

FIFTH SUNDAY OF EASTER (A), 10th May 2020

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>
<https://www.hps.scot.nhs.uk/a-to-z-of-topics/wuhan-novel-coronavirus/>

Follow hygiene advice such as washing your hands more often than usual, for 20 seconds with soap and hot water (sing ‘happy birthday’ to yourself twice to make sure you do this for 20 seconds). You should do this whenever you get home or into work, blow your nose, sneeze or cough, eat or handle food. If you can’t wash your hands straightaway, use hand sanitiser and then wash them at the next opportunity. You should also use tissues if you sneeze and make sure you dispose of them quickly; and stay at home if you are feeling unwell.

Try to stay connected: At times of stress, we work better in company and with support. Try and keep in touch with your friends and family, by telephone, email or social media, or:

<https://www.mentalhealth.org.uk/your-mental-health/getting-help#accordion-content-339-0>

You may like to focus on the things you can do if you feel able to:

Stress management:

<https://www.mentalhealth.org.uk/publications/how-manage-and-reduce-stress>

Exercise:

<https://www.mentalhealth.org.uk/publications/how-to-using-exercise>

Diet: <https://www.mentalhealth.org.uk/a-to-z/d/diet-and-mental-health>

Stay in touch with friends on social media but try not to sensationalise things. If you are sharing content, use this from trusted sources, and remember that your friends might be worried too. Also remember to regularly assess your social media activity. Tune in with yourself and ask if they need to be adjusted. Are there particular accounts or people that are increasing your worry or anxiety? Consider muting or unfollowing accounts or hashtags that cause you to feel anxious.

Talk to your children: Involving our family and children in our plans for good health is essential. We need to be alert to and ask children what they have heard about the outbreak and support them, without causing them alarm. We need to minimise the negative impact it has on our children and explain the facts to them. Discuss the news with them but try and avoid over-exposure to coverage of the virus. Be as truthful as possible. Let’s not avoid the ‘scary topic’ but engage in a way that is appropriate for them. We have more advice on [talking with your children about the coronavirus outbreak](#):

<https://www.mentalhealth.org.uk/coronavirus/talking-to-children>

Try to anticipate distress: It is OK to feel vulnerable and overwhelmed as we read news about the outbreak, especially if you have experienced trauma or a mental health problem in the past, or if you have a long-term physical health condition that makes you more vulnerable to the effects of the coronavirus. It’s important to acknowledge these feelings and remind each other to look after our physical and mental health. We should also be aware of and avoid increasing habits that may not be helpful in the long term, like smoking and drinking. Try and reassure people you know who may be worried and check in with people who you know are living alone.

Try not to make assumptions: Don’t judge people and avoid jumping to conclusions about who is responsible for the spread of the disease. The coronavirus can affect anyone, regardless of gender, ethnicity or sex.

Try to manage how you follow the outbreak in the media: There is extensive news coverage about the outbreak. If you find that the news is causing you huge stress, it’s important to find a balance. It’s best that you don’t avoid all news and that you keep informing and educating yourself, but limit your news intake if it is bothering you.

More useful resources:

<https://www.mentalhealth.org.uk/coronavirus>

LITURGY OF THE EUCHARIST

Communion Antiphon

I am the true vine and you are the branches, says the Lord. Whoever remains in me, and I in him, bears fruit in plenty, alleluia.



Where will the top arrow take you? Where does the bottom one take you? Draw someone with a “doubting” face and someone with a “believing face.”

Jesus does not say “doubt” or “believe” at the start of today’s Gospel. What two words does he use instead that mean the same thing?

Later on in the Gospel, Jesus does use the word believe. What does he want us to believe?

How do you feel when someone doesn’t believe you? How do you want Jesus to feel when he sees you?

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SO FAR, YET SO NEAR!

A thing I’ve learnt by “live-streaming” the Mass on YouTube is how a person who is deaf and blind must feel. I neither see nor hear you, but you all see and hear me! While I know that the technology brings me into your homes, I have to trust (and do so willingly) that you are actually there.

That got me thinking that this is the way we all relate to God, to Our Lady, to the saints and to the world of heaven. We don’t see or hear Jesus, but we know he is there seeing and hearing us. We trust that he is present to us at all times.

I got an email a few weeks ago from someone called Angela in Indonesia thanking me for something I said at one Mass. It had helped her a lot, she said. Then, on Thursday 30th April, there were relatives of someone who died in the parish who were able to watch from Australia the funeral Mass I celebrated for the deceased. The technology meant that the whole family could be “there”, participating in the Mass even although none of them was actually there physically!

In the same way, the Lord Jesus and his and our Mother Mary are always there for us, participating you could say in our lives, attentive to our needs and cares and prayers. Of course, that can never compare to seeing and hearing them face to face in the same place as ourselves, just as my knowing that you are watching and listening from your homes can never be the same as us all being together in the church. Technology and prayer are alike in bringing us together spiritually or “virtually”, but the purpose is to bring us all eventually face to face in reality, in body and soul.

LITURGY OF THE WORD

First Reading

Acts 6:1-7

About this time, when the number of disciples was increasing, the Hellenists made a complaint against the Hebrews: in the daily distribution their own widows were being overlooked. So the Twelve called a full meeting of the disciples and addressed them, ‘It would not be right for us to neglect the word of God so as to give out food; you, brothers, must select from among yourselves seven men of good reputation, filled with the Spirit and with wisdom; we will hand over this duty to them, and continue to devote ourselves to prayer and to the service of the word.’ The whole assembly approved of this proposal and elected Stephen, a man full of faith and of the Holy Spirit, together with Philip, Prochorus, Nicanor, Timon, Parmenas, and Nicolaus of Antioch, a convert to Judaism. They presented these to the apostles, who prayed and laid their hands on them.

The word of the Lord continued to spread: the number of disciples in Jerusalem was greatly increased, and a large group of priests made their submission to the faith.

Responsorial Psalm 32 (33)

May your love be upon us, O Lord, as we place all our hope in you.

Second Reading

1 Peter 2:4-9

The Lord is the living stone, rejected by men but chosen by God and precious to him; set yourselves close to him so that you too, the holy priesthood that offers the spiritual sacrifices which Jesus Christ has made acceptable to God, may be living stones making a spiritual house. As scripture says: *See how I lay in Zion a precious cornerstone that I have chosen and the man who rests his trust on it will not be disappointed.* That means that for you who are believers, it is precious; but for unbelievers, the stone rejected by the builders has proved to be the keystone, a stone to stumble over, a rock to bring men down. They stumble over it because they do not believe in the word; it was the fate in store for them.

But you are a chosen race, a royal priesthood, a consecrated nation, a people set apart to sing the praises of God who called you out of the darkness into his wonderful light.

Gospel

John 14:1-12

Jesus said to his disciples:

‘Do not let your hearts be troubled. Trust in God still, and trust in me. There are many rooms in my Father’s house; if there were not, I should have told you. I am going now to prepare a place for you, and after I have gone and prepared you a place, I shall return to take you with me; so that where I am you may be too. You know the way to the place where I am going.’

Thomas said, ‘Lord, we do not know where you are going, so how can we know the way?’ Jesus said:

‘I am the Way, the Truth and the Life. No one can come to the Father except through me. If you know me, you know my Father too. From this moment you know him and have seen him.’

Philip said, ‘Lord, let us see the Father and then we shall be satisfied.’ ‘Have I been with you all this time, Philip,’ said Jesus to him ‘and you still do not know me?’

‘To have seen me is to have seen the Father, so how can you say, “Let us see the Father”?’

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Do you not believe that I am in the Father and the Father is in me? The words I say to you I do not speak as from myself: it is the Father, living in me, who is doing this work. You must believe me when I say that I am in the Father and the Father is in me; believe it on the evidence of this work, if for no other reason. I tell you most solemnly, whoever believes in me will perform the same works as I do myself, he will perform even greater works, because I am going to the Father.'

The Gospel of the Lord.

SAINT MARY STAR OF THE SEA
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OUR LADY OF PERPETUAL SUCCOUR
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Parish Email: largs@gallouevaydiocese.org.uk
SC010576
Parish Priest: Mgr. Peter Canon Magee
PP's email: peter.magee@gallouevaydiocese.org.uk

Mass
You Tube (YT): Saturday Vigil, 6pm; Sunday, 10am; Mon-Sat, 10am.

WEEKLY LITURGICAL CALENDAR

COMMEMORATION	READINGS
11/5: Monday of 5 th Week of Eastertide	Proper Liturgical colour: white
12/5: Tuesday of 5 th Week of Eastertide	Proper Liturgical colour: white
13/5: Our Lady of Fatima	Easter week 5, Wednesday Liturgical colour: blue
14/5: St. Matthias, Apostle	Proper Liturgical colour: red
15/5: Friday of 5 th Week of Eastertide	Proper Liturgical colour: white
16/5: Saturday of 5 th Week of Eastertide	Proper Liturgical colour: white
17/5: Sixth Sunday of Easter	Proper Liturgical colour: white

MASS INTENTIONS

Date & Time	Intention
Sat 9 May, 6pm	All Parishioners
Sun 10 May, 10am	Jim Connolly
Mon 11 May, 10am	Elizabeth Connolly
Tues 12 May, 10am	John McKay
Wed 13 May, 10am	Annie & Denis Clyde
Thurs 14 May, 10am	May Byrne
Fri 15 May, 10am	Patrick Joseph Ward
Sat 16 May, 10am	Lily Kearns & Daniel Santorum
Sat 16 May, 6pm	All Parishioners
Sun 17 May, 10am	Jim Kelly

Sick: Margaret Gallagher, Maria Kelly (Millport), Lidia Tracey, Helen McShane, Peter Leitch, Colette McCafferty, Alex Greig, Sarah McDougall, Bruce McDougall, Jessie Clements, Baby Ava May Cleary, Teresa Black, Peter McConville, Claire McConville, Bill Morgan, Teresa Barrett, Lizzie Park, Ness Cranston, Francis Livingstone, Lorraine McBride, Tommy Monaghan, Marie Gómez Fernández, Margaret Rutherford, Martin Doherty, Ben Brownlie, Sheena Lane, William Percy, Roddy Galbraith, Donal Hughes, Jonny Bilchak, James Reddoch, May Holland, Richard Dorman, William Caughey, Jessie Barr. **Anniversaries:** James Breen, Isobel Lightly.

NOTICES

MASS FOR PEACE IN MARRIED AND FAMILY LIFE: On Tuesday, 12th May, I invite everyone to pray for peace in our homes, marriages and families. Married and family life has suffered a particularly intense barrage of hostility in recent decades. Our current pandemic situation can either counter that, by bringing us closer to one another to rediscover the strong and beautiful values of marriage and family, or they can aggravate it because, all of a sudden, people are living in close quarters 24/7. I will pray intensely for peace in our homes at 10am Mass this Tuesday. Please join me!

SACRAMENT OF RECONCILIATION: If anyone wishes to receive this sacrament, please phone or email me and we can set up a time and place to celebrate the sacrament in a "safe" manner.

SUNDAY 10th MAY, EVENING DEVOTIONS: Exposition from 6.30pm, with Rosary, the Ecumenical Prayer at 7pm and followed by Benediction.

PARISHES' ROSARY INTENTION: For a swift end to the coronavirus.

PRAYERLINE: To ask for prayers, phone: 078037 48251.

WEEKLY COLLECTION: If you are able, please put any contribution through the letter-box of the parish house. If you wish to set up a standing order via the bank, please contact the Mrs. Karen Govaerts, who will help you. 07542 570863. Please note that bank details will not be provided by email and I would ask you not to share them with anyone else by email. Ask anyone who asks you to phone Karen. Many thanks.

PARISH MOBILE PHONE: It seems to be out of order, I'm afraid. If you have phoned or texted me on it over the past couple of weeks, I have not received your messages!

SAFEGUARDING MOBILE PHONE NUMBERS: For direct access to our Parish Safeguarding Coordinators: 1) Largs (Gordon Sutherland) – 07707 598929; 2) Millport (Donnie McGilveray) – 07852 753874.

SVPD PHONE NUMBER: 07950 586214. Please direct all enquiries and requests directly to this number.

BULLETIN: The next larger-sized bulletin will be for **17th May**. Requests for notices to be included in the weekly bulletin must be submitted by 12 Noon on **Wednesdays**.

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ECUMENICAL PRAYER To Be Recited together at 7pm Sunday, 10th May

Today, in these times, we pray that we may sense Christ's guiding presence:

Come, Jesus Christ, come my way; showing me your way, through these disorientating days, and opening my eyes to your accompanying presence.

Come, Jesus Christ, come my way; teaching me your truth, through these confounding days and opening my mind to your living Word.

Come, Jesus Christ, come my way; revealing to me your life, through these bewildering days, and opening my heart to the fullness of your being. Amen.

NOVENA PRAYER FOR PROTECTION IN TIME OF PANDEMIC

All Parishioners are invited to say this prayer for nine consecutive days beginning on whatever day you choose. The Novena can then be repeated as long as necessary.

O Mary,
you always brighten our path
as a sign of salvation and of hope.

We entrust ourselves to you, Health of the Sick,
who, at the Cross, took part in Jesus' pain
while remaining steadfast in faith.

O loving Mother,
you know what we need,
and we are confident you will provide for us
as at Cana in Galilee.

Intercede for us with your Son Jesus,
the divine Physician,
for those who have fallen ill,
for those who are vulnerable
and for those who have died.

Intercede also for those charged with
protecting the health and safety of others
and for those who are tending to the sick
and seeking a cure.

Help us, O Mother of Divine Love,
to conform to the will of the Father
and to do as we are told by Jesus,
who took upon himself our
suffering and carried our sorrows,
so as to lead us, through the Cross,
to the glory of the Resurrection. Amen.

*We fly to thy patronage,
O most Holy Mother of God.
Despise not our prayers in our necessities
But ever deliver us from all dangers,
O most Glorious and Blessed Virgin!*

“MENS SANA IN CORPORE SANO” A HEALTHY MIND IN A HEALTHY BODY *(mentalhealth.org.uk)*

Spiritual, mental and physical health go hand in hand. We are each but one whole thing! Elsewhere, I have offered a lot of material on the spiritual side of things (cf. parish website). I have taken the mental health tips below from a respectable website (cf. above) and commend them to one and all, myself included:

Infectious disease outbreaks, like the current coronavirus (COVID-19), can be scary and can affect our mental health. While it is important to stay informed, there are also many things we can do to support and manage our wellbeing during such times. Here are some tips we hope will help you, your friends and your family to look after your mental health at a time when there is much discussion of potential threats to our physical health.

Looking after your mental health while you have to stay at home: The government is telling us to stay at home and only go outside for food, health reasons or essential work, to stay two metres (six feet) away from other people and wash our hands as soon as we get home. This will mean that more of us will be spending a lot of time at home and many of our regular social activities will no longer be available to us. It will help to try and see it as a *different* period of time in your life, and *not necessarily a bad* one, even if you didn't choose it. It will mean a different rhythm of life, a chance to be in touch with others in different ways than usual. Be in touch with other people regularly on social media, e-mail or on the phone, as they are still good ways of being close to the people who matter to you. Create a new daily routine that prioritises looking after yourself. You could try reading more or watching movies, having an exercise routine, trying new relaxation techniques, or finding new knowledge on the internet. Try and rest and view this as a new if unusual experience, that might have its benefits. Make sure your wider health needs are being looked after such as having enough prescription medicines available to you. Read our full list of tips on: <https://www.mentalhealth.org.uk/coronavirus/staying-at-home>

Try to avoid speculation and look up reputable sources on the outbreak Rumour and speculation can fuel anxiety. Having access to good quality information about the virus can help you feel more in control. You can get up-to-date information and advice on the virus here: