



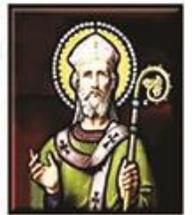
The Sacred Heart

www.sacredheartnorthampton.org.uk



Diocesan Shrine, Our Lady of Perpetual Succour & St Anselm

www.ourladyandstanselm.org



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SacredHeartNorthampton

Part of the Roman Catholic Diocese of
Northampton, Reg'd Charity No: 234091

Parish offertory. You can set up a standing order for donations with the details below to your parish using your online bank account. Any donations to the parishes are very gratefully received:

Parish donations:
Account name: RCDN Sacred Heart Parish
Sort code: 60-06-11
Account number: 46714596

Account name: RCDN Our Lady's Catholic Church
Parish Sort code: 60-06-11
Account number: 46714464

Payment Reference: Parish name and area.

Although public celebrations of Mass are suspended, Mass intentions will continue to be offered at private Masses celebrated daily by Fr Jerry. This week's Intentions are listed at the top of the page. If you have a Mass intention, please email Lorraine on sacredheartrcchurch@btconnect.com

9th/10th May 2020

Fifth Sunday of Easter

Saturday	Margaret and Matt Kavanagh (Birthdays)
Sunday 10 th May	Arthur Mawby R.I.P
Monday	Felix & Monique Durocher-Yvan MBE and William Rymer R.I.P.
Tuesday	Bishop Leo McCartie R.I.P.
Wednesday	Edna O'Malley R.I.P.; Stephen King R.I.P.
Thursday	Leslie & Joanne Cooper R.I.P.
Friday	James & Honoria Boyle R.I.P.
Saturday	James McNicholas R.I.P.
Sunday 17 th May	Dennis Stratton R.I.P.

Feast days and Holy days. Thursday - St Matthias.

Anniversaries: Anthony Betts, George McLaren, Katie Lester, Stephen King, Margaret Butler, Tom Mearing, Albo Dellierbra, Arthur Woolford, Edwin Monk, Frank Elliott. R.I.P.

Please pray for all our sick.

Pope Francis' Special Intention. May: We pray that deacons, faithful in their service to the Word and the poor, may be an invigorating symbol for the entire Church.

Next Week's Liturgy of the Word: Acts 6:1-7, Ps 32:1-2, 4-5, 18-19 r. 22, 1 Peter 2:4-9, John 14:1-12.

Parish/Diocesan donations. We are extremely grateful to all those who have offered support to our parishes and our diocese recently in a variety of ways: through time, prayer and finance. If you can no longer afford to give, please feel free to change your giving practices to suit your current situation. From enquiries which the diocese has received, they understand some parishioners would prefer to **donate by telephone** instead of via online donation facilities or bank transfer. In addition to the online donation facilities, the Finance Office at Bishop's House is proposing to begin a 'Giving Tuesday'. Each Tuesday between 10am and 4pm, you will be able to call 01604 712065, and donate to your parish. You just need your debit or credit card to hand when you call. Parishioners can make a one-off donation to cover their missed Sunday offerings or call each week knowing their offering is going to the parish they wish. As only one person will be taking these calls, if they are already on a call when you ring you can either call back a little later or leave your contact details on the answer machine and they will get back to you.

Care and Call Scheme. Many of the most vulnerable members of our community will be confined to their homes for weeks if not months and are in danger of becoming really isolated, or even worse, becoming neglected. The scheme brings together volunteers with those needing some contact or practical help. During this difficult time for all our parishioners and those in the community, we are here to help in whatever we can. Please text or ring our phone if we can help in any way. Sacred Heart SVP: 07504 465707 or Our Lady & St Anselm SVP: 07568 313234.

Please continue to follow government guidelines on social distancing.

Everybody must stay at home, except for very limited purposes: to shop for basic essentials, to do one form of exercise a day, to fulfil any medical or care needs, and to travel to and from work where absolutely necessary. Stay two metres (6.5 feet) away from other people if you need to go outside. Continue to frequently wash your hands with soap and water (for at least 20 seconds) to stop the infection from spreading.

From Fr Jerry: Fifth Sunday of Easter. Theme: *Jesus said, "I am the Way, the Truth and the Life"*

The Easter celebration brings us to reflect on how Jesus prepares the minds of the disciples before departing from this world. He assured his disciples that he was going to prepare a place for them in heaven so that they would be with him in his Father's house. It is only Christ who can open to us such access that we, his members, might have confidence that we too shall go where he, our Head and our Source, has preceded us (CCC#661).

He reminded Thomas and the other disciples that he is the Way, the Truth, and the Life to the Father. He is the only way to the Father. There is no other way. By his death and resurrection, Jesus Christ has "open" heaven to us. The life of the blessed consists of the full and perfect possession of the fruits of the redemption accomplished by Christ. Those who believe in him and remain faithful to his will are made partakers of heaven. Therefore, the church defines heaven as the blessed community of all who are perfectly incorporated into Christ (CCC#1026).

According to Pope Benedict XVI, our knowledge of the New Testament puts an end to the Father's invisibility. God has shown his face, as Jesus' answer to Philip's question confirms: "Lord, let us see the Father and then we shall be satisfied", Jesus said, "To have seen me is to have seen the Father". Jesus clearly relates to the unique relationship between him and the Father. The Father is present in the Son; This unique relationship validates Jesus' words and works. The words he has spoken are from the Father and the works he has accomplished are the works of the Father. Those who believe in this peculiar relationship between the Father and the Son will be enabled to do similar works of the Son and even greater works than he has done. The Father and the Son share the same divinity, they share the same words and works. Jesus has revealed to us all that we want to know, learn or hear from the Father. In Jesus Christ, the Son we see the true identity or revelation of God, the Father.

Therefore, the mission of Christ is the mission of the Father and that is also the mission of the Church. To undertake this mission, we should be men and women of faith and of the Holy Spirit. There are other missions apart from the mission of Christian churches. Some of these are; Parenting is a mission of God; Teaching in schools is the mission of God; Political governance is also a mission of God. How can these institutions fulfil their divine mandated missions in a world that projects wickedness, falsehood and death in the social media? Jesus gives the answer, we should "Believe in God" and to "believe in Jesus". May your love be upon us, O Lord, as we place all our hope in you.

May. The entire month of May is set aside to honour our Blessed Mother, the Virgin Mary. She is the Mother of the Church and therefore the example, as well as the guide and inspiration, of everyone who seeks to be the servant of God and man and the obedient agent of the promptings of the Holy Spirit. There are so many ways in which you can celebrate this month and Mary: praying the Angelus/Regina Caeli every day, reciting the litanies of the Blessed Virgin Mary, or praying the rosary. With this in mind, together with the fact that we are in lockdown, Redemptorist Publications are promoting a new form of the Novena. They are calling it The Perpetual Novena at Home. Through this Novena you will be able to unite your prayers with the prayers of people all over the world. Hundreds of thousands of devotees of Our Lady find great inner peace as they join in the Perpetual Novena. You can begin your Novena any week. If you go to their website: <http://novena-at-home.redemptorists.co.uk/>, it has lots of resources and prayers including how to pray the novena. This website: <https://www.catholicnewsagency.com/resources/prayers/devotions/to-the-blessed-virgin-mary/month-of-mary-may-devotions> has daily Marian readings.

On the Sacred Heart website, the very helpful teachers from St Gregory's have provided suggestions on ways to honour Mary with your children: <http://www.sacredheartnorthampton.org.uk/childrens-liturgy>.

St Gregory's School. The children at St Gregory's have already been busy, using the suggestions to help them honour Mary:

Help for lockdown. This is an extraordinarily trying time, so anything that alleviates stress and anxiety helps, such as eating healthy meals, getting plenty of sleep. Here are some tips for practising self-care in the face of the unique disruptions caused by the coronavirus:

- **Be kind to yourself.** Go easy on yourself if you're experiencing more depression or anxiety than usual. You're not alone in your struggles. Try not to watch too much news, which can cause further anxiety.
- **Maintain a routine as best you can.** Even if you are stuck at home, try to stick to your regular sleep, meal, or work schedule. This can help you maintain a sense of normality.
- **Take time out for activities you enjoy.** Read a good book, watch a comedy, play a fun board or video game, make something, whether it's a new recipe, a craft, or a piece of art. It doesn't matter what you do, as long as it takes you out of your worries.

- Get out in the garden, if possible. Sunshine and fresh air will do you good. Even a short walk can make you feel better. Just be sure to keep your distance from people you encounter and obey Government restrictions.
- Find ways to exercise. Staying active will help you release anxiety, if you're stuck at home, look online for exercise videos you can follow. There are many things you can do even without equipment, such as yoga and exercises that use your own bodyweight.
- Prayer helps us during a crisis. Devote a part of your day to quiet prayer and spiritual reflection, find a comfortable place in your home to do this. See our parish websites for suggestions on prayer at home.

Safeguarding. Since the UK-wide lockdown began on 23 March, there has been a 49% increase in calls and online requests for help relating to domestic abuse. At home shouldn't mean at risk. Nobody should suffer from domestic abuse. If you're worried or suspect that someone you know may be a victim of domestic abuse, there is help available to you. Isolation rules do not apply. You can get more information here: www.gov.uk/domestic-abuse. But if you or anyone you know is in immediate danger call 999 and ask for the police. If you can't speak and are calling from a mobile, listen to the operator and, when prompted, dial 55 to connect to the police, who will help. Police response & support services remain available. There is further help and information on the Safeguarding page on <http://www.sacredheartnorthampton.org.uk/safeguarding>

Funerals. Just a reminder that the Bishops' Conference of England and Wales guidelines state that until further notice, no funeral services can be arranged in our churches, but services can take place at crematorium or graveside, by arrangement with Funeral Directors and Fr Jerry. Mass will be offered privately for the deceased, with a Requiem or Memorial Mass at a later date if families would like one.

Death and coronavirus. Death is a time of distress for the bereaved and when there is a bereavement, people have an innate need to be with each other for support and to carry out the rituals we have for hundreds of years. The coronavirus pandemic has changed how we deal with death. Before coronavirus, we had ideas of what a loved one's funeral might be like. We had expectations. We are having to grieve the loss of what we or the deceased had planned, and then wrap our head around what this will look like when friends and family get back together, as well as grieving for that person. Funerals and wakes allow us to come together, spend time with family, to celebrate and to reminisce, and to pray. These gatherings give us a chance to show the family of the deceased that they care. It lets us paint a picture of the deceased as we want them remembered. Understanding how the rituals of funerals and wakes help us to grieve, means that we can then recreate the important parts for the current time, when we can't all be together, even if we have to do it virtually. We will still grieve, remember the deceased and deal with our loss, just as we would have done in normal circumstances but we can do it over the phone, via a video call or through letters, cards and emails, and through prayer and talking to God. We will still have bouts of sadness and pain but we will celebrate their life with a memorial Mass at a later date, surrounded by our loved ones. The missing member of our family, or our friend, will be our focus and we will share stories, memories, laughter and prayers. The website [artofdyingwell.org](https://www.artofdyingwell.org) has helpful pages on dealing with grief and saying goodbye in current circumstances: <https://www.artofdyingwell.org/caring-for-the-dying/deathbed-etiquette/deathbed-etiquette-and-the-coronavirus-covid-19/>