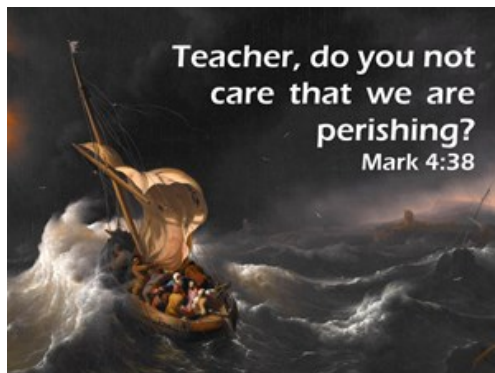


### From Sunday's Gospel



Jesus said to his disciples, "Let us cross over to the other side of the Sea of Galilee." And leaving the crowd behind they set off. Then it began to blow a gale and the waves beat upon the boat so that it was almost filled with water.

Jesus was asleep in the stern of the boat, his head on a cushion. They woke him and said to him, "Master, do

you not care? We are going down!" And he woke up and rebuked the wind and said to the sea, "Quiet now! Be calm!" And the wind dropped, and all was calm again. Then he said to them, "Why are you so frightened? How is it that you have no faith?" They were filled with awe and said to one another, "Who can this be? Even the wind and the sea obey him."

Sunday 20th June 2021 Adapted from Mark 4:35-41 The 12th Sunday of Ordinary Time, Year B



**Pope Francis writes, "My dear young people "Having faith means keeping your heart turned to God, to his love, to his Fatherly tenderness, amid the storm. Jesus**

**wanted to teach this to the disciples, and also to us today "** Today's word is **Calm.** The more we get to know God, the more at peace and calmer we become. In this Sunday's Gospel, when the storm starts tossing the boat around, the disciples still don't seem to recognise that Jesus is in control. But, with just a few words, he shows his divine power by calming the wind and the sea. Jesus reassures us that putting our trust in him stops us from worrying about so many unnecessary things. Storms, stress and upsets can sometimes be part of our lives. Yet, when they pass and we look carefully, we can often learn something about the world, about ourselves, and about how Jesus is always there to bring peace and calm. There are times when most of us have been grateful to someone who was calm when we were in trouble. Calmness is an inner peace that is good for our well-being. Calm people can help others to keep calm too.



## **Sacred Heart & St William**

31 High Street

Uppermill OL3 6HS

[www.sacredheartparish.org.uk](http://www.sacredheartparish.org.uk)

**Please visit the website above.**

**For Daily Mass Readings, Video reflections and any updates go to Sunday Mass in the Newsletter**

## **12th Sunday in Ordinary Time**

### **June 20th 2021 (Mark's Gospel)**

**PLEASE NOTE THE THERE WILL BE OPEN FOR MASS ON TUESDAY  
&THURSDAYS 9.30AM AND SATURDAY 6.00PM**

**The intentions are as follows:**

Saturday:	<b>6.00pm</b>	Dorothy Lilian Platts
Sunday	9.00am	May Collins
		(live streamed without a congregation)
Monday:		Brian Wilde
Tuesday:		People of the Parish
Wednesday:		Sr Marie Gallagher
Thursday:		Angela McMahon
Friday		For those caring for others
Saturday:	<b>6.00pm</b>	Dorothy Lilian Platts
Sunday:	9.00am	Caroline & Michael Clayton
		(live streamed without a congregation)

### **Confessions by appointment**

**Contact Details:** Parish Priest: Fr Bernard Bickers Tel: 01457 872603

Permanent Deacon: Revd Peter Rudd Tel: 01457 876559

Safeguarding Officers: Mrs Tessa Spalding Tel: 01457 873515

Mrs Michelle Moore

### Church Opening Times



**It is now no longer necessary to book a place for the 6.00pm Saturday Vigil Mass.** The church will continue to be open for a congregation to be present on **Tuesday and Thursday mornings at 9.30am and Saturday evening at 6.00pm.** Mass will continue to be live streamed on a Sunday morning at 9.00am without a congregation.

**We will review Mass times when we know a little more about the lifting of restrictions and how this will impact on attendances. Until then we will continue as at present.**

### Stewards/Cleaners April 2021

Saturday 19th 6.00pm: Ian Charnock & Celia Hall

Tuesday 22nd 9.30am: Michelle Mowinski & Mary Farmer

Thursday 24th 9.30am: Emma Kirkman & Claire Ward

Saturday 26th June 6.00pm: Susan & Jan Gedzielewski

### Prime Minister's Statement

As widely expected the Prime Minister announced this week that the lifting of all restrictions would NOT take place on Monday June 21st as previously hoped. This due to the increase in infections. The new date is Monday 19th July, when,

hopefully, the restrictions will be lifted. This means that for the next four weeks at least we will be operating under the same guidelines as currently apply.

There are a couple of notable differences. For Marriages and funerals, the number of people allowed to attend is no longer restricted to 30, rather the number is governed by the safe capacity of the church. Currently we have 25 'places' which can be occupied by a single person, a couple or a family, meaning that the capacity can vary according to the number of 'bubbles' are present.

For Baptisms outside of Mass the number remains at 30.

It is providential that we made the decision to have more than one celebration of First Holy Communion this year on Sundays 11th and 18th of July. By so doing it will mean that families should be able to invite close family members and very close friends. The families will receive further information this coming week.



The best wishes of the parish to all Fathers as they celebrate Fathers' Day this coming Sunday. May we always respect and love our Fathers, those still with us, and those who are with God. May God's blessing be upon them all today and every day of their lives.



### From the Diocese

**LAUDATO SI' MINI-PILGRIMAGE** walk and social event at Myddelton Calvary in Ilkley on the afternoon of Sunday 27 June 2021, restrictions permitting. For more information, please register your interest via [communications@dioceseofleeds.org.uk](mailto:communications@dioceseofleeds.org.uk)

Good communication skills to develop

We communicate a lot through our body language, facial expressions, and tone of voice. If we seem positive, cheerful and confident, we bring a sense of hope and reassurance to the conversation, and conversely if we appear resentful or unhappy, we can bring a sense of gloom. You could try:

- stopping what you're doing and focusing on the person
- limiting distractions
- saying their name when talking to them
- being specific; try not to use pronouns such as he or she
- use a person's name instead
- touching the person's arm, if they feel comfortable with this
- smiling
- speaking slowly, clearly and in short sentences
- listening carefully with empathy and understanding
- giving the person plenty of time to answer
- maintaining appropriate eye contact
- using gestures to act out what you're saying eg, mimicking drinking a cup of tea or putting on your shoes
- using pictures to illustrate what you're saying eg, an image of a car or a photo of where you are going
- avoiding too many open-ended questions or offering too many choices