son and to the Holy Spirit....*”

The Mystery of the Most Holy Trinity is a basic doctrine of Faith in Christianity, understandable not with our heads but with our hearts. It teaches us that there are three distinct Persons in one God, sharing the same Divine Nature, co-equal and co-eternal. Our mind cannot grasp this doctrine which teaches that $1+1+1 = 1$ and not 3. But we believe in this Mystery because Jesus, who is God, taught it clearly, the Evangelists recorded it, the Fathers of the Church tried to explain it, and the Councils of Nicaea and Constantinople defined it as a dogma of Christian Faith.

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.

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

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.

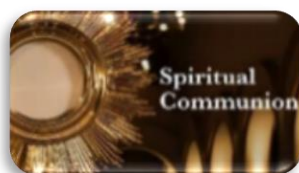


Making an Act of Spiritual Communion

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.



Norbertines of St. Philip's Priory, Chelmsford – Vocations Week

From the 8th -12th June, after the Solemnity of OHF Norbert, the Norbertines of St Philip's Priory will be focusing their social media on the topic of vocations to the Premonstratensian Order. Fr Stephen, the Sub-Prior and Vocations Director, will be sharing daily videos and information on life and work at the Priory. These can be viewed via their Facebook page: www.facebook.com/norbertines and YouTube channel: www.youtube.com/channel/UchlkkivPXvddwvUOQzd9itA

Church Volunteer – Can you help?

As you know we are praying that soon we shall be able to reopen the Church for private prayer. As part of the planning, to ensure everyone's safety, we are looking for willing volunteers to come forward from the parish to steward. This role would mean ensuring social distancing takes place, limit the number of people in Church at any one time, and/or clean on a regular basis.

Sadly, the current advice is that those who are either in an 'at-risk' category or who are above the age of 70 cannot be part of this volunteer workforce. That means that even those of you who feel very fit and well, or are a septuagenarian or older, cannot volunteer. We are sorry about that.

We do need to have a good list of volunteers to show we can cope with any requirements requested of us and to be able to open St Theresa's, should the go ahead be given by the government.

If you would like to volunteer your services to provide a daily clean and /or to steward, can you please contact Clair via the parish email: stansted@dioceseofbrentwood.org with your name, contact details, and the times/days you could be available each week. Should you have any questions as to duties please feel free to contact Fr. Lee or Deacon Des.

Once we have enough volunteers, we shall arrange a rota to enable us to open our Church for those who wish and are able to attend; firstly, for private prayer, and later for a return to attend Mass.

Planned Giving Envelopes & Continued Support

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.



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.



NHS Track and Trace

Please note the following guidance from Essex police regarding the new NHS Track and Trace system:

With the development of Track and Trace, many people have been asking for advice around how this works. Please find below the official advice from the GOV.UK website on how the system works and advice on how to avoid being the victim of any possible scams as a result of the implementation of this system.

When the NHS contact you

If the NHS test and trace service contacts you, the service will use text messages, email or phone. All texts or emails will ask you to sign into the NHS test and trace contact-tracing website.

If NHS test and trace calls you by phone, the service will be using a single phone number: 0300 013 5000. All information you provide to the NHS test and trace service is held in strict confidence and will only be kept and used in line with the Data Protection Act 2018.

Contact tracers will:

- call you from 0300 013 5000
- send you text messages from 'NHS'
- ask for your full name and date of birth to confirm your identity, and postcode to offer support while self-isolating
- ask if you are experiencing any coronavirus symptoms
- provide advice on what you must do as you have been in contact with someone who has tested positive for coronavirus

Contact tracers will **never**:

- ask you to dial a premium rate number to speak to us (for example, those starting 09 or 087)
- ask you to make any form of payment or purchase a product of any kind
- ask for any details about your bank account
- ask for your social media identities or login details, or those of your contacts
- ask you for any passwords or PINs, or ask you to set up any passwords or PINs over the phone
- disclose any of your personal or medical information to your contacts
- provide medical advice on the treatment of any potential coronavirus symptoms
- ask you to download any software to your PC or ask you to hand over control of your PC, smartphone or tablet to anyone else
- ask you to access any website that does not belong to the government or NHS

For the full guidance/information please check the GOV.UK website – www.gov.uk/guidance/nhs-test-and-trace-how-it-works

Remember the Essex Police advice:

If in doubt use the A, B, C of scam awareness:

A- Never Assume a caller, email or text is genuine.

B- Never Believe a caller, email or text is genuine.

C- Always Confirm by contacting a trusted number, family member, friend, your bank's fraud department or the police to check if it's genuine.



Mass Times and Intentions (no public attendance)

Saturday 6 th June	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	People of the Parish
MOST HOLY TRINITY Year A		
Sunday 7 th June <i>Most Holy Trinity</i>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	
Monday 8 th June	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	Catherine Farnborough (RIP) P. Jones
Tuesday 9 th June <i>Translation of St Edmund</i>	Mass (Latin): 10:00 a.m.	
Wednesday 10 th June	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	Scott Thomas Gilhooly (RIP)
Thursday 11 th June <i>St Barnabas</i>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	Fr. L Bennett (Anniv.) Ordination to Priesthood
Friday 12 th June	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	
Saturday 13 th June <i>St Anthony of Padua</i>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	
MOST HOLY BODY AND BLOOD OF CHRIST - Year A		
Sunday 14 th June <i>Most Holy Body and Blood of Christ</i> <i>1st Reading: Deuteronomy 8:2-3,14-16</i> <i>Psalm: 147</i> <i>2nd Reading: 1 Corinthians 10:16-17</i> <i>Gospel: John 6:51-58</i>	Mass: 10:00 a.m. <i>Livestreamed on our YouTube channel</i>	People of the Parish

