

GOSPEL REFLECTION FOR PENTECOST SUNDAY

Finding Inner Strength



It's frustrating, but we all have limitations, and those limitations stop us from achieving. Finding time is probably one of our biggest limitations. By the time we've done all the things we have got to get done in any given day, there's very little time left to do anything new, let alone trying to save the world. We're limited by lack of knowledge, lack of wisdom, and lack of ability. There are things we'd like to do and like to achieve, but there's

so much we need to know, learn, and develop before we can even begin. So what do we do when we come up against limitations? Perhaps some of us put our ideas on a back burner. We kid ourselves that we are going to get things done but we never do. Many of us probably just give up, or worse still, bury our heads in the sand. We become ostriches.

In today's gospel the disciples are behaving a little like ostriches. They know what they should be doing, but they are hiding away for fear of the Jews. They are hiding from the Jews but they are also hiding from their own destiny. They have come up against their limitations and they are crippled inside. Then Jesus comes amongst them. He comes to give them an inner peace and an inner strength. He comes to breathe the Holy Spirit into them and all at once they are able to transcend the fear that had kept them trembling behind locked doors.

People are always telling us to know our limitations. As Christians we know our limitations, but we also know that we have the Holy Spirit to help us transcend the seemingly impossible. Saint Paul tells us the Spirit is working in all sorts of ways in different people. To find the Spirit within us, we need to look at our own strengths and gifts. Have we found ourselves strong in situations where we didn't expect to feel strength? How do we find that strength again when it really matters? Make it a daily mantra. Ask the Holy Spirit for help, guidance and the ability to find our inner strength.

PARISH PRAYER - Father, pour out your Spirit upon our parish. Grant us a new vision of your glory, a new faithfulness to your Word, and a new consecration to your service; that your love might grow among us and your Kingdom come. Through Christ our Lord. Amen

PARISH OF THE SACRED HEART AND ST MARGARET MARY

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24TH MAY 2015 – PENTECOST SUNDAY

Weekend Masses – Page 286 of Parish Mass Book

Saturday	6.00 pm		<i>(Regina Coeli)</i>
Sunday	9.00 am	Alex Eldred	
	11.00 am		<i>(Regina Coeli)</i>

Confession/Reconciliation - Saturday at 5.30 - 5.55 pm

Weekday Services [Morning Prayer – Psalter Week 4]

Mon.	No Mass today	St Bede
Tues.	No Mass today	St Philip Neri
	7.30 pm	Queen of Peace Prayer Group – in Emmaus Room
Weds.	No Mass today	St Augustine
	7.30 pm	SVP Open Evening – in Emmaus Room
Thurs.	10.00 am	Liturgy of the Word & Holy Communion - Feria
Fri.	10.00 am	Requiem Mass for Ann Dent
Sat.	10.30 am	Feria
	6.00 pm	The Most Holy Trinity

Anniversaries this week: Florence Sayer, Thomas Eden, John Joseph Nally, Annie Murtagh, Joan Pagano, Hilda Crick, Alexandro Eldred and Irene Jackowski. May their souls and the souls of all the faithful departed rest in peace.

Money Matters (*O yes, it does!*) – The collection last weekend was £394.16. The Retiring collection for World Communications Day was £126.37. Thank you very much.

Hospital Visits – If you or family members are admitted to the Norfolk & Norwich Hospital and would like a visit from the Roman Catholic Chaplain, please call St John's Cathedral, Norwich (01603 624615). If you would like to receive the Sacrament of Anointing of the sick before going to hospital, please contact Fr. Brendan on 01362 694066.

Happy Birthday Church - The feast of Pentecost is often referred to as the birthday of the Church? It's called that because Pentecost is when the apostles went out among the people and began spreading Jesus' message, thus establishing the beginning of the Church. On this day we are asked to pray for the Church and her continued growth.

SVP Recruitment - There will be a short DVD showing the work of the SVP, on Wednesday 27th May at 7.30pm, in the Emmaus room. Anyone who would like to learn more about the SVP, with a view to possibly becoming a member of the present team/Conference, are most welcome to attend. Current members will be present to answer any questions, and the presentation will last no longer than 45 minutes.

Food Bank - Thank you to all those who very generously donate groceries to the food bank. The organisers report that our church is still the biggest donor. At the moment they appear to have a surplus of baked beans and soup but little in the way of sugar or sponge puddings. All other donations of dried or tinned food, as well as items such as toothpaste or soap, are still much appreciated. Thank you again for your generosity.

World Hunger Day - 28th May - 842 million, one eighth of the world's population live in extreme hunger and poverty and exist on less than 80 pence a day. Hunger kills more people than AIDS, malaria and tuberculosis combined. Millions of women, men and children die each year because of chronic persistent hunger – Two million are children. **To do:-** Visit the Hunger Site daily at www.thehungersite.greatergood.com. Your free daily click on the "Click Here to Give - it's FREE" button generates money for charity, paid for by site sponsors. Just think that's 365 free chances each year to help!

International BBQ Week - One of Traidcraft's newest partners is a group of around 2,000 Namibian charcoal producers who are part of an FSC-controlled environmental project to restore weed-covered land back into productive farmland. They cut back unwanted wood-and-thorn weeds to leave the land clear and, using portable iron kilns, convert the weeds into the high quality wood charcoal used in their 'Fair Trade Instant Barbecues'. To order visit www.traidcraftshop.co.uk, or let your local supermarket know that you want to see this product on their shelves if it isn't already there.



International Day of UN Peacekeepers - 29th May - International Day of United Nations Peacekeepers is celebrated on May 29, 2015. The "International Day of United Nations Peacekeepers" is "a day to pray for all the men and women who have served and continue to serve in United Nations peacekeeping operations for their high level of professionalism, dedication, and courage and to honour the memory of those who have lost their lives in the cause of peace."

Speak Up For the Love Of... "Invite Your MP" - We have a large intake of new MPs, many of whom may not have been lobbied by their constituents about climate change before, which means that what you say could be very influential. Thousands of people who care for our world will be at Parliament on Wednesday 17th June for the Climate Coalition's Speak Up For The Love Of event. Send your MP a message now to make sure they'll be there. To send a message log on at www.cafod.org.uk and follow the link to "Invite your MP to speak up."

Bite Size

Aspire not to have more, but to be more.

Archbishop Oscar Romero

In Eastertide, we recite REGINA COELI in place of ANGELUS :

Queen of heaven, rejoice. Alleluia.

For he whom you did merit to bear, Alleluia.

Has risen as he said. Alleluia.

Pray for us to God, Alleluia.

Rejoice and be glad, O Virgin Mary. Alleluia.

For the Lord has truly risen. Alleluia.

Let us pray: O God, who gave joy to the world through the resurrection of your Son, our Lord Jesus Christ, grant we beseech you, that through the intercession of the Virgin Mary, his mother, we may obtain the joys of everlasting life, through the same Christ our Lord. Amen.