

St Aelred of Rievaulx Catholic Church

71 Woodlands Drive, Harrogate, HG2 7BE
Diocese of Leeds Registered Charity Number: 249404

Bulletin items:

(NB Deadline 12pm on Wednesday)
office.staelred@dioceseofleeds.org.uk

Hall bookings on-line:
staelredshall@gmail.com

Safeguarding
psr.rhartley@dioceseofleeds.org.uk
psr.felliot@dioceseofleeds.org.uk



Parish Clergy:
Canon James Callaghan 504988
Fr Ben Hilton 504988
Deacon David Arblaster 560279

E- mail:
office.staelred@dioceseofleeds.org.uk

Website: www.st-aelred.org.uk

BULLETIN FOR FEAST OF THE MOST HOLY TRINITY

Dear People of St Aelred's

We will continue to keep you updated on Parish news, opportunities for individual and group prayer, as well as resources for spiritual reflection. If you would like a bulletin delivered to your email box or would like it delivered in person by our SVP team please let us know by emailing office.staelreds@dioceseofleeds.org.uk or phoning Deacon David on 560279. The bulletin is also available on our Parish Website and Facebook page.

Celebration of Mass - Sunday Mass celebrated by Canon Jim and Fr Ben, will be video-recorded each week and will be available to view on the link below, from 6.15pm on Saturdays. Visit the St Roberts web-site to get access or use this link: https://www.youtube.com/channel/UC1ON0w9Vg1R8-_n_GyLWMA?view_as=subscriber

Please note that the Bishop Marcus has issued, until further notice, a decree lifting all obligation to attend mass on Sundays and other Holy Days of Obligation.

Weekday Mass - Canon Callaghan and Fr Ben are celebrating Mass each day for the people of St Aelred's and St Robert's parishes.

Please remember in your prayers –

Those who are sick: Sean Quinn, Margie Cornforth, Rita Tosney and Fr Jim Leavy, also those who have recently died especially Fr Michael Sullivan and Monica Cox.



St Aelred's Coffee Morning - 11am Thursday 11 June - By Zoom
Following last last weeks entertaining gathering there is another opportunity to Drop-In from 11am until 11.40 and say hi to fellow parishioners, as we have a chat and drink coffee or tea together. Hosted by David and Barbara. Once again you will have to bring your own drink! Zoom Meeting ID: 786 7692 4047 Password: 8E4var

Fr Jim's 50th Anniversary of Ordination to the Priesthood - 7th June 2020

We send our love and prayers to Fr Jim as he celebrates his 50th Jubilee this Sunday. Many thanks Fr Jim for your ministry and service to St Aelreds, to Harrogate Hospital and the wider church community over your 50 years of priesthood. We hope you enjoy your celebrations, we will be close to you in prayer on Sunday.

Parish Database - We have recently been provided by the Diocese with a secure Database for the parish. We are already using it to email the bulletin to Readers, Eucharistic Ministers and others who have asked to receive a copy by email. The Database of contact information will be very useful when the time comes to inform you of arrangements for re-opening the church. If you would like your name and contact details added to the database please email your request to: office.staelred@dioceseofleeds.org.uk. You will then be sent an email in return to confirm your GDPR permission.



Children preparing for First Reconciliation and Holy Communion - Our children would have been making their First Holy Communion this weekend. As a Parish we are continuing to pray for the children, their parents and catechists, we look forward to celebrating with them all at a later date.

Evening Prayer of the Church - Members of the Parish meet on "Zoom" every evening at 6pm to pray the Evening Prayer of the Church. If you would like to listen-in or take part please request the access details by emailing office.staelred@dioceseofleeds.org.uk

Praying the Rosary together - 3pm on Mondays. Members of the parish are praying the Rosary together on Mondays at 3 pm. The prayer is hosted by Deacon David, this week we will pray the Sorrowful Mysteries of the Rosary. We will be praying particularly this week for all those suffering as a result of the pandemic. The Zoom Meeting ID is:783 8032 8454; Password: AveMaria. For help in accessing Zoom phone Deacon David on 560279. If you don't have the technology to join Zoom you are invited to join with others praying the Rosary at that same time.

SVP UPDATES

We are very grateful to those Parishioners who have contributed to SVP Appeal for donations. We will let you know the full amount raised at the end of the month.

Thank you to those who are delivering the bulletin and readings: 39 households received paper bulletins and Sunday readings last weekend. If you know anyone who would like a phone call, or help in some way, please pass on our details or call the SVP number on 07311214364

Long Lands Common Community Project - "This local project seems very worthy of our support", says Deacon David, "it seems just the kind of project that Pope Francis would encourage us to support". If you haven't heard about it yet please visit <https://www.longlandscommon.org> The project organisers say "We are so excited to announce that the first ever community owned woodlands project for Harrogate and Knaresborough is underway! As Nidd Gorge Community Action we have secured initial funding and received professional advice to establish a Community Benefit Society (Long Lands Common Limited) and draw up a Community Shares offer. We are now ready to empower individuals, families, schools, community groups and businesses to make history and join forces to purchase land through a share scheme, so that all ages can enjoy working together whilst reaping the many special benefits, for people and the environment, that a community owned woodland will bestow."

CAFOD Emergency Appeal - Coronavirus has now spread worldwide, with confirmed cases in many countries where CAFOD works.

Our programmes around the world are run by local experts and we are in constant touch with them as they plan for how to deal with this crisis. In order to continue protecting and improving the lives of those in poor communities, and your prayers and gifts are needed now more than ever. Find out how you can help at:

[https://cafod.org.uk/donations/direct-debit? Appeal=21906](https://cafod.org.uk/donations/direct-debit?Appeal=21906)

Mass By Phone! – The Diocese of Middlesbrough are doing a dial a mass for people who are not online- You can join at any time of the day by calling 01642 130120 Calls are charged at local rate and free if in your included minutes.

Spirit of the Living God, fall afresh on us

On our parents concerned for their children going back to school;

On our teachers working tirelessly to keep our children safe;

On our students taking up their studies again;

On our vulnerable parishioners taking their first tentative steps out of sheltering;

On those who must now begin a new life without a loved one;

Spirit of the Living God, fall afresh on us all.

GROWING OLD GRACE-FULLY www.growingoldgracefully.org.uk

"When you pass through the waters I will be with you." Isaiah 43:2

Riding the ups and downs of the pandemic

You may be discovering that sometimes you feel fine and at other times you are down, anxious and irritable. It is completely natural for us all to have changes of mood, different reactions and unexpected feelings.

Resilience: It is now recognised that resilience isn't "only" about being brave. Resilience is being able to hold the good and bad stuff and keep getting through the day. There are many fears and longings that are real and present for us at this time, but think back to times you have been through in the past and how you got through them. As we get older we can realise that we have come through a lot in life and can hold what we have experienced from the good times and the challenging experiences, at the same time. We have built a degree of resilience even though there are days when it doesn't feel like it!

Tips - By now you will have found some of your own ways of coping. But here are a few ideas:

- Start a diary of your thoughts and feelings. When you feel down read back over the better days to see what helped you, and use these strategies again
- If it is helpful to build some routine into the day, but change it too if need be.
- Identify things to occupy your time, give you a sense of achievement and/or joy, but also leave a space for rest and reflection.
- Connect with others regularly to talk/see, by phone, email, Whats app, video call.
- Make a point of calling people who are on their own or in isolation.
- Pray at a regular time in the day and whenever you feel the need!
- Look out of the window, or around you: what do you see / what are you thankful for
- Plan little treats for yourself and others if you are able
- Start planning for things you really want to do when this is over. Having something to look forward to gives us hope and expectancy.

Most importantly let's remember this time will pass.

There will be a calming of the storm, light breaking through the darkness.

