

**Dates for your diary:** All Parish meetings and activities have been suspended for the time being.

Monday 23rd	Pray for Canon John Webb
Tuesday 24th	Mass Inten: Tom Warburton RIP Pray for Canon Peter Webb
Wednesday 25th	ANNUNCIATION OF THE LORD Pray for Fr Michael Wheaton
Thursday 26th	Pray for Fr W Gerard Wilberforce
Friday 27th	Mass Inten: Brendan Reilly RIP Pray for Fr Jaromir Wilczak
Saturday 28th	Mass Inten: Sr Maria Margaret RIP Pray for Fr David Williams Mass Inten: Parishioners THE CLOCKS GO FORWARD ONE HOUR
Sunday 29th	FIFTH SUNDAY OF LENT Mass Inten: Parishioners



As we have cancelled the Taize service, we will post Taize chants and reflections on the Parish Facebook page on 3 April instead.



#### Weekly Offerings £265.40

Thank you to everyone who contributed.  
If you are a tax payer you could Gift Aid your donations so that we receive an extra 25% at no cost to you. Please contact Christine Elie  
**Roof Bank Details:** A/C Name: PRCCTR Christ The King, Kinson, Roof Renovations. A/C No: 46843329. Sort Code: 56-00-63

#### What is Laetare Sunday?

The **Sunday** is considered a day of relaxation from normal Lenten rigours; a day of hope with Easter at last within sight.

#### This Sunday's readings: <https://www.ewtn.com/catholicism/daily-readings/2020-03-22>

To receive the Gospel into your Inbox go to the Plymouth Diocese website <https://www.plymouth-diocese.org.uk/> and enter your e-mail address.

First reading	1 SAMUEL 16:1, 6-7, 10-13	David is anointed by Samuel
PSALM	23:1-6	The Lord is my Shepherd
Second reading	EPHESIANS 5:8-14	Anything exposed by the light will turn into light
Gospel	JOHN 9:1-41	The blind man went off and washed himself, and came away with his sight restored

#### PARISH OF THE HOLY FAMILY, BOURNEMOUTH

Incorporating the Churches of  
Christ The King, Kinson and St Bernadette's, Ensbury Park  
Plymouth Diocesan Trust Registered Charity No. 213227  
**FATHER CHACKO PANATHARA C.M**

#### Useful Addresses:



Parish of the Holy Family,  
Bournemouth

**Fr Chacko** (m) 07825214025

Christ The King Church  
Parish Office (Open Mon, Tue, Fri mornings)  
46 Durdells Avenue  
Kinson  
Bournemouth BH11 9EH  
**01202 577638**  
[holyfamilykinson@gmail.com](mailto:holyfamilykinson@gmail.com)

Our Lady of Victories and St. Bernadette  
46 Draycott Road  
Ensbury Park  
Bournemouth  
BH10 5AR

Safeguarding Representatives  
Paddy Williamson (CTK) 01202 920057  
Mike Carter (SB) 07468480837

Gift Aid  
[Christine.elie21@gmail.com](mailto:Christine.elie21@gmail.com)

Hospital Chaplains  
Royal Bournemouth: 01202 704221  
Poole: Deacon Declan McConville  
01202 442167

LSU Sisters  
79 Rochester Road  
Bournemouth  
BH11 8AH  
01202 383016

Sr Rosie PHJC  
97 Namu Road  
Bournemouth  
BH9 2RA  
07504816370

Newsletter articles  
Rachel Lapworth  
[Rachel.lapworth@gmail.com](mailto:Rachel.lapworth@gmail.com)  
07412161188

# Parish of the Holy Family, Bournemouth NEWSLETTER

Fourth Sunday of Lent—Laetare Sunday  
Mothering Sunday  
Mass Int: Pat O'Donnell's intentions  
Mass Int: Patrick Doyle

Dear Parishioner,  
We the Church, and society as a whole, the world over are now passing through a critical crisis in life for a generation. The Holy Mass and services in our parish church are suspended until further notice. Christ The King will remain open for the faithful to pray. The celebration of the Mass will take place without the congregation but there will be no scheduled masses. **There will be exposition of the Blessed Sacrament at CTK on a Sunday between 10am and 4pm in the Lady Chapel and at St Bernadette's on a Monday evening between 6.30 and 7.30.** All other Sacraments like First Communion, Confirmation, marriage etc will be deferred to a date when public health allows that the Congregation can resume public worship. The Sacrament of Confession is offered on request keeping up hygiene and social distance requirements. Pastoral visits are suspended. Funeral services will take place at the graveside or at a crematorium. Anyone wishing to have a mass said and receive holy communion for their special intention, may contact me personally. We are trying to live stream the Holy Mass and other services in our parish through our parish Facebook page. We will support the vulnerable and lonely parishioners or anyone in need. Madeleine is collecting the details of those needy ones and a group of volunteers. We are collecting provisions for distribution in case a need arises. Please leave any donations in the porch at CTK.  
**My prayerful wishes to all MOTHERS On this MOTHER's DAY**

Fr Chacko

#### CATHOLIC BISHOPS' CONFERENCE OF ENGLAND AND WALES

A letter from the President and Vice-President on behalf of all the Bishops of the Conference

Dear Brothers and Sisters in Christ,  
In response to the Coronavirus pandemic, so many aspects of our lives must change. This includes the ways in which we publicly express our faith. It is very clear that, following official advice and in order to keep each other safe, save lives and support the NHS, at this time we must not gather for public acts of worship in our churches. This will begin from Friday evening, 20th March 2020, until further notice.

Our churches will remain open. They are not closing. They will be a focal point of prayer, where you will find solace and strength. In visiting our churches at this time, we will observe with great care the practices of hygiene and the guidance on social distancing.

However, the celebration of Mass, Sunday by Sunday and day by day, will take place without a public congregation. Knowing that the Mass is being celebrated; joining in spiritually in that celebration; watching the live-streaming of the Mass; following its prayers at home; making an act of spiritual communion: this is how we share in the Sacrifice of Christ in these days. These are the ways in which we will sanctify Sunday, and indeed every day.

We want everyone to understand that in these emergency circumstances, and for as long as they last, the obligation to attend Mass on Sundays and Holy Days is removed. This is, without doubt, the teaching of the Church (Catechism of the Catholic Church 2181). This pandemic is the 'serious reason' why this obligation does not apply at this time.

You will find more details about the pathway of prayer and sacramental life we are now to take in the accompanying document and on the Bishops' Conference website ([www.cbcew.org.uk](http://www.cbcew.org.uk)). Your own bishop and parish priest will provide further support, encouragement and information about our way of prayer together in the coming weeks.

The second vital aspect of these challenging times is our care for each other. There are so many ways in which we are to do this: being attentive to the needs of our neighbour, especially the elderly and vulnerable; contributing to our local food banks; volunteering for charitable initiatives and organisations; simply keeping in touch by all the means open to us.

During these disturbing and threatening times, the rhythm of the prayer of the Church will continue. Please play your part in it. The effort of daily kindness and mutual support for all will continue and increase. Please play your part in this too. For your commitment to this, we thank you.

**'The Lord is my shepherd, There is nothing I shall want.'**

May God bless us all.  
Vincent Cardinal Nichols   Archbishop Malcolm McMahon OP President   Vice-President  
18th March 2020

#### Public Masses Suspended

Now that Public Masses have been suspended we are offering **Mass via Facebook Live at 9.30am** on a Sunday. This means you can watch the Mass as it happens or as a recording later. Mass is also being streamed from Plymouth Cathedral at 11am on the diocesan website <https://www.plymouth-diocese.org.uk/>. We also hope to bring other services, such as Stations of the Cross, and prayers to you by Facebook Live. To ensure you don't miss out please "Like and Follow" our Facebook page "Parish of the Holy Family, Bournemouth". In addition, we will continue to produce the newsletter which we will send by e-mail. Please ensure the Parish Office has your e-mail address. If you don't have a Facebook.com page, go to Facebook.com and click on "create account" then follow the online instructions. Remember to note your user name and password! During this time Christ The King will remain open for private prayer for as long as it is allowed to do so. There will be exposition at CTK on a Sunday between 10am and 4pm in the Lady Chapel and at SB's on a Monday evening from 6.30 to 7.30pm.



facebook

## Top Tips for being Isolated – by Rachel Lapworth who was in enforced isolation for three years!

1. Be grateful – this is a rare opportunity to just be. It might not be what you would choose but there's lots to be grateful for. Write a gratitude journal with three things to be grateful for every day. Enjoy the time in your home, with your family or on your own. It's temporary.
2. Get outside every day – it boosts your mood. You only need ten minutes' natural light on your skin to give your body enough vitamin D. Daylight wakes your body up and lifts your mood – even if it's raining!
3. Get some structure to your day – it keeps you sane. Find a new rhythm so you don't feel as though you are letting time slip through your fingers.
4. Do something for other people – it gives you a purpose. Could you do online shopping for your elderly neighbour? Can you write some letters or e-mails catching up with old friends? Could you be a telephone companion for someone on their own?
5. Enjoy the natural world – it brings meaning to your life. Look with fresh eyes on the beauty of nature and wonder in the miracle of new life.
6. Get creative – it's rewarding and reduces anxiety and stress. Whether it's painting, sewing, gardening, singing, restoring or even decorating, to create something of your own brings a sense of accomplishment and can completely absorb you, helping to reduce anxiety.
7. Rest – it's restorative. Factor in a complete rest for half an hour a day. Ideally, take the chance to do a guided meditation, there are some excellent ones online. We don't rest enough and your body and mind work sooooo much better when they are rested.
8. Do something educational – it keeps our brain working. You could do an online course or maybe just listen to an interesting podcast. It doesn't matter what it is, but take the opportunity to do that thing you've always wanted to or have never had the time for.
9. Make your home the best it can be – a tidy home is a tidy mind. If you're going to be at home for a long time it's important to make your surroundings as good as they can be and try to bring the outside in with plants or flowers. Make sure you have some good lighting or can sit by a window to give your body plenty of light.
10. Be positive – resolve to make this enforced isolation a worthwhile experience. It's not unrealistic to be positive and it makes everyone feel better. There's loads to be positive about and the world needs positivity. Surround yourself with positive people and pages and share your positivity online. Positivity doesn't mean ignoring the bad news, it's just about redressing the balance.



## Can you help the vulnerable in the Parish who are in self isolation?

We are looking for volunteer shoppers, phone buddies and dog walkers to support people who cannot get out and who have no family or friends who are able to help.

We also need a comprehensive list of those in the parish who fall into the category of needing this help.

We hope that we can do as much as is possible, whilst staying safe, to help those in the parish who won't be able to help themselves and will feel the isolation badly.

Sometimes, it might need just a phone call to check how things are. Moral and spiritual support will be almost as important as practical help. The over 70s can play a crucial part in this aspect of the support network.

Please let Madeleine Hughes in the parish office know as soon as possible whether you might be able to help and give her the names of anyone you know who we need to keep track of.

The Holy Father has composed a Prayer for Spiritual Communion. Please make this prayer at 'communion time' while participating on an online Mass.



## Prayer for Spiritual Communion:

At Thy feet, O my Jesus, I prostrate myself and I offer Thee repentance of my contrite heart, which is humbled in its nothingness and in Thy holy presence. I adore Thee in the sacrament of Thy love, I desire to receive Thee into the poor dwelling that my heart offers Thee. While waiting for the happiness of sacramental communion, I wish to possess Thee in spirit. Come to me, O my Jesus, since I for my part, am coming to Thee. May Thy love embrace my whole being in life and in death. I believe in Thee, I hope in Thee, I love Thee. Amen.



## Bill Blackburn RIP

Bill Blackburn, a long standing Parishioner at Christ The King, died this week surrounded by his family. Further details will follow as soon as they are available. In the meantime we hold Bill, Julia and the family in our prayers.

*Eternal rest grant unto him O Lord and let perpetual light shine upon him. May he rest in peace. Amen.*

## REFLECTION:

*(One day Jesus healed a blind person. When some Pharisees closed their eyes to the healing and its meaning, Jesus said to them) "I came ....so that the blind should see and those who see should become blind". Jn 9:39.*

Astronaut Ed Aldrin was involved in the first moon landing. He said that he hoped its technical success would not blind us to its deeper inner spiritual meaning. His point was this : Seen from the moon, our earth appears as a tiny spaceship. That perspective of earth, says Aldrin highlights – for those with eyes to see- that we are one family under God and should start living that way.

What tends to keep me from seeing and understanding that we are all one family under God? How might I keep myself from being "blinded" by this difficulty? God can use even the Coronaviruses to teach and make us realize us such basic lessons for humanity.

## Who needs our prayers?

We pray for the sick and suffering and those who suffer from a chronic illness and are unable to go to a Church. They are part of a large online community and are welcome in our Parish. Our prayers especially are for

Mary Trott  
John Costello  
Mary Nieto  
Anna Browne  
Lucy Rose  
Yonara Torok  
Margaret Place  
Diana Hull  
Kathleen Carter  
Fr Jude  
Pauline Warburton  
Sheila Shelley  
Mary Carmody  
Fran Stroud  
Josephine Maguire  
Wendy Lee  
Linda Kaye

We also pray for those who have died or have anniversaries recently, especially Bill Blackburn who died this week.

## Do you have something interesting for a time capsule?

Christ The King School is going to bury a time capsule on 10th July and has asked whether the church would like to contribute to it. Do you have something which might be suitable for the time capsule? If so, have a word with Madeleine Hughes in the Parish Office.



## Instagoss

In today's Gospel, the healing of the man born blind invites us to focus on the physical and spiritual aspects of sight and light. In the first part of today's Gospel, we hear Jesus' response to a prevalent belief of his time: that misfortune and disability were the result of sin. That belief is why Jesus is asked the question of whose sin caused the man's blindness—his own or his parents'. Jesus does not answer directly, but instead gives the question an entirely different dimension—through this man's disability, God's power will be made manifest. Jesus then heals the man.

The healing is controversial because Jesus heals on the Sabbath. The Pharisees, the religious authorities of Jesus' time, understood that the law of Moses forbade work (including healing) on the Sabbath. They also have trouble believing that Jesus performed a miracle. To determine whether the man was really born blind, the Pharisees question him and his parents. The man challenges the leaders of the synagogue about their assessment of the good that Jesus has done. In turn, they expel the man for questioning their judgment.

The final revelation and moment of enlightenment comes when the man born blind encounters Jesus again. Having heard the news of his expulsion, Jesus seeks out the man born blind and reveals himself to him as the Son of Man. In this moment, the man born blind shows himself to be a man of faith and worships Jesus. Jesus replies by identifying the irony of the experience of many who encounter Jesus: Those who are blind will now see, and those who think they now see will be found to be blind.

As in last week's Gospel about Jesus' encounter with the Samaritan woman, today's reading has many allusions to Baptism. The washing of the man in the pool of Siloam is a prototype for Christian Baptism. Through the man's encounter with Jesus, the man born blind is healed, his sight is restored, and his conversion to discipleship begins. The man born blind gradually comes to a greater understanding about who Jesus is and what it means to be his disciple, while the Pharisees (those who should see) are the ones who remain blind.

#AmIBlind?  
#SonOfMan  
#AmIADisciple?

Reflection by Sunday Connection Loyola Press

<https://www.loyolapress.com/our-catholic-faith/liturgical-year/sunday-connection>