

5th SUNDAY OF LENT
 Reading Cycle A
 Psalter Week 1
 Sunday 27th MARCH 2020
 Chaplains: Llandough-Rev. Peter Davies
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MASSES WILL BE CELEBRATED PRIVATELY

SATURDAY	28 th MARCH	5 TH SUNDAY OF LENT	People of the Parish
SUNDAY	29 th MARCH		Lu Mooney Spiro Tanti (Anniversary)

MONDAY	30 th MARCH	Weekday 5 TH Week of Lent	Ellen Chisholm Roy Deans Spiro Tanti
TUESDAY	31 st MARCH	Weekday 5 TH Week of Lent	Edith Palmer Bernard Lago
WEDNESDAY	1 st APRIL	Weekday 5 TH Week of Lent	All Doctors and Nurses
THURSDAY	2 ND APRIL	Weekday 5 TH Week of Lent	People of the Parish
FRIDAY	3 RD APRIL	Weekday 5 TH Week of Lent	Holy Souls

SATURDAY	4 TH APRIL	PALM SUNDAY : THE PASSION OF THE LORD	Muriel Callaghan , Paul Chidgey Winifred Gardner
SUNDAY	5 TH APRIL		Holy Souls

PRAYERS FOR THE SICK, ANNIVERSARIES AND THOSE WHO HAVE RECENTLY DIED:

We pray for those in our families or in our Parish Community who may be sick, housebound, worried or in need. We ask that the love of the Lord be with them and all who are in self isolation during the coming week and that they may receive every grace and blessing. To all our parishioners who are indisposed you are sorely missed.. We pray for the Repose of the Souls of Colin Greenslade, and Joan Cowley who have died recently. May they Rest in Eternal Peace. +
 We also pray for Spiro Tanti whose anniversary occurs at this time.

CANDLES FOR SICK & HOUSEBOUND Each week votive candles are lit by you, they last approximately 2hrs. You will have an opportunity to buy a 7 day candle which will be left either at the Sacred Heart and Our Lady's Altar for the duration of a week. The charge will be £5. A second candle will be lit for the sick and housebound. Each week a named member of the Parish will be remembered by the lighting of a candle.
 Candles for specific people will continue to be lit each week. **This week's candle will be lit for Bernard Johnson**

LOVE ALONE OVERCOMES FEAR: Please see page 4

FORTHCOMING WEDDINGS, BAPTISMS, MEETINGS AND CLASSES At the moment all have been suspended until further notice.

GOING INTO HOSPITAL? Please let your parish priest know as he will be pleased to celebrate the Sacrament of the Sick and/or any pastoral support you need, as the team of priests who currently provide 24/7 cover are under a great deal of pressure and therefore no guarantee that a priest will always be available at any particular time. If you know any Catholic already in Hospital who needs a visit or sacramental support please leave details with the Cardiff & Vale Hospital Chaplaincy 029 20743230

WAY OF THE CROSS: Our usual service for the Way of the Cross has been suspended. However, there are many on-line sites which would enable you to accompany Jesus on his Journey to the Cross.

Eg https://archive.org/details/The_Stations_of_the_Cross

ON-LINE MASS: There are many sites which stream Catholic Masses.

eg
<http://www.catholicv.org/masses/catholicv-mass> Daily Mass

<https://www.mcnmedia.tv/camera/st-mary-of-the-angels> Daily Mass

MESSAGE FROM CANON MIKE

Hello! It's me again. I'm still trying to keep out of mischief, what about you? For some it's a testing time, no matter what age you are. A number of you have been housebound, not able to get out, others confined to the house with a few children, others caring for a sick or elderly loved one, each in our own individual way "locked down" by the Coronavirus sweeping through the land.

During the past week we buried Joan Cowley: a simple graveside service with a small number of family members. On the way back there was a man carrying a banner "*The end of the World is near, Jesus will soon be here*" I heard a man shout, which brought a smile to many a face "As long as Jesus stands six foot away!"

When you go to the shops, surgery, wherever there are people, we are now told to stand a minimum of six foot from the person in front, in case we catch Coronavirus. Most people are afraid of what lays ahead. No person can answer that, for the greatest fear is the Fear of Fear. Some things we can change, others we can't so we must make the best of what each day brings.

Many times we have sung the words "I will be with you wherever you go" "For you are always close to me" Well, do you believe that? I believe those words of Jesus. They give me courage and determination each day to see this 'storm through'. We have heard and watched people on our TVs: hospitals tending to the sick with encouraging words and tender hands, the people stacking shelves and on the checkout, the drivers bringing food to the supermarkets, the men and women at the surgeries and pharmacies. You know who they are, but remember they are like you, PEOPLE. They have a breaking point, they cry under pressure, so please don't overburden them. Listen to the Government and our Bishops within England and Wales.

Finally, two things I wish to share with you. The first concerning an Italian Priest who caught the virus, was placed in the hospital and expected no special treatment because he wore a collar. He understood that they could do no more for him, but a ventilator was bought by his Parish. He thanked them for their generosity, but gave it to a young married man. A selfless act of charity which led to his death. Fr Berardelli is an example to me of what Humility and Service mean. He went that extra mile into the arms of Jesus.

The second, as I scribble these few words, the window is open, the sun shines, and I see the trees and the flowers are starting to open. The birds are singing because Winter has gone and Spring is with us. This is our time of hibernation into the "darkness of winter" knowing WE WILL rise like the flowers and trees and sing out again like the birds. Why? Because we must. We do not live in the dark, but in the light. We are a Christian People who have hope.

As you know I have a sense of humour and enjoy a laugh. So, as someone said "Let's look on the Bright Side of Life".

from Michael, Your Friend and Priest.



LIFE'S LIKE THAT!

- A man went into a hardware store to buy a sink. "Would you like the one with a plug?" asked the assistant. "Don't tell me they've gone electric!" said the man.
- Two aerials on a roof fall in love -- get married. The ceremony was rubbish ---- but the reception was brilliant.
- The Reverend Huw Jones a Minister from Canton was travelling home one night and was greatly annoyed when a young man much the worse for drink came and sat next to him on the bus. "Young man" the Minister declared in a rather pompous tone "Do you not realise you are on the road to perdition?" "Oh Hell and botheration" retorted the drunkard "I could have sworn this bus went to Grangetown".
- A man enters a dark cabin. He has just one match with him. There is an oil lamp, a wood stove and a fireplace in the cabin. What would he light first?
The Match!

**Pope Francis Prayer to Mary
during the coronavirus pandemic**

O Mary,
you always shine on our path
as a sign of salvation and of hope.
We entrust ourselves to you, Health of the
Sick,
who at the cross took part in Jesus' pain,
keeping your faith firm.
You, Salvation of all People,
know what we need,
and we are sure you will provide
so that, as in Cana of Galilee,
we may return to joy and to feasting
after this time of trial.
Help us, Mother of Divine Love,
to conform to the will of the Father
and to do as we are told by Jesus,
who has taken upon himself our sufferings
and carried our sorrows
to lead us, through the cross,
to the joy of the resurrection.
Amen.

Act of Spiritual Communion

The Church encourages frequent, even daily, Holy Communion, but if at any time we cannot go to Mass we can still unite ourselves to the Eucharist through making a spiritual Communion. By making an Act of Spiritual Communion, we express our faith in Christ's Real Presence in the Eucharist and ask him to unite himself with us. Here is the Act of Spiritual Communion written by St. Alphonsus de Liguori:

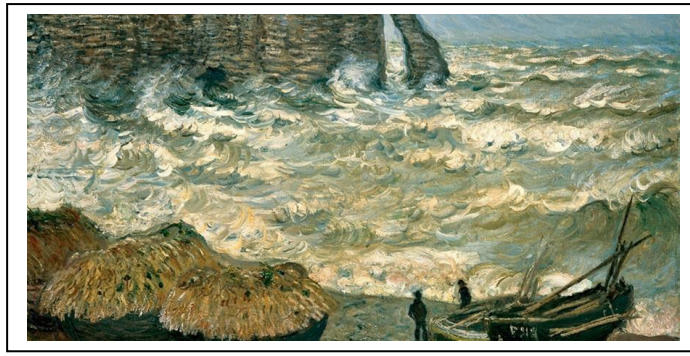
My Jesus,
I believe that You
are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment
receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there
and unite myself wholly to You.
Never permit me to be separated from You.
Amen.

The Lord says:

**" Do not worry about the future;
The enemy wants you to fear the
worst.**

**I am asking you to trust Me for
the best."**





A Message from Fr Richard Rohr about COVID-19

Love Alone Overcomes Fear

March 19, 2020

It is shocking to think how much the world has changed in such a brief time. Each of us has had our lives and communities disrupted. Of course, I am here in this with you. I feel that I'm in no position to tell you how to feel or how to think, but there are a few things that come to mind I will share.

A few days ago I was encouraged by the Franciscans and by the leadership team here at the CAC to self-quarantine, so I've been in my little hermitage now for three or four days. I've had years of practice, literally, how to do what we are calling "social distancing." I have a nice, large yard behind me where there are four huge, beautiful cottonwood trees, and so I walk my dog Opie every few hours.

Right now I'm trying to take in psychologically, spiritually, and personally, what is God trying to say? When I use that phrase, I'm not saying that God causes suffering to teach us good things. But God does use everything, and if God wanted us to experience global solidarity, I can't think of a better way. We all have access to this suffering, and it bypasses race, gender, religion, and nation.

We are in the midst of a highly teachable moment. There's no doubt that this period will be referred to for the rest of our lifetimes. We have a chance to go deep, and to go broad. Globally, we're in this together. Depth is being forced on us by great suffering, which as I like to say, always leads to great love.

But for God to reach us, we have to allow suffering to wound us. Now is no time for an academic solidarity with the world. Real solidarity needs to be felt and suffered. That's the real meaning of the word "suffer" – to allow someone else's pain to influence us in a real way. We need to move beyond our own personal feelings and take in the whole. This, I must say, is one of the gifts of television: we can turn it on and see how people in countries other than our own are hurting. What is going to happen to those living in isolated places or for those who don't have health care? Imagine the fragility of the most marginalized, of people in prisons, the homeless, or even the people performing necessary services, such as ambulance drivers, nurses, and doctors, risking their lives to keep society together? Our feelings of urgency and devastation are not exaggeration: they are responding to the real human situation. We're not pushing the panic button; we are the panic button. And we have to allow these feelings, and invite God's presence to hold and sustain us in a time of collective prayer and lament.

I hope this experience will force our attention outwards to the suffering of the most vulnerable. Love always means going beyond yourself to otherness. It takes two. There has to be the lover and the beloved. We must be stretched to an encounter with otherness, and only then do we know it's love. This is what we call the subject-subject relationship. Love alone overcomes fear and is the true foundation that lasts (1 Corinthians 13:13).