

Dear Parishioners and friends, Blessings to you all..

WE live in very difficult times and there is much hardship. Not least for the fact that many of you cannot go to Mass or receive the Sacraments. There have been many people in the past who had to live without the Eucharist. The Korea people did so for nearly 250 years or the Japanese or Those under persecution in many lands... many are now Saints. So how do we deal with this. Soon it will be Easter. This Sunday is Palm or Passion Sunday. We can all still prepare for this well. There are many ways of prayer. Below there is some ways to pray, some you may not be uses to. They are sacramentals, ways of holiness.

The most important way to pray is to put yourself in the presence of Jesus... as a Friend. Talk to Him tell Him how you are feeling. Communication is a the heart of all prayer. It is that easy and it is just as important as any other prayer. Indeed it is much blessed because He longs to do that with us...

Then be still and listen to what he is telling you... you may have a sudden thought or a Gospel may come to mind or you just feel at peace... All Blessings

You many like to pray the Rosary... but for some it is difficult, or you have not prayed it for some while... Pray just one decade, ten Hail Mary's and one Our Father for a special intention. You may think of one Mysteries.. 'The Crucifixion' or The 'Annunciation' or any one that you like. Offer this up for all who are suffering. You may wish to refresh your memory on these Mysteries

It may be a while since you have joined in the Station of the Cross... there are many, many versions all on the internet and if not look in a prayer book. You may be able to join in with those 'streamed' online. But if you cannot do this try to remember Jesus journey to the Cross. Where did it start, who did he meet, how did it end? Think about this... and maybe say one Our Father....

You may take time to look at the Gospel or the reading for the next Sunday.. it is the Passion readings.

Remember that Pope Francis has offered us' an indulgence,' a grace a kindness, in other words a forgiveness for our sins if we bring them to mind and truly say that we are sorry... A great gift to the Church (last Sunday in ST Peters Square) for this time of crisis. Ask for forgiveness and try to be better in your daily life .We all need to do this.. you and me alike.

Finally remember that above all God loves us with a passion. Whatever we do to the least of our brothers and sister we do to Him... remember to that even just say His Name is a blessing, a prayer.



Be at peace