

# St Anthony's Newsletter. Sunday 3<sup>rd</sup> May 2020

## 4th Sunday of Easter.



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



World

Day of

### Prayer for Vocations

**Congratulations:** I am delighted to pass on some good news from one of our own parishioners. Jo Noblett has been awarded a Doctor of Philosophy degree ( PhD). Jo has been working tirelessly for this and is due all our heart felt praise for her achievement. Congratulations Dr Jo Noblett! I am sure once we are all free from “lockdown,” we will be pleased to congratulate Jo in person.

**Daily Mass:** During the “lockdown” period perhaps we have more time to embrace and enhance our spirituality. Live broadcasts of daily Mass from various churches are streamed online, some links are highlighted below. In addition, Fr Jacob publishes a link to a daily recording of his celebration of Mass at St Kessog's each day on Whatsapp. If you wish to receive this please contact Fr Jacob or Terry.

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

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

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

**An Act of Spiritual Communion:** St. Thomas Aquinas defined a Spiritual Communion as “an ardent desire to receive Jesus in the Most Holy Sacrament [in Communion at Mass] and in lovingly embracing Him as if we had actually received Him.” You can make a Spiritual Communion whenever and wherever you like, using the prayer given below, or others like it, or your own heartfelt thoughts.

*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.*

**Can you help.** (Note from Jo Noblett) I am part of a group in the local area sewing scrubs, scrub caps, masks and scrub bags for NHS and Social Care in Scotland. We require cotton or poly/cotton duvet covers and sheets in a clean and reasonable condition that you no longer need. Patterns, Children's themes all welcome, they make for fun scrubs. If you have any of these items and happy to donate can you leave them in the porch at **16 Station Road, Balforn**

Also if you have a sewing machine and want to do some sewing to pass the time then get in touch with Scotland Sewing Scrubs on WhatsApp there, you will find a team of sewers and helpers who will get you started. Thank you to all, Jo Noblett.

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Priest in charge: Fr Jacob Kabamba St Kessog's Presbytery: : tel: 01360 770300 email: [stkessogs1@gmail.com](mailto:stkessogs1@gmail.com)  
Parish website: [www.parishofstkessog.org](http://www.parishofstkessog.org) Parish Council: Joint Chairmen: Terry Delany (St Anthony's) and Kevin McCarron (St Kessog's)  
Newsletter: Terry Delany email: [terrydelany75@gmail.com](mailto:terrydelany75@gmail.com) Gift Aid: [Catherine\\_delany@hotmail.com](mailto:Catherine_delany@hotmail.com) tel.: Catherine & Terry 01360 550517

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