

St Anthony's Newsletter. Sunday 24th May 2020

7th Sunday of Easter.



Four Steps to overcome Coronavirus:
1. Hand Sanitation. 2. Self Isolation.
3. Two-metre Separation
4. Don't forget – Spiritual Meditation



Thank you: I would like to thank all the recipients of last Sunday's email "Newsletter Not" who very kindly replied to wish me well following my couple of days in hospital. Thank you.

Daily Mass: Fr Jacob records and broadcasts his daily Mass to help us stay connected during the "lockdown" period. If you have requested to join the St Kessog's Whatsapp platform you will be able to access the recordings on you mobile. Alternatively, a link is also available via email to access the Mass on your computer. Please feel free to contact Fr Jacob or myself, Terry (contact details below) if you require assistance on this.

Live broadcasts of daily Mass is available from the links below, St Francis Xavier, Falkirk, St Andrew's Cathedral, Glasgow and St John the Baptist, Uddingston.

<https://www.mcnmedia.tv/camera/st-francis-xavier-church-falkirk>

<https://www.mcnmedia.tv/camera/st-andrews-cathedral>

<https://saintjohnbaptist.org/church-web-cam/>

Church Finances: During this period of "lockdown" the church's overhead expenses continue. You may find it helpful to make your weekly donations by Standing Order. Attached is the necessary form to set up a Standing Order with the bank

Spiritual Guidance from Fr Jacob:

During this "Eucharistic Fast" one way to keep close to the Lord is to make a "Spiritual Communion." This is an ancient spiritual tradition of the Church which consists in making a simple act of "spiritual communion," whereby we unite ourselves to God through prayer. It is a beautiful way to express to God our desire to be united with him when we are unable to receive Holy Communion.

An Act of Spiritual Communion

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.

Remember, you can receive Jesus *in your heart* from *anywhere* you might happen to be, at *any time, day or night!* You just need to approach Him with sincerity, humility and a desire to follow in His footsteps in acts of faith and charity. And He's delighted when we do so! The Catechism teaches that a Spiritual Communion "is an act of devotion, and one very pleasing to God"

Priest in charge: Fr Jacob Kabamba St Kessog's Presbytery: : tel: 01360 770300 email: stkessogs1@gmail.com

Parish website: www.parihofstkessog.org

Parish Council: Joint Chairmen: Terry Delany (St Anthony's) and Kevin McCarron (St Kessog's)

Newsletter: Terry Delany Mobile 07836789006. tel.: Catherine & Terry 01360 550517

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