

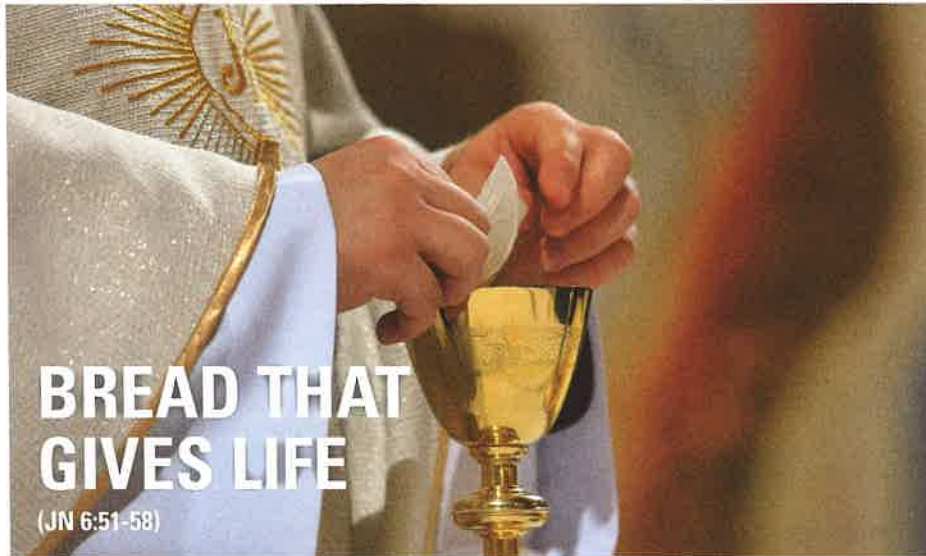
14 JUNE 2020

Sunday Message

BODY AND BLOOD OF CHRIST: CORPUS CHRISTI

THE WORD

Year A • Season Colour: White • Psalter Week 3



Some time ago, I read *The Gulag: A History* by Anne Applebaum. The Gulag was a vast network of labour camps scattered throughout the old Soviet Union.

It has been described as the Soviet version of the Nazi concentration camps but with significant differences. People were sent to Nazi concentration camps to die; those in the Gulag were sent there not to die but as forced labour, to aid the economy. Because the Nazis sent only specific categories of people to the camps (Jews, gypsies, invalids), most Germans felt relatively safe. But in the Soviet Union, anyone could be sent to the Gulag for any reason. Nobody felt safe. People of all ages lived in constant terror of arrest and deportation.

Between 1929 and 1953, when Stalin died, it is estimated that 18 million people passed through the Gulag. Conditions were atrocious. Prisoners were forced to work 16-hour days in extreme weather conditions. Violence was rampant. Food was scarce, hunger was constant, and unknown millions died.

Not everybody in the Gulag starved. For even when there was no food, one staple was usually available: bread. Bread was so important in the life of the Gulag that former prisoners have described it many times. Sometimes they remember it as badly baked. One prisoner recalled it being so hard it "resembled a brick", and so small it could be eaten "in two bites". Another wrote that it was literally "black" because the bran left in it coloured the bread black and made "the texture coarse". Often it was baked with too much water and was "wet and weighed heavy" so that prisoners received less than their allotted 700 grammes per day. In their desperation, prisoners would brawl over the less watery ends of the loaves.

In the hungrier camps, bread took on almost sacred status, and a special etiquette grew up around its consumption. While camp thieves stole virtually everything else with impunity, the theft of bread was considered particularly heinous and unforgivable. The unwritten law of the camp criminals in Kolyma in northeastern Russia was: 'Steal anything – except the holy bread portion.'

Inmates had their own rituals when it came to bread. "If prisoners received bread only once a day, in the morning," wrote Dmitri Panin in his memoirs, "they faced an agonising decision: eat it all at once, or save some until the afternoon. To save the bread risked loss or theft of the precious quarter loaf. On the other hand, a piece of bread was something to look forward to during the day.

"When you get your ration," wrote Panin, "you have an overwhelming desire to stretch out the pleasure of eating it, cutting your bread up evenly into tiny pieces, rolling the crumbs into little balls... Never on any account take more than half an hour to consume your ration. Every bite of bread should be chewed thoroughly, to enable the stomach to digest it as easily as possible so that it gives up to one's organism a maximum amount of energy ... if you always split your ration and put aside a part of it for the evening, you are finished. Eat it all at one sitting; if, on the other hand, you gobble it down too quickly, as famished people often do in normal circumstances, you will also shorten your days ..." ■

REFLECT

Most of us will find it hard to relate to Dmitri Panin's obsession with bread. For us, bread is no big deal. Our supermarkets are stuffed with food of all kinds. Bread is only one element in our rich diet. Unlike those in the Gulag or in extreme poverty, bread for us is not a matter of life or death. And so the significance of today's feast of the Body and Blood of Christ can be lost on us.

For those in the Gulag, however, bread was not just a symbol of life – it was life. It had a sacred status; even though unblest, they recognised it as holy. It was their most precious possession.

The feast of the Body and Blood of Christ invites us to reflect on the wonderful gift of the Eucharist. It is first and foremost a celebration during which God wondrously nourishes us with his own life. The Body of Christ is our life-giving, soul-nourishing food. It is bread that gives us life. We are to reverence the Bread of Life with the same awe and care as the starving inmates of the Gulag treasured the bread that kept them from death. ■

SAY

"Lord, you nourish me with the Bread of Life. Help me to share that love with those who need it most. Amen"

LEARN

Eucharist comes from the Greek word *Eucharistia*, which means 'thanksgiving'. Every time we celebrate the Eucharist we give thanks to God for all that God has done for us.

Vatican II teaches us that the Eucharist is the source and the summit of the life and mission of the Church.

DO

Make an effort to visit the Blessed Sacrament whenever you are passing a church.

PRAY

Pray for a deeper appreciation of the gift and the beauty of the Eucharist.

PARISH OF DROMORE

Rev Feidhlimidh Magennis Tel: 07702665123

Parish website: www.stcolmans.org

Facebook: www.facebook.com/stcolmans

St Vincent de Paul Helpline: 07738838187

Rev Dr Frank Rice, Deacon - Mobile: 07746-842977

Parochial House Dromore - Tel: 02892-692218

Parish email address: office@stcolmans.org

Diocesan Safeguarding Officer: Patricia Carville 07789 917741

Corpus Christi

14th June 2020

Broadcast Masses on Facebook

Starting on Sunday 10th May, mass will be broadcast live on our Facebook page at 9.45 (Ballela) and 11.00 (Dromore) – Join us!

www.facebook.com/stcolmans

Anniversaries will continue to be offered at the Sunday and private weekday masses (Tues, Thurs and Fri).

Blessings of the graves

The revised regulations on social distancing allow groups of up to ten people from different households to meet outdoors while practicing social distancing within the group. While this would permit a limited group to assemble at one grave, there would be serious difficulties if many such groups attempt to assemble around many graves. We therefore advise that you visit the cemetery to pray at your family grave at different times during Sunday.

Fr Magennis will bless the cemeteries at the following times and broadcast the blessing via Facebook.

Ballela – Sunday 14th June at 3.00 pm

In anticipation, you are asked to clean and prepare your family graves and to look out for those who are still unable to visit the cemeteries.

Ballela Anniversaries

Sun 14 June – Pat Kelly (month's mind)

Sun 21 June - None

Dromore Anniversaries

Sun 14 June – Stephen Magee

Sun 21 June – Agnes & James Gribben

Update on the closure of our churches

In response to the revision of the restrictions announced this week, the parish has conducted a risk assessment to consider the opening of our churches for individual prayer. The following points were considered:

- It was not our previous practice to open the churches for extended lengths of time (Ballela)
- St Colman's have one entrance which mitigates against creating a 'one-way' route for visits with an entrance and exit door
- Our church cleaners are volunteers, elderly and not available for the daily cleaning of surfaces that opening would require
- Please follow rules on social distancing when visiting the cemeteries.

The churches therefore will not be opened at this time, but the matter will be kept under review.

The following actions continue in this parish:

- All celebrations (except funerals) are suspended.
- You can participate online in the celebration of Mass from several local churches via: www.mcnmedia.tv/cameras/county/northern-ireland
- The parish office is closed but we will still respond to phone calls.

St Vincent de Paul

SVP Dromore would like to take this opportunity to say hello and thank everyone for your years of support. You are always in our thoughts and prayers. Can we assist you or a neighbour in any way? Contact SVP on 07738838187.

We would like to make everyone aware that you can still donate to SVP Dromore by visiting www.svp.ie Click donation, select north and enter Dromore Co Down.

Stay Safe and God Bless.

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COVID-19
COUPLES & RELATIONSHIPS
SUPPORT LINE



IF YOU NEED TO SPEAK TO AN
EXPERIENCED COUPLES &
RELATIONSHIPS COUNSELLOR
DURING THIS TIME OF
UNPRECEDENTED STRESS AND
PRESSURE ON FAMILY LIFE...

Contact:

028 9568 0151 003531 531 3331

9.00 am - 8.00 pm, Monday to Friday

All calls charged at local rate.

Donating to the parish

The current health crisis is having a serious impact on donations to many charities. The Diocese has set up an online donation facility on the diocesan website (www.dromorediocese.com) where you can donate to this parish or to clergy support, once or on a monthly basis.

Parishioners who choose to use their weekly envelopes as normal, should retain their envelopes and, once Government policy allows, the parish will arrange to safely collect them. We have begun to distribute boxes of new envelopes that have not been picked up: if you wish to receive your box, please leave a message on the parish office phone.

Lough Derg Pilgrimage "from wherever you are"

During the month of June, Lough Derg is offering opportunities to have an experience of retreat and pilgrimage from wherever you are. Online Retreat Days continue on 13 and 18 June. From 27th – 29th June people can do the Three Day Pilgrimage from afar, along with the Prior and team. To register for this historic event and for full details of what is happening during June go to www.loughderg.live Tel. 0 (0353) 71 9861518 Email info@loughderg.org

JOINING OUR LADY AT KNOCK

In normal circumstances, our diocesan pilgrimage to Knock would have been due to take place on Sunday 21 June. While we will not be able to travel this year, the clergy of Knock parish continue to celebrate the Pilgrimage Masses, streamed live from the basilica every Sunday, and they pray for each pilgrimage by name that was booked to be there on that given day.

Leading up to our pilgrimage day, there will be a week of prayer to Our Lady of Knock from churches around our diocese, available to all via our webcams from Sunday 14 – Saturday 20 June. It will culminate with Mass from Knock on Sunday 21st. Parishioners are invited to follow daily Mass and prayer to Our Lady by webcam as follows:

Sunday 14 June, 12:00 noon — St Brigid's, Newry
Monday 15 June, 10:30am — St Peter's, Warrenpoint
Tuesday 16 June, 10:00am — St Anne's shrine chapel, Mayobridge

Wednesday 17 June, 10:00am — St Patrick's & St Colman's, Tullylish

Thursday 18 June, 10:00am — St Therese's, Banbridge
Friday 19 June, 10:00am — St John the Evangelist, Clonduff

Saturday 20 June, 10:30am — St Paul's, Lurgan

Sunday 21 June, 2:30pm — Knock Basilica — Rosary and Mass

For Newry and Lurgan webcams, go to churchservices.tv and for all other churches, go to mcnmedia.tv. In each site just enter the name of the parish and their webcam will come up. For Knock, simply search 'Knock webcam' online.

Our Lady of Knock, pray for us.

The following are the dates with direct links to webcams for posting on parish websites/social media:

Sunday 14 June, 12:00 noon — St Brigid's, Newry

— <https://www.churchservices.tv/stbrigidnewry>

Monday 15 June, 10:30am — St Peter's, Warrenpoint —

<https://www.mcnmedia.tv/camera/st-peters-church-warrenpoint>

Tuesday 16 June, 10:00am — St Anne's shrine chapel, Mayobridge —

<https://www.mcnmedia.tv/camera/st-annes-shrine-chapel-mayobridge>

Wednesday 17 June, 10:00am — St Patrick's & St Colman's, Tullylish —

<https://www.mcnmedia.tv/camera/church-of-ss-patrick-colman-parish-of-tullylish>

Thursday 18 June, 10:00am — St Therese's, Banbridge —

<https://www.mcnmedia.tv/camera/church-of-st-therese>

Friday 19 June, 10:00am — St John the Evangelist, Clonduff —

<https://www.mcnmedia.tv/camera/parish-of-clonduff-1>

Saturday 20 June, 10:30am — St Paul's, Lurgan —

<https://www.churchservices.tv/lurganstpauls>

Sunday 21 June, 2:30pm — Knock Basilica — Rosary and Mass

<https://www.knockshrine.ie/watch-live/>

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Prayer to Our Lady of Knock

Our Lady of Knock, Queen of Ireland,
You, gave hope to your people in a time of
distress and comforted them in sorrow.
You have inspired countless pilgrims
to pray with confidence to your divine Son,
remembering His promise,
“Ask and you shall receive, seek and you
shall find”.
Help me to remember that we are all
Pilgrims on the road to Heaven. Fill me with
love and concern for my brothers and sisters
in Christ, especially those who live with me.
Comfort me when I am sick, lonely or
depressed.
Teach me how to take part ever more
reverently in the Holy Mass. Give me a
greater love of Jesus in the Blessed
Sacrament.
Pray for me now and at the hour of my
death. Amen.

Sacred Heart Novena

11th – 19th June



Novena prayer

Lord Jesus, you have said, ‘Ask and you shall receive, seek and you shall find, knock and it shall be opened unto you’. I come to you in faith and trust, in love and hope. Let me know your closeness to me, and your care for me and all who are dear to me. My intention for this Novena is dear to me, and I know that what is important to me is important to you. Hear my prayer (mention your intention); grant what I ask, and may I always trust that in all that happens in life, you will be close to me as my friend, guide and saviour. And so, Most Sacred Heart of Jesus, I place all my trust in you.

Do you need financial or practical assistance or even a friendly chat?

The St. Vincent De Paul Society is here to help. You can contact us through our helpline number: 07738838187