

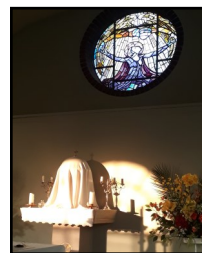
MASSES & SERVICES THIS WEEK

PLEASE NOTE ALL OF THE MASSES LISTED BELOW WILL BE CELEBRATED IN THE PARISH CHURCH OF OUR LADY OF PITY, SWAFFHAM AND WILL BE STREAMED VIA THE PARISH WEBSITE.

The church will be open for Private Prayer
Tuesday– Saturday 9.45am-12.30pm

Saturday 4th July	Vigil Mass 14th Sunday in Ordinary Time A
17:00 Our Lady of Pity	Ints of Dale & Sheila Burton
Sunday 5th July	14th Sunday in Ordinary Time A
08:30 Our Lady of Pity	For the People of the Parish
10:30 Our Lady of Pity	Mrs. C.C. Cook (Birthday) (HC)
Monday 6th July	Feria
CHURCH CLOSED—NO MASS TODAY	
Tuesday 7th July	Feria
09:00 Our Lady of Pity	Fr John Cureton RIP
Wednesday 8th July	Feria
09:00 Our Lady of Pity	Ints of Maria Brown
Thursday 9th July	Feria
09:00 Our Lady of Pity	Fr Eric Woodhead RIP (Fr MH)
Friday 10th July	Feria
09:00 Our Lady of Pity	Elsie Boast RIP (IJB)
Saturday 11th July	ST BENEDICT PATRON OF EUROPE, FEAST
09:00 Our Lady of Pity	Edith Margaret Collins RIP GB
17:00 Our Lady of Pity	Vigil Mass 15th Sunday in Ordinary Time A Sea Sunday Bishop Michael Evans RIP (Fr MH)

Our Lady of Pity, 31 Station Street, Swaffham, PE37 7HP
Watton Methodist Church, 57 High Street, Watton, IP25 6EJ
Sacred Heart Convent, 17 Mangate Street, Swaffham, PE37 7QW



Our Lady of Pity Swaffham & Watton Newsletter

Parish Priest: Canon Mark Hackeson

The Presbytery, 31 Station Street,

Swaffham, PE37 7HP

Tel: **01760 721418**

ourladyofpity@btinternet.com www.ourladyofpity.org

5TH JULY 2020

14TH SUNDAY ORDINARY TIME A



This weekend, we begin to celebrate Mass and to worship publicly once more in our Parish Church. This will be a great source of joy to many, a sign that things are perhaps *beginning* to return to some form of normality. But it is just a *beginning*. The Covid-19 virus is still a present and real threat in our country. While for me personally, an end to celebrating Mass in isolation will bring joy, it is also a source of anxiety and stress. I know this is shared by many of you. The PPC and I had a 'virtual' meeting on Wednesday and felt that these anxieties need to be recognised and that each of us, in our own personal circumstances make our own decision on when it is appropriate for us to attend Mass once more. Certainly, those who are still shielding, should not be thinking of attending yet, and those who are exhibiting any symptoms should NOT be coming and should be seeking a test immediately.

Following guidance from the Government and from our own bishops, we discussed and adopted measures to mitigate the risk of gathering for Mass. This means that when we do come to Mass, things will be different! Numbers will be strictly limited and we will have to maintain social distancing. It is important therefore that you follow the guidance of our volunteer stewards who will lead you through the procedure on entering, moving around and leaving the Church. This may involve queuing, and will involve sanitising hands, wearing a mask/face-covering and being conducted to the next available seat. Only those from the same household will be allowed to sit closer than 2 metres apart.

Certain parts of the Liturgy will be simplified, shortened or omitted in order to limit the amount of time we are gathered in the building.

Holy Communion will be given as you leave the building. Thus I ask that you maintain a prayerful silence at the end of Mass so that this important and intimate moment of meeting with the Lord may be special for each and every one of us. A Booklet, which you are asked to take home with you, will be produced to help guide us through these unfamiliar changes that will be with us for some time.

All of this sounds strange and daunting, but it is NECESSARY for our own well-being and for our fellow parishioners. A fuller description of what to expect is given inside, to INFORM, REASSURE and to MITIGATE ANY RISK. The PPC will be meeting again on Wednesday to review the experience of this first weekend and to decide whether we can improve our practice, both in terms of safety and experience of community worship.

In the coming weeks we will be seeing what can be put in place in Watton. In the meantime I will continue to stream Mass at 5pm on Saturday evening, and all the other public Masses will continue to be streamed at the times indicated on the back of this Newsletter.

With every blessing, Fr Mark

PARISH CLERGY:	Canon Mark Hackeson Rev Roger Sparks	Parish Priest Retired Deacon
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PRAYERS FOR OUR PARISH

FOR OUR SICK:

Sr Francis, Vic Head, Kim Wright, Margaret Maxey, Catherine Hole, Theresa Axham, Norah Reeve, Catherine Oliver, Charles Burgess, Carole Pointer, Helen Philips, Edward Hodnett, Jack Izzo, Peggy Ellis, Davida MacDonald, Christine Dryden, Sheila Morris, Anna Dawson, Maureen & Eddie Doran, Gail Double, Lina Giovoni, Sr Elizabeth Rees, Dana Lavington, Francis Bostrom. *May the Lord bring them comfort and healing.*

FOR THOSE WHO HAVE DIED †

Rita Woodend who died recently and Fr. John Cureton, Fr. Eric Woodhead, Renel L'Aimable, Maureen TraylenEllen Hogston, Moario Costella, Delfina Gabelli, J Naughton, Clifford Hardy, Christopher McGrane, Edith Margaret Collins & Bishop Michael Evans *whose anniversaries fall this week.*

KEEPING IN TOUCH

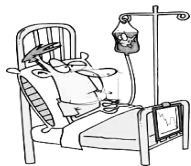
Please consult the Parish Website for

- the weekly Newsletter
- Live streamed Mass and other Services
- Prayer Resources and links to other useful sites
- Information on how to continue to contribute financially to our Parish

Telephone Helpline: 01760 721418 daily 9.30-10.30am for

- Informing Fr Mark of illness at home or in hospital & requests for the Sacraments
- Requesting help with essential shopping & medicine pick up
- To request a friendly chat with fellow parishioners

Parish Website: www.ourladyofpity.org



GOING INTO HOSPITAL?

If you are, **PLEASE** inform the appropriate Chaplain:
QEH at King's Lynn - Canon Peter Rollings 01553 772220
Norfolk & Norwich - Canon David Paul 01603 624615
Swaffham Community Hospital, please inform Fr. Mark.

Thursday Masses for the Sick & their Families,
NHS Front-Line Workers & Those Working in Social Care

This week: Thursday 9th July 7:00pm

Bishop Tom Williams

Liverpool Metropolitan Cathedral

Details & Link www.cbcew.org.uk



THE WORD OF GOD **MATTHEW 11:25-30**

25 At that time Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. 26 Yes, Father, for that is what it pleased

you to do. 27 Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him. 28 'Come to me, all you who labour and are overburdened, and I will give you rest. 29 Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 Yes, my yoke is easy and my burden light.'

Other readings: Zechariah 9:9-10 Psalm 144 (145) Romans 8:9,11-13

REFLECTION

.Our reading today is exclusively made up of the words of Jesus. The initial two verses are addressed to the Father, while in the remainder of the reading Jesus addresses his listeners. Both parts of the reading contain words of great beauty and great intimacy. Jesus begins by praising the Father for allowing 'these things' to be known by those who, like children expectant of good things from loving parents, open their hearts and minds. In the previous passage in Matthew's gospel Jesus had condemned the refusal to repent of the lakeside towns. Despite the evidence of the mighty deeds and powerful preaching of Jesus their response was lukewarm. Jesus rejoices in those whose hearts are open to receive and to learn. His next statement makes clear that he is the way to the Father. It is through knowing him that we come to know the Father. It is the Son alone who fully knows the Father and it is through the Son that those who are ready to receive and learn come to know the reality of God. These words may well remind us of some of the statements in John's gospel. 'It is the only Son, who is nearest the Father's heart, who has made God known.' (John 1:18) No-one can really listen to the final words of Jesus without being moved at the compassion of God. As the reading from the prophet Zechariah illustrates, the Messiah comes not to dominate and control but humbly to offer new life and strength. We continue to read from St Paul's Letter to the Romans. Paul speaks of the Spirit who gives us life. The same Spirit who was revealed in power at the resurrection of Jesus gives new life to us in baptism. We are free to accept and live that new life. We are free to receive the good news like 'mere children' or to reject it and thereby lose the greatest gift.

Do I allow the life of God, Father, Son and Spirit, into my mind and heart?

Do I welcome and trust in the loving care of Jesus?

We pray for those who are overburdened with the problems of life.

We pray for the courage to take up the yoke of Christ and follow him.

Reflections on the Sunday Gospels, written by Fr. Adrian Graffy

LEAVING AFTER MASS

When leaving the Church, please take your Mass Booklet and/or Newsletter with you. **DO NOT RETURN IT TO THE TRAY.**

Please take your mask/face-covering with you, even single-use ones and dispose of it safely at home.

Outside the Church, you should **NOT LINGER**, but leave the premises, or wait in your car until you are able to exit. This is not easy, as it is only natural to want to chat with friends whom you may not have seen for some time, but it is necessary at this time.

The back gate will be open and should not be blocked.

CLOSING & CLEANING THE CHURCH

Immediately after mass, the Church will be closed and sanitised in preparation for the next Mass or for re-opening for Private Prayer.

Votive candles will only be available when the Church is open for Private Prayer.

SOME FAMILIAR FACES

Sr. Kasjana celebrated her Feast Day last week, all socially-distanced. She celebrated early because she returned to Poland last Saturday to visit family and to have a break after a year of great change and challenge for all the Sisters. We wish her well and look forward to welcoming her back in due time.



Mary Prentice has been keeping well at Westfields Care Home and sends her love and prayers to everyone. Visits are possible at this particular home, but have to be arranged and are limited in time, and all safety measures are observed: masks for the visitor and a rather fetching visor for Mary!



The Church has been open each day for private prayer and it has been good to see familiar faces, and everyone was observing the social distancing rules.



Work has continued on renovating the back sacristy behind the Altar. I put the final coat of paint on the floor yesterday, and with the services of Len Heywood, John Sorrell and Peter De-Gol, a new sink unit and cupboard have been fitted in a new position. Thank you to them for the hours of lonely work in a deserted Church. Hopefully the Servers and Flower Ladies will be pleased with the improvements when they return!



ATTENDING & PARTICIPATING IN MASS DURING THE ON-GOING COVID-19 PANDEMIC

The following notes are intended to clarify how we as a Parish community, along with the rest of our Diocese, are striving to continue to feed and live our spiritual and community life. It is important that you consider which way is best for you, and for those with whom you live at this time. It may be that as time passes your circumstances change and so the way you participate changes. That is as it should be. I am very happy to discuss with you any concerns or thoughts you may have, and will endeavour to be available most mornings for a phone chat, although as time goes on I will have other duties to begin to perform once again!

Fr Mark

THE OBLIGATION TO ATTEND MASS ON SUNDAY & HOLY DAYS

For the present, the obligation to attend Mass on Sunday has been lifted. It will return once the emergency is over and it is safe.

This means that if you wish to attend Mass, but are able and would prefer to attend a Mass on one or more weekdays, rather than on a Sunday, then you may do so. It would also alleviate any pressure there may be on Sundays, with a limit on the numbers of those who can attend Mass due to the social-distancing and other safety guidelines.

For many, it may also be a less stressful prospect to attend Mass with a smaller congregation, and so limit the numbers of those with whom one may come into contact.

LIMITS ON NUMBERS PERMITTED TO ATTEND MASS

Due to the **NECESSITY** of adhering to the Government and the Church's social-distancing guidelines, there is A LIMIT OF THIRTY people in Church at any one time. There is a little flexibility in this limit, but only if a number of people attend from the same household—they can be seated on the same bench—otherwise the limit is two people on most benches to maintain the 2metre distance that is desirable.



BOOKING SYSTEM FOR SUNDAY & WEEKDAY MASS

In order to try and avoid as much as possible, a journey to Church only to find that there are no places left, an on-line booking procedure has been made available on our Parish Website. **AT PRESENT 20 PLACES AT EACH MASS WILL BE ALLOCATED IN THIS WAY.**

A MAXIMUM OF 20 PLACES IS THEREFORE AVAILABLE FOR THOSE WHO DO NOT HAVE ACCESS TO THE INTERNET TO BOOK ON-LINE.

Please ensure you arrive in plenty of time to avoid being disappointed!



HOLY WATER STOUPS & SHARED MASS BOOKS & HYMN BOOKS will **NOT** be used. If you prefer to follow the text of the Mass, then please bring your own books.



THE GOVERNMENT 'TEST & TRACE' INITIATIVE



To assist with this important initiative, you are asked to register your attendance at each Mass. This can be done simply by BRINGING WITH YOU A PRE-WRITTEN SLIP OF PAPER WITH YOUR NAME & TELEPHONE NUMBER/E-MAIL ADDRESS. This should be placed in the box provided. The registrations from each Mass will be kept in a sealed envelope for 21 days and then destroyed.

For this first weekend, paper will be available and a limited supply of pens. Each pen can only be used once, before it is sanitised—hence it is easier if you prepare your slip before hand and bring it with you.



**Sanitise
your hands**

USE OF SANITIZING GEL

YOU ARE REQUIRED TO SANITIZE YOUR HANDS with the gel provided on arriving AND leaving the Church. This will be on a clearly marked table. Please ensure you take time to rub the gel on your palms, fingers, thumbs, between your fingers and thumbs and on the back of your hand.

WEARING A FACE-COVERING/MASK

We will endeavour to keep the 2 metre social distancing rule, as this is considerably safer than 1 metre. The benches have been re-arranged to keep people 2 metres apart. However, as it will be extremely difficult to ensure that is maintained on moving around the building, you are requested to wear a mask in order to protect your fellow parishioners. Please note that the Government's '1 metre plus' rule requires an additional safeguard such as the wearing of a face-covering/mask.



PLEASE BRING YOUR FACE-COVERING/MASK & PUT IT ON AS YOU ENTER CHURCH .

A number of homemade masks are available for you if you do not already have a mask. Please take them away with you afterwards and wash regularly according to the instructions that are available with them.

There will also be a number of single-use masks available. Please take these home and dispose of them safely.

YOU WILL BE ESCORTED TO YOUR PLACE

Once you have donned your mask, registered your attendance and sanitized your hands , you will be escorted to the next available place by the steward. Please note, that for the time being, you may not choose your regular place. This is to limit the amount of people moving and passing each other. Once the emergency is over, you will be free once more to choose where you would like to sit!

MASS WILL BE SIMPLER

- **MUSIC** -We will endeavour to provide some music before, after and during the Mass as is appropriate, but there will be **NO CONGREGATIONAL SINGING**.
- **NO PRAYER OF THE FAITHFUL** - These will be printed in the Newsletter or the Mass Booklet, both of which should be **TAKEN AWAY WITH YOU AS YOU LEAVE**. They should **NOT** be returned to the tray. Please use the Bidding Prayers in your own personal prayer.
I am hoping to persuade a number of you to draft the prayers each week, So that they truly are the Prayer of the Faithful!
- **NO PASSING OF COLLECTION BASKETS**. These will instead be available at the entrance for you to place your offertory in if you are not giving by Standing Order.
- **NO OFERTORY PROCESSION**, The breads and wine will be prepared before hand in the Sanctuary.
- **THE HOSTS USED FOR HOLY COMMUNION WILL BE PREPARED IN STERILE CONDITIONS AND REMAIN IN A CLOSED LIDDED CIBORIUM** until needed for Holy Communion, before and after which, the Priest will sanitise his hands.

RECEPTION OF HOLY COMMUNION

After discussion with the Parish Pastoral Council, it has been decided to adopt the second option in the Bishops' Conference Guidelines. This will minimise movement around the Church during Mass, and thus assist in maintaining social-distancing. Thus:



- After the prayer, '*Lord, I am not worthy that you should enter under my roof...*', the Priest will present the Host and chalice to the congregation with the words '*The Body/Blood of Christ*', to which we respond '*Amen*'.
- The Priest will then receive Holy Communion himself, cleanse the Chalice and Patten, lead us in the Concluding Prayer and give the Final Blessing.
- **AFTER THE FINAL BLESSING**, the Priest will sanitize his hands and taking the covered ciborium move through the Church to the Narthex.
- Wait for the stewards to tell you went to move to join the queue for Holy Communion. Keep 2 metres apart.
- When you get to the Priest, who will be standing behind a table to maintain 1 metre social distancing, hold your hands out at arms length.
- Holy Communion will be placed **IN YOUR HAND WITHOUT WORDS OR RESPONSE**.
- You should then quietly and prayerfully leave the Church, sanitizing your own hands.