



St. Joseph's Church Wilton

Telephone: 021- 4341362 Website: www.smawilton.ie email: stjosephschurchwilton@yahoo.com

Mass Times LIVE via the webcam
Monday - 10am and 5.35 pm
Saturday: 10 am Vigil Masses: 6 pm
Sunday: 10.30 and 12 noon

Am I ready to come out of lockdown?

I feel like a rabbit popping its head up out of a hole in the ground. Tentative, alert, on edge, heart racing, adrenaline pumping – what is it like out there now? This ambivalence feels guilty and confusing. Even more, it feels tender, this poking out of heads, this grasping after a wispy hope of a good life still to be lived somehow.

I know we will have to come out. I know we have to go back to work, both personally and globally. I want to, need to, and will. I will grab hold of my brain and my emotions, take them captive, and turn them from fear to hope.

There will be creeping about, a sense of foreboding at the presence of a body nearby that is not the same body we have been staring at for weeks on end in our homes. There will be the doubt that these other people have not been as careful as you, they probably didn't wash their hands as often, they maybe touched that metal banister, what if they coughed recently? Suspicion and attention to minute movements and details and where have we placed our hands, our mouths, our germs? Scepticism, that what our governments, or the WHO have told us is reliable and transparent. Are we safe now? Are we there yet?

I hope there is work to go back to. I hope there are doctors who will treat cancer, and professors who will teach students. I hope there are baby showers and blind dates and fiftieth anniversaries and teenagers screaming at band concerts. I hope we can toast the happy couple, huddle close around the coffin, visit the hospital room, sweat together in marathons. I hope we are changed by how we fought for human life, by how we sought refuge in a place we call home, by how we whispered thank you for small things. I hope this change means we will still fight for every human life, that we will help refugees find permanent homes, that we will say thank you more often than we complain and judge, that we will laugh.

Building Mental and Emotional Resilience

We are all very familiar with the potential damage to our economy caused by the virus. We are also sadly aware of the appalling death rate caused by the virus. However, we might not be so aware of the emotional and mental toll we are paying as a consequence of this virus. The lifestyle that we have been forced to adopt to over the past few months is not natural, no matter how important and necessary it was to combat the virus.

As an aid to enable people to become aware of the personal challenges we face in these difficult times, St. Joseph's 'SMA' Church is hosting via their webcam (WWW.SMAWILTON.IE click LIVE) , a four week programme on 'Building Mental and Emotional Resilience through the concept of Mindfulness'. The course will take place each Wednesday at 7pm for 1 hour - beginning on Wednesday, 3rd June.

The programme will be conducted by:
Ber Mulcahy (RPN, RGN)
MSc in Mindfulness Based Interventions,
H.Dip in Coaching Psychology.

WILTON PARISH CENTRE

Wilton Parish Centre is an important part of our parish. Prior to the Covid 19 virus it hosted up to 60 groups. It was an important witness to the community of what our church is about. Like so much in our society today the future for the Centre is uncertain but it's important to give it a chance to rise again after the virus. As a gesture of support the parish is giving the Centre a grant of €10,000 to tide them over hopefully until better times come.

This is parish money and after consultation with various members there was unanimous agreement that this is the correct thing to be doing for the good of our parish. The fact that we can make this gesture is testimony to the generosity of our members over the years.



Everything you need is already inside you. Don't wait for others to light your fire. You have your own matches.

TROCAIRE

Please, we ask that people might return their Trocaire envelopes or Boxes. These can be dropped into the Mass Office during mornings. Trocaire is a deserving charity and they rely on what they can collect during Lent. This was a bad year for them but let's try and be generous at this time.

EASTER DUES/ENVELOPES.

Because of the Lockdown restrictions during Easter we decided not to distribute the Easter envelopes. It is now considered an acceptable time. Various people were so kind in helping us to distribute the Christmas envelopes to members. If such people could come to our help now again we would be grateful. On a table at the entrance of the church are batches of envelopes of sections of the parish. If people could take the envelopes of their area it would be appreciated.

Some people have returned their Easter Dues already, if you have already dropped your Easter Dues to the church feel free to discard a second envelope if one is dropped to your house.

People who will oblige please note: We are only asking people to drop the envelopes to the house, we are leaving it to the resident of the house to return it.

ENTRANCE ANTIPHON

The Spirit of the Lord has filled the whole world and that which contains all things understands what is said, alleluia.

PENITENTIAL ACT

You raise the dead to life in the Spirit:
Lord, have mercy. Lord, have mercy.

You bring pardon and peace to the sinner:
Christ, have mercy. Christ, have mercy.

You bring light to those in darkness:
Lord, have mercy. Lord, have mercy.
May almighty God Amen.

THE 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.

OPENING PRAYER

O God, who by the mystery of today's great feast sanctify your whole Church in every people and nation, pour out, we pray, the gifts of the Holy Spirit across the face of the earth and, with the divine grace that was at work when the Gospel was first proclaimed, fill now once more the hearts of believers. Through our Lord Jesus Christ.....

LITURGY OF THE WORD

FIRST READING — Acts 2: 1 - 11

A reading from the Acts of the Apostles

When Pentecost day came round, the apostles had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech.

Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, each one bewildered to hear these men speaking his own language. They were amazed and astonished. 'Surely' they said 'all these men speaking are Galileans? How does it happen that each of us hears them in his own native language? Parthians, Medes and Elamites; people from Mesopotamia,



Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya round Cyrene; as well as visitors from Rome - Jews and proselytes alike - Cretans and Arabs; we hear them preaching in our own language about the marvels of God.'

The word of the Lord. Thanks be to God.

RESPONSORIAL PSALM Ps. 103:1, 24, 29-31, 34

*R. Send forth your Spirit, O Lord,
and renew the face of the earth. or Alleluia.*

1. Bless the Lord, my soul!
Lord God, how great you are,
How many are your works, O Lord!
The earth is full of your riches. (R)
2. You take back your, spirit, they die,
returning to the dust from which they came.
You send forth your spirit,
they are created;
and you renew the face of the earth. (R)
3. May the glory of the Lord last for ever!
May the Lord rejoice in his works!
May my thoughts be pleasing to him.
I find my joy in the Lord. (R)



SECOND READING 1 Corinthians 12:3-7.12-13

A reading from the first letter of St Paul to the Corinthians
No one can say, 'Jesus is Lord' unless he is under the influence of the Holy Spirit.

There is a variety of gifts but always the same Spirit; there are all sorts of service to be done, but always to the same Lord; working in all sorts of different ways in different people, it is the same God who is working in all of them. The particular way in which the Spirit is given to each person is for a good purpose.

Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink.

The word of the Lord. Thanks be to God.

GOSPEL ACCLAMATION

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

GOSPEL John 20: 19 - 23

A reading from the holy Gospel according to John

In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you', and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you.

'As the Father sent me, so am I sending you.'

After saying this he breathed on them and said:

'Receive the Holy Spirit.

For those whose sins you forgive, they are forgiven;

for those whose sins you retain, they are retained.'

The Gospel of the Lord. Praise to you Lord Jesus Christ.

focus on sunday

PENTECOST SUNDAY 31st May 2020

The coming of the Holy Spirit is a gift of God for all peoples: the sign of his presence is in the reconciliation, justice and peace we create among people. The feast today is both a gift and a call: a call to be the ones who make the Holy Spirit present among God's people everywhere.

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 for our salvation
he came down from heaven,

All bow for following three lines:
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.

LITURGY OF THE EUCHARIST

PRAYER OVER THE OFFERINGS

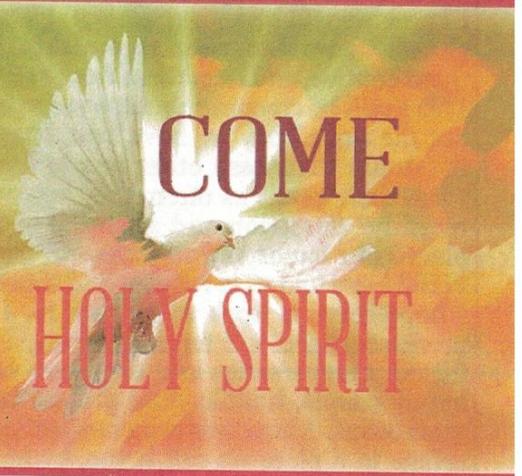
Grant, we pray, O Lord,
that, as promised by your Son, the Holy
Spirit may reveal to us more abundantly
the hidden mystery of this sacrifice and
graciously lead us into all truth.
Through Christ our Lord.

AFTER THE CONSECRATION

The mystery of faith.
Save us, Saviour of the world, for by your
Cross and Resurrection you have set us free.

PRAYER AFTER COMMUNION

O God, who bestow heavenly gifts upon
your Church, safeguard, we pray, the
grace you have given, that the gift of
the Holy Spirit poured out upon her may
retain all its force and that this spiritual
food may gain her abundance of eternal
redemption. Through Christ our Lord.



We can all probably remember our confirmation day. What we did that day; visits to relatives, a special treat, maybe being asked a question by the bishop. We were told that we were given the gifts of the Spirit. God's

spirit would always be with us in life to help us be good Christians. As baptism was a promise from God to be with us as an infant and always, confirmation was the same promise as we enter our teenage years.

The gospel today is about one big gift of the Spirit - forgiveness. No matter what my past, I am forgiven. We all have a past. There is no sinner who cannot be a saint, no saint that is not a sinner. All of us have regrets - what we have done, people we may have hurt especially family. God casts sin to the end of the ocean when we are sorry and do our best.

Then there are the signs of God's spirit - peace, joy, self-control, forgiveness, gifts we would all love to enjoy. So the Christian life is very attractive.

The spirit today is the Spirit of God's love - Son for Father, Father for Son. And we are invited into it.

Jesus's love is for the whole person, and that includes everyone. Often we think he likes only bits of me. He looks at me whole and entire in love. Maybe this love can help me forgive myself for all I feel guilty and ashamed of.

Forgive us Lord, as you have forgiven us.

Donal Neary SJ, Editor Sacred Heart Messenger