

## THE YEAR OF MATTHEW

### ON EARTH AS IT IS IN HEAVEN

#### SIXTEENTH SUNDAY IN ORDINARY TIME, YEAR A

**LOVE WITHOUT REGRET, LOVE TO BREAKING POINT, LOVE WITHOUT END**

**SUNDAY 19 JULY 2020**



A handful of wheat, a fistful of mustard seeds, a pinch of yeast. Jesus uses these beautiful things to say something amazing about the Kingdom of God. He begins with the great reassurance that love is invincible. No matter how small the beginning, no matter how vulnerable or threatened the middle, the end is never in doubt. In life and in death, the Kingdom will come and Gods' will, *will* be done.

Next. He will not allow us to take a simplistic, no grey in the middle, view of the world. We are all complicated. There is no neat division of people into the 'good' and the 'bad'. We are all a strange mixture of both. Take the first disciples as an example. One moment they are all over Jesus like a rash, then they are following at a distance or not following Him at all. And if we are honest, we don't always go along with Holy things. We drift from time to time. The Great Reassurance of God walks with the Great Not-So-Sureness of the human heart. And so the struggle goes on. Or the struggle goes well. It is a struggle for bread, for shelter and for Compassion. Only the Wisdom which allows the wheat and darnell to remain intertwined can make this happen. This Wisdom puts us in a place of unending repentance as we await the time of harvest.

This invitation to unending repentance is one of the big themes of Saint Matthews Gospel. It is an invitation to shake ourselves free of anything in us which causes hunger, homelessness and despair. And when we have completed this work, we start all over again. This labour goes on and on throughout our lives. This is why, when we leave the retreat centre, full of good intentions and two minutes into the journey home we are screaming at someone who cut us up on the road, we smile. Or we leave Holy Mass full of love, kindness and consideration which evaporates the minute someone presses the wrong buttons. We smile! How many times have we witnessed Saint Peter proclaim his love unto death for Jesus being chastened and illuminated by his own betrayal. Perhaps we dream more than we can do. Perhaps not.

In the teaching of Jesus weeds and wheat grow together. Small seeds become huge trees. Leaven raises dead dough into bread. All are given the gift of time. Time to try again. Time to become repeat repenters and not just repeat offenders. But one day the time will run out and the urgency of the struggle is clear. We all fail and we are all ashamed of the failing within us. But we must not give up on ourselves. Out of our errors and frailty come some of life's most important lessons. There is a freedom that awaits us. It can only be found by those who carry the light, of a certain kind of love, into darkened places.

# LOOKING AFTER YOUR MENTAL HEALTH AND WELLBEING



The mental health crisis has undoubtedly been exacerbated by lockdown and it has also created a whole barrage of lifestyle stressors, known to have a negative impact on all our mental health. Uncertainty about the future, unemployment, anxiety and loneliness have all increased and those with existing mental health needs especially, have been deprived of the human contact so necessary to their wellbeing. Virtual consultations just cannot always provide an adequate replacement for those suffering with severe depression and anxiety.

Moreover, although the gradual easing of lockdown brings many welcome opportunities to have more human contact, these changes can be difficult. And just as it took time to find ways of coping during lockdown, so it can also take time to find the confidence to reconnect with more normal life. With regulations changing frequently and conflicting media discussions, fear and anxiety are common emotional responses. However, we need to try and keep our focus on the present moment and the charity, *Rethink Mental Illness*\* suggests a few simple ideas to promote wellbeing. These include, turning off news notifications on phones, tuning into to the Good News Network® as an antidote to the barrage of negativity experienced in the mainstream media, muting people who constantly share updates or misinformation, discussing fears with someone trusted and finding enjoyable distractions.

Sadly, there is also still much unprocessed trauma that is only just beginning to emerge for disadvantaged children. Tragically, during the lockdown, children in households where domestic, emotional and physical abuse occurred, were less able to seek refuge and support elsewhere. There are also concerns that more children are being exposed to their parents' hazardous drinking after a reported rise in alcohol sales during the initial weeks of lockdown. Many children interviewed by the charity, *Childhood Trust*,\* which funds over 200 child poverty charities in London, were found to be, 'deeply disturbed, worrying extensively about their family's health, the closure of schools, a loss of routine, social connection and the future.' Most of the children interviewed also said they were scared about dying from the virus or worried about their family dying. Experts fear a 'tsunami' of safeguarding referrals once schools return in full and it may take many years before the impact on children is fully understood.

\**The Childhood Trust* funds grass roots charities and their projects to alleviate the impact of child poverty in London and they make grants to other charities working directly with disadvantaged children. Their work is themed across three areas: meeting children's practical needs, supporting children's emotional needs and inspiring children with new experiences and opportunities. The aim is to promote the development of strong foundations for learning, resilience and aspiration.

## SOME RESOURCES YOU MAY FIND HELPFUL

\* **Rethink Mental Illness:** is a charity for anyone affected by mental illness, carers, family and friends; they want to transform the way the UK approaches mental illness. [www.rethink.org](http://www.rethink.org); 0121 22 7007

Topics covered on their website include:

*About mental illness:* Learn more about conditions; Learn more about symptoms; Living with mental illness; Medications; Treatment and support; Wellbeing & physical health

*Carers hub:* Carer's assessment - Under the Care Act 2014; Confidentiality and Information Sharing - For Carers, Friends and Family; Getting help in a crisis; Planning for the future - your relative's care and support; Benefits for carers

**The Mental Health Foundation** is part of the national mental health response during the coronavirus outbreak. Government advice designed to keep us safe is under constant review and will be different depending on where you live. Mental Health Foundation <https://www.mentalhealth.org.uk/coronavirus/looking-after-your-mental-health-during-coronavirus-outbreak>

**Mind and Soul Foundation:** Exploring Christianity and mental health: multimedia resources- audio, video, articles; [www.mindandsoulfoundation.org](http://www.mindandsoulfoundation.org)

**Premier Lifeline: The National Christian Helpline** is a confidential helpline open from 9am to midnight everyday: 0300 111 0101

**Bracknell Forest Community Network (BFCN):** The BFCN supports people aged 18 and over living with mental ill-health or experiencing stress, anxiety or low mood to develop their confidence, interests, hobbies, life skills and resilience. There are dedicated recovery facilitators who support individuals on their recovery journey using: relationship building, graded exposure, confidence building, anxiety management, motivational techniques. **email:** [network@berkshire.nhs.uk](mailto:network@berkshire.nhs.uk); **phone: 01344 823300**

**Berkshire Healthcare – Talking Therapies service:** Talking Therapies offers help for common mental health problems including mild to moderate and moderate to severe, anxiety, depression, stress and phobias. The service also runs regular stress control sessions for the general public locally. **For more information phone 0300 365 2000.**

**The Samaritans:** The Samaritans offer a 24 hour a day Telephone helpline, offering emotional support for people in crisis: **01344 455556 (Bracknell); 116 123 (UK)**

**Citizens Advice:** [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) to find local branch and help for housing, work, debt, legal issues and knowing your rights



**CHILDREN'S LITURGY** - For all our families with small children, don't forget you can sign up to join **CAFOD's** virtual Children's Liturgy every Sunday morning. If you'd like to attend live (10:00am), you will need to pre-register for the event. If you can't join live, a recording will be available to watch afterwards. The link to pre-register can be found on our Parish website.

### PRIVATE PRAYER AND LIMITED ATTENDANCE MASSES



Thank you to all the parishioners who have volunteered to Steward at the private prayer, exposition and limited attendance Masses in our Church, we are most grateful.

The Church is now open for limited attendance Masses Tuesday to Saturday (**NOT SUNDAY**), please see Page 4 of the newsletter for times and dates. The seating capacity is 35 maximum made up of 7 sets of one person designated seats and 12 sets of two persons from the same household designated seats, 2 sets of one parent and one small child designated seats. Two areas for persons with limited mobility with 9 available seats, please let the Steward know on arrival if you have limited mobility or need to have Holy Communion brought to you if attending Mass. **Only the wooden pews are available to enable cleaning when you leave. The pink soft seats and all red & white taped areas are out of bounds, you will be asked to move if sit in those areas.**

**For Mass attendance you must wear a face mask. Mass attendance is by booking only, you will be turned away if your name is not on the Mass attendance list with the Stewards. Mass bookings to be made via the parish website [www.bracknellcatholicchurch.org](http://www.bracknellcatholicchurch.org) access available from Mondays each week. Social distancing of 2 metres must be maintained throughout your visit.**

Please enter the church via the main front doors. You will be warmly greeted in the porch by a Steward wearing PPE who will check your temperature with a non-contact infrared thermometer, administer hand sanitiser or you can use your own sanitiser in front of the Steward, you will be refused entry if you refuse to have your temperature taken or use hand sanitiser. You will be asked three compulsory questions regarding COVID-19 symptoms, please answer honestly. **The Stewards will advise directions to seats and exits and distribution of Holy Communion**, please comply to their instructions. **Able-bodied parishioners will exit the church via the hall front doors (please do not try to enter the church via the hall), limited mobility parishioners will exit via the doors near St Anthony, into the porch and out of the main doors.** If you are "shielding", "self-isolating" or feeling the symptoms of COVID-19 (temperature, persistent cough, shortness of breath or difficulty breathing, loss of taste or smell) we ask that you do not come to the church for private prayer or book a seat for Mass to avoid possible spread of the virus.

Thank you in advance for complying to the instructions from the Stewards.

**The toilets will be closed, please do not ask to use them as the request will be refused.**

### 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, Jenny Bashford, Donal Hanley, Jim and Frances McEvoy, Mary Murray, Thelma Briggs, Margaret Pearce, Audrey Lam, Pam Savage, Marie Swash, Terri Landmann, Jennie Tucker, Vilma Taborda, Zac Hoy, Terry and Mary Brennan, Brenda Lynch, Amanda Killestein, Doreen Pryor, Sharon Bryan, Sarah Bryan.

***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.***

**PARISH OF ST JOSEPH and ST MARGARET CLITHEROW, BRACKNELL  
SIXTEENTH SUNDAY IN ORDINARY TIME – YEAR A**

Sunday 19<sup>th</sup> 10.30am **LIVE STREAMED MASS ONLY**  
Monday 20<sup>th</sup> **No Private Prayer or Mass**  
Tuesday 21<sup>st</sup> 10.00am - 10.30am Mass *May Piddock, RIP*  
11.00am – 12.00 noon Private Prayer & Exposition

**ST MARY MAGDALENE, Feast**

Wednesday 22<sup>nd</sup> 10.00am – 12.00 noon Private Prayer and Exposition  
7.30pm – 8.00pm Mass *Rob McDougall*

**ST BRIDGET OF SWEDEN, Foundress, Patron of Europe**

Thursday 23<sup>rd</sup> 10.00am - 10.30am Mass *Deceased Relatives/Friends of  
Graham & Martha Block*  
11.00am – 12.00 noon Private Prayer & Exposition  
Friday 24<sup>th</sup> 10.00am – 12.00 noon Private Prayer and Exposition  
7.30pm – 8.00pm Mass *John Hayes, RIP*

**ST JAMES, Apostle, Feast**

Saturday 25<sup>th</sup> 10.00am - 10.30am Mass *Timothy Wace Roberts, RIP*  
11.00am – 12.00 noon Private Prayer & Exposition

**SEVENTEENTH SUNDAY IN ORDINARY TIME – YEAR A**

Sunday 26<sup>th</sup> 10.30am **LIVE STREAMED MASS ONLY** *Parish Intentions*

~~~~~

**THE CHURCH WILL BE CLOSED ON TUESDAY, THURSDAY AND SATURDAY  
MORNINGS AFTER MASS TO SANITISE THE CHURCH BEFORE  
RE-OPENING FOR PRIVATE PRAYER AND EXPOSITION.  
THE CHURCH WILL BE OPEN 30 MINUTES BEFORE EACH MASS,  
THE DOORS WILL BE CLOSED AT THE START OF MASS.**

**Parish Office:** 39 Braccan Walk, Bracknell, Berkshire, RG12 1HA

**Telephone:** 01344 425729 **Email:** [stjb@portsmouthdiocese.org.uk](mailto:stjb@portsmouthdiocese.org.uk)

**Pastoral Care:** 07394 440938 email: [pastoralcare@bracknellcatholicchurch.org](mailto:pastoralcare@bracknellcatholicchurch.org)

**Website:** [www.bracknellcatholicchurch.org](http://www.bracknellcatholicchurch.org)

Follow us on **Facebook**

**DIRECT DEBIT, STANDING ORDER AND GIFT AID FORMS CAN BE DOWNLOADED FROM THE PARISH WEBSITE (drop down menu "Planned Giving")**

**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](mailto:safeguarding@bracknellcatholicchurch.org)