



### Prompts to thoughtful preparation for receiving Jesus in Holy Communion

**First of all**, we approach the Sacrament of Love with the right intention. This means we come thoughtfully, intending to be united to Our Lord, not out of routine, or because we want to be well-thought of by others, but to be fed by him so as to have renewed strength to live the Christian life. St. Thomas tells us that any of the wholesome effects of food and drink on the natural level are given to us under the sign of the holy sacrament on the supernatural level: delight, union, nourishment, growth,

strength, and healing.

**Secondly**, we should *examine our conscience* to determine if there is any grave sin we may have committed for which we must be truly sorry and which we must confess before coming forward to receive. This is the minimal preparation, without which we should never come to Holy Communion. The sacrament of penance is essentially a preparation for celebrating and receiving the Eucharist. It removes the one obstacle that would block our receiving at all the grace of the holy banquet. St. Paul tells us that we should examine ourselves before receiving, so as not to be guilty of receiving the Body and Blood of the Lord unworthily, and so eating and drinking condemnation to ourselves. The liturgy of the Church invites us to the altar, but at the same time warns us. We hear, "Blessed are those who are called to the supper of the Lamb," but we hear also, "Lord I am not worthy to receive you!" This is to give us pause to repent and remember. Go to confession regularly and you will usually be ready on this score.

**Thirdly**, we approach the divine mysteries after praying to receive the graces we intentionally seek. The whole Mass is a preparation for this, and there are many beautiful forms of prayers of preparation for Holy Communion in prayer books. When have I considered the prayers and readings of the holy Mass as a preparation for my union with the Lord? The preparation can be long or short according to our situation, but it should be as careful and as intense as we can make it. A good preparation is to have the habit of making in your own words frequent spiritual communions, expressing your desire to be united to Jesus in the gifts of his body and blood and to receive an increase in love and union with him.

**Fourthly**, we should prepare by *abstaining as much as we can in the hours before communion* from food and drink—water and medicine excepted. The minimum is for one hour, but in the past the fast was from midnight on, or at least for three hours before communion. Our body should share in our spirit's preparation as much as it can. Our Lord told us that we should seek not the bread that perishes, but rather the bread of eternal life.

**Fifthly**, preparation needs its *complimentary act of thanksgiving after we receive*. The Church does this in the prayer after communion at each Mass, and we should second this in our own hearts by pausing to thank the Lord before we leave the church.



**Pope St. Pius X, the saint of daily communion**, teaches that Our Lord did not institute this great sacrament in order simply to be honoured, as we do on this feast, but rather to feed and strengthen us in love. So as we honour him on our altars and in our tabernacles, let us remember that most of all he wants our souls to be prepared to receive him fruitfully by an earnest preparation and thanksgiving.

May he find the upper room of our hearts ready for his supper as his true disciples!

**O sacrament most holy, o sacrament divine, all praise and all thanksgiving be every moment Thine!**



# Parish Newsletter for Our Lady of Lourdes', Perth & St. James', Kinross



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For the weekend of May 14th/May 15th, 2022

5th Sunday of Easter - Year C



### Crowning Our Lady with flowers...

Following a long and beautiful tradition of devotion to Our Lady in the month of May, I would like to invite one of our children at the 9.00a.m. Mass in St. James' on Sunday 29th May and one of our children in Our Lady's at the 11.00a.m. Mass on Sunday 29th May to crown the statue of the Blessed Virgin with flowers. Other children present will be given flowers to lay before the statue as tokens of love and devotion to Our Blessed Mother. If adults would also like to bring flowers and present them to Our Lady after the children this would be most welcome too. The name of the child who will crown the statue can be drawn from those wishing to participate (to ensure fairness), and all children present will receive a small gift.



### A Daily Prayer to St. Michael the Archangel



St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do thou, O Prince of the Heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

## Times of Holy Mass & Confessions etc.



<b>Monday 16th May</b>	<i>No public Mass</i> <i>Prayer Group in St. James' from 7.30-9.00p.m. - All welcome</i>
<b>Tuesday 17th May</b>	<b>5th Week in Eastertide</b> <u>Our Lady of Lourdes' Parish:</u> 9.15a.m. Holy Rosary 10.00a.m. Holy Mass <u>St. James' Parish:</u> 5.45-6.45p.m. Holy Hour <b>Visit of St. John's U.C.M. 7.00p.m. Holy Mass</b> <i>Fish Suppers in the hall after Mass with the members of the U.C.M., if parishioners would like to join us for this they would be most welcome. Please give an indication as soon as possible so that the correct number of suppers can be ordered.</i>
<b>Wednesday 18th May</b>	<b>5th Week in Eastertide</b> <u>St. James' Parish:</u> 9.15a.m. Holy Rosary <i>Tea/Coffee in the church hall after Mass</i> 10.00a.m. Holy Mass Confessions after Holy Mass <b>5.00p.m. - Reception of Remains of Mr. Harry Elliot R.I.P.</b> <u>Our Lady of Lourdes' Parish:</u> 7.00p.m. Holy Mass Confessions after Holy Mass
<b>Thursday 19th May</b>	<b>5th Week in Eastertide</b> <u>Our Lady of Lourdes' Parish:</u> 9.15a.m. Holy Rosary 10.00a.m. Holy Mass Confessions after Mass  <u>St. James' Parish:</u> <b>1.00p.m. - Requiem Mass for Mr. Harry Elliot R.I.P.</b>
<b>Friday 20th May</b>	<b>5th Week in Eastertide</b> <u>St. James' Parish:</u> 9.15a.m. Holy Rosary 10.00a.m. Holy Mass Confessions after Mass
<b>Saturday 21st May</b>	<u>Our Lady of Lourdes' Parish:</u> <b>6th Sunday of Easter - C. (Vigil Mass)</b> 4.15 - 4.45p.m. Confessions 5.00p.m. Vigil Mass <u>St. James' Parish:</u> 7.00p.m. Vigil Mass Confessions after Mass
<b>Sunday 22nd May</b>	<b>6th Sunday of Easter - C.</b> <u>St. James' Parish:</u> 9.00a.m. Holy Mass <u>Our Lady of Lourdes' Parish:</u> 11.00a.m. Holy Mass <u>Kilgraston School, Bridge of Earn:</u> 5.15p.m. Holy Mass

**First Holy Communions at Kilgraston School**

 *I begin each day with holy Mass, receiving Jesus hidden under the appearance of a simple piece of bread. Then I go out into the streets and I find the same Jesus hidden in the dying destitute, the AIDS patients, the lepers, the abandoned children, the hungry, and the homeless. It's the same Jesus. - Mother Teresa* 

## This Sunday's readings from the Sacred Scriptures: - 5th Sunday of Easter, Year C.



**A reading from the Acts of the Apostles 14:21-27**

*They gave an account to the church of all that God had done with them.*

**Psalm 144(145)**

*Response: I will bless your name for ever, O God my King.*

**A reading from the Book of the Apocalypse 21:1-5**

*A vision of the heavenly Jerusalem, the bride of the Lamb.*

**Alleluia, alleluia!**

**I give you a new commandment: love one another just as I have loved you, says the Lord.**

**Alleluia!**

**A reading from the holy Gospel according to John 13:31-33, 34-35**

*In the Son of Man, God has been glorified.*



### **Thursday 26th May: Solemnity of the Ascension - Holyday of Obligation**

**Masses for the Holyday of Obligation will be:**

Wednesday 25th May (Vigil Mass) in St. James' at 5.00p.m.

Wednesday 25th May (Vigil Mass) in Our Lady of Lourdes' at 7.00p.m.

Thursday 26th May in Our Lady of Lourdes at 10.00a.m.,

Thursday 26th May in Kilgraston School at 2.10p.m.

Thursday 26th May in St. James' at 6.30p.m.

*(a collection will be taken at the parish Masses for the respective parish building funds)*

**Please pray for, and encourage, vocations to the priesthood and religious life.**

### **Memorial to Fr. Colin Golden R.I.P.**

Some while ago now, after the sad death of Fr. Colin Golden, and when I knew I had been appointed to Our Lady of Lourdes as Parish Priest, I ordered a statue as a memorial to Fr. Colin. The statue is a three feet high statue of St. Andrew. I chose St. Andrew because he is both patron saint of our beloved Scotland and also patron saint of Romania - a place whose people were so dear to Fr. Colin's heart. I intend to have the statue installed at the front of Our Lady's on one side of the sanctuary (probably the side opposite to where the baptismal font is located). The statue will be mounted on a shelf and an appropriate memorial plaque will be placed near the statue in memory of Fr. Colin asking for prayers for the happy repose of his soul. I know that Fr. Colin was dearly loved and is a much missed priest, and I hope this memorial will be a fitting tribute to his legacy in the parish and beyond. Should anyone wish to contribute financially towards the statue, the plinth, and the plaque, you can hand in your donation in an envelope marked "Fr. Colin's Memorial". Thank you for your generosity. The statue will probably not be in place until sometime after the Easter celebrations and donations can be handed in at any time. Thank you to those who have already handed in contributions, God bless you, Fr. Martin

**Of your charity please remember in your prayers the sick and housebound of the parishes and those who care for them. Please pray for those recently deceased and those who mourn their loss, and remember also, please, to pray for the souls of all the faithful departed - may they rest in peace.**