

FIRST READING

Zechariah 9:9-10

The Lord says this: "Rejoice heart and soul, daughter of Zion! Shout with gladness, daughter of Jerusalem! See now, your king comes to you; he is victorious, he is triumphant, humble and riding on a donkey, on a colt, the foal of a donkey. He will banish chariots from Ephraim and horses from Jerusalem; the bow of war will be banished. He will proclaim peace for the nations. His empire shall stretch from sea to sea, from the River to the ends of the earth."

RESPONSORIAL PSALM

Psalm 144

I will bless your name for ever, O God my King.

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| <p>1. I will give you glory, O God my King,
I will bless your name for ever.
I will bless you day after day
and praise your name for ever.</p> | <p>3. All your creatures shall thank you, O Lord,
and your friends shall repeat their blessing.
They shall speak of the glory of your reign
and declare your might, O God.</p> |
| <p>2. The Lord is kind and full of compassion,
slow to anger, abounding in love.
How good is the Lord to all,
compassionate to all his creatures.</p> | <p>4. The Lord is faithful in all his words
and loving in all his deeds,
The Lord supports all who fall
and raises all who are bowed down.</p> |

SECOND READING

Romans 8:9.11-13

Your interests are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him, and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you. So then, my brothers, there is no necessity for us to obey our unspiritual selves or to live unspiritual lives. If you do live in that way, you are doomed to die; but if by the Spirit you put an end to the misdeeds of the body you will live.

Alleluia, alleluia! Blessed are you, Father, Lord of heaven and earth, for revealing the mysteries of the kingdom to mere children. Alleluia!

GOSPEL

Matthew 11:25-30

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. Yes, Father, for that is what it pleased you to do. 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.

"Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light."

St Anthony of Padua

Presbytery: Cadley Causeway, Fulwood, Preston PR2 3RX
Tel: 01772 725193 **E-mail:** parish.priest2@btinternet.com
Website: www.stanthonys-rc-church-preston.org.uk/



Priest: Fr. Peter Draper (Tel: 725193)
Deacons: Rev. John Kilshaw (07759 943667)
Rev. Tom Butler (retired - 07853777957);

Annexe: 725544 **Social Centre:** 735963 **Primary school:** 726621
Playgroup/Preschool 07963 700591

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Rest

The story is told of a South American tribe that went on a long march, day after day, when all of a sudden they stopped walking, sat down to rest for a while and then made camp for a couple of days before going any farther. They explained that they needed the time of rest so that their souls could catch up with them. [1]

"Maybe our idea of rest isn't really rest. When I felt the need to start slowing down, I took that literally. I spent more time on the couch. I crossed items off my to-do list. And I felt worse. I'm coming to see that when God asks me to rest it is actually more about my heart. Learning to trust instead of strive; learning to enjoy rather than push so hard; learning to focus on the moment instead of results. It's an intimate invitation—not to step away from life but to embrace the Giver of it. 'Come to me. I will give you rest.' We need Sabbath time. [2]

"Sabbath can refer to a single day of the week, a day of rest. A Sabbath experience is not confined to chronological time. Sabbath is a way of being in time where we remember who we are, remember what we know and taste the gifts of spirit and eternity. Sabbath time is sacred time. We need Sabbath-keeping not only for ourselves but also for the times when we go forth to heal the wounds of our world. Whatever we build, create, craft or serve will then have the wisdom of rest in it. Rested and refreshed, we more generously serve all those who need our care. The human spirit is naturally generous: the instant we are filled, our first impulse is to share, to be useful, to be kind, to give something away. The world aches for the generosity of a well-rested people.

A closer reading of Genesis reveals that the Sabbath was not simply a day off! The ancient rabbis taught that on the seventh day, God created *menuha* – tranquillity, serenity, peace and joyful repose; rest, in the deepest possible sense of fertile, healing stillness. God celebrated and delighted in his creation. Until the Sabbath, creation was unfinished. Only after the birth of *menuha*, only with tranquillity and rest, was the circle of creation made full and complete." [1]

[1] adapted Wayne Muller: Sabbath) [2] adapted Holley Gerth

Fourteenth Sunday in Ordinary Time Year A

5th July 2020

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Eucharistic Prayer 2

DIARY AND MASS INTENTIONS

for the week beginning Saturday 4th July 2020

Sat 10.00am 6.00pm	<i>St. Ant</i> <i>St. Ant</i>	Special Intention Margaret & Bert Swarbrick	
Sun 9.30am 11.00am 5.00pm	<i>St. Ant</i> <i>H. Family</i> <i>St. Ant</i>	Margaret Mary Holden Special Intention For our parish	<i>14th Sunday in Ordinary Time</i>
Mon	<i>H. Family</i>	Brian Farnell	
Tue	<i>St. Any</i>	Mary Bamber	
Wed	<i>St. Ant</i>	Family & friends of Peter Clayton	
Thur	<i>H. Fam</i>	Joan Jump	
Fri	<i>St. Ant</i>	For successful treatment	
Sat 10.00am 6.00pm	<i>St. Ant</i> <i>St. Ant</i>	Special Intention John Calvey	<i>Feast: St. Benedict</i>
Sun 9.30am 11.00am 5.00pm	<i>St. Ant</i> <i>H. Family</i> <i>St. Ant</i>	Cecilia Lonsdale For our parish For our parish	<i>15th Sunday in Ordinary Time</i>

Masses received this week:

Cecilia Lonsdale.

Please pray for: Bishop Paul, Joan Anderton, Bill Embery, Lawrence Dunnagan, John Myerscough and Alice Myerscough, Mary Kathleen Kellett, Chris Goldsmith, Frank Stanton, Betty Murphy, Marie Gardner, Carole Adnitt, Joan Green, Frances & Les Farrer.

Also the isolated and lonely, all medical staff and carers, those in research, the Government and all world leaders, all who are assisting the public in any way.

... for those who have died recently: Peter Clayton, Elsie Croasdale;

... and for those whose anniversaries are around now: Mgr. Eddie Gould, Jenny Turner, Tom Gardner, Clare Campsey, Josephine Higginson, Irene Gee, John Smethurst, Cecilia Lonsdale, Joan Jump.

We remember in our prayers those who have been injured or lost their lives in conflict, especially those from our parish.

Church is opening!

We are open for public Masses from this weekend. We are delighted to be able to welcome people back into our church. But there are conditions.

If you, or a member of your household, are showing any of the symptoms of COVID-19, you should not attend church for Mass. We all need to be mindful of the safety of all members of our parish community. We would ask that you remain at home and follow the relevant NHS advice. The obligation to attend Mass on Sundays remains suspended.

Our stewards will ask you for your telephone number. This is simply so that we can contact you in the event of anyone at your Mass later being diagnosed with covid 19. Hopefully we won't need to use this and the record will be destroyed after one month. Its an additional layer of safety for everyone.

1. We would be allowed to reduce social distancing to 1-metre if everyone wore a face mask. We do not think it is feasible to require this so we must retain the 2-metre rule.
2. This severely limits the capacity of the church. To help alleviate this there will be two additional Masses each weekend - at 10.00am on Saturday morning and at 5.00pm on Sunday evening. These will be 'Sunday' Masses, with the Sunday readings & prayers etc.
3. To minimise movement in church Stewards will direct parishioners to fill the benches from the front (you may light candles at the statues first if you wish but remember that sanitising liquid is highly flammable so keep your hands away from the flame.). You will probably not be able to go in your 'usual' bench but that will give you a new perspective!
4. There will be standing room at the back of church when all the benches are occupied but you must still keep the 2-metre distancing.
5. Holy Communion will come at the very end of Mass i.e. after the blessing - and then you should exit church immediately by the emergency exit at the front. Please do not form a long queue in the centre aisle because you will be close to people in benches.
6. There will be no Bidding Prayers and a short homily. There will be no offertory procession or collection. Please put your offerings in the basket at the start of Mass (envelopes are now available). There is no Sign of Peace and no singing.
7. PLEASE NOTE: If church reaches safe capacity be prepared to go home and come to a later Mass.
8. Weekday Mass will return as usual - Tues, Wed & Fri at 9.15am at St. Anthony's; Mon & Thurs at Holy Family.
9. Confessions will be available in the Sacristy on request.
10. The toilets will remain out of use for the time being.
11. Funeral Services and Masses may now be in church (maximum 25 people).

If all this sounds too complicated don't worry: there will be stewards on hand to assist. We're trying to get back to normal as soon as possible.

Repeat notices

Virtual 'Coffee Morning' We have another zoom Coffee Morning today. Log in information is: <https://us02web.zoom.us/j/88074770311> Meeting ID: 880 7477 0311 Thanks again to Angie for facilitating and hosting this.

Covenant Books: The book shop at Holy Family has re-opened Thurs & Fri. 10am-4pm; Sat 10.00-12.30pm.

Preston 5km Challenge for CAFOD's Coronavirus Appeal.

Members of our parish have committed to a fundraising event: On Saturday 11th July 2020, you are invited to either walk, run, cycle or wheel 5km (3.1miles), choosing your individual routes and times. We will be taking up our challenges individually in the knowledge that we are together in spirit at one community event. Social distancing will be observed at all times. People are joining us from other Preston parishes and from beyond. Join in yourself by contacting Peter Towers using the facebook address below. JustGiving page and Facebook group: <https://www.justgiving.com/fundraising/cafodprestoncy> <https://www.facebook.com/groups/549868239250525/>