

St Anthony of Padua

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Priest: Fr. Peter Draper. (Tel: 725193)
Deacon (retired): Rev. Tom Butler

Sunday Masses: 6.00pm (Saturday Vigil), 9.30am.
Weekday Mass: Mon-Wed, Fri: 9.15am. (Thurs 9.15am at Holy Family)
Confessions: 5.30—5.50pm

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

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Finding the Gift Underneath Our Fear

Some scripture scholars say that the words, "Do not be afraid" appear 365 times in the bible. Every day most of us experience fear of someone or something. The context that gives rise to our fear is different for each one of us and can also change from day to day. The same can be said about the intensity of that context: fear of going to the dentist, fear of travelling by air, fear of work colleagues and situations, fear of the economic climate, fear of the results of medical tests, fear of waking up to the daily warning sound of air raid sirens.

'Whatever our experience, we normally have one of three typical responses to fear: fight, flight or freeze. Fighting back against fear tends to provoke a rebound of even more aggressive, fearful reaction; running away diminishes our lives; freezing changes nothing. While all three may carry us through immediate danger, they don't help us grow. There is a fourth response: it is learning how to feel fear without being driven by it; it is knowing the difference between healthy fear and paranoia; it is finding the gift *underneath* the fear. It is a problem when fear becomes the lens through which we see everything. It is difficult trusting that there is a different way of being and then practising it. When we feel afraid, it can be useful to ponder the fear *beneath* the fear. Usually this fear matters more than what is on the surface. Frequently, what we are actually afraid of is not being able to cope if any of our fears are realised. The emotion we call fear is only energy passing through us. It can, like electrical circuitry, empower but if it is not contained in a system that will safely direct its flow, it can kill.' [1]

'It has been said the antidote to fear is not optimism but action rooted in hope. There is a part of each one of us that *cannot* be impacted by fear or pain. We usually call it the *soul* or the *true self* or the *core beneath the core*.' [1] We can access this core through any practice that enables us to find true strength in remembering that "our feelings are how we are, not who we are." [2]

If fear brings us to a deeper realisation of who we are in God then we have found the gift *underneath* the fear. 'We can tolerate anything as long as our centre holds but it's very scary when the centre starts to go. All of us have survival strategies: a walk to nowhere in particular, immersing ourselves in some creative activity, communing with nature, being truly present to those we love. Whatever these rituals of nurturance are, they help us find the place that grants us entrance into that deeper place. Each of these experiences helps us become more grounded in a love that transcends fear, a love that sustains us in our fear.' [3] We experience God incarnate in each of these experiences, saying to us every day: "Do not be afraid."

Adapted [1] Gareth Higgins [2] A de Mello [3] James Finley

12th Sunday in Ordinary Time Year A
25th June 2023 Missal: p729

DIARY AND MASS INTENTIONS

for the week beginning Saturday 24th June 2023

Sat 6.00pm	<i>St. Ant</i>	Alfred Forgell	
Sun 9.30am 11.00am	<i>St. Ant</i> <i>H.Family</i>	Jack Adamson For our parish	12th Sunday in Ordinary Time Peter Pence' Collection
Mon 9.15am	<i>St. Ant</i>	Leonard Airey	
Tue 9.15am	<i>St. Ant</i>	Baby Ollie	
Wed 9.15am 7.30pm	<i>St. Ant</i> <i>St. Ant</i>	Roger Horn Special Intention	<i>Feast: St. Irenaeus</i>
Thur 9.15am 10.30am	<i>St. Ant</i> <i>H.Family</i>	Linda Salter Lancs Infirm Clergy	HOLY DAY: Ss. Peter & Paul
Fri 9.15am	<i>St. Ant</i>	Francis O'Gara	
Sat 6.00pm	<i>St. Ant</i>	Ann Kathleen Corless	
Sun 9.30am 11.00am	<i>St. Ant</i> <i>H.Family</i>	Michael Fitzgerald For our parish	13th Sunday in Ordinary Time

Last Weekend: Attendance: 282 (82 + 200). Offertory: £610.82.
Day For Life: £136.81 Thank you for your generosity.

Masses received this week: baby Ollie, Roger Horn, Linda Salter, Doreen Kerr, Rita Keane, Michael Fitzgerald, Margaret Smith, Freda Thornton.

Tea, Coffee, cake etc. is served in the Padua Room after both weekend Masses. You are welcome to come and join us.

Fair Trade stall next weekend.

PRAYER INTENTIONS

We pray for those who are sick, especially Mary Lawler, Jo Counsell, Bill Embery, Marie Morris, Carole & Gary Adnitt, Maureen Cafferkey, Les Farrer, Margaret Rainford, baby Mairead, Angela Russell;

We pray for those who have died recently: Winifred Akers, Ray Cope;

and those whose anniversaries fall about this time: Ann Kathleen Corless, Linda Salter, Joanne Clarkson, Joseph Morrison, Raymond Barton, Elsie Nickson, Eric Penney, Walter Donaghy, Maureen Fraser, Malcolm Hulme, Richard Berry, Michael Fitzgerald, Freda Thornton, Margaret Will, Frank Wilson. May they rest in peace.

Feast of Ss. Peter & Paul
This Thursday is the Feast of Ss Peter & Paul- a Holy Day.
Masses are at 7.30pm (vigil) & 9.15am.
(At Holy Family Mass is at 10.30am.)

St. Anthony's Feast Day—today

Celebrated at 9.30am Mass with representatives of our school and Parish Groups, including a visiting organist for the main organ and St. Anthony's Singers. There will be displays at the back of church too. Get-together straight after Mass in the Parish Centre for refreshments

CAFOD Petition

A petition is being organized by CAFOD to protest at policies which restrict the rights of small scale farmers to trade locally produced seeds amongst themselves. In the interests of food security and bio-diversity scientists believe farmers in the developing world should be allowed to continue this practice. Please support this petition which aims to get the World Bank to protect these farmers against the power of the international agricultural industry. The petition will be available in church for you to sign. Please support it.

St. Anthony's Parish Walk

Our CAFOD Group are organising a Parish Walk & Picnic on Sunday 2nd July, leaving from church at 2pm. As previously it is a pretty level, buggy friendly route along the canal towpath and into Haslam Park where we will have the 'bring your own' picnic. It is intended as a friendly, social event, not a CAFOD fundraiser.

St. Walburge's Summer Fair—TODAY

From 12.30pm. Raffle, cakes, bric-a-brac, tombolas, games. All proceeds to restoration fund.

St Vincent De Paul - Request for Help

Thank you to everyone who contributes to the Food Banks regularly. Tinned vegetables and fruit continue to be requested by the local food banks in our area. Our local GIFT 92 - Unit 2, off Boundary Road, Fulwood. PR2 3DS - tel 716572 supports local people in real need and urgently requires donations of furniture, fridges, washers and cookers. GIFT 92 promotes reuse goods for the benefit of those struggling financially who are referred to them for help. If you are able to help please contact by phone or email mail@gift92.com. Free collection service Monday to Friday up to 1pm.

St. Anthony's Wednesday Faith Group 7pm in the Padua Room

'The Story of the Old Testament.' Join us at 7.00pm on Wednesday 14th June for a six week course to explore the basic narrative of the Old Testament. Bring a Bible. For more information contact Jackie Stopyra 07934 667292 or e-mail jackie.stopyra@gmail.com

Flower Festival in Blackpool

St. John Vianney parishioners are celebrating the 90th anniversary of their church with a Flower Festival on the theme: 'Thanksgiving for the past, working together for the future'. Friday and Saturday 30th June/ 1st July @ 10am - 12(noon) & 2pm -4pm; Sunday 2nd July 12noon - 4pm. Come and view our beautiful floral displays. Adults entry £1 [to include free programme] children free. Refreshments & Raffle.