

# The Little Flower Messenger

Year A    **FOURTEENTH SUNDAY IN ORDINARY TIME 5<sup>th</sup> July 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](mailto:stansted@dioceseofbrentwood.org) • [www.sttheresastansted.org](http://www.sttheresastansted.org)

• Twitter: @StStansted    • Instagram: sttheresastansted

**Priest-in-Charge:** Fr. Lee Bennett [frlee@dioceseofbrentwood.org](mailto:frlee@dioceseofbrentwood.org) ☎ 814349

**Parish Deacon:** Rev. Des Connors [desconnors@dioceseofbrentwood.org](mailto:desconnors@dioceseofbrentwood.org)

**Parish Administrator:** Clair Rava [stansted@dioceseofbrentwood.org](mailto:stansted@dioceseofbrentwood.org) ☎ 816889

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

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**Gospel: Matthew 11:25-30**

*'I am gentle and humble of heart'*

**1st Reading:**                    *Zechariah 9:9-10*

**Psalms 144:**                    *I will bless your name for ever, O God my King.*

**2nd Reading:**                *Romans 8:9, 11-13*

**Gospel Acclamation:**        *Alleluia, alleluia! Blessed are you, Father, Lord of heaven and earth, for revealing the mysteries of the kingdom to mere children. Alleluia!*

**Communion Antiphon:**      *Taste and see that the Lord is good; blessed the man who seeks refuge in him.*

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## This Week's Good News

Dear Friends,

In today's Gospel Jesus says to all of us, "Come to Me, all who labour and are heavy laden, and I will give you rest." Jesus recognised that the ruling elite, the Pharisees, placed heavy burdens on the people. The way that some of them treated the ordinary citizen was more of a hindrance than a help. In the first part of the Gospel, Jesus recognises the pride of those who have failed to understand what serving God means. At the same time, he thanks the Father for revealing 'these things' to 'mere children,' or the humblest and simplest in society.

The Pharisees made God's law a trial, full of heavy burdens. Every aspect of Jewish life was covered in 613 Mosaic Laws with many thousands of interpretations. In contrast, Jesus describes the yoke he offers.

"Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light."

Jesus tells us that it is only in Him that we can find God. He speaks to all of us who are desperately trying to find God, who are trying to lead good lives but often fall short, worn out by the world around us. The yoke that Christ offers us is a yoke where we are not expected to work on our own but rather use the strength of Christ to pull us along. The yoke he refers to is the knowledge that God will only send us trials that He knows are within our capabilities to overcome.

However, though He tells us that his burden is light, it does not mean that the burden will be easy to carry. Even the heaviest burden is laid upon us in love, and if we return that love toward God and man, then the burden becomes easy.

The burdens we face, such as bills to pay, debts to clear, relationships to mend, health worries and many more, can stop us from being receptive to the voice of God. Whenever we can, we should be looking to help others with their burdens. This can be as simple as a kind word or gesture, letting someone know they are not alone in what they face. We can also do this by reflecting on how our own words and actions may increase the burden on others.

This week let us pray that we can all alleviate the burdens which weigh us and others down. The burden of fear and ignorance around God's mercy and compassion. If we find ourselves struggling with a burden, let us turn to Jesus and remember his words, "Come to me."

Deacon Des

## **Prayer & Liturgy**

**Livestream Masses:** We shall continue to share Mass with you via our YouTube page <https://www.sttheresastansted.org/live-mass/>

**Children's Liturgy:** This week we have information on praying the Angelus and a link to a website providing resources on how to engage children of all ages Scripture. Why not take a look: <https://www.sttheresastansted.org/live-mass/childrens-liturgy/>

**The Latin Mass:** Takes place each Tuesday at 8:00 p.m. Everyone is welcome to attend this Mass.

## **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.**

## Parish News

**Donations:** At Mass we are unable to circulate the basket for donations. If you wish to make a donation when you return to church, there will be baskets located at the exit door for you to use as you leave the church.

Alternatively, you can make your donation before or after attending Mass on the website <https://www.sttheresasstansted.org/donations/>. Please ensure that 'Stansted Mountfitchet – St Theresa of Lisieux' is selected. There is a box to tick for those who wish their donation to be Gift Aided - even if you have not completed a Gift Aid Declaration. Any funds donated will come in full to the Parish.

You can also set up a standing order, whether or not your donation is Gift Aided. This is the case even if you have traditionally donated using envelopes. Should you wish to start making donations by standing order, please email [stansted-giftaid@dioceseofbrentwood.org](mailto:stansted-giftaid@dioceseofbrentwood.org) for details.

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

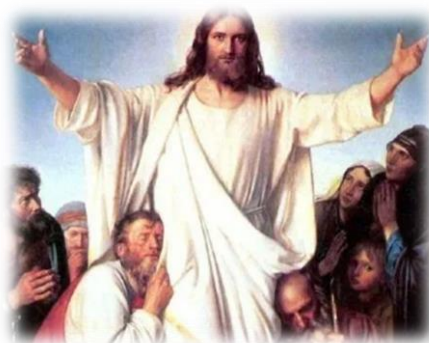
**Sunday Coffee morning:** We are very grateful churches are being re-opened and some of us might be able to attend Mass in person now. Whilst this is a big step forward, we are still unable to hold the coffee mornings in person, so we will keep our online (zoom) space open for anyone that might fancy a fun quiz and a bit of a chat from home. When? We are moving the time to **Sundays 11.20 am** so that those who attend church have plenty of time to return home. Should you wish to join the meeting, these are the details: Web address: <https://us02web.zoom.us/j/83024819984> Meeting ID: 830 2481 9984 Password: CM24Thrsx - New faces always welcome!

### Recap of Instructions for Mass from 4<sup>th</sup> July 2020

- Please remember to book a slot every week for the weekend Masses. If you are not tech savvy, please ask someone to book a slot for you.
- Please do not turn up “on spec” on a Saturday evening or Sunday morning, we really have no wish to turn people away from Mass, but when we are full, we are full.
- Holy Communion, for those who wish to receive it, will be given **AFTER** Mass. Please come forward as directed by the Priest/Deacon. Immediately after you have received, please leave the Church, following “the one-way system.”
- You cannot receive Holy Communion whilst wearing gloves. Please remove these before sanitising your hands with the hand sanitiser and coming to Holy Communion.
- Please do not come to Mass if you are isolating or show any symptoms of illness.
- Please do not reserve seats in Church for friends. Everyone will be seated by a steward working to a plan from those who have booked a place.
- The toilets in Church will remain closed.
- All aspects of the liturgy, including readings, ministering of Holy Communion, setting for and clearing away from Mass will be carried out by the Priest and Deacon to minimise risks.
- Above all please be patient. It is a difficult and strange situation and we are seeking to implement plans set by a number of different people with different agendas, and we are all doing our best to keep you safe and to return us all to the Sacraments of the Church.

## Mass Times and Intentions

<b>FOURTEENTH SUNDAY IN ORDINARY TIME - Year A</b>		
<b>Saturday 4<sup>th</sup> July</b> <i>Public acts of worship resume</i>	Confessions: <b>5:15 p.m. – 5:45 p.m.</b> Mass: <b>6:00 p.m.</b> <i>Livestreamed on our YouTube channel</i>	<b>Ronnie Jackson (RIP)</b> M. Jackson
<b>Sunday 5<sup>th</sup> July</b>	Mass: <b>8:30 a.m.</b> <i>Livestreamed on our YouTube channel</i>  Confessions: <b>9:15 a.m. – 9:45 a.m.</b> Mass: <b>10:00 a.m.</b> <i>Livestreamed on our YouTube channel</i>	<b>People of the Parish</b>
<b>Monday 6<sup>th</sup> July</b>	Confessions: <b>9:00 a.m.</b> Mass: <b>9:30 a.m.</b> <i>Livestreamed on our YouTube channel</i>	
<b>Tuesday 7<sup>th</sup> July</b> <i>SS Cyril &amp; Methodius</i>	Confessions: <b>7:15 p.m.</b> Mass (Latin): <b>8:00 p.m.</b>	
<b>Wednesday 8<sup>th</sup> July</b>	Confessions: <b>12:00 p.m.</b> Mass: <b>12:30 p.m.</b> <i>Livestreamed on our YouTube channel</i>	
<b>Thursday 9<sup>th</sup> July</b>	Confessions: <b>9:00 a.m.</b> Mass: <b>9:30 a.m.</b> <i>Livestreamed on our YouTube channel</i>	
<b>Friday 10<sup>th</sup> July</b>	Confessions: <b>9:00 a.m.</b> Mass: <b>9:30 a.m.</b> <i>Livestreamed on our YouTube channel</i>	
<b>FIFTEENTH SUNDAY IN ORDINARY TIME - Year A</b>		
<b>Saturday 11<sup>th</sup> July</b>	Confessions: <b>5:15 p.m. – 5:45 p.m.</b> Mass: <b>6:00 p.m.</b> <i>Livestreamed on our YouTube channel</i>	
<b>Sunday 12<sup>th</sup> July</b> <i>1st Reading: Isaiah 55:10-11</i> <i>Psalms: 64</i> <i>2nd Reading: Romans 8:18-23</i> <i>Gospel: Matthew 13:1-23</i>	Mass: <b>8:30 a.m.</b> <i>Livestreamed on our YouTube channel</i>  Confessions: <b>9:15 a.m. – 9:45 a.m.</b> Mass: <b>10:00 a.m.</b> <i>Livestreamed on our YouTube channel</i>	<b>People of the Parish</b>



**PLEASE TAKE THIS NEWSLETTER HOME WITH YOU. THANK YOU**