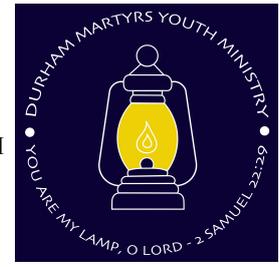




PARISH OF THE DURHAM MARTYRS  
INCORPORATING THE CHURCHES OF ST BEDE, ST JOSEPH  
AND OUR LADY OF MERCY AND ST GODRIC'S



Dear Brothers and Sisters,

Here we are in May! I hope you are all continuing to enjoy the sunshine as we move into closer to the summer months! Whether it be walking around the garden, surrounding streets or more extensive rambling, a great way to appreciate God's beautiful creation is to get out into the sunshine and go for a walk (where possible of course)! Although, there have been updates with the newest restrictions on Lockdown, I must urge everyone to continue keeping safe, to protect both yourself and others.

In this month of May, many of us have special dedications to Mary, and by saying the rosary daily you will be joining the many Catholics around the world doing the same. If you struggle to say the rosary by yourself, why not call a friend on the phone and say it together. A live rosary is said very weekday on our parish YouTube, Facebook and Instagram accounts at 10:30am so why not join us in prayer then, even if you cannot access it digitally.

As mentioned the parish is continuing its online presence with a live streamed Rosary at 10:30am as well as a Holy Hour 2 - 3pm and a short time of Lectio Divina 7pm every weekday.

Below is a list of what is included in your Prayer pack:

- Liturgies at Home - Specially designed Mass Sheets so you can experience some of the wonder of the Mass at home. There are sheets for the **next two Sundays and Ascension Thursday**. On these sheets you will find suggestions of things you may want to use in your

liturgy for example a candle, a cross etc. You may wish to pray with the parish at the same time as Fr Colm is celebrating private Mass which will be at 10:30 on Sundays.

- A number of reflections by Fr Colm from Easter, transcribed from audio files available on our website.
  
- A few suggested exercises for those who are unable to leave the house. These are aimed at older individuals, so do not be offended if you do not yet put yourself in this category. (Please take care when doing any exercise and please note the Parish cannot take any responsibility for individuals taking up any form of exercise whether provided in this pack or not.) Walking around and getting outdoors remains probably the best exercise for the mind, body and soul but these exercises provided by the NHS may be useful for those who cannot get outside.
  
- Up to date Parish bulletins
  
- A variety of Puzzle Sheets
- 

I encourage you all to keep regular contact with your family, friends and fellow parishioners through phone conversations and messages. The new number for the parish office, during this time of isolation, is 07391 529827.

God Bless,

Fr Colm Hayden

6th Sunday Easter  
17th May 2020



Home Liturgy  
Resources  
produced by  
the Durham  
Martyrs Parish



ITEMS YOU MAY WANT TO USE FOR YOUR LITURGY:

CANDLE, BIBLE

Light a candle and begin with this  
prayer.

*Lord, I gather here today with my  
parish community in Your sight. Guide  
our steps as we journey through this  
time of Easter celebration. Amen.*

## Liturgy of the Word

FIRST READING - ACTS 8:5-8, 14-17

*They laid hands on them and they received the Holy Spirit*

PSALM 65

**R.) Cry out with joy to God all the earth.**

O peoples, bless our God, let the voice of his praise resound, of the God  
who gave life to our souls and kept our feet from stumbling. (R.)

Come and hear, all who fear God. I will tell what he did for my soul: to him I  
cried aloud, with high praise ready on my tongue. (R.)

Blessed be God who did not reject my prayer nor withhold his love from  
me. (R.)

SECOND READING - 1 PET 3:15-18

*In the body he was put to death, in the spirit he was raised to life*

Alleluia  
Alleluia  
Alleluia

GOSPEL - JOHN 14:15-21

*I shall ask the Father and he will give  
you another Advocate..*

**Spend some time in silence, reflecting on  
the Word of God.**

PRAYERS OF INTERCESSION - YOU MAY ADD YOUR OWN PRAYER INTENTIONS HERE

*Pray for our Holy Father Pope Francis and all our Clergy and religious.*

*Pray for our doctors, nurses and all who are working to help and heal.*

*Pray for those in government, public office and those looking after the welfare of others.*

*Pray for all those who are suffering in mind or body.*

*Pray for all who are lonely, isolated and in need.*

*Pray for those who have died and are no longer with us.*

*Pray to our Blessed Mother, Mary, to intercede for us. Hail Mary...*

## Liturgy of the Eucharist

*Even though we  
are unable to  
receive Jesus in  
the sacrament of  
the Eucharist we  
can make an act  
of Spiritual  
Communion by  
saying the  
following prayer*

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.

**Here are a couple of songs about the Holy Spirit you may want to sing.**

Spirit of the living God,  
Fall afresh on me.  
Melt me, mould me, fill me, use me.  
Spirit of the living God,  
Fall afresh on me.

Our Father  
All of Heaven roars Your name, Sing  
louder  
Let this place erupt with praise  
Can you hear it  
A sound of Heaven touching earth  
Spirit break out, Break our walls down

# Ascension Thursday 21st May 2020



Home Liturgy  
Resources  
produced by  
the Durham  
Martyrs Parish



ITEMS YOU MAY WANT TO USE FOR YOUR LITURGY:

CANDLE, BIBLE



Light a candle and begin with this  
prayer.

*Lord, I gather here today with my  
parish community in Your sight. Guide  
our steps as we share in Jesus' journey  
in this time of Eastertide. Amen.*

## Liturgy of the Word

FIRST READING - ACTS I: I - II

*He was lifted up while they looked on.*

PSALM 46

**R.) God goes up with shouts of joy; the Lord goes up with trumpet  
blast.**

All peoples, clap you hands, cry to God with shouts of joy! For the Lord,  
the Most High, we must fear, great king over all the earth. (R.)

God goes up with shouts of joy; the Lord goes up with trumpet blast. Sing  
praise for God, sing praise, sing praise to our king, sing praise. (R.)

God is king of all the earth. Sing praise with all your skill. God is king over  
the nations; God reigns on his holy throne. (R.)

SECOND READING - EPH I:17-23

*He made him sit at his right hand in heaven.*

Alleluia  
Alleluia  
Alleluia

GOSPEL - MATT 28:16-20

*All authority in heaven and on earth has  
been given to me.*

**Spend some time in silence, reflecting on  
the Word of God.**

PRAYERS OF INTERCESSION - YOU MAY ADD YOUR OWN PRAYER INTENTIONS HERE

*Pray for our Holy Father Pope Francis and all our Clergy and religious.*

*Pray for our doctors, nurses and all who are working to help and heal.*

*Pray for those in government, public office and those looking after the welfare of others.*

*Pray for all those who are suffering in mind or body.*

*Pray for all who are lonely, isolated and in need.*

*Pray for those who have died and are no longer with us.*

*Pray to our Blessed Mother, Mary, to intercede for us. Hail Mary...*

*Liturgy of the Eucharist*

*Even though we  
are unable to  
receive Jesus in  
the sacrament of  
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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.

YOU MAY WANT TO USE THE WORDS OF THIS SONG BY PHIL WICKHAM AS A REFLECTION FOR THE  
ASCENSION

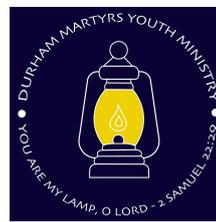
*This is the start of something amazing  
a moment when heaven touches earth  
Here in our hearts Lord we are waiting  
For something that's far beyond what  
we have seen or heard*

*Let us start the ascension let's begin the climb  
Up this holy mountain where Your glory  
shines  
Further up, further in just to be with You again  
Let us start the ascension*

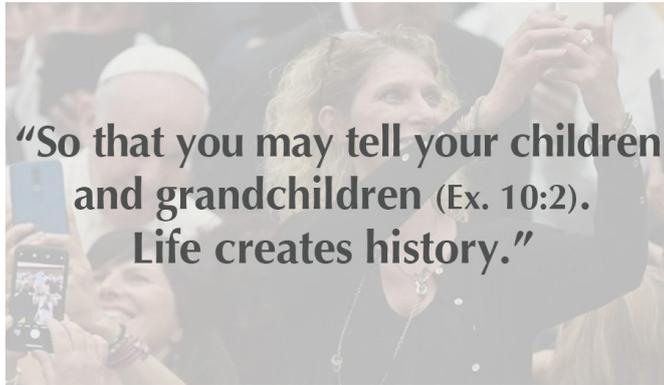
*We're fixing our eyes on glory and fire  
Your name is branded on our hearts  
You are the source of all we desire  
nothing can hold us back, we're running to where you are*

# 7th Sunday of Easter

## 24th May 2020



Home Liturgy  
Resources  
produced by  
the Durham  
Martyrs Parish



ITEMS YOU MAY WANT TO USE FOR YOUR LITURGY:

CANDLE, BIBLE

Light a candle and begin with this prayer.

*Lord, I gather here today with my parish community in Your sight. Guide our steps as we journey through this time of Easter celebration. Amen.*

## Liturgy of the Word

FIRST READING - ACTS 1:12-14

*All joined in continuous prayer.*

PSALM 26

**R.) I am sure I shall see the Lord's goodness in the the land of the living.**

The Lord is my light and my help; whom shall I fear? The Lord is the stronghold of my life; before whom shall I shrink? (R.)

There is one thing I ask of the Lord, for this I long, to live in the house of the Lord, all the days of my life, to savour the sweetness of the Lord, to behold his temple. (R.)

I am sure I shall see the Lord's goodness in the land of the living. Hope in him, hold firm and take heart. Hope in the Lord! (R.)

SECOND READING - 1 PET 4:13-16

*It is a blessing for you when they insult you for bearing the name of Christ.*

Alleluia  
Alleluia  
Alleluia

GOSPEL - JOHN 17:1-11  
*Father, glorify your Son.*

**Spend some time in silence, reflecting on  
the Word of God.**

PRAYERS OF INTERCESSION - YOU MAY ADD YOUR OWN PRAYER INTENTIONS HERE

*Pray for our Holy Father Pope Francis and all our Clergy and religious.*

*Pray for our doctors, nurses and all who are working to help and heal.*

*Pray for those in government, public office and those looking after the welfare of others.*

*Pray for all those who are suffering in mind or body.*

*Pray for all who are lonely, isolated and in need.*

*Pray for those who have died and are no longer with us.*

*Pray to our Blessed Mother, Mary, to intercede for us. Hail Mary...*

*Even though we  
are unable to  
receive Jesus in  
the sacrament of  
the Eucharist we  
can make an act  
of Spiritual  
Communion by  
saying the  
following prayer*

## Liturgy of the Eucharist

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.

**Here is an excerpt from Pope Francis's message for World Communication Day**

I would like to devote this year's Message to the theme of storytelling, because I believe that, so as not to lose our bearings, we need to make our own the truth contained in good stories. Stories that build up, not tear down; stories that help us rediscover our roots and the strength needed to move forward together. Amid the cacophony of voices and messages that surround us, we need a human story that can speak of ourselves and of the beauty all around us. A narrative that can regard our world and its happenings with a tender gaze. A narrative that can tell us that we are part of a living and interconnected tapestry. A narrative that can reveal the interweaving of the threads which connect us to one another.

## Reflection from Fr. Colm on Thursday of the 3rd week of Eastertide - 30th April 2020

Good morning everybody. Hope you're okay. One of the phenomena of the recent lock down has been, particularly for church goers, the very often comment *"I was at Mass in Burtonport in County Donegal or I was at Mass in Winnipeg in Canada, or I was at Mass in..."* the list goes on.

However, you will also hear the comments *"Well, I didn't like it there because your man preached for twenty minutes and I went off and had a cup of tea while he was preaching"* or *"Aw he's very good that fellow he speaks, he's quick, he's got a quick sermon, gets to the point and I like that."* And I suppose if I were to ask parishioners where they go to Mass either on a daily basis or at weekends the choices are as great as the number of parishioners that actually come to Mass at the weekend. Such is the digital age in which we're living in.

However, that's my big concern about webcams etc. There's, while the digital age has an attraction and a connectedness it actually also has a disconnect. And where's that disconnect? It's all to do with basic human contact, one-to-one, person to person, a smile, a chat, just human intimacy.

Brian Turner is a psychotherapist within the context of the positives and negatives of our video connectedness that we are experiencing now did say *"Video calling sometimes has a disassociating effect, one where we can 'zone out' of our interaction as our mind becomes confused by the lack of physical connection despite the visual one. We have the most technology at the moment but possibly almost the most loneliness."* And there's the irony, there's the kick.

The bottom line of course will always be to what degree we are drawn towards Jesus, and towards our faith and towards our Church in faith. To what degree do we allow the grace of God to touch us, to draw us. That's much deeper than the visual and indeed even deeper than the physical contact, though all are very important. It's a profound deep intimacy.

And we find that in the Gospel today from St John which can always be to some degree complicated but very simple on other levels. Jesus talks about being drawn to the Father, being drawn to Him, being drawn by His grace, being drawn by who He is. *"No one can come to Me unless drawn by the Father who sent Me, and I will raise that person up on the last day."* Good morning everybody.

## Reflection from Fr. Colm on the feast of St Joseph the worker - Friday 1st May 2020

Good morning everybody. Hope you're okay. I'm sure many of you were out last night, pots and pans and singing, clapping, whatever for the NHS staff at 8 o'clock and I'd like to thank one of our parishioners who suggested me a few weeks ago that I might ring the bells at 8 o'clock which I now do every Thursday night at 8.

However, in a very fine piece recently by an ex member of the NHS, a professional, he wrote about the dangers of canonising the saints and miracle workers, the angels, which are terms which are often used for NHS employees and I think appropriately so, and the danger he pointed out which I thought was very, very good, he said that *"Being called a saint or miracle-worker might be very complimentary but it might come at a price: the sense that you must conform to the image of a saint. Saints endure pain. Saints appear to need little or no rest or sustenance. Saints do not ask for pay rises. What happens when people do die, as they must? The danger is that the personal experience of the staff is one of failure and depression."*

Now I thought those words were very appropriate because today we're celebrating the feast of another saint, a real saint too of our church, St Joseph the worker, the first of May. We were given this date by Pius the tenth, Pope Pius the tenth to counteract communism and May day celebrations that take place also on this day. And I feel that perhaps over the years that St Joseph too has suffered because of a lack of appreciation of the humanity that he has had in his wonderful, wonderful life - little of it that we do know.

*"Let us recognise," says this same writer, "that saints do have the same feelings as us - including confusion, uncertainty, fear and anger. One consequence of elevating NHS staff to the realm of the sacred is that we find ourselves in danger of forgetting an essential element of religion: forgiveness for being human." "Forgiveness for being human". God bless everybody.*

### **Reflection from Fr. Colm on the feast of St Athanasius - Saturday 2nd May 2020**

Good morning. Saturday. A gorgeous morning outside. My elderly, arthritic dog, unfortunately, has been walked. And the walks are shorter, they're slower and generally it affords an opportunity for me to perhaps converse with people whom I see fairly regularly, obviously at a distance and one such conversation took place this morning and this gentleman I see regularly, I know he's looking after his wife who has serious dementia and we just have these little subjects and indeed people to talk about, briefly.

But he did tell me this morning, he told me that he had been up to B and Q - this was at half past 7 - and he said the queues, he said, were quite, astonished him. And he said *"Yes, indeed, and the sooner we get back to normality the better."* and I then said *"Well I presume all of the queues will be for DIY stuff which I'm sure there will be a huge increase in."* And he said *"Yes, indeed"* He said, *"Of course, you'll be hoping to get people back in there"* and he pointed to the church. And I said *"Yes."* My response humoured him a little bit when I said, *"Well as long as those who come there,"* pointing to the church, *"don't suddenly go DIY as well."*

Now what I mean by that is Do-it-yourself faith expression and community etc in isolation of the larger body. This is all the testing times that I suppose await us in the post-COVID and please God, and when that does happen, we will be a *stronger* community but that's going to be the test isn't it? A huge test for us, just to see how we come out of this.

Judging how the community, the parish has gone into overdrive by way of reaching out to others I would be hopeful, but it is a test, it is a test. As the world will not be the same, indeed our Church will not be the same, and please God and I do have every faith and hope and belief it will be a much stronger Church. Good morning everybody.

### **Reflection from Fr. Colm on the fourth Sunday of Easter - Sunday 3rd May 2020**

Good morning everybody. Lockdown has been for many of us a bit of a nostalgic journey hasn't it? If like me, you've been having a bit of a clear out you'll be coming across old photos etc, for some this can bring both joyful and sad memories.

A joyful memory was rekindled this week when I received a YouTube link to a hymn that was really bread and butter during this month of May in our Catholic devotions - Flowers of the rarest - and sung by its finest interpreter and believe you me I have heard some of the rarest interpretations of this hymn.

It was of course Canon Sydney Macewan. Sydney Macewan was from the Scottish Highlands and was discovered by none other than Sir Compton Mackenzie and John

McCormack. A lucrative professional singing career awaited but he chose priesthood. You can link this hymn on the website, our parish website, after this reflection.

And so back to the hymn, every first of May indeed the late, great broadcaster Gay Byrne played it on his radio program on this day. So you can see how this month of May, lockdown and memories all come together for me anyhow.

That nostalgic journey continued on another level last week with the passing of my vocations director in Dublin Father Philip O'Driscoll. And we remember these individuals who played an important role in whatever vocation or career choices we make don't we? Philip died age 86, not COVID related, thank God.

Our links continued when he was appointed as PP to my own parish church. He was an intelligent, humorous, at times complex, but very holy and with a strong devotion to Our Lady, St Joseph and Thérèse of Lisieux. However, there's one abiding memory of Father Philip that I often recount.

As a young priest he was appointed to a poor parish in the centre of Dublin. He had recently been educated at Calva college and Minuet and so feeling armed with the knowledge of Canon Law, he couldn't wait for his first confession. And then in she walked. An elderly poor woman from the centre of Dublin who took an age to kneel down in the confessional because of her arthritic joints, plus she had about six plastic bags full of all sorts which she slowly put on the ground beside her. She confessed and Father Philip had the textbook answers and feeling proud of himself he gave her absolution and slowly she arose. And as she departed, she halted, turned round and said *"Ah'sh you're doing your best Father."* That elderly poor woman had challenged his sense of certainty, his sense of superiority. It was a powerful lesson that even in latter years he most certainly never forgot.

Today we listen to the Good Shepherd Gospel, this is Good Shepherd Sunday, reminding us of the necessity of being wary of wolves in sheep's clothing and that Christ is both gate and shepherd but question is of course, what if we at times are and could be like Father Philip, wolves in sheep's clothing to leading others astray through our own blindness, our own prejudices, our own certainties. We can unnoticed to ourselves be the ones who cause others to stray and we might even do it with the best of intentions.

The wise words of that other great Scottish troubadour Robbie Burns ring home. *"Oh, would some Power give us the gift to see ourselves as others see us! It would from many blunder free us, And foolish notion: what airs in dress and gait would leave us, and even devotion!"*

Have a lovely Sunday everybody, God bless.

### **Reflection from Fr. Colm on the feast of The English Martyrs - Monday 4th May 2020**

Good morning everybody. I'm glad to report that the family of finches are doing very well on the windowsill, doing less well of course have been a number of wood pigeons around whose carcasses I have seen in the front and back lawn probably an indication of the vulnerability that perhaps some wildlife feel at the moment or security they feel at the moment but laying themselves out very vulnerable of course too as in the situation now with the wood pigeons to the hawks.

So, anyhow, this morning, I don't know if you've noticed around also the air seems fresher some people have observed and it's a very fresh morning this morning and just walking down by the river here in Durham yesterday the swans seem very much at ease, very comfortable, seem to be increasing in number along the river as well.

In the paper this morning I'm reading that dog purchase, adopting a dog, adopting a puppy, buying a puppy, google searches have gone up by 120%, for adopting a puppy up by 130%. Again, just a, I think a sign to everybody the invaluable gift that nature and indeed animals offer to us in all their aspects.

So today, we're celebrating the feast of Martyrs of England and Wales. I came across, this whole martyrdom, it's a tricky thing isn't it? One of the longest running and most successful musicals in history of both west and New York has been the musical Hamilton which is based on the life of Alexander Hamilton one of the founding fathers of America who was not white and perhaps the less we knew about him because of that the better in the past however it's taken on a whole new dimension now with this musical.

And in the dialogue between him and George Washington, Washington says to him *"It's alright, you want to fight, you've got a hunger I was just like you when I was younger*

*Head full of fantasies of dyin' like a martyr?" "Yes" says Hamilton. "Dying is easy" says Washington "Young man, living is harder." "living is harder."*

I think that's a wonderful line, it's a real challenge to live indeed we're seeing it in the tremendous courage of health workers in hospital and the frontline workers. We're seeing it also I'm sure, though we don't see so much of it, in the intense lives, which I'm sure many are living in the small crowded accommodation, wherever they might be this point in time.

This is what living is all about, this to me is what martyrdom is about. Those moments, daily moments, of just putting your own ego and self aside for the betterment of others. Good morning everybody.

### **Reflection from Fr. Colm on Tuesday of the 4th week of Eastertide - Tuesday 5<sup>th</sup> May**

Hi everybody. Overcast today but nonetheless News tends to be a little bit more positive isn't it? With regard to being unlocked. Anyhow let's hope next Sunday will bring news of certainly from the government in relation to that unlocking of particularly the business side of life over the coming weeks.

Today I'm given great comfort by the reading that we have in our first reading from the Acts of the Apostles where St Luke describes a wonderful person, a wonderful character, one of my favourite characters in the entire New Testament - Barnabas.

We're told that Barnabas was a man of, he was a good man. He was a *good* man. That's very important. We're told also that he was filled with the Holy Spirit. We're told also that he was a man of faith. I would have thought actually one meant without the other but maybe not because we know in our own lives goodness that certainly comes from people and they're outside our faith, outside our church and thank God for that too. And also, we know that with regard to the Holy Spirit, filled with the Holy Spirit, there are so many filled with the Holy Spirit isn't there? And they are wonderful people as well.

Then of course he's filled with, he has faith. I don't know perhaps what this implies. Does it imply he's faithful to the church? Probably so, but there is a real buzz about this man, as you can probably sense the buzz about the room because a wasp has just got itself into the room and as they normally do gather around the bulb above.

I divert for a moment but this is leading onto Barnabas then perhaps going to his greatest challenge I would imagine because St Paul must not have been an easy man to negotiate and not only negotiate but to bring him right into the heart of the Christian community and that's what we're seeing this morning. Paul is also leaving lockdown and he's being assisted. Perhaps from our own experience when we too are being led out of lockdown it will be an adjustment. We hear a lot about fear, of people going out etc. but

that's the challenge for us, to help each other to be unlocked, to go back out into the world again which will be different, thank God, it'll be better. Good morning.

### Reflection from Fr. Colm on Wednesday of the 4th week of Eastertide - 6<sup>th</sup> May 2020

Good morning everybody. How are you? I hope you're okay. Wonderful weather let's not complain. Despite this lockdown the weather has been extremely kind to us over these past few months.

The Gospel today is from St John and it's all about light, it's all about coming from darkness into light. *"I've come as a light into the world so that everyone who believes in Me should not remain in the darkness."* I think such a fitting reading for this time isn't it? We don't know what we're going to come out into. We see such significant changes even our appreciation of who we are and friends, our neighbours, our senior citizens, our young people. Even the people we meet on the street, the smiles, the kind benevolent greeting of hello and even in the distancing has all been done with great sensitivity and clarity and kindness. So will that remain? Well certainly I would hope so but there's lots more is going to change I feel at a broader level I think things will have to change very dramatically I'm talking about at a world level, not me, I don't want to get into politics in any form whatsoever but I do feel that we are going to be challenged to a very great degree at an international level.

If I can just quote some words from a very fine writer Arundhati Roy who wrote *"The virus has moved freely along the pathways of trade and international capital, and the terrible illness it has brought in its wake has locked humans down in their countries, their cities and their homes. But unlike the flow of capital, this virus seeks proliferation, not profit, and has, therefore, inadvertently, to some extent, reversed the direction of the flow. It has mocked immigration controls, biometrics, digital surveillance, and every kind of data analytics, and struck hardest – thus far – in the richest, most powerful nations of the world, bringing the engine of capitalism to a juddering halt. Temporarily perhaps, but at least long enough for us to examine its parts, make an assessment and decide whether we want to help fix it, or look for a better engine."*

That's one aspect as to the change but at a deeper level we are asked also, we can't really experience something like this as Christians without experiencing something more profound within ourselves. Final words left to St Augustine - *"Urged to reflect upon myself, I enter under your guidance the innermost places of my being; but only because you had become my helper was I able to do so. I entered, then, and with the vision of my spirit, such as it was, I saw the changeless light far above my spiritual ken and transcending my mind: not this common light which every carnal eye can see, nor any light of the same order; but greater, as though this common light was shining much more powerfully, far more brightly, and so extensively as to fill the universe."*

Wonderful. Words of optimism, Thank God. Have a lovely day now.

### Reflection from Fr. Colm on Thursday of the 4th week of Eastertide - 7<sup>th</sup> May 2020

Good morning everybody. A lovely morning again as we continue our journey of lockdown and isolation and I just want to talk today briefly about feet - yes feet.

A Dominican priest, wonderful spiritual writer once wrote *"The feet are the lowliest part of the body in a literal sense, and the farthest away from the head. And they are the most truthful because they are farthest from the mouth. They are willing to go where hands would disdain to go; and when we touch something with the foot, we haven't really established any personal contact with it. Yes, the feet are the most disowned part of the body. Yet they are our most fundamental and on-going contact with reality. And they are*

*not the insensitive clods that they may appear to be they are so highly sensitive that a foot-massage affects the whole body. "*

Wonderful lines these. I'm reminded of a foot massage I once had and I was kind of surprised and taken aback when a large piece of wood was taken out by the individual who was doing the massaging, it was a professional too, and I thought really I didn't expect this to be part of the game or part of the massage but in compressing that piece of wood into the foot the person in question the lady who was massaging the feet was able to tell the state of my health with extraordinary accuracy.

So, this is feet and my God today how we certainly realise the importance of them don't we? When there's no physical handshaking, there's no embracing there's no kissing, there's no physical contact whatever for fear of contamination. The feet are there for us as ever. They carry us.

And it's no wonder I suppose within the Gospel today we find Jesus washing the feet of His disciples. We realise in *His* day they would have had even far greater importance because of the limited mode of transport. Jesus reminds us in the Last Supper, this wonderful ceremony and how I certainly have missed this ceremony in our Holy Thursday at St Godric's. Over the past recent years, we've been inviting members of the congregation to wash each other's feet - not as a gimmick - but as a real sign of solidarity and some have really taken to it and it's wonderful to see it. It's a reminder to us that indeed feet washing takes place every single weekend in some of the Christian denominations, particularly the Eastern Churches.

And so, this morning as we listen to the Gospel this one act in the Last Supper, Jesus washing the feet of His disciples let us indeed end by taking to heart the words that He give us. *"If I do this for you, so should you for one another."* And indeed, the washing of feet stands symbolically for every lowly service we can perform for one another. God bless you.

### **Reflection from Fr. Colm on Friday of the 4th week of Eastertide - 8<sup>th</sup> May 2020**

Good morning everybody. Stunning weather again, thank God. Well have you seen him or her? I'm talking about those born-again cyclists, born again joggers, even the power walkers. They've suddenly emerged in this time of lockdown to get exercise in an intense state. Thank God there's not too many of them, but when you see them, they're more frightening than a herd of elephants charging towards you. Today we're, I suppose appreciating, and what they are doing as well and that's quite understandable is the perhaps the clarity of the air which is seeing its lowest form of pollution in records, on record. These are the times, the strange times we're living in the wonderful times too. Lockdown has its benefits.

In the Gospel today we're reminded from St John that Jesus is asking us to remain in His love and to in response to Thomas' question *"we don't know the way Lord," "I am the Way, the Truth and the Life."* The Way is a wonderful metaphor always in religious language, many great saints have based our own faith and journey on a way, a pilgrimage, the Camino. Often some of us are familiar with *the* Camino. Sadly, that may not be open again for another two years I gather but let's hope better news comes across on that.

But all of this, all these reflections, all of these thoughts are a reminder to me anyhow of perhaps the need to be more appreciative of what's near me, what's nearest home, house, garden, even the room. *"In my Father's house there are many rooms."* many mansions some translations have it. Just again a reminder that yes Heaven is not a geographical place it is a location.

"*I am the Way, I am the Truth, I am the Life*" He's not saying "I will be the Way, I will be the Truth I will be the Life" "*I am the Way, the Truth and the Life*" Here and now, where I am.

### **Reflection from Fr. Colm on Saturday of the 4th week of Eastertide - 9<sup>th</sup> May 2020**

Good morning. Today we, and indeed these past few days, we remember those who died in the cause of freedom. Perhaps it's appropriate to remind ourselves that over five million Germans died who are non-Jewish at the hands of the evil Nazi regime. Of those some of them are very well known to us, Dietrich Bonhoeffer, the evangelical pastor, Edith Stein who died in Auschwitz a Carmelite nun, she was a convert from Judaism. Alfred Delp, the Jesuit, he was hanged on the feast of the Presentation in Plötzensee Prison.

And then, for me, the most relevant, is Friedrich Reck-Malleczewen. Malleczewen wrote just his account of the Nazis and his familiarity, he was very familiar with some of the higher Reichsleitungen within the Nazi party. He describes *vividly* a restaurant on a road between Munich and Salzburg in a restaurant and Hitler walking in with his bodyguards, but the bodyguards left him to eat on his own and Malleczewen regrets not ending it all there and then because he had a revolver in his hands.

He was an extraordinary man who came from a Prussian background, aristocratic, he's one of these Old Testament type figures, railing at God for these injustices that he sees around him. And I think he's a very important person in the context of Nazi history, so much so that Hannah Ardent the Jewish philosopher considered him and his testimony one of the most important.

In the Acts of the Apostles this morning we hear about this persuasion that's launched against Paul and Barnabas by the local Jewish community and they use very interesting words "*But the Jews worked upon some of the devout women of the upper classes and the leading men of the city and persuaded them to turn against Paul and Barnabas and expel them from their territory.*" A clear reminder to us of the power of persuasion against goodness when that charismatic or influential voice comes it can be quite difficult to resist.

However, just one or two quotations from Malleczewen which I think are relevant not just to then but to now. "*Nationalism,*" he says is , "*a state of mind in which you do not love your own country as much as you hate somebody else's*" and "*You, up there: I hate you waking and sleeping. I will hate and curse you in the hour of my death. I will hate and curse you from my grave, and it will be your children and your children's children who will have to bear my curse. I have no other weapon against you but this curse, I know that it withers the hearts of him who utters it, I do not know if I will survive your downfall. But this I know that a man must hate this Germany with all his heart if he really loves it. I would ten times rather die than to see you triumph.*"

He died; he was executed in Dachau. One of the very fine Germans who died at the hands of this very real evil that was among us then. God bless.

### **Reflection from Fr. Colm on the 5<sup>th</sup> Sunday of Easter - Sunday 10<sup>th</sup> May 2020**

Good morning everybody. Weather change means perhaps more confinement to home, so patience is a virtue. Perhaps the message this evening from the PM will lift those spirits, let's hope so anyhow. Ominous statements from the Anglican Bishop of London this morning on church openings probably well into the Autumn we're told that's Anglican church, we don't know about our own yet so let's be positive.

However, I want to talk to you this morning briefly about an extraordinary human being who died recently. Many in the younger age group will probably not know who I'm talking about but those who are interested in music, particularly popular music will recall the name of Little Richard. Yes, I received a text yesterday simply saying "*Little Richard is dead.*" How influential was he? Well let me just quote Bob Dylan one of the greats on hearing of this news, he said "*Little Richard was the original spirit that moved me to do everything I would do.*" Dylan then added that they became good friends, often engaging in long conversations when they crossed each other's path on tour. Both being deeply influenced by Jesus I can only imagine that the Lord Himself will have been pivotal in some of those conversations.

For myself, I remember as an eight or nine-year-old tagging along with my two older brothers and their pals to a cinema nearby to see a film called "*The Girl Can't Help It.*" The film itself was rubbish however what it had by way of musical input it was to become I suppose hugely influential. It had some of the names in it that would go on to be giants of rock popular music rock and roll in particular - Eddie Cochran, Gene Vincent, Fats Domino and of course Little Richard.

Little Richard was born one of twelve children to a poor African American parents in Georgia. He struggled with a physical deformity throughout his life, he also struggled with the racist attitudes that were a part of the deep south at that time, to some degree maybe still. He recalled as an example, that struggle, his friendship with a wonderful singer named Buddy Holly. Buddy invited him one time to his home in Lubbock Texas however Buddy's father refused to allow Little Richard to join them for the meal because of his colour. Buddy said, "*If he does not join them neither do I.*" Buddy sat down but he did say afterwards "*I bet Buddy's folks washed those dishes twenty times after I had touched 'em.*" The hurt stuck.

Little Richard went on to become an Evangelical Minister carrying that same hurt but he did find acceptance in both church and community. He continued to be a flamboyant, complex, sadly drug addicted until his recent death.

That story I just mention it because I feel gosh these are the individuals throughout our lives that have a great influence and can have a great influence in society and yet they do struggle with their demons and yet they do believe in Christ and Christ is such a presence. And that constant need for rebuilding that is a part of each and every one of us is very much in our readings today, wonderful readings.

In the Acts of the Apostles the newly formed the Greek or Hellenistic Christians are finding themselves also being neglected and probably for racist reasons by the Hebrews, their widows especially and that's why the disciples have to make a stand here and it's a very important stand they appoint seven. And they do emphasise in the readings that it's not just enough to focus on the Word of God it has to follow up with action. people have to be fed, in whatever form that takes. The second reading the first letter of Peter we read that wonderful, wonderful oft quoted statement "*The stone rejected by the builders has become the cornerstone*" or the keystone. And the Gospel completes the building narrative by Jesus reassuring us that "*In my Father's house there are many rooms*" That final one, the Gospel from John, is often used as I've said before in funerals but let's again not confine that to that geographical space it's - we're talking about now. There's no sense in just talking about the comfort after death it's what happens now. That prejudice that sense of "*I'm okay,*" that cosy view of keeping God at a comfortable distance *my God* that doesn't demand an urgent action in the here and now. That's not acceptable.

We are now entering more challenging times in both isolation, lockdown, frustration, anger, hunger all these issues may impact on us at a social and mental level. So, let

us *please* be vigilant. Any, *any* identification of such issues that cause us to be concerned, please contact me, okay? God bless everybody.

### Reflection from Fr. Colm on Monday of the 5th week of Eastertide - 11<sup>th</sup> May 2020

Good morning. In the Acts of the Apostles this morning there is a very powerful line which is, it contains I think a profound truth of life. We're told in the Acts that a crippled man who couldn't walk from birth "*he managed to catch his eye*" and the person he managed to catch the eye of was St Paul. There's this massive human contact taking place now which enables Paul to move in and transform this man's life.

That eye contact - hugely important. I recall instances in my own life when I have failed in that area. I often went into the intensive care unit in the RVI on a daily basis but one morning I was distracted but a nurse who I knew very well, a great, great nurse she said to me, "*Father, you're not listening to me.*" She could tell by my not looking at her when she was speaking.

Psychologists have been able to tell of the massive importance of eye contact between mother and child especially in the first months after birth. We could even tell if there's a friction in the air between couples if no eye contact is being made between them. Very often a glance of real kindness is more healing than all the well-intentioned words that we have. And indeed love, romance often begins with the eyes, brought out beautifully I thought in Zeffirelli's *Romeo and Juliet*.

In the Year of Mercy this is a few years back Pope Francis said, "*Almsgiving is a gesture of love which directs us to all those we meet: it is a gesture of sincere attention to those who come to us and ask for help, we should not identify almsgiving simply with a hastily given monetary offering without looking at the person, without stopping to talk, to understand what they really need.*" and then he added, "*to stop and look in the face, look in the eyes of the person who is asking for help.*"

Good morning.

### Reflection from Fr. Colm on Tuesday of the 5th week of Eastertide - 12<sup>th</sup> May 2020

Good morning. Today was to be the beginning of the annual diocesan retreat however I think the priests of the diocese got a different kind of retreat and one longer than they bargained for with our present state of lockdown. Part of any retreat especially a Jesuit eight day or thirty-day retreat is journaling and listening to psychologists recently it seems journaling is a very important way of keeping ourselves sane and healthy in these very strange times. It simply means jotting down those moments of importance everything that comes into our mind and everything that we experience on a daily basis.

Now if I was to journal such an experience it would have been the coming together yesterday of a very beautiful piece of music and something that I witnessed down by the river here. Thanks to the BBC iPlayer I was listening during my walk to Nigel Kennedy playing Massenet's *Meditation* and walking along the river just as the music rose to its glorious finale one of the two swans I see daily rose out of the water, stretched its neck, extended its wings and shook itself. I was transfixed. It was good to be there.

These are the moments mentioned by Professor Debbie Pain this morning when she asks us each and every one of us to appreciate on the general environment in which we find ourselves (and she said this on *The Life Scientific* this morning if you wanted to chase it down) that we have a great opportunity now to look at more closely the precious birdlife that is so threatened worldwide. I couldn't do justice to how she describes it. She was

wonderful to listen to, one of those inspiring teachers and speakers. It was good to get these positives on what our present crisis is actually enabling. She was bringing those out.

And perhaps also for you and me these are moments of peace, fleeting though they may be but vital to our health, emotional and spiritual health that Jesus seems to be implying at a far too deeper level than the word "peace" might signify or is used rather glibly at times in our world today. Just check the Gospel of John today, it's a wonderful Gospel. Good morning.

### Reflection from Fr. Colm on the feast of Our Lady of Fatima - 13th May 2020

Hi everybody hope you're okay. Today we're celebrating the feast of Our Lady of Fatima, a feast in which those what's called apocalyptic visions were given to three young shepherds Lúcia Santos, and her cousins Jacinta and Francisco Marto. And the feast of course won't be celebrated in its usual form with thousands of pilgrims descending on this small Portuguese town however it can take comfort in the knowledge that it has one of the lowest death rates in the world from COVID-19.

In fact, it seems that Portugal had a very clear direction from the start as to how they were going to cope even despite an elderly population and an underfunded health system. I was reading recently that Ricardo Baptista Leite, whose a member of the PSD that's the Social Democrat opposition party he's also a physician and he specialises in infectious diseases so you get an impression this man might know what he's talking about.

He said *"The Portuguese people understood very clearly that if we want to survive this [meaning COVID] we would have to do even more than others in crushing the curve, [as he calls it] in prolonging and pushing forward the number of new cases,"* and then he said, which I found really interesting, *"The country has shown tremendous solidarity."*

Portugal, we know shut down schools when there were just 244 cases of COVID-19 in the country whereas Spain had over 2000 infections before closing their schools. Some explanations for Portugal's relative success ranging from sheer good luck have also included cleaner air to decades of anti-TB vaccinations and even as high as the PM Our Lady of Fatima has been mentioned. Now whether you believe that or not that's up to yourself however it is clear statement from somebody in a very important position.

Another reason for recognising Portugal's ability to cope has been the extraordinary fact that Portugal welcomed immigrants and refugees into the fold *during* the crisis. Why? So that they too could receive any health care necessary for them and were given temporary permits to come in and stay for that purpose. Now that's according to CNN.

And so today we're celebrating the feast of Our Lady of Fatima. A feast that has always been hugely important in, certainly in my own family growing up, but certainly in the parish here also over the years. That ideal of solidarity was pivotal in coping with COVID in Portugal. Solidarity I think is something that we're really going to need at the moment.

I think particularly of our schools, I think particularly of our Headteachers and their staff in the enormous challenge ahead for them almost I feel impossible challenge of shepherding social distancing from infants and young adults, so our prayers are with them at this time and on this day and the inseparability of the vine from the branches in today's Gospel, was and is and please God always will be the hallmark of our own Catholic faith and solidarity. Good morning everyone.

## Exercises for older people

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### Strength

#### Getting started

**If you've not done much physical activity for a while, you may want to get the all-clear from a GP before starting.**

For the exercises that require a chair, choose one that is stable, solid and without wheels. You should be able to sit with feet flat on the floor and knees bent at right angles. Avoid chairs with arms as this will restrict your movement.

Wear loose, comfortable clothing and keep some water handy.

Try to attempt these exercises at least twice a week, this will help to improve muscle strength, balance and co-ordination.

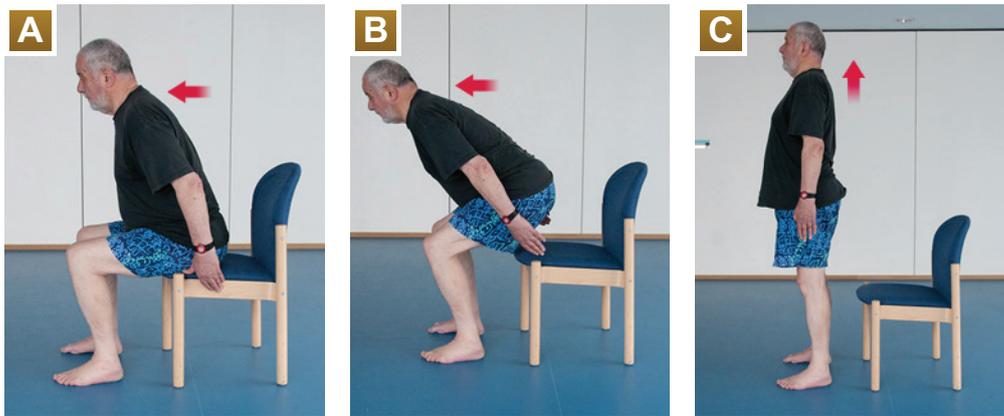
Build up slowly and aim to increase the repetitions of each exercise over time.

As your fitness improves, why not look for a group session near you? Age UK have lots of ideas. [www.ageuk.org.uk](http://www.ageuk.org.uk)

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## SIT TO STAND

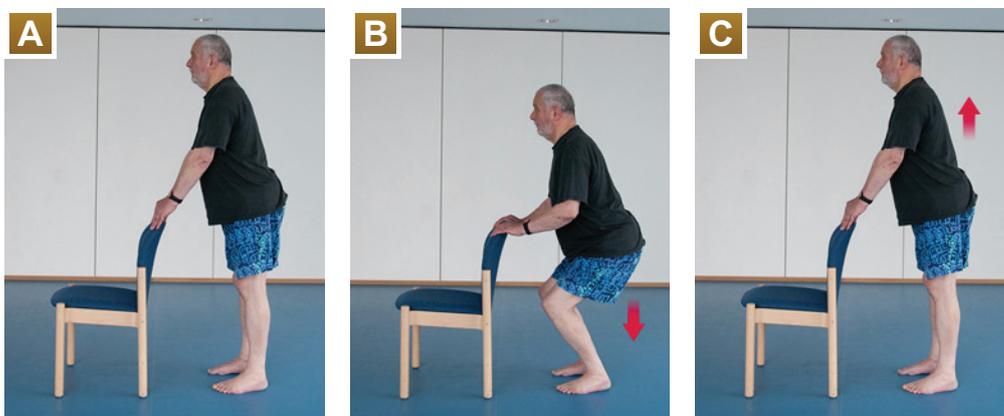


**This is good for leg strength.**

- A.** Sit on the edge of the chair, feet hip-width apart. Lean slightly forwards.
- B.** Stand up slowly, using your legs, not arms. Keep looking forwards, not down.
- C.** Stand upright before slowly sitting down, bottom-first.

Aim for five repetitions - the slower the better.

## MINI SQUATS

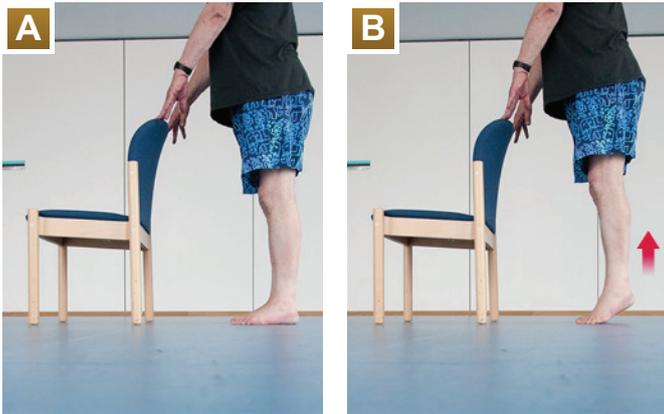


- A.** Rest your hands on the back of the chair for stability and stand with your feet hip-width apart.
- B.** Slowly bend your knees as far as is comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times.
- C.** Gently come up to standing, squeezing your buttocks as you do.

Repeat five times.



## CALF RAISES

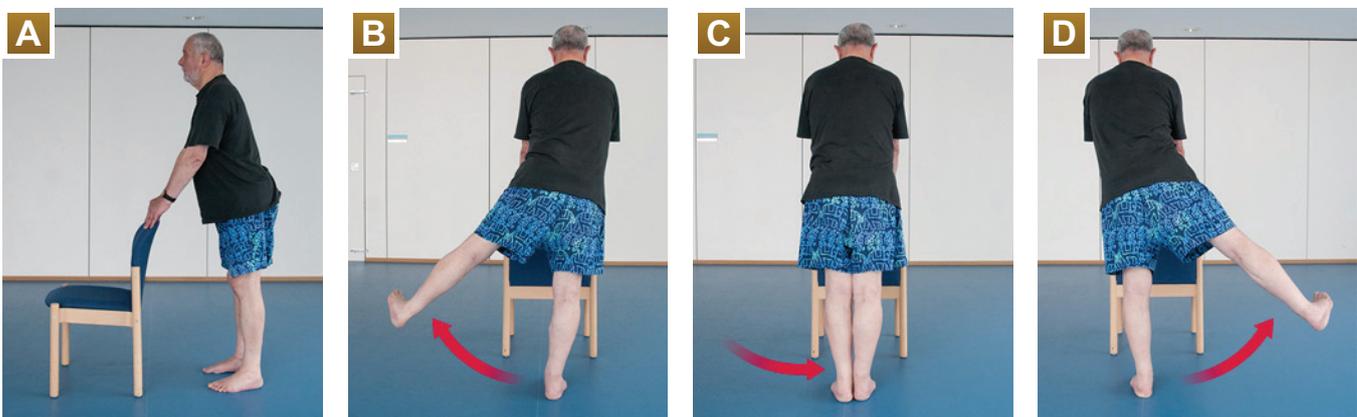


**A.** Rest your hands on the back of a chair for stability.

**B.** Lift both heels off the floor as far as is comfortable. The movement should be slow and controlled.

Repeat five times. For more difficulty, perform this exercise without support.

## SIDEWAYS LEG LIFT



**A.** Rest your hands on the back of a chair for stability.

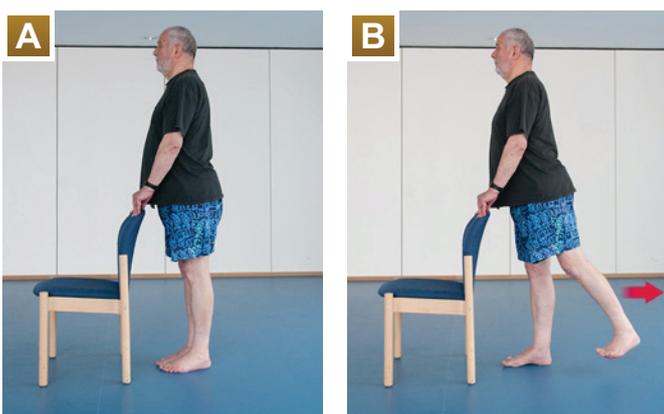
**B.** Raise your left leg to the side as far as is comfortable, keeping your back and hips straight. Avoid tilting to the right.

**C.** Return to the starting position.

**D.** Now raise your right leg to the side as far as possible.

Raise and lower each leg five times.

## LEG EXTENSION



**A.** Rest your hands on the back of a chair for stability.

**B.** Standing upright, raise your left leg backwards, keeping it straight. Avoid arching your back as you take your leg back. You should feel the effort in the back of your thigh and bottom. Repeat with the other leg.

Hold the lift for up to five seconds and repeat five times with each leg.



## WALL PRESS UP



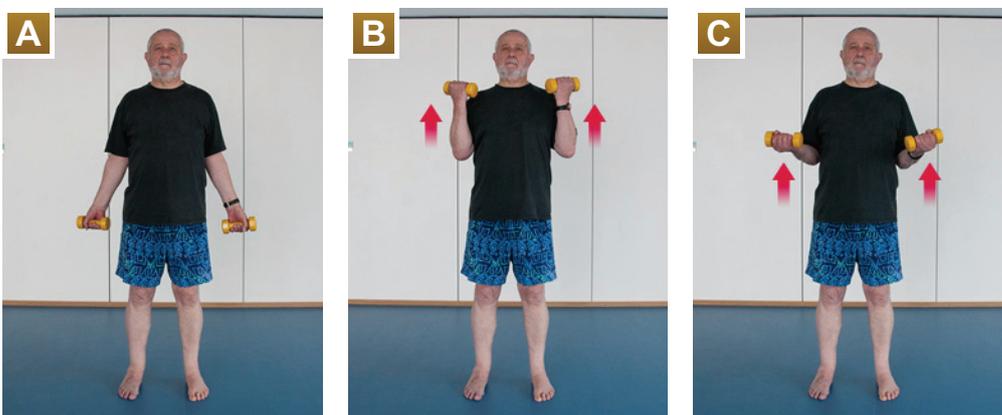
**A.** Stand at arm's length from the wall. Place your hands flat against the wall, at chest level, with fingers pointing upwards.

**B.** With back straight, slowly bend your arms, keeping elbows by your side. Aim to close the gap between you and the wall as much as you can.

**C.** Slowly return to the start.

Attempt three sets of 5–10 repetitions.

## BICEP CURLS



**A.** Hold a pair of light weights (filled water bottles will do) and stand with your feet hip-width apart.

**B.** Keeping your arms by your side, slowly bend them until the weight in your hand reaches your shoulder.

**C.** Lower again slowly.

This can also be carried out while sitting. Attempt three sets of five curls with each arm.

## Exercises for older people

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### Balance

#### Getting started

**If you've not done much physical activity for a while, you may want to get the all-clear from a GP before starting.**

For the exercises that require a chair, choose one that is stable, solid and without wheels. You should be able to sit with feet flat on the floor and knees bent at right angles. Avoid chairs with arms as this will restrict your movement.

Wear loose, comfortable clothing and keep some water handy.

Try to attempt these exercises at least twice a week, this will help to improve muscle strength, balance and co-ordination.

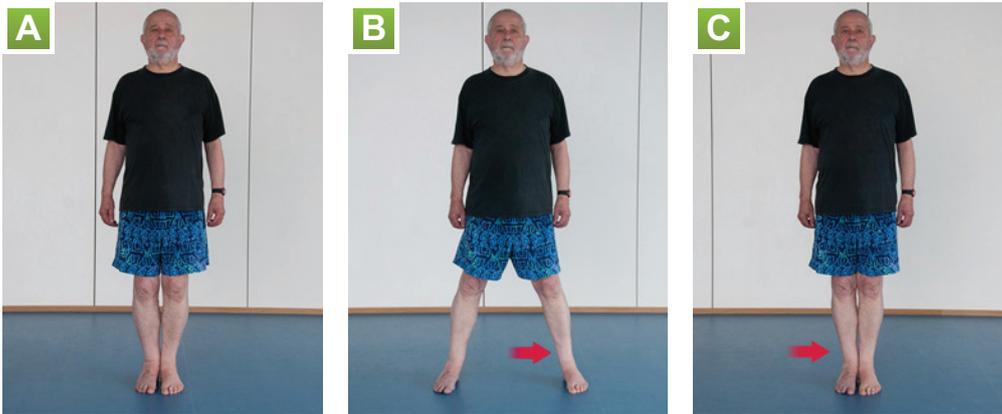
Build up slowly and aim to increase the repetitions of each exercise over time.

As your fitness improves, why not look for a group session near you? Age UK have lots of ideas. [www.ageuk.org.uk](http://www.ageuk.org.uk)

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## SIDEWAYS WALKING



- A.** Stand with your feet together, knees slightly bent.
- B.** Step sideways in a slow and controlled manner, moving one foot to the side first.
- C.** Move the other to join it.

Avoid dropping your hips as you step. Perform 10 steps each way or step from one side of the room to the other.

## SIMPLE GRAPEVINE



**This involves walking sideways by crossing one foot over the other.**

- A.** Start by crossing your right foot over your left.
- B.** Bring your left foot to join it.

Attempt five cross steps on each side.

If necessary, put your fingers against a wall for stability.

The smaller the step, the more you work on your balance.

## HEEL TO TOE WALK



- A.** Standing upright, place your right heel on the floor directly in front of your left toe.

- B.** Then do the same with your left heel. Make sure you keep looking forwards at all times.

If necessary, put your fingers against a wall for stability.

Try to perform at least five steps. As you progress, move away from the wall.



## ONE LEG STAND



**A.** Start by standing facing the wall, with arms outstretched and your fingertips touching the wall.

**B.** Lift your left leg, keep your hips level and keep a slight bend in the opposite leg. Gently place your foot back on the floor.

Hold the lift for five to 10 seconds and perform three on each side.

## STEP UP



**Use a step, preferably with a railing or near a wall to use as support.**

**A.** Step up with your right leg.

**B.** Bring your left leg up to join it.

**C.** Step down again and return to the start position.

The key for building balance is to step up and down slowly and in a controlled manner. Perform up to five steps with each leg.

## Exercises for older people

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### Flexibility

#### Getting started

**If you've not done much physical activity for a while, you may want to get the all-clear from a GP before starting.**

For the exercises that require a chair, chose one that is stable, solid and without wheels. You should be able to sit with feet flat on the floor and knees bent at right angles. Avoid chairs with arms as this will restrict your movement.

Wear loose, comfortable clothing and keep some water handy.

Try to attempt these exercises at least twice a week, this will help to improve muscle strength, balance and co-ordination.

Build up slowly and aim to increase the repetitions of each exercise over time.

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## NECK ROTATION



**This stretch is good for improving neck mobility and flexibility.**

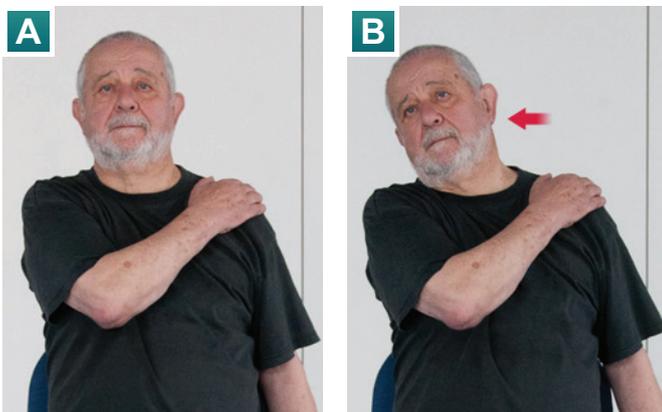
**A.** Sit upright with shoulders down. Look straight ahead.

**B.** Slowly turn your head towards your left shoulder as far as is comfortable. Hold for five seconds and return to starting position.

**C.** Repeat going right.

Do three rotations on each side.

## NECK STRETCH



**This stretch is good for loosening tight neck muscles.**

**A.** Sitting upright, look straight ahead and hold your left shoulder down with your right hand.

**B.** Slowly tilt your head to the right while holding your shoulder down. Repeat on the opposite side.

Hold each stretch for five seconds and repeat three times on each side.



## SIDEWAYS BEND



**A.** Stand upright with your feet hip-width apart and arms by your sides.

**B.** Slide your left arm down your side as far as is comfortable.  
As you lower your arm, you should feel a stretch on the opposite hip.

Repeat with your right arm down your right side.

Hold each stretch for two seconds and perform three on each side.

## CALF STRETCH



**A.** Place your hands against a wall for stability. Bend the right leg and step the left leg back at least a foot's distance, keeping it straight. Both feet should be flat on the floor.

**B.** The left calf muscle is stretched by keeping the left leg as straight as possible and the left heel on the floor.

Repeat with the opposite leg and perform three on each side.

## Exercises for older people

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### Sitting

#### Getting started

**If you've not done much physical activity for a while, you may want to get the all-clear from a GP before starting.**

For the exercises that require a chair, choose one that is stable, solid and without wheels. You should be able to sit with feet flat on the floor and knees bent at right angles. Avoid chairs with arms as this will restrict your movement.

Wear loose, comfortable clothing and keep some water handy.

Try to attempt these exercises at least twice a week, this will help to improve muscle strength, balance and co-ordination.

Build up slowly and aim to increase the repetitions of each exercise over time.

As your fitness improves, why not look for a group session near you? Age UK have lots of ideas. [www.ageuk.org.uk](http://www.ageuk.org.uk)

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## CHEST STRETCH



**This stretch is good for posture.**

**A.** Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend arms out to the side.

**B.** Gently push your chest forwards and up until you feel a stretch across your chest.

Hold for five to 10 seconds and repeat five times.

## UPPER BODY TWIST



**This will develop and maintain flexibility in the upper back.**

**A.** Sit upright with feet flat on the floor, cross your arms and reach for your shoulders.

**B.** Without moving your hips, turn your upper body to the left as far as is comfortable.

Hold for five seconds. Repeat going right. Do five of each.

## HIP MARCHING



**This will strengthen hips and thighs and improve flexibility.**

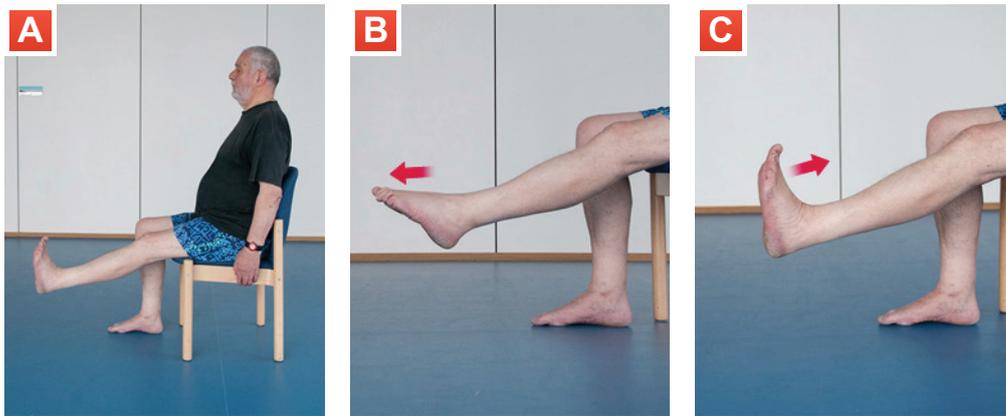
**A.** Sit upright and away from the back of the chair. Hold on to the sides of the chair.

**B.** Lift your left leg, with your knee bent, as far as is comfortable. Place foot down with control.

Repeat with the opposite leg. Do five lifts with each leg.



## ANKLE STRETCH

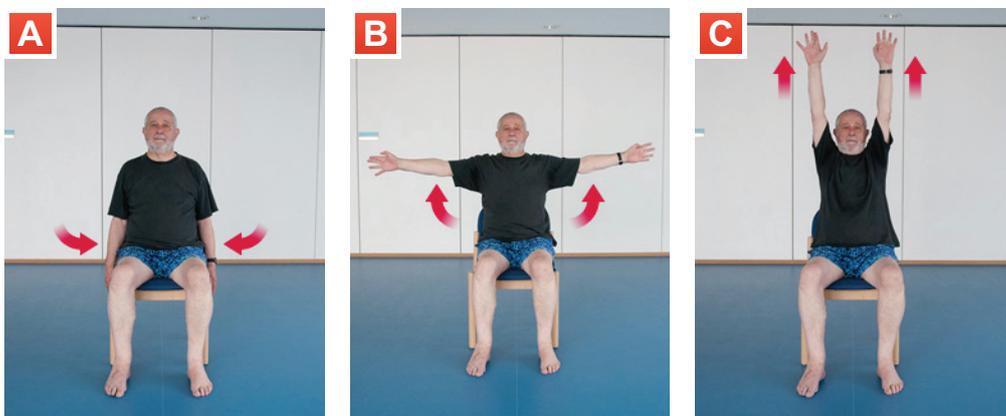


**This will improve ankle flexibility and reduce blood clot risk.**

- Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.
- With leg straight and raised, point your toes away from you.
- Point toes back towards you.

Try two sets of five stretches with each foot.

## ARM RAISES



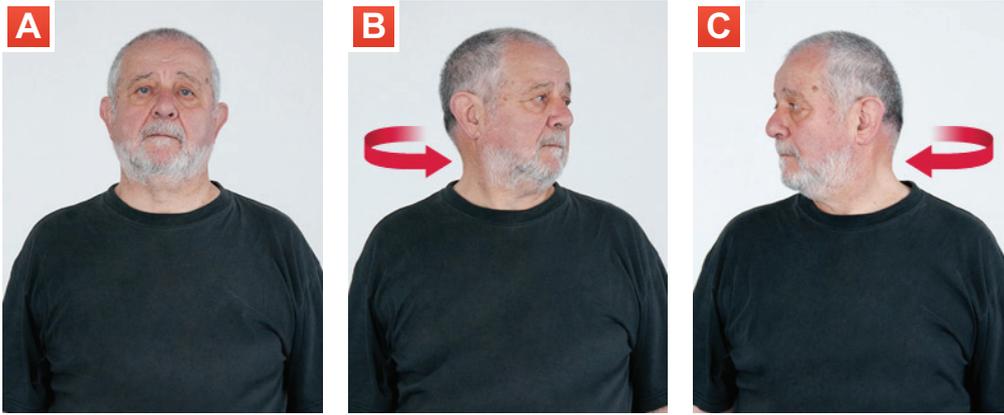
**This builds shoulder strength.**

- Sit upright, arms by your sides.
- With palms forwards, raise both arms out and to the side and up as far as is comfortable. Then return.
- Keep your shoulders down and arms straight throughout.

Breathe out as you raise your arms and breathe in as you lower them. Repeat five times.



## NECK ROTATION



**This stretch is good for improving neck mobility and flexibility.**

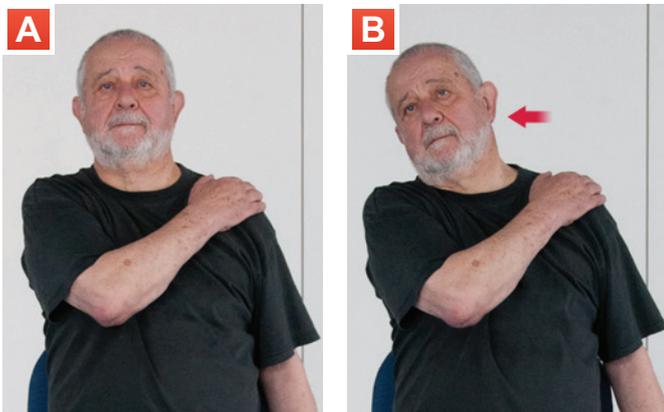
**A.** Sit upright with shoulders down. Look straight ahead.

**B.** Slowly turn your head towards your left shoulder as far as is comfortable. Hold for five seconds and return to starting position.

**C.** Repeat going right.

Do three rotations on each side.

## NECK STRETCH



**This stretch is good for loosening tight neck muscles.**

**A.** Sitting upright, look straight ahead and hold your left shoulder down with your right hand.

**B.** Slowly tilt your head to the right while holding your shoulder down. Repeat on the opposite side.

Hold each stretch for five seconds and repeat three times on each side.

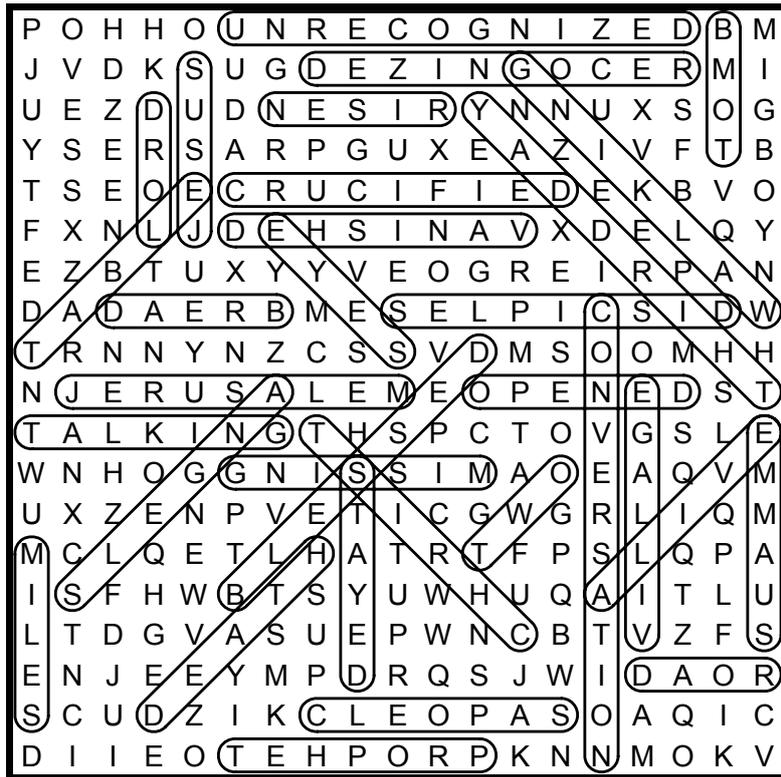
# ON THE ROAD TO EMMAUS WORD SEARCH



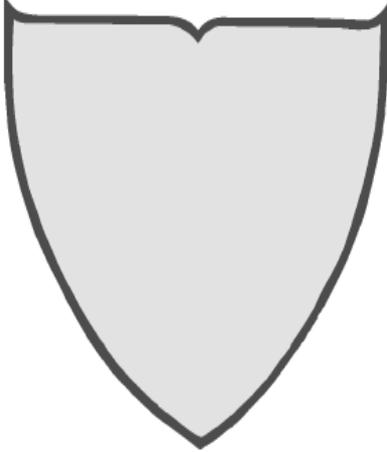
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ALIVE	EYES	STAYED
ANGELS	JERUSALEM	TABLE
BLESSED	JESUS	TALKING
BREAD	LORD	THIRD DAY
CHRIST	MILES	TOMB
CLEOPAS	MISSING	TWO
CONVERSATION	OPENED	UNRECOGNIZED
CRUCIFIED	PROPHET	VANISHED
DEATH	RECOGNIZED	VILLAGE
DISCIPLES	RISEN	WALKING
EMMAUS	ROAD	

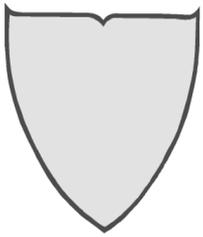
Solution



# BIBLE ARROW WORD I

				Tiresome	▼	Fire Bird	▼	Incorrect Past	▼	Finish	
				▲		▼		▼		▼	
				Announce Beast of Revelation	▲						
				▲							
				Gem Unity	▲				Baker's dozen		Attendants
				▲					▼	Commotion	▼
Make a choice (Picture)	▼	Number of plagues	▼	At the bottom	Visitor Cease to exist	Place of sleep	Head covering	▲			
▲				▼	▼	Woman at wedding Septets	▲	▼			
Peak		Sound Bird	▲				Line	▲			
▲		▼	Thistle, for example	▲			Clothing		Eternal		
Magnitude Plead	▲				Centres of affection	Hoofed mammal	▲		▼		
▲			Female pronoun Slant	▲	▼		Rip	▲			
In contact with	Consumed History	▲					Stops Pots	▲			
▲	▼			Snakes Hearing organ	▲		▼		Centre of solar system	View	
Wrath	▲			▼		Donkeys	▲		▼		
Additional things		Roman language	▲					Employ	▲		
▲						Feel	▲				

# BIBLE ARROW WORD I - SOLUTION

					T	F	W				
					D	E	C	L	A	R	E
						D	R	A	G	O	N
					D	I	A	M	O	N	D
						O	N	E		G	
					G	U	E	S	T		S
	C		T		S		H	A	T		
S	H	I	E	L	D		B	R	I	D	E
	O		N	O	I	S	E		R	O	W
T	O	P		W	E	E	D		T		A
	S	I	Z	E		V		D	E	E	R
B	E	G		S	H	E		R	E	N	D
		E	A	T	E	N		E	N	D	S
U	P	O	N		A	S	P	S		L	
	A	N	G	E	R		A	S	S	E	S
	S		L	A	T	I	N		U	S	E
O	T	H	E	R	S		S	E	N	S	E

Bible Arrow Word by BiblePuzzles.org.uk

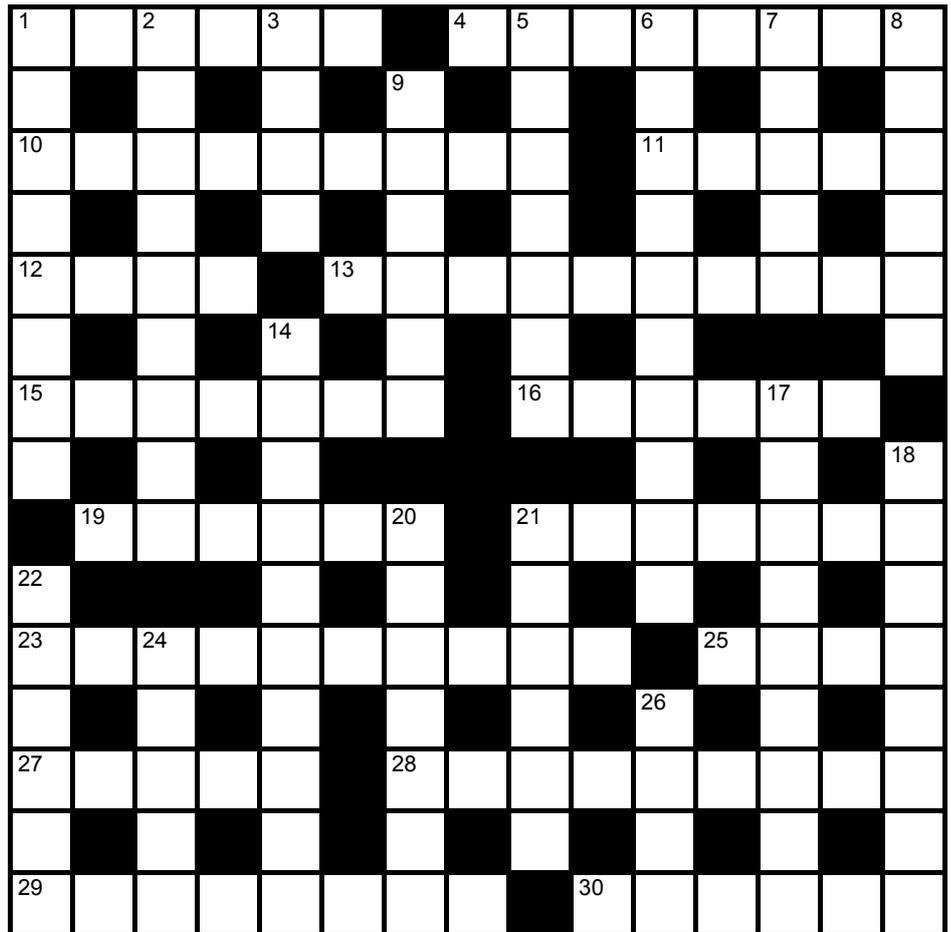
# BIBLE CROSSWORD I

## Across

- 1 An ancient weight (6)  
 4 Seemed (8)  
 10 New Testament book (9)  
 11 Unit of length (5)  
 12 '...it is a \_\_\_\_ thing  
 the king requireth'  
 (Dan 2:11) (4)  
 13 Contemplation (10)  
 15 Abigail supplied David  
 with one hundred  
 clusters of these (7)  
 16 A son of King David (6)  
 19 Concurred (6)  
 21 Light sources (7)  
 23 Propitiations (10)  
 25 A false god (4)  
 27 Gather (5)  
 28 Abimelech was hit by  
 this (9)  
 29 Instructors (8)  
 30 Hastily (6)

## Down

- 1 Skilled animal  
 workers (8)  
 2 Inspiring (9)  
 3 Compass point (4)  
 5 Intense emotion (7)



by *Philologus*

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- 6 The words of Jeremiah  
 said not to listen to  
 these (10)  
 7 Jewish leader (5)  
 8 'He is proud, knowing  
 nothing, but \_\_\_\_\_  
 about questions and  
 strifes of words...'  
 (1 Tim 6:4) (6)  
 9 Bread makers (6)  
 14 In this year of King  
 Nebuchadrezzar's reign,  
 Nebuzaradan arrived in  
 Jerusalem (10)  
 17 Ancient city of Og, King  
 of Bashan (9)  
 18 Stringed instrument (8)  
 20 Joseph, perhaps? (7)  
 21 Tiny amount (6)  
 22 Jesus did this with  
 authority (6)  
 24 Last letter of the Greek  
 alphabet (5)  
 26 Province of the Roman  
 Empire (4)

# BIBLE CROSSWORD I - SOLUTION

S	H	E	K	E	L		A	P	P	E	A	R	E	D
H		X		A		B		A		N		A		O
E	P	H	E	S	I	A	N	S		C	U	B	I	T
A		O		T		K		S		H		B		I
R	A	R	E		M	E	D	I	T	A	T	I	O	N
E		T		N		R		O		N				G
R	A	I	S	I	N	S		N	A	T	H	A	N	
S		N		N						E		S		P
	A	G	R	E	E	D		T	O	R	C	H	E	S
T					T		R		I		S		T	A
A	T	O	N	E	M	E	N	T	S		B	A	A	L
U		M		E		A		T		A		R		T
G	L	E	A	N		M	I	L	L	S	T	O	N	E
H		G		T		E		E		I		T		R
T	E	A	C	H	E	R	S		R	A	S	H	L	Y

Across: 1 Shekel, 4 Appeared, 10 Ephesians, 11 Cubit, 12 Rare, 13 Meditation, 15 Raisins, 16 Nathan, 19 Agreed, 21 Torches, 23 Atonements, 25 Baal, 27 Glean, 28 Millstone, 29 Teachers, 30 Rashly.

Down: 1 Shearers, 2 Exhorting, 3 East, 5 Passion, 6 Enchanters, 7 Rabbi, 8 Doting, 9 Bakers, 14 Nineteenth, 17 Ashtaroth, 18 Psaltery, 20 Dreamer, 21 Tittle, 22 Taught, 24 Omega, 26 Asia.

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