

OUR LADY OF LOURDES AND ST JOHN FISHER PARISH  
Roman Catholic Diocese of East Anglia  
Charity No. 278742

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**Our Lady of Lourdes (OLOL) Church**  
135 High Street,  
Sawston, CB22 3HJ

**St John Fisher (SJF) Church**  
Church Centre, High Street  
Cambourne, CB23 6GW

Week commencing Sunday, 14th June 2020

THE MOST HOLY TRINITY - Year A, Weekday Cycle II, Psalter Week 3

THE HOLY FATHER'S PRAYER INTENTIONS FOR JUNE 2020.

The Way of the Heart

We pray that all those who suffer may find their way in life,  
allowing themselves to be touched by the Heart of Jesus

**ENTRANCE**

Alleluia, Bread of Angels  
Thou on earth our food, our stay;  
Alleluia, here the sinful  
flee to Thee from day to day;  
Intercessor, Friend of sinners,  
Earth's Redeemer, plead for me,  
where the songs of all the sinless  
sweep across the crystal sea.

**PENITENTIAL RITE**

Priest: Have mercy on us, O Lord.  
All: For we have sinned against you.  
Priest: Show us, O Lord, your mercy.  
All: And grant us your salvation.

**GLORIA**

Glory to God in the highest,  
and on earth peace to people of good will.  
We praise you, we bless you,  
we adore you, we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father,  
Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world,  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father,  
have mercy on us.  
For you alone are the Holy One,

You alone are the Lord,  
you alone are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father. Amen

**LITURGY OF THE WORD**

**First Reading:** Deuteronomy: (8:2-3,14-16)

He fed you with manna which neither you nor your fathers had known.

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

'Do not become proud of heart. Do not forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.'

**Responsorial Psalm:** (Ps 147:12-15, 19-20. R. v.12)

**R. O praise the Lord, Jerusalem!**

O praise the Lord, Jerusalem!  
Zion, praise your God!  
He has strengthened the bars of your gates  
he has blessed the children within you. **R**

He established peace on your borders,  
he feeds you with finest wheat.  
He sends out his word to the earth  
and swiftly runs his command. **R**

He makes his word known to Jacob,  
to Israel his laws and decrees.  
He has not dealt thus with other nations;  
he has not taught them his decrees. **R**

**Second Reading: 1 Corinthians (10:16-17)**

That there is only one loaf means that, though there are many of us,  
we form a single body.

The blessing-cup that we bless is a communion with the blood  
of Christ, and the bread that we break is a communion with the  
body of Christ. The fact that there is only one loaf means that,  
though there are many of us, we form a single body because  
we all have a share in this one loaf.

**SEQUENCE**

Behold the bread of angels, sent  
For pilgrims in their banishment,  
The bread for God's true children meant,  
That may not unto dogs be given:  
Oft in the olden types foreshowed;  
In Isaac on the altar bowed,  
And in the ancient paschal food,  
And in the manna sent from heaven.

Come then, good shepherd, bread divine,  
Still show to us thy mercy sign;  
Oh, feed us still, still keep us thine;  
So may we see thy glories shine  
In fields of immortality;

O thou, the wisest, mightiest, best,  
Our present food, our future rest,  
Come, make us each thy chosen guest,  
Co-heirs of thine, and comrades blest  
With saints whose dwelling is with thee.

**Gospel Acclamation: (Jn 6:51)**

Alleluia ! Alleluia !

I am the living bread which has come down from heaven,  
says the Lord.

Anyone who eats this bread will live for ever.

Alleluia !

**Gospel: John (6:51-58)**

My flesh is real food and my blood is real drink.

Jesus said to the Jews:

'I am the living bread which has come down from heaven.  
Anyone who eats this bread will live for ever; and the bread that  
I shall give is my flesh, for the life of the world.'

Then the Jews started arguing with one another: 'How can  
this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly,  
if you do not eat the flesh of the Son of Man and drink his  
blood,  
you will not have life in you.  
Anyone who does eat my flesh and drink my blood  
has eternal life, and I shall raise him up on the last day.  
For my flesh is real food and my blood is real drink.  
He who eats my flesh and drinks my blood lives in me  
and I live in him.

As I, who am sent by the living Father,  
myself draw life from the Father,  
so whoever eats me will draw life from me.  
This is the bread come down from heaven;  
not like the bread our ancestors ate: they are dead,  
but anyone who eats this bread will live for ever.'

**The Nicene Creed**

I believe in one God, the Father almighty,  
maker of heaven and earth, of all things visible and invisible.

I believe in one Lord, Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
consubstantial with the Father;  
through him all things were made.  
For us men and our salvation  
he came down from heaven, (please bow)  
and by the Holy Spirit was incarnate of the  
Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and  
glorified, who has spoken through the prophets.  
I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come.  
Amen.

## SPIRITUAL COMMUNION

My Jesus, I believe that you are present in the Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.

### Communion hymn

Soul of my Saviour, sanctify my breast,  
body of Christ, be thou my saving guest,  
blood of my Saviour, bathe me in thy tide,  
wash me with water flowing from thy side.

+ + +

**In Memoriam:** All who have gone before us, especially members of our communities whose anniversaries occur around this week: Oscar Meier, Albert Burt, Johanna Maley, and William Gleeson

**CONDOLENCES:** to the bereaved family of Elise Garland (Funeral 19th June), and Beryl Webber (Funeral on 26th June). May they rest in peace.

**CATHOLIC CHAPLAIN TO ADDENBROOKE'S HOSPITAL:** Fr Adrian Gates could visit a patient if staff allow him. In case you or your loved ones are hospitalised, please ask the staff to contact him for the sacraments. He can visit a patient if he is called by the hospital.

## HOLY MASS ON FACEBOOK

Hope you will be able to participate in Mass on either of the following pages:

Cambourne Catholic Church or OLOL and SJF Parish

- Saturday 13th June 12.15pm (St Anthony of Padua), and Vigil Mass of The Most Holy Body and Blood of Christ (Corpus Christi) 7.15pm (Williams Family's Intentions)

- Corpus Christi Sunday 14th June: 10.15am (Pro populo), and 12.15pm

- Monday 15th June : 12.15pm and 7.15pm

- Tuesday 16th June: 12.15pm, and 7.15pm

- Wednesday 17th June: 12.15pm and 7.15pm

- Thursday 18th June: .12.15pm and 7.15pm

- Friday 19th June: (The Most Sacred Heart of Jesus), 10.15pm [Please note this unusual time] (Elise Garland+), and 7.15pm

- Saturday 20th June: 12.15pm (The Immaculate Heart of the BVM) , and 7.15pm Vigil Mass for 12<sup>th</sup> Sunday in Ordinary Time) (Pro populo).

- Sunday 21st June: 12<sup>th</sup> Sunday in Ordinary Time – 'Day for Life' - 10.15am (Krystyna Maria Szalajko & Private Intentions), and 12.15 pm

It is good that we could have Mass on Facebook as we are doing now. However, it would be better if we could have Mass on YouTube because not everybody have a Facebook account. Please contact Fr. John if you could help to live stream Mass on YouTube or other channels, where more people could participate in our Mass online. It is also hoped that Mass could be live streamed from Our Lady of Lourdes Church rather than in the makeshift chapel in the Parish office. It might be a long time before we could have a full church as we used to. Therefore, Mass will continue to be live streamed even when a limited number of people is allowed to attend Mass at Our Lady of Lourdes or Saint John Fisher churches.

+ **PARISH PRAYERS LIVE STREAM:** You are welcome to join James for Morning Prayer at the usual time of 9.15am live every weekday morning from the comfort of your own homes. Go to either of the parish websites <http://cambournerc.com/>, or [www.ololsawston.org.uk](http://www.ololsawston.org.uk) at the designated time (9.15am or 6pm) and click on the audio link on the front page to listen live. The Rosary will be recited after Morning Prayer on Saturday mornings. The Angelus and Evening Prayer will be live at 6pm (Monday to Friday).

+ **CONTRIBUTIONS:** Thank you very much for your generosity

- Cambourne: Standing Order £228, Donations £220 (bank transfer).

- Sawston: Standing Order £756; Mass Stipends: £40 (bank transfer) & £5 (cash); Stole fees £199 (bank transfer); Donations: £130 (cash).

+ **MASS INTENTIONS:** If you would like to have a Mass said for deceased people, or for your intentions, please contact Fr John. You can make a donations by cheque or bank transfer with the reference YOURSURNAME+MASS.

\* **DONATIONS:** If you would like to make a donation by cheque, direct debit, or standing order, please see below. For reference, please put YOURSURNAME+DONATION.

- **CAMBOURNE:** Cheques payable to **SJF CHURCH**. Bank transfer details: Barclays Bank UK Plc, Cambridge Branch, Sort code: 20-17-20, Account number 33031454.

- **SAWSTON:** Cheques payable to **OLOL & SJF PARISH**. Bank transfer details: Barclays Bank UK Plc, Cambridge Branch, Sort code: 20-17-20, Account number 03187187. Please note that although this is named as a parish account it

is in fact the Sawston account.

\* **LEGACY & WILLS:** If you would like to leave a legacy or include the Parish in your will, please contact Fr. John or a member of the Finance Committees.

### GOOD NEWS

The Government allows churches to open for private prayer from June 15th 2020.

**Our Lady of Lourdes Church, Sawston**, will be officially open from Monday 15th June from 10am to 12noon every day. If you need to come at other times, please contact Fr. John. We definitely need stewards and cleaners to make sure that the church is a safe place for people who need to visit the place of worship for private prayer. Please contact Fr. John if you could help. Please make sure that you are safe and fit to do the tasks.

The Government also says: 'Under the existing regulations, funerals are allowed in places of worship where it is possible to do so safely'. So we have to make sure that Our Lady of Lourdes is safe for funerals.

Remember that there is a risk assesment. Therefore, we have to be careful and use our common sense for our own safety and the safety of others.

**For Saint John Fisher Church in Cambourne**, we are waiting for the administrators for Cambourne church building to open for private prayer. We do not own the building, so we can only do what the church building owners allow us to do. Therefore, we have to be patient because the building is a shared church for different traditions. Those who normally worshipped at Cambourne Church Centre will you please contact Fr. John to advise him what we could do for the time being. Many thanks.

### CATECHESIS

+ **Bishop Barron's series on the Sacraments** is available for free. If anyone is interested to watch this wonderful resource they can watch it online. They just need to provide an email address: <https://sacraments.wordonfire.org/episode1access>

### SJF NEWS

+Beryl Webber died peacefully last weekend at the great age of 103. She will be much missed for her humour, common sense, forebearance and vibrant, profound faith. She loved our community deeply and we hope to have a Memorial Mass once we return-so much to celebrate. When we last spoke she assured me that she would never forget us all and thanked you all from the bottom of her heart. Mel

**SAINT JOHN FISHER FEAST ZOOM PARTY:** Saturday 20th of June at 7pm. Our last one was a great success! Contact Lorretta Peck (lpeck229@gmail.com) to be sent the link and let her know if you have any input to give. We will have the usual music and drama (about St John himself! )

**Farewell to the Maranto Family:** Amy, Mike and Alexandra have finished their stint in the UK. We are immensely grateful for their dedication-setting up for church from scratch each week takes great love and they have put out countless chairs as well as guided us through Mass with slides. Alexandra has been a wonderful altar server and has read at Mass with sensitivity and reverence . We have given them an engraved frame to remind them that they and their elder daughter Anastasia are 'Always in Our Saint John Fisher Family'.

**Pentecost Gifts:** We have tried to send out small gifts to as many as possible in SJF . Please contact me if you or anyone you know did not receive them -it means I don't have your address [Melanie.marie.ward@gmail.com](mailto:Melanie.marie.ward@gmail.com)

**SJF PRAYER** (contact Lorretta at [lpeck229@gmail.com](mailto:lpeck229@gmail.com) or Liz at [beljuchristy@yahoo.co.uk](mailto:beljuchristy@yahoo.co.uk)) to join dozens of us tapping in to prayer each day in many different ways.

**SJF UPPER ROOM** - sharing general matters and news (contact Mel)

**SJF COURAGE**- for Youth to meet and chat.(Contact Mel)

**SJF GREAT and SMALL**- especially for those with young families .

**MUSIC**- we are really grateful for Joe Caprani's '5 Alive' slot on Facebook each Sunday at 5pm. Is anyone else able to record or support those willing to share music? It would be wonderful to have music recorded for our Sunday Mass .

If you know of anyone from SJF who would like to contact the church, please help them to do so. Many of us are key workers and parents working at the moment, but we love our church and are willing to help vulnerable members of our church communit. So, please do not hesitate to contact us.

### OTHER NEWS

+ **HOPE INTO ACTION:** Ed Walker, the founder of Hope into Action has written a most inspirational book about how the charity started and has developed. Copies have been placed on the table inside Our Lady of Lourdes Church; do borrow, read and return. Alternatively, you could buy a copy of the book at: [www.hopeintoaction.org.uk/shop/a-house-built-on-love](http://www.hopeintoaction.org.uk/shop/a-house-built-on-love) . All royalties from the book sales go to the charity. It would be wonderful for as many parishioners as possible to read the book and fully appreciate our partnership mission.

+ **MASS FOR THE SICK:** In order to show a spiritual solidarity with all those who are sick, those who care for them, and those who suffer from this pandemic, each week at 7pm on Thursday, a Catholic Bishop will celebrate Mass in their Cathedral which will be live-streamed for people to join.

18<sup>th</sup> June: Archbishop B. Longley, Birmingham Cathedral  
25<sup>th</sup> June: Bishop A. Hopes, Norwich Cathedral

Please go to their cathedral websites for Mass.

**+ Good Counsel Network Appeal:** Please join us in praying and fasting for the end of abortion in this Country on Tuesday 23<sup>rd</sup> June, the Vigil of the Feast of St John the Baptist. Please go onto the following Facebook event and click **Going** and then click **Share** and then use the **Invite** option to invite others.

[www.facebook.com/events/572941403618449/](http://www.facebook.com/events/572941403618449/)

**REFUGEE WEEK (15th-21st June)** – Refugees & asylum-seekers are among those most vulnerable to COVID-19, and are at even greater risk of being left isolated, hungry and homeless. The Jesuit Refugee Service UK is among those listening and providing practical support (find out more [www.jrsuk.net/](http://www.jrsuk.net/)) – you can help by donating to their Hardship Fund ([www.jrsuk.net/hardshipfund/](http://www.jrsuk.net/hardshipfund/)).

Please also remember all those forced to flee from conflict, persecution or environmental disasters in your prayers. Our parish belongs to Cambridge City of Sanctuary. There are local events held in Refugee Week, but you can also find plenty of national events (<https://refugeeweek.org.uk/>), plus an activity pack full of imaginative projects for children & young people (<https://refugeeweek.org.uk/get-involved/at-your-school/>).

**+City of Sanctuary Faiths' groups:** We hope that you are keeping safe and well. Thank you all, because refugees in Cambridge are finding the foodbank, school meal schemes and neighbourhood groups and many other initiatives vital support in difficult times.

Undaunted, the various groups who work with, or care about, refugees in Cambridge and nationally, have managed to put together an amazing programme of events (all virtual) for Refugee Week (15-21 June).

We particularly draw your attention to the Zoom event organised by the Jesus Lane Meeting which is on Monday 15th June at 7.30, which includes speakers from the front line in the Greek islands. We also draw your attention to the films to be made available freely on line from June 15th by Moving Worlds Please see <https://movingworlds.info/> which you will be able to watch at home.

More events are on Cambridge City of Sanctuary Facebook [www.facebook.com/events/300187701007930](http://www.facebook.com/events/300187701007930). For those who do not have Facebook account, or those who would like more information, please contact [Rosemary.watson@talk21.com](mailto:Rosemary.watson@talk21.com)

**+ There are some SCAM EMAILS or INTERNET MESSAGES ASKING FOR MONEY or SENSITIVE INFORMATION, even though they are seemingly sent from Fr John email or any other internet addresses. Please do not reply. Just DELETE them because they could contain seriously harmful viruses.**

**It is not normal for anybody to ask you for money or any personal information by electronic messages. They are obviously annoying and potentially dangerous hackers. We should not deal with them at all.**

**+ June is the traditional month of the Sacred Heart Devotion. There are many ways to pray; please feel free to use the prayers you like. This simple prayer will be used in our Parish during June this year,**

O Most Holy Heart of Jesus, fountain of every blessing, I adore you, I love you, and with lively sorrow for my sins I offer you this poor heart of mine. Make me humble, patient, pure and wholly obedient to your will. Grant, Good Jesus, that I may live in you and for you. Protect me in the midst of danger. Comfort me in my afflictions. Give me health of body, assistance in my temporal needs, your blessing on all that I do, and the grace of a holy death. Amen.

**And please use the following hymn as your prayer when possible:**

1. Sweet Heart of Jesus, font of love and mercy  
Today we come, Thy blessing to implore.  
Oh touch our hearts, so cold and so ungrateful  
And make them Lord, Thine own for evermore.

*Sweet Heart of Jesus we implore,  
Oh make us love Thee more and more.*

2. Sweet heart of Jesus, make us know and love thee,  
Unfold to us the treasures of thy grace;  
That so our hearts, from things of earth uplifted,  
May long alone to gaze upon thy face.

3. Sweet Heart of Jesus, make us pure and gentle  
And teach us how to do Thy blessed will;  
To follow close the print of Thy dear footsteps  
And when we fall, Sweet Heart, oh love us still.

4. Sweet Heart of Jesus ! Bless all hearts that love thee,  
And make thine own heart ever blessed be.  
Bless us dear Lord, and bless the friends we cherish,  
And keep us true to Mary and to thee.

