

The Little Flower Messenger

Year A NINETEENTH SUNDAY IN ORDINARY TIME 9th August 2020

Welcome to our Parish Community of St. Theresa of Lisieux

The Presbytery, High Lane, Stansted Mountfitchet, CM24 8LQ

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

Gospel: Matthew 14:22-33

'Jesus walks on the water'

1st Reading:	<i>1 Kings 19:9,11-13</i>
Psalm 84:	<i>Let us see, O Lord, your mercy, and give us your saving help.</i>
2nd Reading:	<i>Romans 9:1-5</i>
Gospel Acclamation:	<i>Alleluia, alleluia! Blessings on the King who comes, in the name of the Lord! Peace be in heaven and glory in the highest heavens! Alleluia!</i>
Communion Antiphon:	<i>O Jerusalem, glorify the Lord, who gives you your fill of finest wheat.</i>

This Week's Good News

Dear Friends,

Today's lesson, the account of Jesus' walking on the Sea of Galilee, is one of the best-known passages in the New Testament. It forms a narrative bridge between the Jewish and Gentile portions of Jesus' ministry, as well as giving us a theologically rich story about Jesus in its own right. In Matthew's Gospel, the story follows the rejection of Jesus in his hometown of Nazareth (13:54-58), the death of John the Baptist (14:1-12), and the feeding of the five thousand (14:13-21). It precedes the account of his healing of the sick at Gennesaret (14:34-36) and his confrontation with the Jewish authorities over the nature of tradition (15:1-9). In addition to being a collection of miracle stories, (feeding, walking, healing), the stories also form a complex of narratives which, when taken together, speak about both those who recognised in Jesus the One promised by Israel's religious tradition and those whose doubts or vested interests had blinded them to the miraculous power in their midst.

Jesus' walking on the water follows the miraculous feeding in Matthew, Mark, and John. However, the account of Peter's walking on the water is found only in Matthew. Thus, Matthew's retelling of this event also says something about Peter and his Faith. While we might emphasise Peter's fear, his sinking and his "little" Faith, we need to look also at his leap of Faith. Peter represents all who dare to believe that Jesus is the Saviour, take their first steps in confidence that Jesus is able to sustain them, and then forget to keep their gaze fixed on him when they face storms of temptations. From the depth of crisis, however, they remember to call on the Saviour, and they experience the total sufficiency of his grace to meet their needs. It is this type of "little Faith" of Peter which Jesus later identifies as the rock on which he will build his Church. The only Faith Jesus expects of his followers is a Faith which concentrates solely on Him. In other words, when we simply heed Our Lord, we can do great things. So, with His grace, we have to raise our



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awareness of God's presence in our lives. As we become more aware, we will step out and proclaim that presence, even in surprising places.

“Take heart, it is I; do not be afraid.” Matthew recorded his Gospel after Peter was crucified, when the Christians were being persecuted. The two storm stories address issues of danger, fear, and Faith. In both stories, the boat seems to represent the Church, buffeted by temptations, trials and persecutions. In both, Jesus appears as the Church's champion, strong to save those who call on him in Faith. The recounting of this episode probably brought great comfort to the early Christians, especially those of Matthew's Faith community. For it offered them the assurance that Christ would save them even if they had to die for their Faith in him, and that, even in the midst of persecution, they need not fear because Jesus was present with them. The episode offers the same reassurance to us in times of illness, death, persecution, or other troubles. It teaches us that adversity is not a sign of God's displeasure, nor prosperity a sign of His pleasure, that illness is not a sign of inadequate Faith, nor health a sign of great Faith. Paradoxically, the storms of life can be a means of blessing. When things are going badly, our hearts are more receptive to Jesus. A broken heart is often a door through which Christ can find entry. He still comes to us in the midst of our troubles, saying, “Take heart, it is I; do not be afraid.” If we permit the chaos and evil around us to distract and influence us, then we will sink into the very chaos that we fear! On the other hand, if we keep our focus on the Source of our safety, our salvation, the One to whom we call out to save us, then the winds die down, and we are once again content in the Presence of the Lord. This is the way we increase or sustain our Faith: by never doubting that the Presence of the Lord is with us every single moment of our lives! Our Catechism reminds us that when we cry out “Lord!” we express our recognition of the Divine Mystery of Jesus., and also shows our respect and trust in the One we approach for help and healing (CCC #448).

Deacon Des

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.



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Parish News

Change in Guidelines – Face Coverings from Saturday 8th August: Face coverings will be mandatory in Places of Worship from Saturday 8th August 2020. All those who are attending churches must wear a face covering unless they are exempt from doing so or under the age of 11. This is for the good of all who gather in the Church for Mass as it is an enclosed public space where there are people from differing households who they do not normally meet. Therefore from this weekend people who are not exempt must wear a face covering when attending Mass at St. Theresa's Church.

Holy Communion: Please note that following the guidelines issued by the Bishops of England and Wales, **communion on the tongue is presently not permitted and can only be received in the hand.** Parishioners are asked to wait in their pews until instructed to move forward for Holy Communion by the Stewards, always being aware of the regulations on social distancing in the orderly queue. When you approach Fr Lee/Deacon Des, please do so with arms at "full stretch" to maintain good distance. One on top of the other forming a 'throne'. Once received, cover the host with the free hand to ensure it is not dropped, and then move to the right, away from the Fr Lee/Deacon Des. Pause and unloop your face mask, consume the blessed sacrament and then re-apply your mask and leave the church. **Under no circumstances should the host be consumed after leaving the church.**

Maintaining Social Distancing before and after Mass: Please make note of the guidance issued by the Bishops of England and Wales. Worshippers should limit their interactions with anyone they are not attending church with, i.e. if they are attending corporate worship with one other household, wherever possible they should maintain social distancing with anyone outside of this group.

Please do not congregate outside the church, this also includes the grounds and the car park. Thank you.

RIP: Please pray for the soul of Parishioner James Rodriquez who has died recently. We extend our prayers and sympathies to his family. May He rest in peace.

First Holy Communion Programme 2021: As we write, with the limitations on practice currently in place, we are not sure how the First Holy Communion programme will look for the coming year of preparations. However, it would be helpful to focus our minds by inviting interest in joining the programme.

If you have a child who will be starting the school Year 3 this September, and you would like your child to be a part of the programme, then please contact Clair, the Parish Administrator, at stansted@dioceseofbrentwood.org. Please give your name, your child's name and your contact email, address and telephone number.

Donations: Your continued support for our Parish is appreciated notwithstanding that during these difficult times, we recognise that the financial impact on some parishioners can be significant. While we are currently unable to circulate the basket for donations at Mass, should you wish to make a donation, baskets are located at the exit doors as you leave the church.

Many of you have been able to use up old Gift Aid envelopes to make your donations. Gift Aid envelopes for the current financial year are available; should you wish to have them, please contact Clair in the office and she will arrange for them to be delivered to you.

We know that many of you are not comfortable with handling cash, nor do you use electronic banking. Should you prefer to use a cheque, this is acceptable.

Weekday Masses: Please note there are currently no weekday Masses whilst Fr. Lee has his summer break. Weekday masses will recommence on **Monday 17th August**. Weekend Masses will continue as normal during this time.



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Mass Times and Intentions

NINETEENTH SUNDAY IN ORDINARY TIME - Year A		
Saturday 8th August <i>St. Dominic, priest</i>	Confessions: 5:15 p.m. – 5:45 p.m. Mass: 6:00 p.m. <i>Live-streamed on our YouTube channel</i>	People of the Parish
Sunday 9th August	Mass: 8:30 a.m. <i>Live-streamed on our YouTube channel</i> Confessions: 9:15 a.m. – 9:45 a.m. Mass: 10:00 a.m. <i>Live-streamed on our YouTube channel</i>	Barbara Fry (J. Bambridge)
Monday 10th August <i>St. Lawrence, Deacon, Martyr</i>	No Weekday Mass	
Tuesday 11th August <i>St. Clare</i>	No Weekday Mass	
Wednesday 12th August	No Weekday Mass	
Thursday 13th August	No Weekday Mass	
Friday 14th August <i>St. Maximilian Kolbe, Priest, Martyr</i>	No Weekday Mass	
ASSUMPTION OF THE BLESSED VIRGIN MARY - Year A		
Saturday 15th August <i>Assumption of the Blessed Virgin Mary</i>	Confessions: 5:15 p.m. – 5:45 p.m. Mass: 6:00 p.m. <i>Live-streamed on our YouTube channel</i>	
Sunday 16th August <i>1st Reading: Apocalypse 11:19,12:1-6,10</i> <i>Psalm: 44(45):10-12,16</i> <i>2nd Reading: 1 Corinthians 15:20-26</i> <i>Gospel: Luke 1:39-56</i>	Mass: 8:30 a.m. <i>Live-streamed on our YouTube channel</i> Confessions: 9:15 a.m. – 9:45 a.m. Mass: 10:00 a.m. <i>Live-streamed on our YouTube channel</i>	



**PLEASE TAKE THIS NEWSLETTER HOME WITH YOU
AND DISPOSE OF IT RESPONSIBLY. THANK YOU.**



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