



PENTECOST SUNDAY

YEAR C

4th-5th June 2022

*A Parish of the Diocese
of Motherwell.
The Bishop;
Rt. Rev. Joseph A. Toal
www.rcdom.org.uk
Scottish Charity No
SC011041*

FIRST READING

Acts 2:1–11

They were all filled with the Holy Spirit and began to speak.

A reading from the Acts of the Apostles

When the time for Pentecost was fulfilled,
they were all in one place together.
And suddenly there came from the sky
a noise like a strong driving wind,
and it filled the entire house in which they were.
Then there appeared to them tongues as of fire,
which parted and came to rest on each one of them.
And they were all filled with the Holy Spirit
and began to speak in different tongues,
as the Spirit enabled them to proclaim.

Now there were devout Jews from every nation under heaven staying in Jerusalem.
At this sound, they gathered in a large crowd,
but they were confused
because each one heard them speaking in his own language.
They were astounded, and in amazement they asked,
“Are not all these people who are speaking Galileans?
Then how does each of us hear them in his native language?
We are Parthians, Medes, and Elamites,
inhabitants of Mesopotamia, Judea and Cappadocia,
Pontus and Asia, Phrygia and Pamphylia,
Egypt and the districts of Libya near Cyrene,
as well as travellers from Rome,
both Jews and converts to Judaism, Cretans and Arabs,
yet we hear them speaking in our own tongues
of the mighty acts of God.”



RALM SPONSORIAL PSALM

Ps 104: 1, 24, 29-30, 31, 34

R. Lord, send out your Spirit, and renew the face of the earth.

Bless the LORD, O my soul!

O LORD, my God, you are great indeed!

How manifold are your works, O Lord!

the earth is full of your creatures;

R. Lord, send out your Spirit, and renew the face of the earth.

May the glory of the LORD endure forever;

may the LORD be glad in his works!

Pleasing to him be my theme;

I will be glad in the LORD.

R. Lord, send out your Spirit, and renew the face of the earth.

If you take away their breath, they perish
and return to their dust.

When you send forth your spirit, they are created,
and you renew the face of the earth.

R. Lord, send out your Spirit, and renew the face of the earth.

Rom 8:8-17 *Those who are led by the Spirit are children of God.*

A reading from the Letter of Saint Paul to the Romans

Brothers and sisters:

Those who are in the flesh cannot please God.

But you are not in the flesh;

on the contrary, you are in the spirit,
if only the Spirit of God dwells in you.

Whoever does not have the Spirit of Christ does not belong to him.

But if Christ is in you,

although the body is dead because of sin,
the spirit is alive because of righteousness.

If the Spirit of the one who raised Jesus from the dead dwells in you,
the one who raised Christ from the dead
will give life to your mortal bodies also,
through his Spirit that dwells in you.

Consequently, brothers and sisters,
we are not debtors to the flesh,
to live according to the flesh.

For if you live according to the flesh, you will die,
but if by the Spirit you put to death the deeds of the body,
you will live.

For those who are led by the Spirit of God are children of God.
For you did not receive a spirit of slavery to fall back into fear,
but you received a spirit of adoption,
through which we cry, “Abba, Father!”
The Spirit itself bears witness with our spirit
that we are children of God,
and if children, then heirs,
heirs of God and joint heirs with Christ,
if only we suffer with him
so that we may also be glorified with him.

ACCLAMATION BEFORE THE GOSPEL

℟. Alleluia, alleluia.

Come, Holy Spirit, fill the hearts of your faithful
and kindle in them the fire of your love.

℟. Alleluia, alleluia.

John 14:15-26

The Holy Spirit will teach you everything.

Jesus said to his disciples:

“If you love me, you will keep my commandments.

And I will ask the Father,

and he will give you another Advocate to be with you always,

“Whoever loves me will keep my word,

and my Father will love him,

and we will come to him and make our dwelling with him.

Those who do not love me do not keep my words;

yet the word you hear is not mine

but that of the Father who sent me.

“I have told you this while I am with you.

The Advocate, the Holy Spirit that the Father will send in my name,

he will teach you everything

and remind you of all that I told you.”



The Holy Spirit — A Poem by Malcolm Guite

I have been reflecting on the traditional ‘four elements’ of earth, air, water and fire. I have been considering how each of them expresses and embodies different aspects of the Gospel and of God’s goodness, as though the four elements were, in their own way, another four evangelists. In that context I was very struck by the way Scripture expresses the presence of the Holy Spirit through the three most dynamic of the four elements, the air, (a mighty rushing wind, but also the breath of the spirit) water, (the waters of baptism, the river of life, the fountain springing up to eternal life promised by Jesus) and of course fire, the tongues of flame at Pentecost. Three out of four ain’t bad, but I was wondering, where is the fourth? Where is earth? And then I realised that we ourselves are earth, the ‘Adam’ made of the red clay, and we become living beings, fully alive, when the Holy Spirit, clothed in the three other elements comes upon us and becomes a part of who we are. So something of that reflection is embodied in the sonnet.

Today we feel the wind beneath our wings
Today the hidden fountain flows and plays
Today the church draws breath at last and sings
As every flame becomes a Tongue of praise.
This is the feast of fire, air, and water
Poured out and breathed and kindled into earth.
The earth herself awakens to her maker
And is translated out of death to birth.
The right words come today in their right order
And every word spells freedom and release
Today the gospel crosses every border
All tongues are loosened by the Prince of Peace
Today the lost are found in His translation.
Whose mother tongue is Love in every nation.

Pentecost — A Reflection

Pentecost Sunday recalls the time when the Holy Spirit came down on the Church. It also continues to remind us that, both in our personal lives and society, God does not do everything at once, but works in stages. As we know with children who want everything now, when we do things in stages we need to ourselves that saying please, waiting and saying thank you are essential parts of our relationship with God and with one another. As we move through our time of trial with coronavirus, this aspect of Pentecost may help us.

Pentecost Sunday itself has three layers of stages built into it. In the Scriptures, the day occurs on a Jewish feast day. The name of that feast includes the Greek word for fifty. The Jewish feast of tabernacles, or in Australian slang lean-tos, celebrated the end of the harvest. It was time to thank God for plenty. It was fifty days after the celebration of Passover, which marked the beginning of harvesting new crops.

Over these stages of food gathering, the Jewish feast overlaid the story of God freeing the Israelite people from slavery in Egypt and leading them to their promised land. The feast of Passover celebrated the night they prepared to cross the Red Sea into freedom. Fifty days later, they celebrated their time waiting in the desert before entering the promised land. They were initially to spend the night in lean-tos made of branches, remembering how God had freed them from slavery. In Jesus' time, Jews from outside Palestine returned to the Temple to celebrate the Passover and Pentecost.

Our Feast of Pentecost overlays yet another layer of God's work for us. At Passover, our Easter, Jesus died and rose from the dead to reconcile us to God. That is the beginning of the new harvest and the new freedom, not simply for Israel, but for the whole world. The feast of Pentecost represents the gathering of the harvest as the Gospel spreads out to the whole world. The whole community of Jesus' followers is gathered in Jerusalem. They receive the baptism with fire and the Holy Spirit, and the Gospel is then preached to people from all over the world and heard in all their various languages. Pentecost completes what Jesus came to do.

These three layers represent successively God's goodness in making and caring for the world of which we are part, God's goodness in freeing the people of Israel, and God's goodness in bringing freedom to the whole world through Jesus. Each of these layers involves stages: a beginning, then waiting and asking, and finally thanking God for a completion.

In Scripture, Pentecost comes after the beginning of our freedom in Jesus' death and rising at Easter. After a period of waiting and praying by the disciples, the Spirit set free the story for the whole world at Pentecost. On the Feast of Pentecost, we remember what happened then, but we too wait and pray for the full salvation promised us when Christ will come again. In the church calendar, Pentecost is followed by ordinary time – a time of waiting and praying.

At the time when this reflection is being written, it looks as if many of the restrictions under which the virus has placed us will be lifted by Pentecost Sunday. If that is true, it will be a cause for celebration. But it will surely have been followed by a time of serious waiting, praying for a time of complete freedom from the virus and from the hardships that have weighed so heavily on many Australians. The rhythms of God's work and our response correspond to the rhythms of our restricted life now, always lived with gratitude for God's goodness and in hope of God's freedom.

Fr Andrew Hamilton SJ writes for Jesuit Communications and Jesuit Social Services.

REFLECTION ON THE EUCHARIST

Christ can be present with us in so many ways: in his living, spirit-filled word, which comes to us in Old and New Testaments; in the daily rhythm of our prayer, spoken or just gathered and offered in silence. We can find Christ present with us in those moments when we need him, or when we least expect him to be there; when we catch a glimpse of him in the loving, un-self-conscious work of someone, or hear him speaking to us in words that someone offers us. Christ can be present in all these ways, but there is a sense in which they are all part of and reflections of the Eucharistic moment, when we know he is uniquely and truly present to us: to his community, the Church; and to the whole world, whatever its needs or condition.

Each day in the Mass, Christ gives us the gift of himself – all of himself. Whether the Mass is the ordinary daily parish Mass, without much ceremony, just quietly said and prayed, or it comes in the splendour of chant or polyphony, ancient languages or modern ones, it is the same gift, the same Eucharist. In whatever form, place, age or tongue, at the heart of the Mass there is an eternal simplicity: the words that Christ used on the night when he gave the Church this inestimable gift, the sacrament of himself. In words and actions, *his* words and actions, he concentrates the whole mystery of his person, divine and human, in giving himself to us. He asks nothing of us other than to receive him in gratitude and in faith.

Here is the great wonder: Christ uses everyday things and raises them into something sacred and holy. He does this respecting their very ordinariness: the bread remains our daily bread and the wine our daily drink. These simple created gifts, the work of our hands, become the means where we find him and meet him. Forever, so long as time and matter last, we will always be able to encounter him and make our home in him. Here, too, we will learn his way of healing love: in the small but infinitely powerful and transforming acts of self-gift, the sacrifices that reason can never fully understand but make the daily sacrament of love, our lives in him are becoming the Eucharist. In him we meet each other anew and start over again. Like the disciples, our lives become always a return to and sending forth from this sacrament, ‘Through him and with him and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honour is yours, for ever and ever. Amen.’

James Hanvey SJ is Master of Campion Hall, University of Oxford.

ON MEDITATING

When we meditate, we enter the mind of Christ from the ground up. We settle into the mystery of the concrete immediacy of our breathing and our bodily being. We are quietly attentive to the thoughts and feelings that arise, endure, and pass away within us. Sitting in this way, we do not fly off into some eternal realm. Rather, we enter into the mind of Christ, which knows and is the divine generosity of the concrete immediacy of ourselves just as we are.

This is why we sit in meditation: so that we might settle into this ordinary mind; so that in becoming, at last, just ourselves, we might realize our eternal oneness with God.

There is no single way to meditate. However, there are certain components that facilitate the process:

Body Posture: Sit still. Sit straight. Place your hands in a comfortable or meaningful position in your lap. Close your eyes or lower them toward the ground. Breathe slowly and naturally

With respect to **your mind**, be present, open, and awake, neither clinging to nor rejecting anything. Take a stance of observing all your thoughts, feelings and reactions as they pass through you rather than responding unconsciously from them.

And with respect to **attitude**, maintain nonjudgmental compassion toward yourself- as you discover yourself clinging to and rejecting everything - and nonjudgmental compassion toward others in their powerlessness that is one with yours

In this stance of humble acceptance, simply re-instate the meditative stance of being present, open and awake each time you realise you've drifted off yet again into the clinging and rejecting of your wandering mind.

There are two methods to help stabilise meditative awareness. The first is to use your awareness of your breathing as an anchoring place in present moment awareness. Each time you realise you have once again drifted off into sleepiness, day-dreaming, or clinging to this or that sensation, thought or feeling, simply renew your awareness of your breathing as a way of re-grounding yourself in meditative awareness of the present moment. The silent, interior repetition of a word or phrase is another traditional method for sustaining present-moment attentiveness.

The ego self struggles in its efforts to sit present and awake, as a way of being open to God's presence, until the ego exhausts all its own means of overcoming its inability to realise oneness with God. Then, just as all seems lost, we look up to see God with us with open arms. Suddenly, we realise there is no place within us that is not encountered, embraced, and made whole in a love that does not even care to hear our litany of shortcomings and regrets. We are profoundly loved by God without any foundations for being loved, except divine love itself. *Anne Solomon*

SUMMARY REPORT OF OUR FIRST SYNODAL SESSION

COMPANIONS ON THE JOURNEY

In our church, as individuals and a community we should welcome strangers and newcomers. Get a feel for being together with others. We can put barriers in our head which prevents us reaching out – that people will feel patronised, that they view things differently, that they are too difficult. A need to put ourselves in others shoes, to recognise that they can find themselves in quite different circumstances. Conversation is vital to community. Together we can accomplish so much more than by ourselves.

The daily, morning Mass gives a real sense of togetherness and community. This is what we want from the whole parish. This synodal experience is also what we want everyone to experience. Awareness of our spiritual journey together is growing.

A sense that we don't walk together – people are prepared to walk away for fickle reasons eg they don't like the singing or attend only because of the Sunday obligation. A feeling that people just do what they want. There is a reluctance among many practising Catholics to take more part in their parish. What exactly does walking together mean and what does it hope to achieve? Do we simply leave behind those we deem not "true" Catholics?

We must be as inclusive as possible in our parish life and find ways to reach out especially to young people. Are clubs and Masses for them the way forward? The obstacles to young people attending are great – mental health issues, peer pressure, social media. There is a generational change in people's attitude to the Church. The SVDP is a good example of inclusion and reaching out as are the Mini-Vinnies in the primary school.

There are perceived obstacles blocking certain people from attending: the divorced, the poor, the unemployed, gay people. Some even don't come because they can't afford to. How does the Church look from the outside: old, white, male-run, hetero-normative?

Covid has made people wary of reaching out. Once the emergency has passed we need to make more effort to let people know they are not alone and to identify those who are not coming back.

LISTENING

We need to slow down and give ourselves enough time to truly listen and pick up how people are feeling deep-down. Loneliness and poverty are barriers to being listened to. We might think some people are difficult to approach but we can be surprised by the welcome reaction. The parish is there for all of us in hard times. How can we best get this across to everyone especially if they feel the community is not very welcoming?

We can develop the art of listening through prayer when we hear both God and ourselves. This creates the peace within us which enables us to listen.

The voice of the world is very loud and can drown out the Church's voice. The Church's teaching should be explained more clearly and though this might mean some people don't accept it, a stronger church will emerge. Fear that the Church's message is being diluted and fear for the future of the Church.

Refreshing to hear other people express their fears and hopes and to experience the presence of the Holy Spirit. Good, too, to listen and identify with the prayer experiences of others.

SOME WORDS USED DURING THE MEETING

Relaxed, comfortable, peace, quiet. Reassured at the presence of the Spirit. Hopeful. Experience the presence of Jesus – given an image. Confirmed. Feeling of being relieved at “getting prayer out”. Sense of yearning, awareness of something deeper, desire to be closer to the Lord. Self-knowledge – word from scripture focussed into a moment of self-knowledge. The Emmaus walk - disciples thought they knew and the Lord didn't – in fact the reverse. Security in the sense of Jesus walking with us – we all walk together with Jesus.

OTHER COMMENTS

It is so encouraging to be given chance to share - to be asked about views. Good to meet others and discuss things. Reassurance that we're not alone – sense of community. “We're not mad” – individuals independently all identifying similar themes - initially afraid to speak out in case they were thought to be 'mad'. Worried about the challenges ahead – how to reach young people. Sense of welcome in the group and from the parish – what about the 'lapsed'? the marginalised – need to reach out to them. We need to represent the 'voiceless'. How do we 'tap into' the “middle group”/young adults?

SUMMARY REPORT OF OUR SECOND SYNODAL SESSION

SPEAKING OUT

Some voices in the church speak more loudly than others and may not best represent the Church – Sancta Familia Media could be an example of this. Spokespeople for the Church must represent the different voices in the Church and not simply take one line. We need truly representative advocates formed in the spirit of the 2nd Vatican Council.

It can be difficult to discard old attitudes which discouraged speaking out. Perhaps this reflected an understanding of God as a God of fear. There is a cultural issue, too, where speaking out was discouraged. We must recognise that the “official” Church hasn’t always got things right and so it’s important that other voices be heard. We need to hear deeply Christ’s words “You foolish men!” More women’s voices!

The youth are “speaking” with their feet. Cajoling and threatening words no longer work. Ways should be found which encourages them to find their voice in the Church. They don’t expect adults not to talk about their faith or be embarrassed about going to church. We can be more direct with them in inviting them to come along.

Speaking and listening are first steps to a new way of being Church. The willingness to speak out to the larger world prevents the Church from becoming inward-looking. We need to recognise the authority the Church can have in speaking to the world and serving the common good of all especially the marginalised of today eg immigrants. Would a Christian political party help?

The Holy Spirit is with the community when it speaks in unity. The Spirit will also lead us to see what we have in common with other faiths and find ways to speak together.

SHARED RESPONSIBILITY FOR OUR COMMON MISSION

There can be no room for a “holier-than-thou” attitude – this discourages and marginalises. A move from an individualised and privatised faith to an evangelising one will make us more confident in speaking about our faith. Also this prevents the Church from being seen as a “closed shop.” This requires a new mindset and a desire to leave our comfort zone.

People do want to be involved but are not sure how to go about it. In which ways do we address this? Is this our only opportunity? What is hindering deeper involvement?

DIALOGUE IN CHURCH AND SOCIETY

There are many issues which bring together Church and society – climate change, poverty, asylum seekers, food banks. There are good people outside the Church doing good things and they too are led by the Holy Spirit. Love is what there is in common and is what unites church goers and non-goers.

We need to remember the good things we are doing however small and the contribution they make to society. Actions speak louder than words.

What is the purpose of reaching out to society – is it simply to bring more people to church?

Dialogue with society will not always be about agreement. How do we handle different views?

There is a need to develop spaces and times for people to meet and reflect on issues in the Church and in society. Promoting fellowship within the parish will foster our understanding of how we can serve society. "Parish" rather than "Church" is a better way to refer to our faith community.

Parish – Fellowship – Community – Sharing – Dialogue: these are key words for the sort of community we desire.

THE EXPERIENCE OF THE MEETING

Totally relaxed – came in mind buzzing – time passed so quickly

Renewed

Sense of searching going on – sense of something going on

Anxious coming in to find the tables had been mixed up – now relaxed with newer people

Calm – was downcast from the reading until saw a vision of angels

Overawed – "the only one" – aware of the mysteries of faith. Sense of unity

"Getting myself out of the way" – feeling the Spirit beginning to speak through me

Anxious coming in – listening to the passage made me more relaxed and happier – sense of permission to say what I felt I should say

Confused – the Emmaus walkers 'are the church', but in spite of all they had heard

SOME SPECIFIC ISSUES

Do we need more opportunity for discussion beyond these 4 meetings?

Many issues – a new way of being church – need for more ongoing dialogue leading to concrete outcomes

Practical support to enable people to come to Mass eg creches

We are church- we have the responsibility to be church – need for more discussion leading to practical outcomes

Noted the commonality of the church- what is church? – we are church – there should be more emphasis on Parish and what that entails – people rather than bricks and mortar – fellowship and community

What if another parish priest comes along and dismantles everything?

Eucharistic ministers not being used: that pastoral activity needs to be re-instated
Is lunchtime on a Saturday a good time to meet?

SUMMARY REPORT OF OUR THIRD SYNODAL SESSION

CELEBRATION

Our Servers, Readers & Eucharistic ministers all encourage others to fuller participation in the Mass. Parishioners, in particular women, should be officially appointed to the ministries of Reader and Eucharist. Is there a place for more lay-led celebrations in which parishioners could come together to reflect, for instance, on the Sunday readings?

The Mass is a celebration with others alongside our celebration with the Lord. Gathering for Mass brings us together as a community. How do we encourage more active participation by families? Do the demands of work and family prevent this? How do we bring our celebration out of the church and into the world?

Lockdown did have some positive benefits – it helped us realise that we were missing something good when we couldn't attend Mass; it gave more time for us to reflect and pray; we became more aware of the beauty of this God-given world.

Mass gives us a clearer focus -- we can see the Lord more clearly in the Eucharist, in others and in ourselves. Our understanding of the Scriptures deepens. There is a sense of renewal and willingness to reach out to others.

ECUMENISM

Bigotry and sectarianism have sharply declined but, alongside that, religion is rarely a topic of conversation with non-Catholic friends and family.

There is ecumenical work in our town – Streetlevel, joint services, World Day of Prayer, Christian Aid, Scouts, CHOICES shop. Good progress has been made but it could be seen as superficial. Could more be done together especially in the work of evangelisation? Together we could have a stronger Christian voice – there is more that unites than divides. We must focus on what we agree on rather than where we differ. We can learn from other churches especially regarding synodality.

AUTHORITY AND PARTICIPATION

Do we need a different model of being church especially in the light of child abuse? Governance is all top-down, and all by men. A priest coming newly into a parish can abolish the parish structures on his own authority. Everything is too priest-dependent. This needs to change. The role of women must be expanded.

Have we become a middle-class Church so that unintentionally others feel excluded? Everyone is involved in the work of encouraging and reaching out, ready to promote and explain our faith. Sometimes when help is offered the priest it is refused and this can cause lasting hurt.

The parish retreat was a good experience of participation but it wasn't followed through. What are the ways to involve the wider parish community?

All of us need to discern together the “signs of the times.” Often society moves more quickly than the Church with the result that the Church looks left behind on certain issues eg women, sexuality, injustice.

There is some division in the Church at present crystallised in pro- and anti- Pope Francis.

We know that change is needed but it is difficult to know where to start at parish level. But already in these weeks, people feel that they have been given a voice and have the confidence to speak. As we proceed, it will be important to have clear structures which invite the people to participate and to develop team-work. A clearer idea that all are the church, not just the clergy, will foster co-responsibility. From this will emerge that every individual has gifts which must be recognised and used. Succession planning is also needed as priest and parishioners move on. The role of the Parish Pastoral Council needs reviewing.

Partnership, co-responsibility, team-work, participation were all key-words which emerged.

SUMMARY REPORT OF OUR FOURTH SYNODAL SESSION

DISCERNING AND DECIDING

This depends on listening to the Holy Spirit and to be open to his guidance. It involves hearing as many voices as possible and establishing the platform for people’s voices to be heard with the view to establishing some consensus about the way forward. A love of the Scriptures and prayer together are also essential parts of this process. Listening also to other Christians and hearing their experience is required.

Part of this is discerning what belongs to the heart of the faith and what are human traditions which can be changed and developed eg celibacy, artificial contraception. This requires an openness on the part of all members of the Church and not a retreat into opposing factions. The time of top-down decision making is over.

The importance of developing and growing one’s spirituality was mentioned; becoming aware of the different types of spirituality within the Church eg Ignatian. This could be a way of engaging those whose faith is weak – showing the practical results of faith. Creativity in the practice of the faith should be encouraged. On-going renewal in faith is needed to future-proof the parish and build resilience – for instance, if the time comes when the parish no longer has a residential priest.

The scandals in the Church show how the present decision-making and discerning process is flawed.

Active participation by all should be the presumption in the life of the Church. This will strengthen the leadership roles of priest and bishop.

FORMING OURSELVES IN SYNODALITY

The decision by the bishops to re-introduce the Sunday obligation is an example of a Church without synodality. Getting the thoughts of parishioners to the hierarchy is an uphill struggle.

Everyone has to be receptive to change and growth if synodality is to take root. How exactly will a synodal Church look like?

We must avoid creating the feeling that nothing will change. But change can happen immediately if and when we become a welcoming parish – saying hello to the newcomer, creating a supportive space for the single mother, the divorced, the widowed, the unemployed. Meeting socially after Mass for a cup of tea, spending some time talking to people are powerful ways to encourage belonging.

Mass, although the central act of our faith, cannot be the only place we meet. New ways of meeting and talking about our faith need to be found. We will understand more deeply what synodality is by doing it -- coming together. A stronger connection with our schools is required. Social media must be part of our synodal experience.

THE DAILY EXAMEN

A great way to pray is to look for God's presence in your life. More than 400 years ago St. Ignatius Loyola encouraged prayer-filled mindfulness by proposing what has been called the Daily Examen. The Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and to discern his direction for us. Try this version of St. Ignatius's prayer.

- 1. Become aware of God's presence.** Look back on the events of the day in the company of the Holy Spirit. The day may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.
- 2. Review the day with gratitude.** Gratitude is the foundation of our relationship with God. Walk through your day in the presence of God and note its joys and delights. Focus on the day's gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them? Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures. God is in the details.
- 3. Pay attention to your emotions.** One of St. Ignatius's great insights was that we detect the presence of the Spirit of God in the movements of our emotions. Reflect on the feelings you experienced during the day. Boredom? Elation? Resentment? Compassion? Anger? Confidence? What is God saying through these feelings?

God will most likely show you some ways that you fell short. Make note of these sins and faults. But look deeply for other implications. Does a feeling of frustration perhaps mean that God wants you consider a new direction in some area of your work? Are you concerned about a friend? Perhaps you should reach out to her in some way.

- 4. Choose one feature of the day and pray from it.** Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. It may involve a feeling—positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.

- 5. Look toward tomorrow.** Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up. Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow these feelings to turn into prayer. Seek God's guidance. Ask him for help and understanding. Pray for hope.

St. Ignatius encouraged people to talk to Jesus like a friend. End the Daily Examen with a conversation with Jesus. Ask forgiveness for your sins. Ask for his protection and help. Ask for his wisdom about the questions you have and the problems you face. Do all this in the spirit of gratitude. Your life is a gift, and it is adorned with gifts from God. End the Daily Examen with the Our Father.

UPDATED GUIDELINES FOR THE CELEBRATION OF MASS

Many of the restrictions we have grown used to in the past year and more have now been lifted.

However, we are still required to sanitise our hands on entering and leaving the church, wear face-coverings and practise respiratory hygiene and cough etiquette.

If you attend the same daily, Vigil or Sunday Mass each week, there is no need to book or sign in. If you come to a Mass which you don't usually attend, you are asked to leave your name. There will be a sheet at the entrance for this purpose.

The distribution of Holy Communion will revert to its previous place in the Mass. Please wait until the usher invites you to come forward. You are still asked to receive the Sacrament in the hand. At present, the Sign of Peace is still prohibited

The Collection during Mass and the Procession of the Gifts are now re-instated.

The use of hymn books and Bulletin sheets is permitted.

The longer version of the Bulletin will still be published on-line.

May I thank all of you for your support and dedication during these months of lock-down. In particular, thanks to our ushers and sanitizers. And thanks to all those who quietly helped their neighbours and took steps to make that need known or found them support.

The church is now fully open for private visits. The Sanctuary area is roped off and alarmed so it is not possible to light votive candles.

Remember there are many resources to foster your prayer and spiritual life. Please continue to check our parish website and Facebook page for new materials. Each week I post a video with a little reflection on the Sunday Gospel. Also check out our Links page on the website and you will be directed to other useful sites. Remember our twitter account too—[@saintaths](#). Some beautiful prayers and reflections can be accessed there.

Our diocesan website also has online prayer resources—go to <https://www.rcdom.org.uk>

There is also a closed Facebook group you might wish to join—Contemplative Theology. All you have to do is ask to join. There are also Twitter accounts you may find helpful: [@LectioMotherwel](#), [@rcmotherwell](#) and [@motherwellRE](#) Recently a new Facebook page has been opened: Motherwell Diocese Adult Formation. You'll find material there aimed at deepening our understanding of the faith.

The Liturgy of the Hours, the prayers and readings of the Mass and much more can be found at www.ibreviary.com

Beautiful reflections for all seasons and times can be found at www.thesacredbraid.com

Another good resource is <http://www.catholicireland.net> Reflections on the readings of the Mass, suggestions for children's faith formation and lots more.



LIVE STREAMING

WE USE LIVE STREAMING TO ENABLE:

1. HOUSEBOUND PARISHIONERS TO ENGAGE WITH MASS FROM HOME RELATIVES/FRIENDS WHO CANNOT ATTEND A BAPTISM / WEDDING / FUNERAL TO VIEW IT
2. EVANGELISATION: ENABLING THOSE WHO CANNOT OR DO NOT ATTEND CHURCH TO ENGAGE WITH ACTS OF WORSHIP.

THESE REASONS ARE NECESSARY IN THE LEGITIMATE INTERESTS OF THE CHURCH. THE IMAGES ARE MADE AVAILABLE LIVE ONLINE AND CAN BE ACCESSED BY ANYONE. LIVE STREAMING IS CARRIED OUT CONTINUOUSLY FROM OUR CHURCH. YOU MAY LOG ON AT ANY TIME TO PAY A VIRTUAL VISIT.

THE CAMERA FOCUSES ONLY ON THE SANCTUARY AREA AND THE AREA IMMEDIATELY IN FRONT OF IT. IF YOU DO NOT WISH TO HAVE YOUR IMAGE LIVE STREAMED PLEASE BEAR THIS IN MIND.

About Us This Parish is part of the Roman Catholic Diocese of MOTHERWELL, registered charity number SC011041. If you have questions about this notice, please contact frmagill@rcdom.org.uk

