



Plwyf a Gysegrfan Genedlaethol Cymru, Mair y Tapr, Aberteifi
Parish and Shrine of Our Lady of the Taper, Cardigan
Mair Frenhines Tangnefedd, Castell Newydd Emlyn
Our Lady Queen of Peace, Newcastle Emlyn

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Location, Times and Intentions of Holy Mass for the Coming week

The Church in Cardigan is open for Mass!

THE OBLIGATION TO ATTEND MASS ON SUNDAYS AND HOLY DAYS IS STILL SUSPENDED!

However, the opportunity to attend Mass is made available to all who are not shielding, and you are encouraged to come only when you feel safe to come together to pray. We have made sure all the necessary guidance and procedures for maintaining a safe environment for public prayer are in place, as the safety and wellbeing of this community of faith is paramount.

The building and practices have been assessed, and passed.

It is very important is that everyone coming to Mass, will follow all the safety guidelines by keeping 2 meters apart, using the hand sanitiser, using a mask and following directions.



<i>Day</i>	<i>Time</i>	<i>Intention</i>
Friday 7 th August	6:30pm	For the Work of Phil Tomlinson
Saturday 8 th August St Dominic	6:30pm	The Health & Wellbeing of Pil, Daniela & Maria Tomlinson
Sunday 9 th August 19 th Sunday in Ordinary Time	10:30am	People of the Parishes
Monday 10 th August St Lawrence	10:30am	In Honour of St Joseph, and for the Holy Souls (Inocencia Jones)

An act of Spiritual Communion by St Alphonsus: My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now 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.

When you come to Mass - Please follow the safety instructions.

You will notice there are differences from what we are used to. There are things we will do that will keep us from risk of spreading coronavirus and protect others. The most important thing is that we do everything we can to safeguard our community of faith as we celebrate the Sacraments together again. We are required to :-

- **Maintain social distancing of 2 meters both inside and outside the Church**
- **Use hand sanitiser on entering and leaving the building**
- **Wear a mask / face covering while in the Church**
- **Provide contact details (Name, address, telephone number) that could be used for contact tracing**
– Please write down your details on a piece of paper and bring it with you to Mass. It will be kept in a sealed envelope for 3 weeks and then shredded. This will ONLY be used in need for contact tracing.
- **Follow the directions of the volunteer wardens**

Please Note: You can come to ANY Mass. THE obligation to attend Mass on Sundays and Holy days is suspended. Please do not all come to Sunday Mass – if you can come to another Mass, please do so. We only have 38 places plus 2 on the Sanctuary. If you can come Friday or Monday, all the better.

A big Thank you to our volunteer wardens: without their kindness and help, we would not be able to have public Mass. Their role is to help us keep safe and adhere to the guidelines we have to follow. **We need one more volunteer for Monday Mornings,** so please see Fr Phillip if you can help – thank you.

The Church in Newcastle Emlyn: will remain closed until further notice, as there is not adequate room to provide for social distancing rules needed to allow people to come together in reasonable numbers for the celebration of the Sacraments. THIS DOES NOT MEAN IT WILL NOT RE-OPEN. The Church in Newcastle Emlyn is small and beautiful, yet with the safety measures we have to have in place, it is not possible to have it open at the moment. I really am sorry for the inconvenience, but I am more concerned that we keep every one of our community safe in Church.

You can watch daily Mass on the internet

www.churchservices.tv

www.mcnmedia.tv

www.ewtn.com

www.youtube.com/godzdogz

www.walsingham.org.uk

www.vaticannews.va/en.html

Sky TV EWTN on channel 588

We all have a role to play in caring for each other: whether it be in observing social distancing, or keeping in touch with someone living alone. Whatever it is, let us do our best to show the love of God in the smallest things of each day.

Giving financial support to our parishes: there is no collection taken at Mass at the moment, as it presents a risk of contamination or spread of the coronavirus, however, there is a bucket at the back of the Church for you to put in your usual collection. An easier way to make a regular donation is to set up a standing order with your bank. Please either collect a form from the wardens or Fr Phillip to set up a direct debit to either Cardigan or Newcastle Emlyn Parishes, and if you pay TAX, please ask for a gift aid form also, as this allows our parishes to claim money from the government, at no charge to the donor. Thank you in advance for your kindness and support.

HEALTH FIRST

**WASH YOUR HANDS FREQUENTLY
WITH SOAP AND WATER
OR ALCOHOL-BASED
HAND GEL TO KILL
VIRUSES THAT MAY BE
ON YOUR HANDS**



The Gloria

Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

19th Sunday in Ordinary Time

Gospel - Matthew 14:22-33

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

The Apostles Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord. Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

A short reflection (adapted from Pope Francis)

This Gospel contains rich symbolism and makes us reflect on our faith, Do we have faith? The boat is the life of each one of us, but it is also the life of the Church. The wind against it represents difficulties and trials. Peter's invocation — "*Lord, bid me come to you!*" — and his cry — "*Lord, save me!*" — are very similar to our desire to feel the Lord's closeness, but also the fear and anguish that accompany the most difficult moments of our life, and of our communities, marked by internal fragility and external difficulties.

At that moment, Jesus' word of reassurance, which was like an outstretched rope to cling to in the face of the hostile and turbulent waters, was not enough for Peter. This is what can happen to us as well. When one does not cling to the Word of the Lord to feel secure, but consults horoscopes and fortune tellers, one begins to sink. This means that the faith is not very strong. Today's Gospel reminds us that faith in the Lord and in his Word does not open a way for us where everything is easy and calm; it does not rescue us from life's storms. Faith gives us the assurance of a Presence, the presence of Jesus who encourages us to overcome the existential tempests, the certainty of a hand that grabs hold of us so as to help us face the difficulties, pointing the way for us even when it is dark. Faith, in short, is not an escape route from life's problems, but it sustains the journey and gives it meaning.

May the Virgin Mary help us to remain steadfast in the faith, to resist life's tempests, to remain on the barque of the Church by shunning the temptation to embark on the seductive but insecure boats of ideologies, fashions and slogans.