From Sunday's Gospel



In the evening, the disciples were gathered in a room. They had locked the doors because they were afraid of the people who had crucified Jesus. Jesus came and stood among them. "Peace be with you," he said to them. He showed them his hands and his side. Then the disciples were filled with joy when they saw the Lord. "Peace be with you," Jesus

said to them again. "As the Father has sent me, so I now send you." When he had said this, he breathed on them. "Receive the Holy Spirit," he said to them. "If you forgive the sins of anyone, then they are forgiven. If you do not forgive them, they are not forgiven."

Adapted from John 20:19-23 Pentecost Sunday, Year B



Pope Francis writes, "My dear young people Let's promote friendship and respect between men and women of different religious traditions in order to build a world of

peace ." Today's word is **Peace.** This Sunday the Church celebrates Pentecost. This is the feast of the gift of the Holy Spirit to the Church. In this Sunday's Gospel, the risen Jesus offers his disciples the Holy Spirit and inner peace. True peace (the removal of all anxiety, worry and envy) comes only from God. God's peace is not dependent on peaceful conditions: we can experience it even in the midst of turmoil and uncertainty. St Margaret Mary Alacoque reminds us, "Peace of heart is more valuable than any treasure." Even if you may sometimes doubt, or feel distant from God, be assured that God is very close to you and wanting you to be filled with his peace. The peace that Jesus promises to those who love him is an inner peace which comes from following him and knowing deep within ourselves that we are loved by God. Through his life, death and resurrection, Jesus won this peace for us – a priceless gift which he offers to you and me!



Sacred Heart & St William

31 High Street Uppermill OL3 6HS 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

The Solemnity of Pentecost

May 23rd 2021 (Mark's Gospel)

PLEASE NOTE THE CHURCH WILL BE OPEN FOR MASS ON TUESDAY &

THURSDAYS 9.30AM AND SATURDAY 6.00PM

The intentions are as follows:

Saturday:	6.00pm	Fr Michael McCoy
Sunday	9.00am	People of the Parish
		(live streamed without a congregation)
	10 30am	Mass with a congregation

	10.500	mass with a congregation
Monday:		Holy Souls
Tuesday:	9.00am	David Hilton - Please note the earlier time.
Wednesday:		November Dead List
Thursday: Those suffering		The Mooney Family Friday nentia
Saturday: Sunday:	•	May Collins People of the Parish

(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 & 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.

Stewards/Cleaners April 2021

Saturday May 22nd 6.00pm: Ian Charnock & Celia Hall Sunday May 23rd 10.30am: Claire Ward & Mary Fowler Tuesday May 25th **9.00am**: Liz Moores & Carol Street Brown Thursday May 27th 9.30am: Emma Kirkman & Claire Ward Saturday May 29th 6.00pm: Celia Hall and Mary Farmer

> We communicate in more ways than speaking and people with dementia can be very sensitive to non verbal communication: You may find the following helpful:



• Use physical contact to communicate your interest and to provide reassurance – don't underestimate the reassurance you can give by holding the person's hand or putting your arm around them, if it feels appropriate.

• Try not to sit too close to the person or stand over them to communicate – it can feel intimidating. Instead, respect their personal space and try to sit or stand at eye level.

• The person with dementia will read and interpret your body language. Sudden movements, the tone of your voice or a tense facial expression can upset or distress them, even if the words you say are not upsetting.

• Make sure that your body language and facial expression match what you are saying, even if this might feel a bit forced at times. For example, it can be useful to smile when talking about pleasant memories.

• Try to learn to recognise what a person is communicating through their body language. Try to keep them engaged if they seem distracted or bored.

Visual prompts can be very helpful. For example, cue cards or a book of pictures of meals that a person can point to, to communicate what they'd like to eat.

The person may enjoy drawing or singing to express themselves.

"Pour your grace, O loving God, upon all suffering with dementia. It is frustrating not to find a word; it is fearful to lose one's memories. Bless them with patience, a loving and supporting family, and days of hope and accomplishment. Amen."

PENTECOST 2021



Come, O Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth.

Let us pray: O God, who taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of this same Spirit we may be always truly wise and ever rejoice in his consolation. Through Christ our Lord. Amen

On this Solemnity of Pentecost we remember the outpouring of the Holy Spirit on those gathered in the upper room. Jesus' words were words of peace followed by a mission, "As the Father sent me so am I sending you". But they are not alone. "Jesus breathed on them and said, 'Receive the Holy Spirit. For those who sins you forgive, they are forgiven; for those whose sins you retain, they are retained.""

As Pope Francis reminds us, "The extraordinary outpouring of Pentecost is an event that continues. The Holy Spirit transforms us and wants to transform the world." Today, especially, we pray for each other that we will be open to the gifts of the Holy Spirit: **Wisdom, Understanding, Right Judgment, Courage, Knowledge,**

Reverences, the Spirit of Wonder and Awe in the presence of God. Having received these gifts we ask that our lives will bring forth the fruits of the Holy Spirit: Charity, Joy, Peace, Patience, Goodness, Kindness, Long-suffering, Mildness, Faith, Modesty, Self Control, Chastity.

This Weekend there is a Joint Pastoral Letter from the Bishops' Conference of England and Wales to be read in all churches. The Bishops of Scotland have written a similar letter reminding us that "God's creation is a precious gift. It is our common home entrusted to each generation."