



TOGETHER IN THE SPIRIT

Bi-monthly Catholic Magazine

April 2020 - Issue 2

TOGETHER IN THE SPIRIT

WELCOME to the second edition of our bi-monthly magazine. We hope you enjoyed the first edition and we would love to hear your comments.

Unfortunately, our second edition is being produced in very different circumstances—most of us, at the moment, are in isolation of one form or another due to the Coronavirus, COVID-19. We do hope you are all well and coping with the various constraints, the most difficult for many being the closure of our churches.

We will feature a number of articles which we hope will inform you, lift your spirits and help you gain the strength and the courage you need to get through this difficult time.

We are not going to repeat the Government or NHS advice being repeated constantly on the media but we will make suggestions on how we can turn our attention to our faith and indicate various ways we may take courage from our prayers and devotions and encourage those around us to do the same.

You may contact the Healing Ministry Prayer Team on the numbers :

Deacon Dave: 0752345540

Margaret: 07716152552

Maria: 07730^{below}413283

Email: thecaldwells32@live.co.uk

We would particularly like to hear from anyone living alone and feeling very isolated. We are happy to call people for a little chat now and then to help relieve the boredom. Please contact us to arrange a call, either for yourself or someone you know who would like a call.

“For where two or three are gathered in my name, there am I among them.” – Matthew 18:20. We do not have to be physically present to ‘gather’ together...we can telephone our friends and pray together! He will be with us as He promised.

Websites and Facebook

St Mary's Lowe House have now updated their website <http://www.stmaryslovehouse.org/> and now it has several links to livestreams from various churches, Reflections, Sermons for children, Children's Liturgy, and the Story of Easter for Children. Lots to keep everyone occupied. There is also a Facebook page [Holy Cross and St Mary's, Lowe House, St Helens](#) with daily updates.

The Most Holy Cross and St Helen Catholic Church is a recent and welcome addition to Facebook, see [The Most Holy Cross and St Helen Catholic Church](#), together with a new website (Google holycrossandsainthelen.co.uk). New posts almost every day are helping people to keep up to date and in touch with everyone. Thank you God.

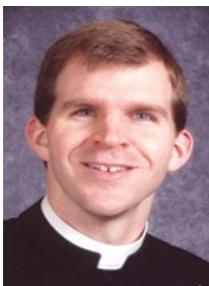
Rather than search Facebook every day for items of interest, just go to the top of the individual page you want and look for the icon which says 'following'. Click on 'following' (see red circle) and everything they post will automatically appear



A web page or website is always available at any time but Facebook continuously live streams items. 'Following' a particular site on Facebook means you will be notified when they post something new.

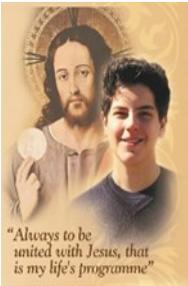
RECOMMENDED VIEWING

AND LISTENING



Fr Jonathan P. Meyer, MA, STB. Archdiocese of Illinois. Fr Jonathan has recently delivered two homilies related to Coronavirus—COVID-19. You will find the homilies on YouTube, One is titled '**Coronavirus: Be not Afraid**' and the second is titled '**Coronavirus: How long, O Lord?**' There are many other homilies also about matters other than the virus. Enjoy!

A SAINT OF OUR TIME?



Carlo Acutis is an Italian boy who died of leukaemia, aged 15, in 2006. He attended daily Mass and was devoted to prayer, as well as to computer programming, film editing, website creation, editing and layout of comics. Carlo, soon to be known as ‘Blessed’, was gifted at anything computer related and his understanding amazed people. At the age of 11 he started a project to catalogue all the Eucharistic miracles of the world. He wrote that ‘the more Eucharist we receive, the more we will become like Jesus, so that on this earth we will have a foretaste of Heaven.’ He visited with his parents all the places of the Eucharistic miracles and recorded over 136 Eucharistic miracles from over the centuries from all around the world which have been acknowledged by the Church.

Carlo said that to always be close to Jesus was his life plan. He achieved his goal. He stayed close to the Lord in whatever he did; spending time praying before the Blessed Sacrament, creating websites, or going to school like most teenagers. In addition to his busy life, Carlo found time for volunteer work with children and the elderly. He noted that: “Our aim has to be the infinite and not the finite. The Infinite is our homeland. We have always been expected in Heaven.”

On Friday February 21, Pope Francis authorized the promulgation of the decree concerning the miracle attributed to the intercession of the Venerable Servant of God Carlo Acutis. We look forward to knowing the date of his next beatification. The miracle concerned a Brazilian child who suffered from a rare congenital condition of the pancreas and who was healed in 2013. We thank the Lord for doing wonders.

31st May 2020

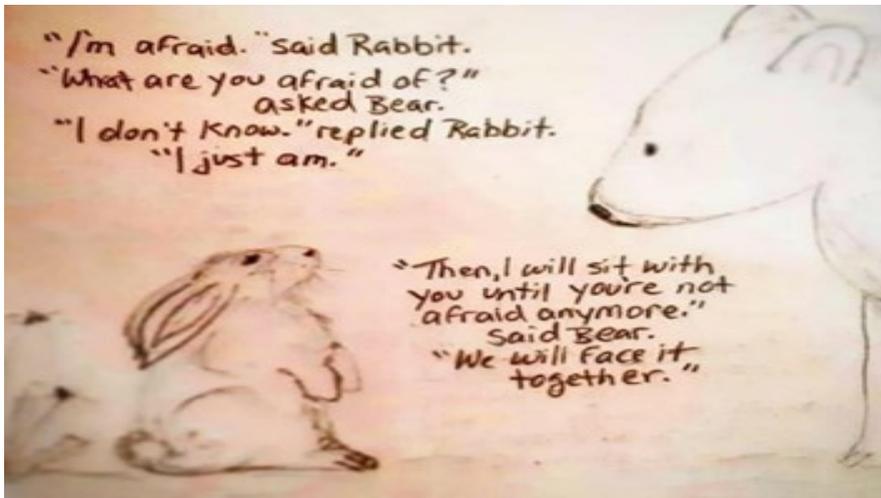


In the Gospel of John, Ch 14:15-17, Jesus tells His disciples: ‘if you love Me and keep My commandments, I will ask the Father and He will give you another Counsellor, to be with you forever’. That is: THE HOLY SPIRIT. And in Acts 1: v1: ‘John baptised with water, but before many days you shall be baptised with the Holy Spirit’.

This was the beginning of the one Holy Catholic and Apostolic Church, guided by the Spirit. The same Spirit is given at Baptism and the presence and power of the Holy Spirit is intensified at Confirmation to all who receive. The Holy Spirit helps and guides us in our faith.

Just like the Apostles, we too are given gifts and graces by the Holy Spirit Which makes us cry out 'ABBA FATHER', and we are empowered to do the same works the Apostles did. So the Spirit is always at work throughout His Church, allowing us boldly to go forth, preaching, healing and singing God's praises. And we have Mary too, our Blessed Mother, the Spouse of the Holy Spirit, Queen of the Universe, Mother of God, to guide us maternally on our mission. May Pentecost be a time of wonderful renewal for us all.

God bless. Deacon Dave



PRAYER TO OUR GUARDIAN ANGEL

**O Angel of God. my Guardian dear,
to whom God's love commits me here,
ever this day be at my side. to light and guard,
to rule and guide. Amen.**



COPING WITH THE CRISIS...

Our church buildings are closed, an apparently unprecedented move, in order to help combat Coronavirus – COVID-19. However, Church is still open — **because we are the church!** Please be assured that our Priests are continuing to say Holy Mass daily, praying for us and our needs; praying for those affected by the virus and against the virus itself. We thank God for this mercy.

We are all hopefully learning to cope with many aspects of our new circumstances but we can still be assured we can continue to pray together in community. The Healing Ministry Prayer Team continues to pray for everyone of course. We join in spirit to pray together on Mondays between 8.00 pm and 9.00 pm and by telephone on Thursdays between 7.00 pm and 8.00 pm and we would love you to **join us in spirit**. We read scripture and pray the Rosary and pray The Divine Mercy Chaplet.

Many of us are listening to Holy Mass on the radio or watching on television. Walsingham is broadcasting live from the Shrine 24 hours a day – broadcasting Holy Mass, Holy Rosary, Benediction and Adoration and more, according to a fixed schedule but there are many other places doing so also. There are several prayers in particular which people find comforting, said before and during Mass, which we are happy to reproduce here for you. One is a prayer to our Guardian Angel to take us in spirit to Holy Mass; the second is a Spiritual Communion and the third is the St Francis de Sales Prayer, advising us not to be afraid because the God to whom we belong, will in His love, lead us safely through all things.

If you cannot access Mass through the media, then these prayers will enable you to join in Holy Mass in spirit, whenever you choose, and enable you to make a Spiritual Communion.

Hopefully we can pray together for everything to return to normal as soon as possible -BUT LET'S NOT- lets pray together instead for a NEW NORMAL - a normal which focusses less on the old modernist, secular ways and much, much, more on a truly Catholic and Christ centered future - focus on Jesus Christ 'the source and summit of Christian life'. CCC1324.

O HOLY ANGEL at my side,
Go to Church for me,
Kneel in my place, at Holy Mass,
Where I desire to be.

At Offertory, in my stead,
Take all I am and own,
And place it as a sacrifice
Upon the Altar Throne.

At Holy Consecration's bell,
Adore with Seraph's love,
My Jesus hidden in the Host,
Come down from Heaven above.

Then pray for those I dearly love,
And those who cause me grief,
That Jesus' Blood may cleanse all hearts,
And suff'ring souls relieve.

And when the priest Communion takes,
Oh, bring my Lord to me,
That His sweet Heart may rest on mine,
And I His temple be.

Pray that this Sacrifice Divine,
May mankind's sins efface;
Then bring me Jesus' blessing home,
The pledge of every grace. Amen



ST FRANCIS DE SALES PRAYER

Be not afraid. Do not look forward in fear to the changes and chances of this life; rather, look to them with full confidence that, as they arise, God, to whom you belong, will in his love, lead you safely through all things. *He has guided you thus far in life, and He will lead you safely through all trials;* and when you cannot stand it, God will carry you in His arms. Do not fear what may happen tomorrow; the same understanding Father who cares for you today will take care of you then and every day. He will either shield you from suffering or will give you unfailing strength to bear it. Be at peace then and put aside all anxious thoughts and imaginations.

SPIRITUAL COMMUNION PRAYER

My Jesus, I believe that you
are in the Blessed Sacrament.
I love you above all things,
and I long for you in my soul.
Since I cannot now receive you
Sacramentally, come at least
spiritually into my heart.
As though You have already
come, I embrace You and unite
myself entirely to You;
never permit me to be
separated from You. Amen.



PRAYER FOR THOSE RETURNING TO CHURCH

Eternal Father, we pray for all those who do not believe; those who have not yet come to know the love of God; who do not feel the Church is their home and God is their Father. We do not call them unbelievers lest we judge them, but think of them as our strayed brothers and sisters. And because we believe, Lord, we see You in every one.

THE SMALL SACRIFICES OF LIFE

(St Faustina—Reflection 62)

Do small sacrifices matter? Sometimes we can think that we should try to do great things. Some may have ideas of grandeur and dream of accomplishing some great feats. But what about the small, monotonous, daily sacrifices we make? Sacrifices such as cleaning, working, helping another, forgiving, etc.? Do the small things matter? Most certainly. They are a treasure we give to God like none other. Small daily sacrifices are like a field in the open valley, filled as far as



the eye can see with beautiful wild flowers. One flower is lovely, but when we commit ourselves to these small acts of love all day, every day, we present to God a flowing field of endless beauty and magnificence.

Reflect upon the small things today. What is it that you do each day that tires you and seems boring or unimportant? Know that these acts, perhaps more than any other, present you with a glorious opportunity to honour and glorify God in a magnificent way.

Lord, I offer You my day. I offer You all that I do and all that I am. I especially offer You the small things I do every day. May each action become a gift to You, offering You honor and glory throughout my day. Jesus, I trust in You.

A Reflection on the Word. John 6:26-27.

Jesus answered them and said “Amen, Amen, I say to you, you are looking for me not because you saw signs but because you ate the loaves and were filled. Do not work for food that perishes but for the food that endures for eternal life, which the Son of man will give you.” John 6:26-27



This Scripture goes straight to the heart of our priorities in life. What are you working for? Are you working hard for the “food that perishes” and only working slightly for the “food that endures for eternal life?” Or vice versa?

For some reason, we can easily become obsessed with working for the “things” of this world. In the passage above, people were looking for Jesus because He had fed them the day before and they were hungry again. They were looking for food, literally. Jesus gently rebukes them, taking this as an opportunity to point out the real reason they should be seeking Him. The real reason is that He wants to provide the spiritual food of eternal life. What is the food Jesus wants you to seek? That’s a question you must let our Lord answer in your heart.

There are two key questions we should ponder here so as to let Him answer us. First, “What do I want in life?” Spend time with that.

Spend time all by yourself and try to be honest with this question. What do you want? What is your heart's desire? If you are honest and if you let yourself face your desires you will most likely find that you have some desires, or even many, that are not put in your heart by Christ. Recognizing what these desires are is the first step to discovering what the true food is that Jesus wants to give you.

The second key question is this: "Are you seeking Jesus for the right reason?" When we are sick, we seek a doctor for a cure. When a child is hurt, this child often runs to a parent for comfort. This is OK. We do the same. When we are lost and confused, we often turn to God for answers and help. But, ideally, we will eventually seek God for more than just healing or comfort. We will ultimately seek God for the reason of love. We will seek Him simply because we love Him and want to love Him all the more.

Reflect, today, upon your desire to seek Jesus, or lack thereof. When you begin to seek out Jesus simply because you love Him and want to love Him more, you are on the right road. And as you walk down that Road, you will find it is a road of the utmost delight and fulfillment.

Jesus, help me to seek you. Help me to seek You for the help and healing I need. But more than that, help me to seek You out of love. Help me to love you more. Jesus, I Trust in You..

Catholic Daily Reflections, May 6th, 2019

Making The Sign Of the Cross Three Times before Reading The Gospel.



The first recorded instance of making the sign of the cross at the proclamation of the gospel is found in the ninth century. By the eleventh century, as attested to by Pope Innocent III, the deacon would make the sign of the cross on the Lectionary or Book of Gospels, and then both he and the congregation would sign the forehead, lips, and breast. The significance of the threefold signing is that we want to hear the Holy Gospel with an open mind, proclaim it with our lips, and cherish and safeguard it in our hearts. We are imploring the Lord for the grace to receive, acknowledge, and then profess the faith that has been received in the Holy Gospel through our Lord, Jesus Christ, the Word of God incarnate.

WHAT *is* SIN TODAY

According to St Augustine sin is “a word, an act, or a desire contrary to the eternal Law”. It is an offense against God in disobedience to his love. It wounds human nature and injures human solidarity. Christ in his passion fully revealed the seriousness of sin and overcame it with his mercy.

There are a great many kinds of sins. They can be distinguished according to their object or according to the virtues or commandments which they violate. They can directly concern God, neighbour, or ourselves. They can also be divided into sins of thought, of word, of deed, or of omission.

Sins are distinguished according to their gravity. A distinction is made between mortal and venial sin. One commits a mortal sin when there are simultaneously present: grave matter, full knowledge, and deliberate consent. This sin destroys charity in us, deprives us of sanctifying grace, and, if unrepented, leads us to the eternal death of hell. It can be forgiven in the ordinary way by means of the sacraments of Baptism and of Penance or Reconciliation.

One commits a venial sin, which is essentially different from a mortal sin, when the matter involved is less serious or, even if it is grave, when full knowledge or complete consent are absent. Venial sin does not break the covenant with God but it weakens charity and manifests a disordered affection for created goods. It impedes the progress of a soul in the exercise of the virtues and in the practice of moral good. It merits temporal punishment which purifies.

We have a responsibility for sins committed by others when we culpably cooperate with them. *Structures* of sin are social situations or institutions that are contrary to the divine law. They are the expression and effect of personal sins.

C to CCC

KEN’S CORNER: A man goes into the doctors and says he has got hearing problems. The doctor says “what are the symptoms? The man replies “well Homer is yellow and Marge has tall blue hair!





Patron Saint: Pope John Paul II

Patron: Father Tom Gagie

Minister to the HMP Team: Deacon Dave Caldwell