



Sacred Heart Goudhurst & Saint Barnabas Hawkhurst Parish Newsletter

09 May 2021, Sixth Sunday of Easter, Year B

Mass Times

Saturday 17:30 Goudhurst
Sunday 08:30 Hawkhurst 10:30 Goudhurst

Book as usual through: thechurchisopen@gmail.com

Please be considerate to others: wear a mask, social distance, keep safe

Anniversaries

Hugh Shoulin, Marie Osbourne, Anne Woodger, John Day, Major Joseph Thorpe, Maureen (Molly)Guinness, John Smith and Peggy Furlonge

Pray for the Sick

Bernadette Strange, Helen Fletcher, Cynthia Raza, Eileen Collett, Elaine Martin and Marjorie Dumbleton

Ascension Thursday

Please note that on Thursday the 13th May there will be two Masses to celebrate The Ascension of the Lord.

09:30 at Goudhurst with Father Liam and 11:00 at Hawkhurst with Father Vic

Pope Francis

Prayer of Intention for May, The World of Finance:

Let us pray that those in charge of finance will work with governments to regulate the financial sphere and protect citizens from its dangers.

Lord may we always seek to further true communion among those made in the image of Jesus. May we value the dignity of every man and woman above all things. May those in power desire to serve wisely those in need, and always strive to act justly on their behalf. Amen. Father Vic

Music at Mass

10:20 Prelude Attende Domine, Monks and Choir of Downside
Bless the Lord, Simply Taize
Ad Coenam Agni Providi, Monks and Choir of Downside

10:30 Mass Opening Hymn Be Thou my Vision
Communion If Anyone is Thirsty
Ave Maria
Retiring O Praise Ye the Lord

Songs of Praise

Do you enjoy the music at Mass every week? Does it enhance your participation? Full and active participation is a recurring theme in the Vatican II document and "the people should be encouraged to take part by means of acclamations, responses, psalmody, antiphons and songs". Although actual participation is currently limited by COVID rules, simply hearing the music every week helps me to look forward to the time when with masks removed we can once more shout aloud our praise. Many thanks to Robert Martine for continuing to provide us with a varied and interesting programme of music. **Tim Gallier**

Poets' Corner

Nobody heard him, the dead man,
But still he lay moaning:
I was much further out than you thought
And not waving but drowning.

Stevie Smith

Looking out for vulnerable people during COVID means **actively** making sure they are OK, not just a cursory wave!

Communicate with Others

Communication is a two way street and is the key to all human activities. It is necessary for learning, exchanging information, and generally taking care of each other. The Diocese is currently looking at the communications links and processes which support its activities and a strategy document will be issued shortly to help develop Parish communications as well.

On the Parish Council we have a group whose remit is to look at this area and the role that each of the elements - website, email, newsletter and social media can play. As we come out of lockdown and increase the range of activities within the Parish, the ability to communicate effectively will become increasingly important. I will keep you posted on progress.

In the meantime until all the electronic options are up and running smoothly (or if online is not your thing) what about writing a letter? Father Vic is always cheered by the sight of a letter dropping through the door, so write to him and share your news. However you do it - communicate. As the old BT ad said: "It doesn't cost much to keep in touch". **Tim Gallier**

Communicate with God

You will be familiar with the importance of reflecting on how well you are doing, what you need to improve and how to move forward. One area that often gets overlooked is the need to take care of our spiritual well being. The following is an exercise called Daily Examen from a Catholic, the Jesuits. The Examen is a way of reviewing your day in the presence of God. It is simple, effective and can be used by anyone, collectively or privately. There are 5 simple steps to follow:

Step 1: Ask God for light. Find a quiet place. Turn off your mobile! Go through your day from the moment you woke up. Recall each moment carefully looking at it as accurately as you can without trying to justify it or explain the event.

Step 2: Be thankful for the day. You woke up. You are alive! The day is a gift. Be grateful for the small things as well as the big ones.

Step 3: Allow the Spirit to revisit the day with you, looking more closely at each moment.

Step 4: Let the difficult moments come to the fore. Ask the Spirit to guide your thoughts. What went wrong? Why? Where might you have acted differently? Face the truth and your own shortcomings.

Step 5: Recognise where you need God to help you grow. Look to tomorrow in hope knowing that you are not alone. You are surrounded by God's unconditional love.

Let us Pray

God our Father, you have given a saviour to your people; fill our hearts with constant thanks and praise that Christ the Lord is risen from the dead. We make our prayer through our Lord. Amen.

Contact

The Presbytery, Beresford Road, Goudhurst, Kent TN17 1DN
Father Vic McClean, tel: 01580 211 268, email: goudhurst@rcaos.org.uk