

## NEWS BULLETIN - ST ALBAN & ST STEPHEN

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Items for the bulletin by Noon on Wednesdays. We are a Fairtrade Parish.

**THE MOST HOLY BODY AND BLOOD OF CHRIST – 14 June 2020**

Parish Team: Fr Michael O'Boy (Parish Priest) Fr Julian Davies (Assistant Priest)

Rev. Steve Pickard (Deacon)

Safeguarding Lead: Mary Harber / stalbanssg3@safeguardrcdow.org.uk / 07976 277059

**Fr Michael Writes...** This Sunday we keep the Solemnity of Christ's Body and Blood, more usually referred to as Corpus Christi. We celebrate Christ's real and abiding presence in the Eucharist. Had we been celebrating it with public Masses we would have taken the opportunity to recommission and pray for the Extraordinary Ministers of Holy Communion who assist with the distribution of Holy Communion at Mass and who take Holy Communion to the sick and housebound. Today I would like to thank them for their service here in Church and also for all they do to maintain the links with those unable to make it to Church. Please also pray for them; pray in thanksgiving, pray that they might carry out their ministry with dignity and devotion, pray that as they bear Christ to others in the Eucharist, they may hear afresh that invitation to bear Christ forth, to witness to him, in their words and actions.

As you may well have heard the government has now given the go ahead for Churches to open for private prayer. I suspect that the public celebration of Mass is still some way off, but we are now in a position to open the church **Monday – Saturday between 12 Noon and 1.00 pm and again between 6.30pm and 7.30 pm**. At the moment we are not in a position to open on Sundays. Partly this is because more volunteers are needed, but also because the current restrictions make it difficult to accommodate all those who would wish to visit the church on Sunday. We have been working to implement the guidance offered by National Government and the Diocese and to ensure that the church will be a safe place to come and pray, but we cannot guarantee the elimination of every single risk. To this end I would encourage the vulnerable and those who should be shielding to consider any visit very carefully. I would also ask that if you are feeling unwell and displaying any symptoms, including cold or flu like symptoms that you adhere to the guidelines on self-isolation and refrain from making a visit.

If you do visit please consider walking to the church, as parking will be more limited, and to think about wearing some form of face covering. In particular, we would ask you to ensure to sanitise your hands, follow the one-way system around the church, and maintain the recommended 2m distance between members of different households. In order to maintain the 2m distance it has been necessary to block off some benches and to indicate where people might sit. Please also note that we have been asked not to open up any toilet facilities.

Even though the church will be open for private prayer, we will continue with a streamed daily Mass at 10 am. Indeed, I am conscious that with or without the Coronavirus, there are still a number of housebound parishioners who would greatly appreciate this facility. The same is true for family and friends who cannot attend other celebrations such as baptisms, weddings and funerals. To this end, a more permanent arrangement for the streaming of Masses and other celebrations is something we will investigate further when the current lockdown ceases.

A number of people in recent days has asked how they might obtain Mass cards and book intentions. During the lockdown we have had to manage this process somewhat differently. We cannot invite you in, and will ask you to wait at the door, but I think, going forward, if you wish to book a Mass intention in person you are welcome to ring at the presbytery door.

As we look to the Solemnity of The Sacred Heart of Jesus on Friday please continue to pray the Novena to the Sacred Heart which is included at the end of the bulletin. Why not join us at the end of the streamed Masses in praying it? Moreover, as we look to celebrate St Alban's feast day next Sunday, lets call down his prayers, not only for our parish, but for all the people of the City that bears his name.

## MASS INTENTIONS & READINGS

### Sunday 14 June - THE MOST HOLY BODY AND BLOOD OF CHRIST

Masses will be offered for the People of the Parish and Eric Hopkins (RIP)

Reading 1, Deuteronomy 8:2-3,14-16

Responsorial Psalm, 147

Reading 2, 1 Corinthians 10:16-17

Gospel, John 6:51-58

### Monday 15 June - feria

Masses will be offered for Elaine Gatta (RIP) and Yvonne Plourde (RIP)

Reading 1, 1 Kings 21:1-16

Responsorial Psalm, 5

Gospel, Matthew 5:38-42

### Tuesday 16 June - St Richard of Chichetser

Masses will be offered for Margaret Markham (RIP) and Mimma Avvinti (Anniv)

Reading 1, 1 Kings 21:17-29

Responsorial Psalm, 50

Gospel, Matthew 5:43-48

### Wednesday 17 June - feria

Masses will be offered for Alban & Peggy Brampton (RIP) and Annie Coakley (RIP)

Reading 1, 2 Kings 1:1,6-14

Responsorial Psalm, 30

Gospel, Matthew 6:1-6, 16-18

### Thursday 18 June - feria

Masses will be offered Margaret Lavelle (RIP) and Michael & Betty O'Meara (Anniv)

Reading 1, Ecclesiasticus 48:1-14

Responsorial Psalm, 96

Gospel, Matthew 6:7-15

### Friday 19 June - THE MOST SACRED HEART OF JESUS

Masses will be offered for Kathleen Tormey (RIP) and Mario Maestranzi (RIP)

Reading 1, Deuteronomy 7:6-11

Responsorial Psalm, 102

Reading 2, 1 John 4:7-16

Gospel, Matthew 11:25-30

### Saturday 20 June - The Immaculate Heart of the Blessed Virgin Mary

Masses will be offered for Jimmy McGilloway (Anniv) and Roy McGoohan (RIP)

Reading 1, 2 Chronicles 24:17-25

Responsorial Psalm, 88

Gospel, Luke 2:41-51

### Sunday 21 June - ST ALBAN (Also Father's Day)

Masses will be offered for the People of the Parish and Antonio Visconti & Antionietta Wallis. The anniversary Masses for Kathleen Bamford will be said on Tuesday 23 June and Christie Small will be said on Thursday 25 June.

### PLEASE PRAY

Together with Churches together in St Albans, this week we pray for the Minister, Elders and members of the Homewood Road United Reformed Church.

For those suffering from Coronavirus and all the sick in our Parish

For those who have died recently: Tom Bagge, Yvonne Plourde, Fr Bernard Bardouillet.

For all those whose anniversaries occur at this time: Mimma Avvinta, Michael & Betty O'Meara, Jimmy McGilloway, Kathleen Bamford and Christie Small.

*May their souls and the souls of all the faithful departed through the mercy of God rest in peace*

### Volunteers needed to help re-open our church

In order to open our church for approximately 1 hour each morning (12noon- 1.00 pm) and evening (6.30pm to 7.30pm), we will need 3 volunteers for each session. If you are not self-isolating or shielding and you feel you could volunteer to help re-open our church, please contact Melanie (mjoneill5@btinternet.com) or 07900 051956). If there are more volunteers, we can look at extending the proposed opening times.

**The Immaculate Heart of Mary 20 June** Devotion to the Immaculate Heart of Mary began as early as the twelfth century. During the seventeenth century in France, St John Eudes popularised this devotion along with that to the Sacred Heart. St Luke's Gospel twice mentions that Mary 'kept all these things in her heart', pondering the word of God. Mary shows us how to listen to the words the Holy Spirit speaks to us in the depths of our hearts, and how to respond in faith.

**Virtual Prayer Group** A virtual prayer group which met each evening in Holy Week at 7.30 pm continues to meet on Sunday and Wednesday evenings, also at 7.30 pm. If you would like to take part, please contact the parish office [stalbens@rcdow.org.uk](mailto:stalbens@rcdow.org.uk)

Remember to keep your distance from others and to observe proper hygiene...

- **Catch it - sneeze into a tissue.**
- **Bin it - bin the tissue.**
- **Kill it - wash your hands with soap and water.**
- **Do not touch your face unless you've washed your hands.**

**Communities First** Are you under 70 and fit and healthy? Are you bored and looking for something worthwhile to do? [Communities First](#) who work in partnership with St Albans City and District Council, Hertsmere Borough Council, Hertfordshire County Council, Broxbourne & East Herts and Welwyn/Hatfield Volunteer Centres, VolunteeringHerts, #TeamHerts, Harpenden Cares, London Colney Good Neighbour Scheme, Citizens Advice, plus many other member organisations. If you need help of any kind please contact them on 020 8207 5115 or [email](#). They are currently finding they have an increase in requests for help but a lack of volunteers as a lot of their volunteers are now going back to work. Do you know of anyone who has time to spare? A school leaver or a University Student or someone who is on furlough from their work?

**Livestream of Mass.** Every day at 10 am Mass is streamed live from the Church on YouTube Channel: Ss Alban and Stephen RC Church. Visit the home page on the parish website and click on the link provided. If you have access to a Smart TV you should be able to connect to You Tube from there: search for 'Ss Alban and Stephen Catholic Church'. If you join the daily streamed Mass, please consider clicking the 'subscribe' box on the parish YouTube channel. It will be possible for reminders of live events streamed from the parish to be sent to you by clicking the notification bell.

**Parish Update** We have begun to send out a Parish Update by email. If you have not been in receipt of these and would like to receive them please email [stalbands@rcdow.org.uk](mailto:stalbands@rcdow.org.uk) requesting the Parish Update. Also, please visit the Parish Website to keep in touch and see what resources there are to help you. The website now includes a reflection on the Sunday Gospel written by Fr Michael or Fr Julian. Also, you will find the Diocese of Westminster website and Vatican Website useful.

**Delivery of paper bulletin:** If you know anyone who does not have access to the internet but would like a paper copy of the Bulletin and Gospel reflection, please provide their details to 853585 or [stalbands@rcdow.org.uk](mailto:stalbands@rcdow.org.uk)

**Safeguarding & DBS Checks** Although many aspects of parish life have had to be put on hold there are still things we can be doing to prepare for when things are up and running again. If you are a volunteer and work with children or vulnerable adults, you need to have an up to date DBS in place. If you do not have a DBS or do not have an up to date one, issued within the last 3 years, why not use this period to complete the necessary paperwork. Much can be done on-line. Please contact Mary Harber at [stalbands3@safeguardrcdow.org.uk](mailto:stalbands3@safeguardrcdow.org.uk) / 07976 277059

**Rosary** Fr Julian writes: I am wondering whether you would consider joining me each day in saying the Rosary intentionally. We could establish a powerful prayer chain connecting each of our households. We will be reinforcing our community together, praying into the issues which face us and interceding on behalf of those who are most vulnerable at this time. How you pray the chaplet is up to you. The important thing though is that we pray intentionally and meditatively

**SUNDAY:** For all suffering from the virus. For those who have died and those mourning them

**MONDAY:** For all doctors, nurses and other health professionals working in hospitals

**TUESDAY:** For all working in hospices, care and nursing homes, social and domestic carers

**WEDNESDAY:** For all ambulance crews, paramedics, emergency services and those keeping routine postal, transport and civic services functioning

**THURSDAY:** For those facing domestic abuse or violence, lack of shelter or food, or loss of livelihood.

**FRIDAY:** For those keeping schools and shops open, and producing and delivering vital supplies

**SATURDAY:** For wisdom for scientists in seeking solutions and the government in their response

**Traidcraft:** fairly traded food and drinks are still available if required to anyone. We have a simple to use collection and payment method which does not involve any person-to-person interaction. We have a wide range of our usual products - tea, coffee, cookies, chocolate, muesli, rice/pasta, jam/marmalade, dried fruit & nuts, household/garden gloves, etc - and are able to order most items and have delivery within a week. If you would like to purchase any fair trade products or find out more, please contact Maureen or Stan - 765549 or [grabecki@hotmail.com](mailto:grabecki@hotmail.com)

**CaFE** Café are making the following online courses freely available for parishioners' personal use: 'The Joy of Hope', 'Let It Be' and 'The Saints'. If you would like to access one of these courses please contact the parish office via email [stalbands@rcdow.org.uk](mailto:stalbands@rcdow.org.uk) saying which course you would like to follow and requesting the relevant password. If you would like to know more about CaFE why not visit their [website](#)

**Love and FEED our Neighbour** The Vineyard are in desperate need of tinned food, rice and pasta to help those families who depend on their foodbank. Money can be donated [online](#) or food donations can be dropped off at The Vineyard Church, 7 Brick Knoll Park, St Albans, AL1 5UG: Monday -Friday 10am - 4pm, or drop off items at donation points at St Albans Sainsbury, Morrisons and Waitrose stores.

**Compassionate Community Connector Programme: Help during Coronavirus Crisis** 020 8207 5115 email: [help@communities1st.org.uk](mailto:help@communities1st.org.uk) or go to their [website](#) This charity will provide help with Shopping and Telephone Tech Support. If you are feeling lonely or isolated at this difficult time, they will arrange for someone to give you a call. Need to go into hospital? Need someone to look after your pet? They'll try to help.

**The Living Room** is delivering daily group therapy sessions to clients using Zoom just get in touch via their contact form: [www.livingroomherts.org/contact](http://www.livingroomherts.org/contact) They are still taking calls. If it's an urgent query – from 9am to 12.30pm you can call the Stevenage team (07383 393 459), St Albans (07990 112 033) and (01923 590 159). Check the Living Room website, Facebook, Instagram and Twitter for more updates and messages.

**Mind in Mid Herts** are keen to support people to manage stress during this current coronavirus pandemic and prevent the possibility of people developing mental health problems. They have developed new digital wellbeing courses. All on-line giving all the benefits of face-to-face support but in peoples own home. Open to all: [www.mindinmidherts.org.uk/support-for-you/digital-courses/](http://www.mindinmidherts.org.uk/support-for-you/digital-courses/) Contact support: 01727 865070; online on [www.mindinmidherts.org.uk](http://www.mindinmidherts.org.uk) click on self-referral or [email](#)

**Support for the Homeless in St Albans** Since the introduction of the need to practise social distancing to reduce transmission of Covid-19, support services in St Albans for the homeless have had to change. The Open Door Night Shelter remains open but those living there now have to spend most of their time in their rooms and their afternoon drop-in sessions have had to close. Centre 33 also had to close its premises in Spicer Street. Immediately after lockdown, Centre 33, the Open Door Charity and others put a lot of effort into ensuring that meals were still available for those sleeping rough. At the same time, the Council and others worked hard to find accommodation for rough sleepers. By late March, accommodation had been offered to all those who needed it. Only a few people turned it down. Cooking at Open Door had to stop because the kitchen could not support social distancing. To supplement donations of meals from some local pubs on some evenings, volunteers from the Open Door Charity, the Winter Beds Project and Centre 33 now prepare meals at St Saviour's Church Hall sufficient for all those living at the Night Shelter and the few who are still rough sleeping and who call at Open Door to pick up their meal as a take away.

**Friends of the Holy Land Pentecost Appeal** Thank you for your generosity in supporting the Friends of the Holy Land (FHL) Charity Pentecost Appeal. The appeal has reached its target to raise £200,000 to help Christians in the Holy Land who normally rely on income from pilgrimages and tourists. You may be interested in the impact your donations can have: £10 could replace the income that is lost for a Christian guide who usually shows pilgrims around the Old City; £25 can provide a month's supply of essential medicines to vulnerable people; £50 could cover the week's shopping for food and essentials for an unemployed family. If you would like to continue to support the Friends of the Holy Land in their work, please visit [www.friendsoftheholylan.org.uk](http://www.friendsoftheholylan.org.uk)

**Unite against coronavirus.** As we cope with coronavirus in the UK, we think of our brothers and sisters in developing countries who are facing this pandemic with fragile health systems, some of which have almost no intensive care beds or ventilators. Food prices have already risen with borders closing, the poorest are losing their jobs and incomes with

wholesale shutdowns. Furthermore, inadequate healthcare, lack of access to washing facilities and limited ability to socially distance will result in loss of life on an intolerable scale. The likely impact will be devastating. We are one global family. Please will you consider signing the CAFOD petition to ask government to work with other world leaders to help the most vulnerable people in our world cope with this crisis? To sign the petition visit [the CAFOD website](#)

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**Commitment of the Ministers of the Eucharist** On the feast of the Holy Body and Blood of Christ (formerly known as Corpus Christi) we give God collective thanks for Christ's abiding presence with us in the Eucharist and honour Him there. We appreciate this great gift of the Holy Eucharist, both as a Sacrament and as a sacrifice. On this special day, we also give thanks for those in our community who have been called to serve as Ministers of the Eucharist. While they cannot renew their promise in our church this year, Ministers are invited to make their personal commitment to this service in their own homes. Once the church has re-opened our Ministers will be officially commissioned and receive God's blessing during Mass.

**Novena to the Sacred Heart 2020** As we look towards the Solemnity of the Sacred Heart on Friday 19<sup>th</sup> June, we will be offering the customary novena to the Sacred Heart at the end of our streamed Masses beginning on Thursday 11<sup>th</sup> June.

Novena Prayer to the Sacred Heart

*O Divine Jesus, who said,  
"Ask and you shall receive",  
I kneel at your feet.*

*From whom shall I ask if not from you,  
Whose heart is the source of all blessings.*

*With a lively faith in you,  
I come to ask...*

Share your petitions silently with the Sacred Heart.

*I admit I am most unworthy of your favours, Jesus,  
But this is not a reason for me to be discouraged.*

*You are the God of mercies and you will not refuse a contrite heart.*

*Look with pity on me,*

*I beg you, and your compassionate Heart*

*Will find in my weakness a motive for granting my request.*

*Most Sacred Heart of Jesus, have mercy on me.*

*Amen.*