

St Anthony's Newsletter. Sunday 10th May 2020

5th Sunday of Easter.



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



Daily

Mass: Fr

Jacob records and broadcasts his daily Mass to help us stay connected during the "lockdown" period. If you have requested to join the St Kessog's Whatsapp platform you will be able to access the recordings on your mobile. Alternatively, a link is also available via email to access the Mass on your computer. Please feel free to contact Fr Jacob or myself, Terry (contact details below) if you require assistance on this.

Live broadcasts of daily Mass is available from the links below, St Francis Xavier, Falkirk, St Andrew's Cathedral, Glasgow and St John the Baptist, Uddingston.

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

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

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

Spiritual Guidance from Fr Jacob:

During this "Eucharistic Fast" one way to keep close to the Lord is to make a "Spiritual Communion." This is an ancient spiritual tradition of the Church which consists in making a simple act of "spiritual communion," whereby we unite ourselves to God through prayer. It is a beautiful way to express to God our desire to be united with him when we are unable to receive Holy Communion.

An Act of Spiritual Communion

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.

Remember, you can receive Jesus *in your heart* from *anywhere* you might happen to be, at *any time, day or night!* You just need to approach Him with sincerity, humility and a desire to follow in His footsteps in acts of faith and charity. And He's delighted when we do so! The Catechism teaches that a Spiritual Communion "is an act of devotion, and one very pleasing to God"

First Anniversary: Please pray for the repose of the soul of Kevin McPhilomy RIP and remember to pray also for Kathleen and his daughters.

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, Balfon**

Priest in charge: Fr Jacob Kabamba St Kessog's Presbytery: : tel: 01360 770300 email: stkessogs1@gmail.com
Parish website: www.parishofstkessog.org Parish Council: Joint Chairmen: Terry Delany (St Anthony's) and Kevin McCarron (St Kessog's)
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