

WELCOME TO THE PARISH OF THE MOST HOLY & UNDIVIDED TRINITY THE CATHOLIC CHURCH IN GRIMSBY, CLEETHORPES & IMMINGHAM

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Corpus Christi Church
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DN35 7LJ

Our Lady Star of the Sea Church
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SUNDAY 29TH MARCH 2020 – FIFTH SUNDAY OF LENT

- **This Sunday, please join me for Mass at 10.00 am by looking up 'Holy Trinity GCI' on Facebook – you do not need to have a Facebook account to do this. Mass will be offered for the people of our parish.**
- All public celebrations of Mass and other liturgies remain suspended until further notice. Since Mass is not being celebrated in public, the obligation to attend Mass on Sundays & holydays of obligation is suspended until such a time as Mass can be celebrated with the participation of all the faithful, once the restrictions imposed by The Health Protection (Coronavirus, Restrictions) (England) Regulations 2020 during the emergency period have been lifted by Her Majesty's Government. Please observe the Lord's Day by watching Mass online, by prayer and by relaxation at home.
- Our three parish churches are closed until further notice, as is the parish office.
- Please pray each day, read the Sunday readings and, if possible, watch Mass online:
 - Our Holy Father Pope Francis is livestreaming Mass each morning, in Italian, at 7.00 am GMT/BST – look up 'Vatican News' or 'Pope Francis' on your search engine or YouTube.
 - This Sunday, Bishop Patrick will livestream Mass this Sunday at 11.15 am – look up 'Bishop Patrick McKinney' on your search engine, Facebook, Twitter or YouTube.
 - Mass is being livestreamed from St Barnabas' Cathedral each day – look up www.stbarnabscathedral.org.uk
 - Mass and other devotions are being livestreamed each day from the National Shrine of Our Lady of Walsingham – look up www.walsingham.org.uk/live-stream/
- Anyone who is seriously ill and wishes to receive the Sacraments should contact St Mary's Presbytery and Fr Andrew will visit them if it is safe and legal for him to do so; he can only visit those in hospital or a residential or nursing home if the request comes directly from the hospital or home. If he cannot visit, please read the guidance on the opposite page concerning how to receive the grace of the Sacrament of Reconciliation by making an act of perfect contrition.
- During the emergency period, we must do our best to care for ourselves and for one another. It is imperative that we stay home to protect the NHS and save lives, and that we follow the Regulations concerning self-isolation, social-distancing and hygiene, especially if we are aged 70 or over, if we are younger than 70 but have an underlying medical condition, or if we are pregnant:
 - No one should leave their home without reasonable cause, for example, shopping for basic necessities, as infrequently as possible, one form of exercise a day, such as a run, walk, or cycle ride, alone or with members of our household, any medical need, to provide care or to help a vulnerable person, and travelling to and from work, but only where this is absolutely necessary and cannot be done from home. Other than for these reasons, and for certain other reasons listed in the Regulations, it is now a criminal offence for us to leave our homes.
 - All who have been told to self-isolate have a duty towards themselves and the common good to do so.
 - All those who have a high temperature (37.8° or above) or a new continuous cough should self-isolate in accordance with the Regulations – this is of vital importance in managing the impact of this virus.
 - Avoid close contact with people who are unwell and avoid all unnecessary social contact whatsoever.
- Everyone is welcome to contact Fr Andrew, Deacon Stephen, Deacon Richard or the Sisters for a chat; their telephone numbers and email addresses are at the top of the bulletin each week.
- Please ask anyone who does not yet receive the bulletin by email to contact the parish office (office@holyltrinitygci.uk) to be added to the email distribution list so that they, like you, can receive the bulletin each week.
- Please email the parish office (office@holyltrinitygci.uk) if you are able to support our parish financially during the emergency period by giving your offertory collection by standing order.

Stay at home – Protect the NHS – Save lives

Pope Francis' Prayer Intention for March: That the Church in China may persevere in her faithfulness to the Gospel and grow in unity.

Cycle of Prayer – Lent: We pray for: candidates for the sacraments; women; the needy and hungry of the world; penitents & wanderers. We also pray for Fr Colum, Fr Tony, the sick & housebound of our parish, the mission of St Mary's & St Joseph's schools, all those who are working to protect us, and all whose anniversaries occur at this time.

Livestreaming of Liturgies: Father Andrew will livestream Sunday Mass each Sunday and other liturgies and devotions when he can; please join him, preferably live but also on demand, by looking up **Facebook Holy Trinity GCI:**

Friday 3rd April:

7.00 pm – Stations of the Cross

Saturday 4th April:

10.00 am – Holy Hour

Palm Sunday of the Passion of the Lord, 5th April:

10.00 am – Mass

Maundy Thursday, 9th April:

7.00 pm – Mass of the Lord's Supper

Good Friday, 10th April:

3.00 pm – Celebration of the Passion of the Lord

7.00 pm – Stations of the Cross

Holy Saturday, 11th April:

8.30 pm – The Easter Vigil

Easter Sunday of the Resurrection of the Lord, 12th April:

10.00 am – Mass

You do not need a Facebook account to take part. We can also join our Holy Father Pope Francis and Bishop Patrick for Mass and other liturgies; we pray for the Pope and the Bishop in the Eucharistic Prayer each day, and joining them for the Eucharistic Celebration reminds us that our parish is part of the Diocese of Nottingham and the Universal Church.

NHS Volunteer Responders: We have so much to thank the wonderful people who look after us in the National Health Service across the four nations of the United Kingdom for, and please remember in a particular way those who work so hard in the Diana Princess of Wales Hospital and other healthcare facilities here in North East Lincolnshire. I hope that everyone was able to join in *Clap for Our Carers*, the national round of applause for those who look after us on Thursday evening. One practical way of service the wider community is to become an NHS volunteer responder, a great initiative which helps us to help others as community response, patient transport, NHS transport or check-in and chat volunteers, and you can be a check-in and chat volunteer even if you are self-isolating. Over 500,000 of our fellow citizens have already signed up. Please visit goodsamapp.org/nhs for further information.

Our Parish Safeguarding Representatives: Richard Mellows (01472 752017), Sarah Pollard (01472 357982) & Shelagh Winter (01472 593780) are continuing their vital work.

The Sacrament of Reconciliation: During the emergency period, we have a duty to stay at home to protect the NHS and save lives. This coming Monday, we should have been having our Lenten Liturgy of Reconciliation in Corpus Christi

Church, with priests coming from across our deanery to hear confessions. That is, unfortunately, not possible this year. Although those priests who are able to do so will always try to visit those parishioners who are in danger of death, whether in hospital or at home, it may not be possible because of the restrictions imposed by The Health Protection (Coronavirus, Restrictions) (England) Regulations 2020 for the common good of all who live in our country. Similarly, it may not be possible for you to go to confession at or around Easter as you may normally do.

To receive the grace of the Sacrament of Reconciliation when you are not able to go to confession, namely forgiveness of all sins committed since Baptism that have not yet been forgiven, perfect contrition, coming from our love for God who is love, and who is to be loved above all things, expressed by a sincere request for forgiveness, in so far as the penitent can express this, together with the intention to go to confession when it becomes possible to do so, grants forgiveness of all sins, mortal or venial.

If you are able to do so, please express your intention of going to confession with words such as:

Lord Jesus, you died for love of me, grant that I may die for love of you. I intend to go to confession as soon as it is possible for me to do so; I commend myself, all who are sick and all who are caring for them into your hands. Help me by your grace to be the person God has made me to be.

Then, please express perfect contrition, which is true repentance with unconditional sorrow for our sins and firm purpose of amendment, in an act of contrition such as:

O my God, because you are so good, I am very sorry that I have sinned against you, and, by the help of your grace, I will not sin again. Amen.

Or:

I love you, Jesus, my love, above all things. I repent with my whole heart of having offended you. Never permit be to separate myself from you again. Grant that I may love you always and then do with me what you will.

As a penance, please say the prayer on the attachment which is being sent with this bulletin, I have asked us all to say every day, that this national emergency will conclude as soon as possible. The obligations to confess serious sins at least once a year and to receive Holy Communion at or around Easter Sunday (the 'Easter duties') is also suspended. Please do not hesitate to contact me if you have any questions or concerns about this and any other aspect of what is being asked of us during the emergency period by emailing fatherandrew@holyltrinitygci.uk or by telephoning 01472 342301. Fr Andrew

Stella Maris: It is no longer possible for anyone to collect Easter eggs or for you to deliver them to St Mary's Presbytery. Many thanks to all who have contributed Easter eggs; they will be distributed to seafarers when possible.

The clocks go forward one hour this Sunday, 29th March 2020, at 1.00 am. 'There is a season for everything, a time for every occupation under heaven' (*Eccles 3:1*).