

THE YEAR OF MATTHEW
ON EARTH AS IT IS IN HEAVEN
PENTECOST SUNDAY, YEAR A
EVERY DISCIPLE IS CALLED TO BE A LEADER
31 MAY 2020

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**COMMUNION PRAYER**

**My Jesus,**  
**I believe that You are present in the Most Holy Sacrament.**  
**I love you above all things, and I desire to receive You into my soul.**  
**Since I cannot at this moment 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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It is evening on the first day of the week. Remember that St. Johns Gospel is rewriting the creation story in Genesis. Earlier, the Beloved Disciple and Mary of Magdala realise that Jesus is with God. Now, they discover that He is also in their midst. Jesus is with God (*ascension*) and with them (*resurrection*) at the same time. He is the bridge connecting us with God. The Mediator between the Sacred and the Creation. He is as He has always been. 'And there was evening and there was morning, the first day'. (Genesis 1:5)

Notice how the first words He speaks are words of Peace! These words are spoken with the gesture of opening His hands and showing His side. He shows them what Love has done to Him. How the waters of new birth now flow from His Heart, to them and through them. They are being sent as He was sent. Staying in His Peace, and being faithful to the Love that has no end, will be their guide and their strength.

And then, when all has been said and done, there is really only one message that the new community has to bring. It is a message of forgiveness. This is the word that will make or break the new creation, just as it makes or breaks us.

I turn once again to John O'Donoghue, who puts this call to lead in the work of reconciliation more beautifully than I could. It is his 'Blessing for Love in Time of Conflict'.

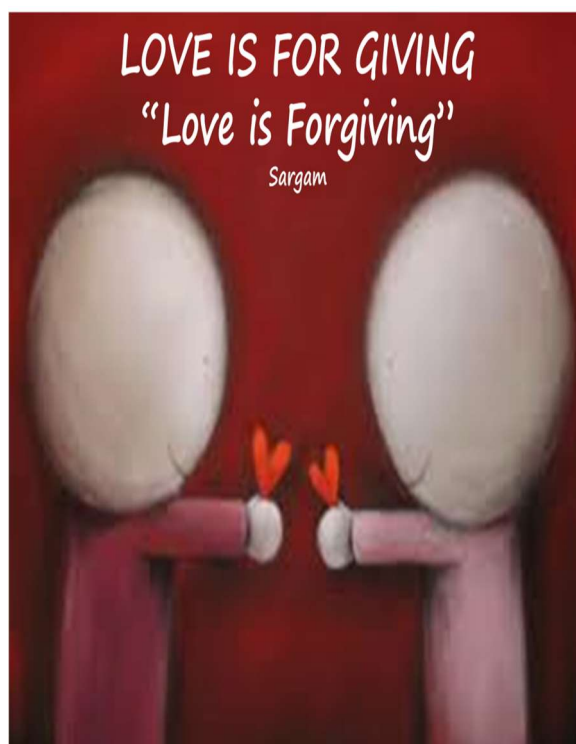
*When the gentleness between you hardens,
And you fall out of your belonging to each other.
May the depths you have reached hold you still.*

*When no true word can be said, or heard,
and you mirror each other in the script of hurt.
When even the silence has become raw and torn,
may you hear again the echo of your first music.*

*When the weave of affection starts to unravel,
and anger begins to sear the ground between you.
Before the weather of grief invites
the dark seed of bitterness to find root
may your souls come to kiss.*

*Now is the time for one of you to be gracious,
to allow a kindness beyond thought and hurt.*

*Reach out with sure hands
to take the chalice of your love
and carry it carefully through this echoless waste.
Until this winter pilgrimage leads you
towards the gateway to spring.*



ALCOHOL AND RECREATIONAL DRUGS



Alcohol dependency

It's particularly important to look after mental and physical wellbeing during the coronavirus outbreak. But it's also a stressful time for many of us and, often due to the current restrictions and concerns around the virus, some people might be drinking more than they would normally. But alcohol is not a good way to deal with anxiety and stress, as it interferes with chemicals in the brain and can increase both. So, while we might feel more relaxed immediately after having a drink, in the long run alcohol can make stress harder to deal with. Increasing alcohol consumption can also lead to tension and conflict in households and affect the mental health and wellbeing of the wider family, especially, children.

Recreational drugs

Those who use recreational drugs may be at increased risk of COVID for a number of reasons, e.g. their immune systems may be suppressed, they may be sharing equipment or still congregate in close proximity to others. To make things worse, the stigmatisation and marginalisation associated with many forms of drug use, can create barriers to receiving effective support.

Available support*

If you or someone you know has a problem with drug or alcohol dependency, the first thing to remember, is that there is a great deal of local and national support available, even during this period of limited physical activity. Anyone affected is entitled to NHS care, just like everybody else, and there are lots of support services to help you. For more information about these, you should firstly contact your GP but you can also go online to: <https://patient.info/treatment-medication/self-referral/refer-yourself-to-nhs-drug-and-alcohol-support-services>

Bracknell Forest residents, who are concerned about alcohol or other drugs, can also get personal support via **New Hope** at this time. **New Hope** provides a friendly, free and confidential service to anybody who is seeking help with a drug or alcohol addiction. You do not need a referral.

The service is now operating online and via the phone during coronavirus restrictions.

Please call **New Hope** on 01344 312360 and have a chat if you are worried about how much you or a member of your family are drinking or any other drug use that is causing problems. The service is confidential and you do not have to enter treatment to access support.

Currently, **New Hope** is taking calls and providing support during these times: Monday to Thursday - 9am to 5pm and Friday - 9am to 4:30pm Through **New Hope**, you can also request a free log in to www.breakingfreeonline.com which helps people address problems with drugs or alcohol, at their own pace. Just email your details to new.hope@bracknell-forest.gov.uk to get an access code for the service.

For under 18's

Smart Wokingham Recovery Service provides a range of services for young people (ages 10 up to 18) and adults with drug and alcohol issues within the Wokingham Borough. They recognise that substance misuse does not occur in isolation and they are skilled in helping people to address other issues that may also affect them.

Contact Telephone Number: 0118 977 2022 Address: 38 Station Road, Wokingham, Berkshire, RG40 2AE
Website: www.smartcjs.org.uk; Email: wokingham@smartcjs.org.uk

Other online and phone support

Alcoholics Anonymous – Tel 0800 9177 650

Narcotics Anonymous – Tel 0300 999 1212

Cocaine Anonymous – Tel 0800 612 0225

The Samaritans - offer a 24 hour a day telephone helpline, offering emotional support for people in crisis – Tel 0330 094 5717 (local call charges); Tel 116 123 (free from any phone) Club Soda: <https://joinclubsoda.com/> offers a free app that you can download onto a phone to log alcohol consumption and drink more mindfully.

Drinkchat is a confidential online web chat service, available weekdays 9am to 2pm on the Drinkaware website. Or via <https://drinkwiseagewell.org.uk/web-chat/>

Alternatively, **Drink Line** can be called confidentially on 0300 123 1100 weekdays 9am to 8pm and weekends 11am to 4pm. Alcohol Change UK <https://alcoholchange.org.uk> and Drinkaware have Coronavirus information and advice on their websites. This includes a simple quiz to find out whether you or anyone else should be worried about your drinking levels.

The rough sleeper team in Bracknell includes outreach workers, accommodation and support officers and a mental health professional and works in conjunction with health services, drug and alcohol addiction services, faith and voluntary groups.

Finally, please don't forget that you can contact the Pastoral Care Team at St Joseph and St Margaret Clitherow Parish – Tel 07394 440 938

The information here accurately reflects how the organisations noted here describe their services online, as of May 25th, 2020



GOING INTO HOSPITAL? If you are going into hospital or know someone who is, please let the Parish Office know the name of the patient and which hospital, also ask the hospital staff to inform the Catholic Chaplain on arrival.



THE ST VINCENT DE PAUL SOCIETY (the SVP) - Provides practical help and support whenever possible for those who need it. Are you lonely? Are you in need of help of any kind? or do you know someone who is? If so, contact the SVP on 07731 862349 to arrange a visit. All calls are completely confidential.

WE PRAY FOR THOSE IN OUR PARISH COMMUNITY WHO ARE SICK, HOUSEBOUND OR IN HOSPITAL AND FOR THOSE WHO CARE FOR THEM

Brenda Theobald, Olga Maguire, Peter Dossett, Ena Stanton, Inge Walker, Eddie Moore, Peggy Pendergast, Ann Newton, Joyce Newland, Bridie Maughan, Angelina Ediale, Josephine Timms, Freda Edgington, Anne Hardy, Patricia Holmwood, Evie & Ruby Shallom, Blanche Shap, Mike Garnham, Ethna Sweeney, Mary King, Mary Phelan, Mary Sol Faulkner, Tony Andrews, Derek Alexander, Margaret Clark, Shaun Howard, Sally Torode, Dorcas Innes-Grant, Veronika Jastrzebski, Doreen Gladwin, Jerry Tobin, Rico Morales, Reynalita Leysan, Marie Hughes, Jenny Bashford, Donal Hanley, Jim and Frances McEvoy, Mary Murray, Thelma Briggs, Margaret Pearce, Simon Brennan, Audrey Lam, Pam Savage, Marie Swash, Terri Landmann, Jennie Tucker, Vilma Taborda, Zac Hoy, Terry and Mary Brennan, Brenda Lynch, Amanda Killestein, Steve Walton

If you would like to add a name to this list with consent, or if you want a name removed, please contact the Parish Office.

PLEASE PRAY FOR THE REPOSE OF THE SOULS OF THOSE WHO DIED IN MAY:

Phyllis D'Souza, RIP who died on Saturday 23 May 2020

Margarita Garcia, RIP who died on Wednesday 20 May 2020

PLEASE ALSO PRAY FOR THEIR FAMILIES

May their souls and the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

PARISH OF ST JOSEPH and ST MARGARET CLITHEROW, BRACKNELL

We are temporarily closed due to the COVID-19 Coronavirus

**Mass is livestreamed every Sunday at 10.30am
please join us via the following links:**

Facebook: <https://facebook.com/stjandstmcbrecknell/>

Website: <https://bracknellcatholicchurch.org>

If you need to contact us, the details are in the box below

You are all in our hearts and prayers

**Look after each other
be kind, be safe be well**

“Mother Earth is the source of life not a resource”

Parish Office: 39 Braccan Walk, Bracknell, Berkshire, RG12 1BE

Telephone: 01344 425729

Email: stjb@portsmouthdiocese.org.uk

Pastoral Care: 07394 440938 email: pastoralcare@bracknellcatholicchurch.org

Website: bracknellcatholicchurch.org

Follow us on **Facebook**

STANDING ORDER BANK DETAILS: Account Name: PRCDTR Bracknell St Joseph

Sort Code: 30-93-04; Account Number: 00875520

Bank: Lloyds Bank Plc, Palmerstone Road, Southsea

PLEASE MAKE CHEQUES PAYABLE TO (FULL NAME):

PRCDTR BRACKNELL ST JOSEPH

Parish Priest: Fr. Daniel McAvoy

Deacon: Rev. Aidan Lynch

Parish Secretary: Elizabeth Fisher

Pastoral Assistant: Mary McNab

Safeguarding Representatives: Sarah Birch, Marion McGuire, Paula Read

Safeguarding email: safeguarding@bracknellcatholicchurch.org