



Joe Biden on his Catholic faith and getting back up.

Responding to a question about how faith has helped Joe Biden cope with the tragedies in his life, he said that shortly after Beau died, his wife Jill taped on his shaving mirror a quote from Danish philosopher Soren Kierkegaard: "Faith sees best in the dark."

Then Biden said, "For me, my religion is just an enormous sense of solace. Some of it relates to rituals; some of it relates to just comfort, what you've done your whole life. I go to Mass and I'm able to be just alone even in a crowd."

"I say the rosary. I find it to be incredibly comforting. And so what my faith has done is take everything about my life with my parents and my siblings and all the comforting things and all the good things that have happened around the culture of my religion and the theology of my religion."

"I don't know how to explain it more than that," he said. "It's just the place you can go." "As long as you are alive, you have an obligation to strive. And you're not dead till you see the face of God." That means that no matter what happens in life, "you've got to get up," he said. "Just get back up."

From Crux



Happy Diwali!

Diwali is the five-day festival of lights, celebrated by millions of Hindus, Sikhs and Jains across the world, usually lasting five days, this year it runs from 12 November.

Diwali is a festival of new beginnings and symbolizes the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance". The word Diwali comes from Sanskrit "Deepavali" meaning "rows of lighted lamps".

OFFERINGS

1st November 2020

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"In order to perform an act of worship acceptable to the Lord, we have to recognize that each person, even the poorest and most contemptible, is made in the image of God."

—Pope Francis, Fourth World Day of the Poor, November 15, 2020

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You can watch daily Mass Live streamed from The Cathedral Church of St Mary and St Boniface, Plymouth by following the Diocese YouTube Channel <https://www.youtube.com/channel/UC8KUEwsXFK3VBLEfn4H1tBw/featured>

For daily Mass Readings go to:

<https://www.universalis.com/20200405/mass.htm>

First Reading: Proverbs 31:10-13,19-20,30-31
Psalm: Psalm 127(128):1-5
Second Reading: 1 Thessalonians 5:1-6
Gospel: Matthew 25:14-30

Music:

Before the Lord
<https://www.youtube.com/watch?v=7dusHuHhLZ4>
Psalm 127 – O Blessed are those who fear the Lord
https://www.youtube.com/watch?v=M6ufawu_zCE
Father I place into your hands
<https://www.youtube.com/watch?v=qbLjp4-8NdY>
Seek ye first the kingdom of God
<https://www.youtube.com/watch?v=TnUdJHmSjQ>

PARISH OF THE HOLY FAMILY, BOURNEMOUTH

Incorporating the Churches of
Christ The King, Kinson and St Bernadette's, Ensburry Park
Plymouth Diocesan Trust
Registered Charity No. 213227

FR CHACKO PANATHARA C.M

Parish of the Holy Family, Bournemouth

NEWSLETTER

33rd Sunday of Ordinary Time
WORLD DAY OF THE POOR

Dear Parishioner,

Today is the 4th anniversary of establishing World Day of the Poor by Pope Francis by his Apostolic letter "Misericordia et Misera" Speaking on this Year's World Day of the Poor, Pope Francis suggested the Day's theme "Stretch forth your hand to the poor". He added "Now is a good time to recover the conviction that we need one another, that we have a shared responsibility for others and the world". Today is a day to highlight the importance of charity and spiritual comfort in our Parish for those in need especially in these days of pandemic.

This is the month of November. The whole Month of November is dedicated to the memory of the Souls in Purgatory. Your intentions are offered during my daily masses here. Stay safe , you all are in my prayers. God bless you all!

Fr Chacko



Stretch out your hand to the poor
2020



There is strong evidence that being in nature is good for us, and in times of lockdown it is even more important to ensure we look after our mental health. But being in nature also looks after our spiritual health.

Creation reminds us how we are all connected. Next time you are out in nature can you look at it with fresh eyes? in awe and wonder? with love for all it offers us? And with thanks to God?

Instagoss

This week's Gospel speaks of how Jesus' disciples are to conduct themselves as they await the Kingdom of Heaven. In the preceding passages and in last week's Gospel, Jesus taught that there is no way to predict the coming of the Kingdom of Heaven. His disciples must, therefore, remain vigilant and ready to receive the Son of Man at any time.



Jesus' parable talks about Christian discipleship using economic metaphors. Before he leaves on a journey, the master entrusts to his servants a different number of talents, giving to each according to their abilities. A talent is a coin of great value. Upon the master's return, he finds that the first and second servants have doubled their money, and both are rewarded. The third servant, however, has only preserved what was given to him because he was afraid to lose the money. He has risked nothing; he did not even deposit the money in a bank to earn interest. This servant is punished by the master, and his talent is given to the one who brought the greatest return.

Read in light of last week's parable of the wise and foolish bridesmaids, this parable teaches that God's judgment will be based on the service we render to God and to one another in accordance with the gifts that God has given to us. Our gifts, or talents, are given to us for the service of others. If we fail to use these gifts, God's judgment on us will be severe. On the other hand, if we make use of these gifts in service to the Kingdom of Heaven, we will be rewarded and entrusted with even more responsibilities.

This Gospel reminds us that Christian spirituality is not passive or inactive. Our life of prayer helps us to discern the gifts that have been given to us by God. This prayer and discernment ought to lead us to use our gifts in the service of God and our neighbour. God's grace allows us to share in the work of serving the Kingdom of Heaven.

[#AreYouReady?](#)

[#UseYourGifts](#)

[#ServeOthers](#)

Extracts from Sunday Connection, Loyola Press

Date 15 November 2020 Year A

A Lockdown Reflection from the Archdiocese of Wellington, NZ

With COVID-19, taking hold a year after his death, the “routine” of the whole world has been “suddenly up-ended and knocked entirely off track”. Individuals know this especially in their time of isolation, unable to live life normally, visit friends, shop, or even work. Today’s prayer draws from the experiences described by Daniel O’Leary. His journey through shock, loss and confusion, while echoing the feelings, frustrations and fears of those in isolation and communities in lock-down, also offers life-lines for anyone willing to listen, to reflect and be open to discover goodness and peace even in the worst of times.



1 What I am trying to do...is to make my wound into a sacred wound; to make the stones of darkness into welcome stepping stones of light across the turbulent river. [p.22]

Jesus, you are God’s gift of light for all the nations. In you we live and move and have our being. Help me to make this connection; to fill it with meaning; to enter more deeply into your life; to know in my heart as well as in my mind that my life is intimately bonded with yours, that my wounds and your wounds, and yours are mine.

2 There’s a gift hidden in your new condition, I’m told. [p.29]

I am not suffering a terminal illness, but this coronavirus, a plague in our midst, is sapping my energy and my faith – even as it threatens life throughout the world. Can such a threat carry a gift? Hold me close, loving God, that I may not lose faith in your goodness, nor hope that, within the cloud of sickness, isolation and even death, there is treasure to be found. Perhaps a kinder way of being, a better way of living.

3 I need to feel the rhythm of the heart of Mother Universe, Mother Evolution, Mother of Humanity, Mother of all Creation. May God forever deepen in me, clarify for me, the aching glimpses of an impossibly enchanting love. [p.65]

Help me, O God, in this distressing time, not to think only of myself and my situation. Remind me that I am part of something huge and splendid and unfinished. I know the words from Paul, *Love never ends* [1Cor.13:8]. Stir them into my life that I might make them my own and reach out to all.

4 ...when God eases us out of God’s heart onto this planet, God searches for a place that is most like paradise, and this is the mother’s gaze, she transparently sacramentalises God’s infinite gaze, looking into the eyes of the infant. And when the infant looks into her eyes it is looking into God’s eyes... [p.177-8]

Thank you, Creator God, for your great love, holding us forever in your gaze. Help me to always appreciate the wonderful intimacy of your love for me and all creation, and to play my part more resolutely to honour your presence in everything that is.

5 We must evolve the energy of love, learn it and spread it... – openly within our communities and hiddenly in our hearts – advancing, enhancing and completing the work of Creation, of Evolution, of the Kingdom of God. [p.190]

O God, I want to understand more about how I can use your gift of love to partner you in your creative work. I want to serve others more than myself. Place me where you need love to flourish that I might truly share my love for you and with you.

Dancing to My Death, Daniel O’Leary, Garratt Publishing, 2019.
Photo credit George Howden, M T ElGassier



LOCKDOWN TOOL KIT

DOPAMINE

The Reward Chemical

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

OXYTOCIN

The Love Hormone

- Playing with a dog
- Listen to music
- Do something nice for someone
- Give a compliment

SEROTONIN

The Mood Stabilizer

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling

ENDORPHIN

The Pain Killer

- Laughter exercise
- Watch a comedy
- Dark chocolate
- Exercising

Gifts and Talents

How can you use your gifts and talents to serve God?

Do you feel like some of your gifts are difficult to use in the service of God?

Have you ever asked God why you were given a particular gift?

If you have something in your life which you consider a gift or talent, but it seems to lead you away from God, what does that tell you?

Do you think it can be difficult to determine what your gifts really are?

How can you cultivate something in your life which is a gift or talent?

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.

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|------------------------|-------------------|---------------------------|-------------------|
| David Bending | Ben Marshall | Maria Heyes | Charlotte Morell |
| Mike Carter | Neville Rogers | Grace Leung | Theresa Smith |
| Elwyn and Awena Hughes | Sharon Whitaker | Margaret Place and family | Margaret Simpson |
| Mary Trott | The Martin Family | Barbara Rogers | Mary Nieto |
| Mary Hogan | Anna Browne | Elna O’Connor | Lucy Rose |
| Thomas Torok | Sheila Browning | Chelsea Waring | Kathleen Carter |
| Gena Sherwood | Fr Jude | Frances Herbert | Pauline Warburton |
| Patrick Doyle | Sheila Shelley | Katrina Brookes | Mary Carmody |

We also pray for those who have died or have anniversaries recently.

If you are ready to have your name removed from the prayer list please let Rachel or Madeleine know.

Reflection The readings of today lead to a theme “Creative Fidelity”. Fidelity to a commitment requires constancy, courage, dedication perseverance, and sometimes even heroism. When I commit myself, I grant in principle that the commitment will not again be put in question. And my decision will be coloured by this aspect of the commitment I make. We may apply this to any commitment: baptismal, marital, religious, or a promise to do a certain job. The woman in the first reading and the man in the Gospel challenges us “Do we put our commitment in Baptismal or religious or marital commitment in question by lack of faith or courage? Notice our active commitment means acting within the framework “to each man’s abilities”. Passivity is culpable as in the case of the lazy lout. Is creative fidelity to an active Christian life possible? Yes, provided it is within the love of the Lord, which the “lazy lout” did not have (“I knew you were a hard man”). Let us check it out ourselves, what have I failed to do?

Sunday 15th November	9.30am Mass Live Streamed from Christ The King	THIRTY-THIRD SUNDAY IN ORDINARY TIME WORLD DAY OF THE POOR
Monday 16th	NO MASS	Pray for Fr Anthony Onuoha
Tuesday 17th	NO MASS	Pray for Fr Cyriacus Uzochukwu
Wednesday 18th	NO MASS	Pray for Fr Victor Aghaka
Thursday 19th	NO MASS	Pray for Fr David White
Friday 20th	NO MASS	Pray for Fr David Silk
Saturday 21st	NO MASS	THE PRESENTATION OF THE BLESSED VIRGIN MARY Pray for Fr Ian Hellyer
Sunday 22nd	9.30am Mass Live Streamed from Christ The King	THIRTY-FOURTH SUNDAY IN ORDINARY TIME OUR LORD JESUS CHRIST, KING OF THE UNIVERSE YOUTH DAY-YOUNG PEOPLE