



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,

During this challenging time we are being called to gather together, even though many of us are isolated and alone in our households. It has been wonderful to see how our churches and christian organisations around the world have taken to the internet offering live streamed Masses, Holy Hours and so many resources for praying at home. Our Parish is joining this effort with a live streamed Rosary at 10:30am, Holy Hour 2 - 3pm and Lectio Divina 7pm every weekday.

We are however, aware that many of our parishioners are not able to access these resources as they do not have access to the internet. Because of this we have put together this prayer pack to lead you through Holy Week and beyond. The pack includes a variety of resources, some produced by our parish specially, others have been borrowed from other sources. 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 for the Easter Triduum at home. There are sheets for Palm Sunday, Maundy Thursday, Good Friday and Easter Vigil/Sunday. 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. The times are:
Palm Sunday - 10:30am
Maundy Thursday - 7pm
Good Friday Service - 3pm
Holy Saturday - 8pm
Easter Sunday - 10:30pm
- A printed copy of Matthew's Passion - for Palm Sunday, and of John's Passion - For use on Good Friday
- Stations of the Cross Booklet - This contains everything you will need to have a reflective time of prayer on the Passion of our Lord in your home. A video of the stations will be

released on Good Friday however there is no set time when the stations will be said so feel free to take some time whenever you want a moment of calm.

- A reflection by Fr Colm from 28th March 2020, transcribed from an audio file available on our website.
- 'Keeping Cool Through COVID-19' a wonderful document written by a retired doctor from Yorkshire with a number of ways to keep physically, spiritually and mentally healthy during your time of isolation.
- A blessed Palm Cross - you may wish to use this during your Palm Sunday Liturgy or hang it on your front door/in your window etc as a sign of witness to our Lord's Passion.
- A Lectio Divina Prayer Card - Every Weekday at 7pm there is a live stream of our parish Lectio Divina - we normally use a reading of the day but why not pick a passage you are unfamiliar with in your bible and pray with it.
- 'Prayers during a time of Flu and Illness' a resource from the Liturgy Office of England and Wales, this booklet contains a number of prayers that you may want to use during your time in isolation.

In this difficult time we must keep both our faith and parish community alive and thriving. We can make this possible through united prayer. In Psalm 34:4 it says 'I sought the Lord and He answered me and delivered me from all my fears'. We are called to proclaim the Lord's name as we end this season of Lent, and remember that those who trust in the Lord can never be beaten.

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

The Parish of the Durham Martyrs
Incorporating the churches of Our Lady of Mercy
& St. Godric, St. Joseph and St. Bede

Parish Priest: Fr. Colm Hayden



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Mill Lane, Gilesgate, Durham DH1 2JG

Parish Secretary: Mrs. M. D. Towers

Parish Newsletter - Sunday 5th April



Priest: Fr. Colm Hayden

Parish Secretary Marjorie Towers (0191) 3843810
Office hours Tuesday-Friday,
8.30am- 4.00pm

Hospital Chaplain Fr. Paul Tully - 01388 818544
(Please telephone the Chaplain if you have someone in hospital who would like a visit)
SVP Confidential number 07596 821 089

The first thing I'd like to mention is my hope that you are all coping well in lockdown. It does affect us in different ways, depending on our own particular personalities. Some whom I thought might struggle with it are actually doing okay. Others are finding it a struggle. And as one might expect, there are no shortage of gurus telling us how to cope. I'm definitely not going to try and be one here. From one round the world navigator to a Benedictine monk, all have advice to give. However, most of these individuals have chosen isolation as their way of life. We haven't! Perhaps the most helpful advice is that we try to develop a discipline. Keep busy, don't slouch around. As a wise Hebridean islander said, "it's easy to fritter away your time, and that is very soul destroying." So do try not to.

One area of challenge for all of us in the Durham Martyrs' Parish is just how we adapt to social media. Marjorie is working on the bulletin and answering emails etc., and Leanne and Katie are developing our website on a daily basis. Thank you to them. But for us to have access to as many as possible, it is important to educate so many of our older parishioners on its use. So perhaps younger family members, or friends, might see this time as an opportunity to do just that. If I can adjust, anyone can.

We are trying to re-connect with as many parishioners as possible in these trying times, especially the more isolated. We need everyone's support here. Do let us know via the parish website or through Marjorie, or me. Thanks. Do continue to look after yourselves, and continue to pray for all of us.

I am sending out a copy of the Bishop's Easter Pastoral Letter at the end of this bulletin.

Parish Buildings

The Parish Office, Presbyteries and all church buildings are **officially closed to all visitors** and the **parish secretary** can be contacted by email and mobile on all parish matters. The new number is **07391 529 827**.

If you would like to join the **Parish Contact Team** as a volunteer, or if you know of - or you are - a vulnerable person who needs assistance, please ring **Katie on 07483 369 561**.

Durham Martyrs Parish - Light a candle Sunday 5 April at 9pm

We invite you to join in spirit with the Parish of the Durham Martyrs in saying the two prayers below for all affected by the Coronavirus Covid-19 disease.



We suggest you light a candle at 9pm on the evening of Palm (Passion) Sunday and join with us for 15 minutes, sending up our prayers and uniting us at a time when we cannot be together.

Parish Prayer during Coronavirus Covid-19

For all who have contracted coronavirus, we pray for care and healing.

For those who are particularly vulnerable, we pray for safety and protection.

For those who have died from coronavirus we pray they rest peacefully with You.

For those who have lost loved ones we pray for comfort in their grief.

For all who experience fear or anxiety, we pray for peace of mind and spirit.

For affected families who are facing difficult decisions between food on the table or public safety, we pray for policies that recognise their plight.

For our brothers and sisters around the world, we pray for shared solidarity.

For public officials and decision-makers, we pray for wisdom and guidance.

Father, during this time may your Church be a sign of hope and love to all.

Grant peace. Grant comfort. Grant healing. Be with us, Lord. Amen.

A prayer for all NHS Workers and especially those in our parish:

Lord Jesus, who healed the sick and gave them new life,
be with doctors, nurses and carers, as they act as agents of your healing touch.
In desperate times, keep them strong yet loving;
and when their work is done,
be with them in their weariness and in their tears. Amen.

Listed Places of Worship Grant Scheme

An application to the Listed Places of Worship Grant Scheme was made recently on behalf of St. Godric's for recovery of VAT invoices paid to RNJ and Stone Technical Services Group Ltd in respect of roof repairs and replacement of ridge tiles. The application was successful and I can confirm that the sum of £6,502.47 has been received and credited to the parish Deposit Account.

St. Godric's Steering Group wish to express their thanks to our Parish Treasurer Fred Haywood for this success!

Appeal from the Northern Cross - Note from the Editor

We welcome you to read Northern Cross, free of charge, at northerncross.org.uk, this April by clicking on the PDF on our home page. The trouble we have, like thousands of others at this time - is that our income comes from sales and advertising and we've just lost all of the sales and advertising revenue. (Although they'll still appear, the places are closed and can't pay, of course. They're facing a terrible time.) We're a not-for-profit company and charity and many people think we are funded by the diocese, but we've always been self-funded.

If you would like to support us this year by taking out an annual online subscription - 15 months for £14.40 and access to our online archive - you can do so by making a bank transfer to: Northern Cross. HSBC. Account number: 81602292. Sort code: 40-43-11. Please use your name and postcode as a reference when you make the transfer, and email norcross@btconnect.com with your name and a contact number, so that we can call you to confirm that your payment has been received.

The editor also suggests that "it will be good for people to send in their stories on how they're worshipping and keeping in touch/ helping each other throughout this too - so if there's anything you'd like to send, please do".

Updated information on Holy Week from the Bishop to Clergy

Palm Sunday

The Commemoration of the Lord's Entrance into Jerusalem is to be celebrated within sacred buildings; in Cathedral churches the second form given in the Roman Missal is to be adopted; in parish churches and in other places the third form is to be used. (CDWDS Decree II).

At the Masses celebrated by priests in their parish churches, all of the palms should be blessed. The blessed palms can then be made available to the faithful in your parish to take home at a time when the current restrictions on public and social gatherings has been lifted.

Chrism Mass

The Holy Father has deferred the celebration of the Chrism Mass in Rome until it is possible to do so with a gathering of the clergy and people. The Archbishops of England and Wales have decided to act in solidarity with Pope Francis and asked other Ordinaries to do the same. After taking counsel, I have decided that our Chrism Mass will be postponed.

Mass of the Lord's Supper

The washing of feet, which is already optional, is to be omitted. At the end of the Mass of the Lord's Supper the procession is also omitted and the Blessed Sacrament is to be kept in the tabernacle. On this day the faculty to celebrate Mass in a suitable place, without the presence of the people, is exceptionally granted to all priests. (CDWDS Decree II).

Good Friday

In the Universal Prayer, Bishops will arrange to have a special intention prepared for those who find themselves in distress, the sick, the dead, (cf. Missale

Romanum). The adoration of the Cross by kissing it shall be limited solely to the celebrant. (CDWDS Decree II).

Special intentions for use in the Universal Prayer of Good Friday are being drafted; I will send these to you once completed.

Easter Vigil

The Easter Vigil is to be celebrated only in Cathedral and parish churches. At 'The Solemn Beginning of the Vigil or Lucernarium' the preparation and lighting of the fire is omitted, the Paschal Candle is lit, the procession is omitted and the Easter Proclamation (Exsultet) follows. The 'Liturgy of the Word' then takes place. For the 'Baptismal Liturgy' only the 'Renewal of Baptismal Promises' is maintained (cf. Missale Romanum). The Liturgy of the Eucharist then follows." (CDWDS Decree I & II).

Easter Day

There are no specific directives for the celebration of the Easter Mass.

Prayer Resources for Holy Week for Families and Personal prayer. The Magnificat booklet for Holy Week is recommended as an excellent resource both in printed form for those who already subscribe to it. The United States version has kindly made online access to its publication free for the time being. This provides a form of Morning, Evening and Night Prayer, the daily Mass Readings, a daily meditation and Saint of the Day: <https://us.magnificat.net/free>. Other resources to support family and personal prayer can be found on the diocesan website.

Mass and prayer available online

<http://walsingham.org.uk/live-stream> - Live Mass at 12 noon every day

<https://mass-online.org/daily-holy-mass-live-online/> - Live Masses throughout the day from around the world

<https://www.churchservices.tv> - Mass, Rosary and prayer throughout the day

There will also be the following available on our social media and YouTube channel:

Live Rosary every Weekday - 10:30am

Live Exposition of the Blessed Sacrament every weekday

Stations of the Cross will be available to view this Friday evening, 3rd April, and on Good Friday morning.

Fr. Colm will be saying Mass privately at 10.00am on Sunday mornings, so please join him in prayer.

An update from the Diocesan E-Newsletter

Live streaming of Masses within our Diocese

Streaming is taking place, and if you'd like access to where, please contact the parish secretary and she will let you know.

The Vicariate for Faith & Mission:

Pope Francis - Prayer to Mary for Protection during the COVID-19 Pandemic.

O Mary, you shine continuously on our journey as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick.

At the foot of the Cross you participated in Jesus' pain, with steadfast faith.

You, Salvation of the Roman People, know what we need.

We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.

Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: Amen

He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection.

We seek refuge under your protection, O Holy Mother of God.

Do not despise our pleas - we who are put to the test -

and deliver us from every danger,

O glorious and blessed Virgin. Amen

Papal Blessing, "God turns everything to our good":

On Friday 27 March 2020, 11 million people tuned in to be joined in universal communion with Pope Francis. In this unique act Pope Francis performed the extraordinary papal blessing "*Urbi et orbi*" granting a plenary indulgence to the faithful and reminding us all that Christ is our anchor and hope.

Watch the video of this beautiful, sacred and solemn moment in the midst of the pandemic (courtesy of Vatican News Facebook Page).

You can read the full transcript of the blessing through Vatican News Website.

Cardinal on 'Easter Duties', Confession and the Forgiveness of Sins:

As we approach our most important week of the year - Holy Week - the way we follow Christ - from his triumphant entrance into Jerusalem, to the foot of the Cross, to an empty tomb - will be completely different this year.

Our Catholic churches would have been packed on Easter Sunday but in 2020 we won't be able to take communion and celebrate the resurrection of Our Lord and Saviour under the church roof. This year we will follow Holy Week at home.

In preparation, many would have availed themselves of the Sacrament of Reconciliation - Confession - to prepare for a fresh start at Easter.

But what does it mean for our spiritual well-being and salvation if we can't fulfil our "Easter Duties"? Many have asked, and Cardinal Vincent Nichols answers in his video which can be accessed on the E-Newsletter.



DIOCESE OF **Hexham & Newcastle**

Rt Rev Robert Byrne CO

Bishop of Hexham and Newcastle

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Pastoral Letter of Bishop Robert Byrne CO
for distribution in Holy Week 2020

My dear Brothers and Sisters in Jesus Christ,

I especially wanted to write to you as we begin Holy Week facing the threat of the Covid-19 pandemic. I want to assure you that all the clergy and faithful are uppermost in my thoughts and prayers. Without doubt we are living in challenging times but we should see this as an opportunity to have an ever-deeper faith and trust in the Lord. In these days of Holy Week, we unite ourselves more earnestly to the sufferings of the Lord on the Cross and wait with him for the glorious day of the Resurrection and new life.

At this time, we normally look forward to participating in the events of our Lord's death and resurrection through the liturgies of the Sacred Triduum. Sadly, this year we are unable to do so. Instead we unite ourselves spiritually with the whole Church in our homes. We can do this in several ways. I would encourage all those who are able to read the texts of the Holy Week liturgies and to pray the Liturgy of the Hours or the Holy Rosary. We can also make a Spiritual Communion which prayerfully expresses our faith in Christ's presence in the Blessed Sacrament. There are a number of spiritual resources on our diocesan website to help you do this. Thanks to modern technology we can also join with our Cathedral and other churches in the diocese and elsewhere which are live-streaming the ceremonies. In these ways we are able to deepen our unity with our brothers and sisters throughout the world who are suffering with us and sometimes in a worse situation.

A number of people have asked about the Sunday Mass obligation and the requirement to make our Easter duties of receiving Holy Communion and confessing our sins. By decree of the President of the Bishops' Conference of 18th March 2020, the Bishops of England and Wales have dispensed with the Sunday obligation to attend Mass for the time being and also, for this year, the requirement to receive Holy Communion and the Sacrament of Reconciliation at Easter or thereabouts. The Bishops have asked that all should make a Perfect Act of Contrition at this time. This requires us to be contrite of heart for what we have done, know and be overwhelmed by the love and mercy of God for his children, and to approach this grace with humility and resolution not to sin again.

Many of us are bewildered by the situation in which we find ourselves. Normal life has ceased by the unprecedented measures which all of us have a duty to undertake in order to contain and stop this threat to life. Nonetheless our Catholic faith remains a vital comfort and support to us now and as we face the future. We can sustain our life of prayer by the reading of the Scriptures, praying the Rosary, novenas and litanies and using the social media to keep ourselves connected in the communion of faith.

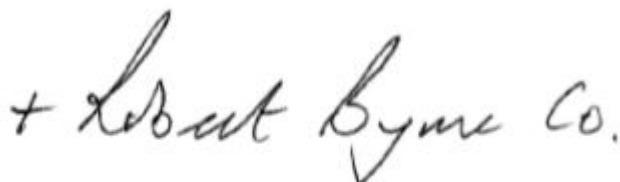
I want to say a special word to those who are preparing to be baptized or received into full communion with the Church at the Easter Vigil. I had the pleasure of meeting many of you at the Rite of Election on the 1st Sunday of Lent. I witnessed then the excitement and enthusiasm that you had at taking this great step in your journey of faith. I am sorry that you are unable to continue this journey as you planned. I assure you that your baptism or reception will take place as soon as possible. In the meantime, please see the delay as an opportunity to deepen your love and trust in the Lord. His grace continues to work in our lives whatever the circumstances.

Let me take this opportunity to thank all those who are doing so much to support our local communities and parishes. I want to thank especially our NHS staff and all those who have care of the sick. You are doing a splendid job and we are all deeply grateful to you. Thanks also to our headteachers and staff of the numerous schools that have remained open - your work is an invaluable support to parents working in the NHS and others who are at the forefront of the battle against the Covid-19 virus.

I ask you all to remember the injunction of the Lord to love our neighbour, which has not been suspended! Please have a special care for those who are elderly or vulnerable and be ready to give them a helping hand. Please keep in your prayers those who suffer with the virus and those who care for them and for those who have died.

Although we are more physically separated at this time yet we are united through our faith and in the prayers of our Lady and the saints. Let us find our hope in Christ who is with us in all the trials of our life.

Yours devotedly in Christ,

A handwritten signature in black ink that reads "+ Robert Byrne CO." The signature is written in a cursive, flowing style.

✠ Rt Rev Robert Byrne CO
Bishop of Hexham and Newcastle

Holy Week

PALM SUNDAY



Holy Week
resources
produced by
the Durham
Martyrs
Parish



BEGIN BY READING MATTHEW 21:1-11.

*The crowds were shouting,
"Hosanna to the Son of David!
Blessed is the one who comes in the
name of the Lord!"*

ITEMS YOU MAY WANT TO USE FOR YOUR LITURGY:
CANDLE, BIBLE AND PALM CROSS

YOU MAY WISH TO HAVE YOUR OWN PROCESSION
AROUND YOUR HOUSE, GARDEN OR DRIVEWAY. YOU MAY
USE YOUR PALM CROSS AND SING A HYMN SUCH AS *Ride
on in majesty* OR *Sing Hosanna*

FOLLOWING YOUR PROCESSION,

BEGIN BY LIGHTING YOUR CANDLE

AND SAYING THE FOLLOWING PRAYER.

*Lord, I gather here today with my
parish community in Your sight.*

*Join our hearts as one as we
worship you together from afar.*

Amen.

Sing Hosanna

FIRST READING - ISA 50:4-7

*I did not cover my face against insult-
I know I shall not be shamed.*

Liturgy of the Word

PSALM - PS 21

My God, my God, why have you forsaken me?

All who see me deride me.

They curl their lips, they toss their heads.

*"He trusted in the Lord, let him save him;
let him release him if this is his friend.*

*I will tell of your name to my brethren
and praise you where they are assembled.*

*You who fear the Lord give him praise;
all sons of Jacob, give him glory.*

Revere him, Israel's sons.

They divide my clothing among them.

They cast lots for my robe.

*O Lord, do not leave me alone,
my strength, make haste to help me!*

SECOND READING - PHIL 2:6-11

*He humbled himself, but God raised
him high and gave Him the name
above all names*

Praise to you O Christ King of Eternal Glory

GOSPEL - MATT 27:II-54

The passion of our Lord Jesus Christ.
YOU WILL FIND YOUR PRINTED COPY OF
THE PASSION IN YOUR PRAYER PACK. IT IS
THE FIRST PASSION IN THE BOOKLET.

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.

What Have We Learned? Written by Loyd C Taylor, SR.

*They shouted with praises, reaching the sky,
Pushing and shoving to see Jesus pass by.
Crying, 'Hosanna, hosanna, glory to the King!
He comes to us today, great joy He doth bring.'*

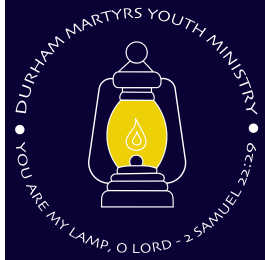
*They threw down palm leaves, covering the way,
Clearing the way for His entrance that day.
Raising joyful voices, as praises filled the air,
The day had come, God answered their
prayer!*

*But, in a short time they changed their chant,
From joyful noise, to a mob's hate-filled rant.
From Hosanna, as when He was praised;
To crucify Him! as their anger blazed!*

*In disbelief we might question why they
turned?
But maybe the question is, 'What have we
learned?'*

Holy Week

MAUNDY THURSDAY



Holy Week
resources
produced by
the Durham
Martyrs
Parish



BEGIN BY LIGHTING YOUR CANDLE. YOU MAY
WANT TO SING A HYMN. START WITH THE
FOLLOWING PRAYER.

*Lord, as I gather with my parish
community in Your sight to celebrate the
gift of the Eucharist, be with me in my
heart and continue to protect me in your
loving embrace. Amen*

ITEMS YOU MAY WANT TO USE FOR YOUR LITURGY:
CANDLE AND A BOWL OF WATER AND TOWEL

Liturgy of the Word

PSALM - Ps 115

**The blessing-cup that we bless is a
communion with the Blood of Christ.**

*How can I repay the Lord
for his goodness to me?
The cup of salvation I will raise;
I will call on the Lord's name.
O precious in the eyes of the Lord
is the death of his faithful.
Your servant, Lord, your servant am I;
you have loosened my bonds.
A thanksgiving sacrifice I make;
I will call on the Lord's name.
My vows to the Lord I will fulfil
before all his people.*

FIRST READING - EXODUS 12: 1-8, 11-14

*The blood shall be a sign for you on the
houses where you live: when I see the
blood, I will pass over you, and no
plague shall destroy you when I strike
the land of Egypt.*

SECOND READING - 1 COR 11: 23-26

*Every time you eat this bread and drink
this cup, you are proclaiming the death
of the Lord.*

*Praise to you
O Christ
King of Eternal
Glory*

GOSPEL - JOHN 13: 1-15

*Jesus came to Simon Peter, who said to him, "Lord, are you going to wash my feet?"
Jesus answered, "You do not know now what I am doing, but later you will understand."*

Spend some time in silence, reflecting on the Word of God. What is He saying to you?

Washing of the Feet

TAKE A MOMENT TO WASH YOUR HANDS IN THE WATER. YOU MAY WANT TO SAY A PRAYER WHILE YOU DO THIS. HERE IS AN EXAMPLE, 'Lord, wash my hands so that I may praise you, my eyes so that I may see you, my ears so I may hear you and my soul so I may love you with all my being.'



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.

AFTER THE PRIVATE MASS, THE BLESSED SACRAMENT WILL BE EXPOSED FOR ONE HOUR.

PLEASE PRAY WITH THE PARISH AT THIS TIME.

HERE ARE SOME WORDS THAT
MAY HELP YOU DURING YOUR
TIME OF PRAYER.

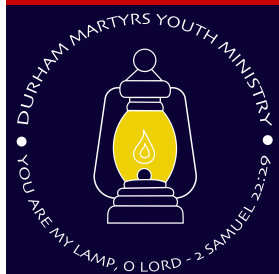
*My soul is sad, my heart is breaking tonight
Could you not watch and comfort me until light?
Am I alone, surrounded only by night?
Could you not watch one hour with me?*

*Could you not keep awake for one hour with me?
Is it so hard that you should do this for me?
I die for you that you might always be free.
Could you not watch one hour with me?*

*And so I weep, and there is no-one to hear,
I am in pain; will on-one witness my tears?
I am your God, and as my passion draws near,
Could you not watch one hour with me?*

Holy Week

GOOD FRIDAY



Holy Week
resources
produced by
the Durham
Martyrs Parish



BEGIN IN SILENCE. DO NOT LIGHT
YOUR CANDLE YET.
START WITH THE FOLLOWING
PRAYER.

*Lord, I gather here today with my
parish community in Your sight.
Guide our steps as we journey
with You on Your Passion. Amen.*

ITEMS YOU MAY WANT TO USE FOR YOUR LITURGY:
CANDLE AND CROSS/CRUCIFIX

Liturgy of the Word

PSALM - Ps 30

**Into your hands, O Lord, I commend
my spirit.**

Be a rock of refuge for me,
a mighty stronghold to save me,
for you are my rock, my stronghold.
For your name's sake, lead me and guide me.

Into your hands I commend my spirit.
It is you who will redeem me, Lord.
As for me, I trust in the Lord:
let me be glad and rejoice in your love.

Let your face shine on your servant.
Save me in your love.
You hide us in the shelter of your presence
from the plotting of men.

FIRST READING - ISA 52:13-53:12

*He was oppressed, and he was afflicted,
yet he did not open his mouth;
like a lamb that is led to the slaughter.*

SECOND READING - HEB 4:14-16; 5:7-9

*He learnt to obey through suffering and
became for all who obey him the source
of eternal salvation.*

*Praise to you
O Christ
King of Eternal
Glory*

GOSPEL - JOHN 18:1 - 19:42

The passion of our Lord Jesus Christ.

YOU WILL FIND YOUR PRINTED COPY OF THE PASSION IN YOUR PRAYER PACK. IT IS THE
SECOND PASSION IN THE BOOKLET.

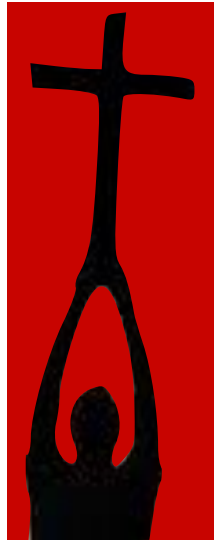
Spend some time in silence, reflecting on the Passion of our Lord.

SOLEMN INTERCESSIONS

For the Pope
For the clergy and laity of the Church
For those preparing for baptism
For the unity of Christians
For the Jewish people
For those who do not believe in Christ
For those who do not believe in God
For all in public office
For those in special need

Veneration of the Cross

*Begin your veneration by saying
or singing the following words.*



THIS IS THE WOOD OF THE CROSS ON WHICH OUR REDEEMER HUNG.

COME, COME, LET US ADORE, COME, THE SAVIOUR, OF THE WORLD.

*Now venerate your cross/crucifix. You may kiss, hold or simply look
upon the cross in this intimate moment of reflection with our Lord.*

**It is time to light your candle as we prepare to welcome Jesus
into our hearts through the sacrament of the Eucharist.**

Liturgy of the Eucharist

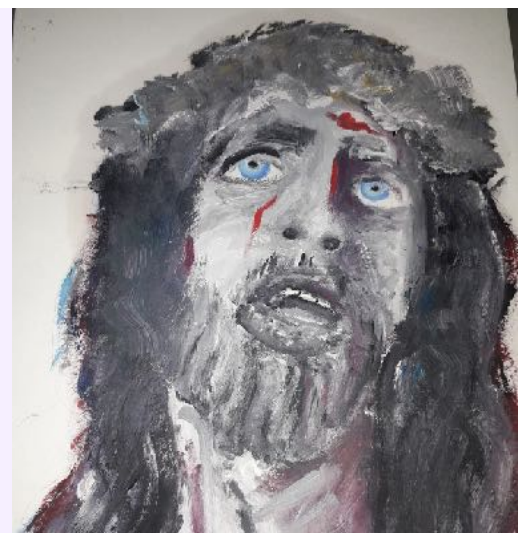
*Even though we
are unable to
receive Jesus in the
sacrament of the
Eucharist we can
make an act of
Spiritual
Communion by
saying the
following prayer .*

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.

THE LITURGY ENDS IN SILENCE.

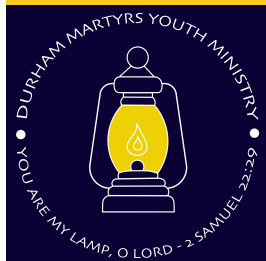
TAKE A MOMENT AT THE END OF THIS SERVICE TO
REFLECT ON THE WONDERFUL SAVIOUR WE HAVE IN
JESUS CHRIST. TO HELP YOU, HERE IS A STRIKING PIECE
OF ARTWORK PAINTED BY ONE OF OUR AMAZING YOUNG
PARISHIONERS, LILY TURNBULL.

WHAT IS THIS JESUS SAYING TO YOU? HOW DOES IT
MAKE YOU FEEL?



Holy Week

EASTER VIGIL / EASTER SUNDAY



Holy Week
resources
produced by
the Durham
Martyrs
Parish



ITEMS YOU MAY WANT TO USE FOR YOUR
LITURGY: CANDLE AND HOLY WATER

BEGIN IN DARKNESS. LIGHT YOUR CANDLE
AND SAY THE FOLLOWING PRAYER.

*Lord, I gather here today with my
parish community in Your sight. Bless
this fire that lights our way and be for
us a light in this world of darkness.
Amen.*

*Exult! Let the trumpet of salvation
sound aloud our mighty King's triumph!!*

Liturgy of the Word

FIRST READING

GENESIS 1: 1. 26-31

*God saw all that he had made, and
indeed it was very good.*

SECOND READING

GENESIS 22: 1-2. 9-13. 15-18

The sacrifice of Abraham, our father in faith.

THIRD READING

EXODUS 14:15-15:1

*The sons of Israel went on dry ground right
into the sea.*

FOURTH READING

EZEKIEL 36:16-28

*I shall pour clean water over you and I shall
give you a new heart.*

FIRST PSALM - PSALM 103

*God saw all that he had made, and
indeed it was very good.*

SECOND PSALM - PSALM 15

*Preserve me, God,
I take refuge in you.*

THIRD PSALM - EXODUS 15:1-6/17-18

*I will sing to the Lord, glorious his
triumph!*

FOURTH PSALM - PSALM 50

A pure heart create for me, O God.

Gloria in excelsis deo

YOU MAY WANT TO SING OR SAY THE GLORIA AS WE
ENTER INTO OUR EASTER MASS

PSALM - PS 117

Alleluia, alleluia, alleluia.

Give thanks to the Lord, for he is good,
for his mercy endures forever.
Let the house of Israel say,
"His mercy endures forever."

The Lord's right hand has struck with power;
the right hand of the Lord is exalted.
I shall not die, but live,
and declare the works of the Lord.

The stone the builders rejected
has become the cornerstone.
By the Lord has this been done;
it is wonderful in our eyes.

FIRST READING

ROMANS 6:3-II

*Christ, having been raised from the dead,
will never die again..*

Alleluia

Alleluia

Alleluia

GOSPEL - MATTHEW 28: 1-10

After the sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary went to see the tomb. And suddenly there was a great earthquake; for an angel of the Lord, descending from heaven, came and rolled back the stone and sat on it. His appearance was like lightning, and his clothing white as snow. For fear of him the guards shook and became like dead men. But the angel said to the women, "Do not be afraid; I know that you are looking for Jesus who was crucified. He is not here; for he has been raised, as he said. Come, see the place where he lay. Then go quickly and tell his disciples, 'He has been raised from the dead, and indeed he is going ahead of you to Galilee; there you will see him.' This is my message for you." So they left the tomb quickly with fear and great joy, and ran to tell his disciples. Suddenly Jesus met them and said, "Greetings!" And they came to him, took hold of his feet, and worshiped him. Then Jesus said to them, "Do not be afraid; go and tell my brothers to go to Galilee; there they will see me."

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

Renewal of Baptismal Promises



IT IS NOW TIME TO RENEW YOUR BAPTISMAL PROMISES. READ AND RESPOND TO THE PROMISES BELOW AND END YOUR RENEWAL BY BLESSING YOURSELF WITH HOLY WATER. (IF YOU DON'T HAVE ANY HOLY WATER, DON'T WORRY)

Do you reject Satan, all his works, and all his empty promises? **I do.**

Do you believe in God, the Father Almighty, Jesus Christ, his only Son, and the Holy Spirit? **I do.**

Do you believe in the holy Catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting? **I do.**

God, the all-powerful Father of our Lord Jesus Christ has given us a new birth by water and the Holy Spirit, and forgiven all our sins. Amen.

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 and those who are lonely and in need.

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

On this day of resurrection and hope we pray that God will be our light in the darkness.

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.

HE IS RISEN! ALLELUIA. PROCLAIM WITH ALL CHRISTIANS THAT JESUS CHRIST IS LORD BY SINGING:

*Jesus Christ is risen today, Alleluia,
our triumphant holy day; alleluia,
who did once upon the cross; alleluia,
suffer to redeem our loss; alleluia!*

*Hymns of praise then let us sing; Alleluia,
unto Christ our heavenly king; alleluia,
who endured the cross and grave; alleluia,
sinners to redeem and save: alleluia!*



*But the pains which he endured; Alleluia,
our salvation have procured; alleluia,
now above the sky he's King; alleluia,
where the angels ever sing: alleluia!*



For use on Palm Sunday

THE PASSION OF OUR LORD JESUS CHRIST ACCORDING TO MATTHEW
Matthew 27:11-54

Now Jesus stood before the governor; and the governor asked him, "Are you the King of the Jews?" Jesus said, "You say so." But when he was accused by the chief priests and elders, he did not answer. Then Pilate said to him, "Do you not hear how many accusations they make against you?" But he gave him no answer, not even to a single charge, so that the governor was greatly amazed.

Barabbas or Jesus?

Now at the festival the governor was accustomed to release a prisoner for the crowd, anyone whom they wanted. At that time they had a notorious prisoner, called Jesus Barabbas. So after they had gathered, Pilate said to them, "Whom do you want me to release for you, Jesus [b] Barabbas or Jesus who is called the Messiah?" For he realised that it was out of jealousy that they had handed him over. While he was sitting on the judgment seat, his wife sent word to him, "Have nothing to do with that innocent man, for today I have suffered a great deal because of a dream about him." Now the chief priests and the elders persuaded the crowds to ask for Barabbas and to have Jesus killed. The governor again said to them, "Which of the two do you want me to release for you?" And they said, "Barabbas." Pilate said to them, "Then what should I do with Jesus who is called the Messiah?" All of them said, "Let him be crucified!" Then he asked, "Why, what evil has he done?" But they shouted all the more, "Let him be crucified!"

So when Pilate saw that he could do nothing, but rather that a riot was beginning, he took some water and washed his hands before the crowd, saying, "I am innocent of this man's blood; see to it yourselves." **25** Then the people as a whole answered, "His blood be on us and on our children!" So he released Barabbas for them; and after flogging Jesus, he handed him over to be crucified.

Then the soldiers of the governor took Jesus into the governor's headquarters, and they gathered the whole cohort around him. They stripped him and put a scarlet robe on him, and after twisting some thorns into a crown, they put it on his head. They put a reed in his right hand and knelt before him and mocked him, saying, "Hail, King of the Jews!" They spat on him, and took the reed and struck him on the head.

After mocking him, they stripped him of the robe and put his own clothes on him. Then they led him away to crucify him.

As they went out, they came upon a man from Cyrene named Simon; they compelled this man to carry his cross. And when they came to a place called Golgotha (which means Place of a Skull), they offered him wine to drink, mixed with gall; but when he tasted it, he would not drink it. And when they had crucified him, they divided his clothes among themselves by casting lots; then they sat down there and kept watch over him. Over his head they put the charge against him, which read, "This is Jesus, the King of the Jews."

Then two bandits were crucified with him, one on his right and one on his left. Those who passed by derided him, shaking their heads and saying, "You who would destroy the temple and build it in three days, save yourself! If you are the Son of God, come down from the cross." In the same way the chief priests also, along with the scribes and elders, were mocking him, saying, "He saved others; he cannot save himself. He is the King of Israel; let him come down from the cross now, and we will believe in him. He trusts in God; let God deliver him now, if he wants to; for he said, 'I am God's Son.'" The bandits who were crucified with him also taunted him in the same way.

From noon on, darkness came over the whole land until three in the afternoon. And about three o'clock Jesus cried with a loud voice, "Eli, Eli, lema sabachthani?" that is, "My God, my God, why have you forsaken me?" When some of the bystanders heard it, they said, "This man is calling for Elijah." At once one of them ran and got a sponge, filled it with sour wine, put it on a stick, and gave it to him to drink. But the others said, "Wait, let us see whether Elijah will come to save him." Then Jesus cried again with a loud voice and breathed his last.

At that moment the curtain of the temple was torn in two, from top to bottom. The earth shook, and the rocks were split. The tombs also were opened, and many bodies of the saints who had fallen asleep were raised. After his resurrection they came out of the tombs and entered the holy city and appeared to many. Now when the centurion and those with him, who were keeping watch over Jesus, saw the earthquake and what took place, they were terrified and said, "Truly this man was God's Son!"

The Gospel of the Lord.

Praise to you Lord Jesus Christ

For use on Good Friday

THE PASSION OF OUR LORD JESUS CHRIST ACCORDING TO JOHN

John 18:1 - 19:42

Jesus went out with his disciples across the Kidron valley to where there was a garden, into which he and his disciples entered. Judas his betrayer also knew the place, because Jesus had often met there with his disciples. So Judas got a band of soldiers and guards from the chief priests and the Pharisees and went there with lanterns, torches, and weapons. Jesus, knowing everything that was going to happen to him, went out and said to them, "Whom are you looking for?"

They answered him, "Jesus the Nazorean."

He said to them, "I AM."

Judas his betrayer was also with them. When he said to them, "I AM," they turned away and fell to the ground. So he again asked them, "Whom are you looking for?"

They said, "Jesus the Nazorean."

Jesus answered, "I told you that I AM.

So if you are looking for me, let these men go."

This was to fulfill what he had said, "I have not lost any of those you gave me." Then Simon Peter, who had a sword, drew it, struck the high priest's slave, and cut off his right ear. The slave's name was Malchus. Jesus said to Peter, "Put your sword into its scabbard.

Shall I not drink the cup that the Father gave me?"

So the band of soldiers, the tribune, and the Jewish guards seized Jesus, bound him, and brought him to Annas first. He was the father-in-law of Caiaphas, who was high priest that year. It was Caiaphas who had counseled the Jews that it was better that one man should die rather than the people. Simon Peter and another disciple followed Jesus. Now the other disciple was known to the high priest, and he entered the courtyard of the high priest with Jesus. But Peter stood at the gate outside. So the other disciple, the acquaintance of the high priest, went out and spoke to the gatekeeper and brought Peter in. Then the maid who was the gatekeeper said to Peter, "You are not one of this man's disciples, are you?"

He said, "I am not."

Now the slaves and the guards were standing around a charcoal fire that they had made, because it was cold, and were warming themselves. Peter was also standing there keeping warm. The high priest questioned Jesus about his disciples and about his doctrine. Jesus answered him, "I have spoken publicly to the world. I have always taught in a synagogue or in the temple area where all the Jews gather, and in secret I have said nothing. Why ask me? Ask those who heard me what I said to them. They know what I said."

When he had said this, one of the temple guards standing there struck Jesus and said, "Is this the way you answer the high priest?"

Jesus answered him, "If I have spoken wrongly, testify to the wrong; but if I have spoken rightly, why do you strike me?"

Then Annas sent him bound to Caiaphas the high priest. Now Simon Peter was standing there keeping warm.

And they said to him, "You are not one of his disciples, are you?"

He denied it and said, "I am not."

One of the slaves of the high priest, a relative of the one whose ear Peter had cut off, said, "Didn't I see you in the garden with him?" Again Peter denied it. And immediately the cock crowed.

Then they brought Jesus from Caiaphas to the praetorium.

It was morning and they themselves did not enter the praetorium, in order not to be defiled so that they could eat the Passover. So Pilate came out to them and said, "What charge do you bring against this man?"

They answered and said to him, "If he were not a criminal, we would not have handed him over to you."

At this, Pilate said to them, "Take him yourselves, and judge him according to your law."

The Jews answered him, "We do not have the right to execute anyone,"

In order that the word of Jesus might be fulfilled that he said indicating the kind of death he would die.

So Pilate went back into the praetorium and summoned Jesus and said to him, "Are you the King of the Jews?"

Jesus answered, "Do you say this on your own or have others told you about me?"

Pilate answered, "I am not a Jew am I? Your own nation and the chief priests handed you over to me. What have you done?"

N: Jesus answered, "My kingdom does not belong to this world. If my kingdom did belong to this world, my attendants would be fighting to keep me from being handed over to the Jews. But as it is, my kingdom is not here."

So Pilate said to him, V: "Then you are a king?"

Jesus answered, "You say I am a king. For this I was born and for this I came into the world, to testify to the truth.

Everyone who belongs to the truth listens to my voice."

Pilate said to him, "What is truth?"

When he had said this, he again went out to the Jews and said to them, "I find no guilt in him. But you have a custom that I release one prisoner to you at Passover. Do you want me to release to you the King of the Jews?"

They cried out again, "Not this one but Barabbas!"

Now Barabbas was a revolutionary.

Then Pilate took Jesus and had him scourged. And the soldiers wove a crown out of thorns and placed it on his head, and clothed him in a purple cloak, and they came to him and said, "Hail, King of the Jews!" And they struck him repeatedly.

Once more Pilate went out and said to them, "Look, I am bringing him out to you, so that you may know that I find no guilt in him."

So Jesus came out, wearing the crown of thorns and the purple cloak. And he said to them, "Behold, the man!"

When the chief priests and the guards saw him they cried out, "Crucify him, crucify him!"

Pilate said to them, "Take him yourselves and crucify him. I find no guilt in him."

The Jews answered, "We have a law, and according to that law he ought to die, because he made himself the Son of God."

Now when Pilate heard this statement, he became even more afraid, and went back into the praetorium and said to Jesus, "Where are you from?"

Jesus did not answer him.

So Pilate said to him, "Do you not speak to me? Do you not know that I have power to release you and I have power to crucify you?"

Jesus answered him, "You would have no power over me if it had not been given to you from above.

For this reason the one who handed me over to you has the greater sin."

Consequently, Pilate tried to release him; but the Jews cried out, "If you release him, you are not a Friend of Caesar. Everyone who makes himself a king opposes Caesar."

When Pilate heard these words he brought Jesus out and seated him on the judge's bench in the place called Stone Pavement, in Hebrew, Gabbatha. It was preparation day for Passover, and it was about noon. And he said to the Jews, "Behold, your king!"

They cried out, "Take him away, take him away! Crucify him!"

Pilate said to them, "Shall I crucify your king?"

The chief priests answered, "We have no king but Caesar." Then he handed him over to them to be crucified. So they took Jesus, and, carrying the cross himself, he went out to what is called the Place of the Skull, in Hebrew, Golgotha. There they crucified him, and with him two others, one on either side, with Jesus in the middle.

Pilate also had an inscription written and put on the cross. It read, "Jesus the Nazorean, the King of the Jews." Now many of the Jews read this inscription, because the place where Jesus was crucified was near the city; and it was written in Hebrew, Latin, and Greek. So the chief priests of the Jews said to Pilate, "Do not write 'The King of the Jews,' but that he said, 'I am the King of the Jews.'"

Pilate answered, "What I have written, I have written."

When the soldiers had crucified Jesus, they took his clothes and divided them into four shares, a share for each soldier. They also took his tunic, but the tunic was seamless, woven in one piece from the top down. So they said to one another, "Let's not tear it, but cast lots for it to see whose it will be," In order that the passage of Scripture might be fulfilled that says: They divided my garments among them, and for my vesture they cast lots. This is what the soldiers did.

Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there whom he loved he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home.

After this, aware that everything was now finished, in order that the Scripture might be fulfilled, Jesus said, "I thirst." There was a vessel filled with common wine. So they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth.

When Jesus had taken the wine, he said, "It is finished." And bowing his head, he handed over the spirit.

Here kneel / pause for a short time.

Now since it was preparation day, in order that the bodies might not remain on the cross on the sabbath, for the sabbath day of that week was a solemn one, the Jews asked Pilate that their legs be broken and that they be taken down. So the soldiers came and broke the legs of the first and then of the other one who was crucified with Jesus. But when they came to Jesus and saw that he was already dead, they did not break his legs, but one soldier thrust his lance into his side, and immediately blood and water flowed out.

An eyewitness has testified, and his testimony is true; he knows that he is speaking the truth, so that you also may come to believe. For this happened so that the Scripture passage might be fulfilled: Not a bone of it will be broken. And again another passage says: They will look upon him whom they have pierced.

After this, Joseph of Arimathea, secretly a disciple of Jesus for fear of the Jews, asked Pilate if he could remove the body of Jesus. And Pilate permitted it. So he came and took his body. Nicodemus, the one who had first come to him at night, also came bringing a mixture of myrrh and aloes weighing about one hundred pounds. They took the body of Jesus and bound it with burial cloths along with the spices, according to the Jewish burial custom.

Now in the place where he had been crucified there was a garden, and in the garden a new tomb, in which no one had yet been buried. So they laid Jesus there because of the Jewish preparation day; for the tomb was close by.

The Gospel of the Lord.

Praise to you Lord Jesus Christ

Reflection from Fr. Colm on the raising of Lazarus

Audio posted to the Parish Website on Saturday 28th March 2020

Good morning everybody. Hello to all in our parish of the Durham Martyrs Parish. I do hope you're okay and coping with these extraordinary changes to our lives. My Lord, who would've thought it six months ago, three months ago, one month ago? For some of us it'll be a real confinement, for others it will be a constriction that might stretch our patience to the limit, to others it may be an opportunity to catch up in contacting friends and relatives. For me it's been a bit of all three really. However, I'd like to focus on the latter one, the contacts etc, friends I've been in touch with recently that I hadn't been in communication with for some time, more often than not they've phoned, texted or emailed to see how I was and I think one of the great things coming out of all this is the value of social media, isn't it? Technology. You hear it being knocked, criticised, yes it can be abused like so many other agents, but gosh it has come into its own I think of late.

Back to myself - it is humbling to know that I fall under the category of the vulnerable because of my age but I suppose there are times when our own physical limitations have to be accepted too and this is such a time I think for many of us. So how have you filled in your time? For myself, well, reading, watching television, listening to radio, reflecting and perhaps seeing the house in which I live in a more clearly and defined way, looking at things more closely. Stephen Fry was on Andrew Marr last Sunday morning and he talked about his own confinement and how he adapts now to what's taking place in his life by "taking his time about the ordinary, washing the dishes, cleaning the floors." These are ways of adapting, aren't they?

However, the stories that we constantly hear on a daily basis can be suffocating in many ways and the negativity that we hear, the negative news, real news of course, statistics, deaths, etc for me I have found it necessary to perhaps ease my way out of watching and listening to such stories. How I delight maybe watching the news when somebody, some newsreader with a smile on his or her face says "And now for some good news."

Well that's what I'm saying now to each and every one of you and to myself - "And now for some good news." Because that's what today's Gospel is about - Lazarus and the raising of Lazarus.

Martha, Mary, Lazarus that family of three, different personalities, they seem to have something that really Jesus found warm, welcoming, they're

kind, a place where he could be listened to perhaps? Just chill. However, this is changed dramatically with the death of Lazarus. Jesus is brought into a situation of great challenge to himself. Challenge in the context, we're told very clearly by St John, that He wept. "*Jesus wept.*"

And then we're told when He heard and He realised the challenge ahead of Him, looking at the tomb in which Lazarus lay bound, that a sigh that came straight from the heart and he shouted out, *shouted out* - we're hearing all these wonderful physical expressions. We're learning more about the personality of Jesus in this Gospel, as few others.

These are the emotions, I think, that all of us are experiencing too at the moment. When I say emotions - the feeling of, a sense of helplessness. What can I do? How can I help? If I'm stuck at home, what do I say? What do I do? Can I accept indeed the help that maybe family members, younger members might want? Can I accept the limitations placed on my own activities and movements? It seems, that perhaps, some of the older generation in the parish, find that naturally enough, the most difficult to do. However this is what we're asked at this time, it's a time in which we can tune in again via media to Mass on a daily basis from various parts of the world, we can listen, we can reflect, we can pray, we can read - a multiplicity of things that we *can* do and are doing. And we are adapting - we will adapt even more.

And it's all about paradox, it's finding life in the ordinary here and now. That's what paradox is about. That's what the Gospel today is about. The paradox of life and death. Death does not have that same power over us, as we listen to this Gospel which is *very* often used at funerals and you can see why, because of the sense of positivity about it, the sense of optimism, the sense of anticipation, the sense and this one word that we need *desperately* today that word is **hope**.

Johann Tauler was a 14th century Dominican and he wrote "*If only we could seek joy and sadness, peace and trouble, simplicity in multiplicity, comfort in bitterness, this is the way to become a true witness to God.*" That's what paradox is about in our lives today. That's what we as Christians, we as Catholics are called to perhaps explore more within the confines of our own hermitages which are now our homes. So, in many ways we've become contemplatives overnight.

Bless you all, and I will keep in touch. Do keep in touch with me also and let's pray for each other because we will come through this.

Reflection from Fr. Colm on Palm Sunday

Audio posted to the Parish Website on Saturday 4th April 2020

Good morning everybody, this lovely morning I greet you from the presbytery here at St Joseph's in the parish of the Durham Martyrs and to all the parishioners and others I'd like to greet you especially on this Holy Week as we begin tomorrow with the Passion or today with the Passion of Jesus. Early enthusiasm has shifted quickly to the cross and a radical change has taken place - flowers to mud. From making popular headlines to the isolation of the cave, He was hemmed in by betrayal, by sin, pride and greed and there was no answer. "My God, My God" - no help, why? It happens us in a watered down way perhaps but for Him it was intense, and it was immediate. Darkness sets in, hope is lost, but *is it?*

For so many this is their story. Now, especially. A virus sweeps across our globe, across of our own very neighbourhoods. We too will have a lot of "whys" to ask. Why weren't we ready? Why can't a vaccine be found? Why can't we meet our loved ones? And these questions of why greet each other on a daily basis no more so than in the constant storm of tragic news that we get from the various news channels. But while hope was lost, it was quickly recovered in the Easter story, indeed not only recovered, it rose again.

But let's get back to that crowd. The crowd cheered initially, welcoming Him. That mass enthusiasm. We are so brave in a crowd, aren't we? As one man, a great philosopher said, *"The crowd, the great enemy of reason, virtue and religion, that numerous piece of monstrosity, which taken asunder seems men, and reasonable creatures of God; but confused together, make one great beast."* We see it often, but a crowd is not a community.

These past few weeks we have been deprived of our own community, especially our parish community and may be deprived of it into the foreseeable future. Added to this is the pain of not being able to meet the very members of our own families, confined to our own homes. Of course, we read, we garden, watch television. We can even compensate for our lack of exercise outside the home by home physical exertion as directed by fitness guru Joe Wicks or have all our best efforts at keeping fit and weight down as that other guru Jamie Oliver teaches us how to

bake comfort snacks and put the weight back on again. All diversions and *good* but none of this is people - flesh and blood - people. Our community and especially our Church community.

And that community is the familiar face that sits near me in church. Perhaps I don't even know his or her name, but I do miss them. I miss even their odd ways, their eccentricities, I miss too the warm smiles of greeting when we meet on a Sunday from others and surprise, surprise yes, I even miss those grumpy faces. I also miss the hymns, even the ones I don't like. I miss the choir, the music group, I also miss the coffee after Mass, those precious moments to catch up, the bit of gossip, the small talk and perhaps some occasion the deeper sharing of a particular worry or concern. I miss them all, deeply. And yes, I even miss the tedious sermons.

The Journalist Tim Stanley said on "Thought for the day" this week that recently how he always went to Mass with a very clear understanding that Mass was just a matter between him and God and on hearing that his parish Mass was suspended he looked forward to the many websites he could access Mass from home. However, after the first such screened Mass things changed. Yes, the priest was very good, but something was missing. He simply missed the people, the community.

We all miss each other and so we should. Isn't it a testimony to the strength of that same community, warts and all, that we miss it? And so, we enter this Holy of Holy weeks never imagining that we'd *ever* be doing so confined or be so confined in our homes. The one time of the year when we re-enact the why we still come together as Church for so many years, so many centuries is taken away from us.

Holy Thursday and the instruction on the Eucharist, Good Friday the meaning of suffering and then the finale, the great Easter Vigil and the Mass of the risen Lord on Easter Sunday it will all be different this year. *Different that's all* because we as a risen people can use and *will* use this week as a real opportunity for us to join together as community. Though physically separated we are together. United only as a community rooted in faith can be, in the power of Christ. God bless each one of you and we continue to pray for each other.

Keeping Cool Through COVID-19

Coping with stress related to the COVID-19 crisis

Many of us experience stress, anxiety or depression and it would be natural, with all of the current uncertainty and fear, if those feelings have worsened, or indeed, if you have experienced them for the first time.

Our lives have changed radically; the events we were looking forward to, family get togethers, trips, meetings with friends, or simply going to Church, have been cancelled and we find ourselves isolated at home or in a busy, overwhelmed workplace where much has changed. Many of us are separated from our loved ones and over the coming weeks, we will begin to know of people who have been affected by the virus. We may even become poorly ourselves.

It can be hard to know where to turn and what information to trust, especially as the situation is changing so quickly. We have written this note to give you some ideas to help you to stay mentally well over the coming weeks and to signpost you to a variety of different places that you can call on for help if you need it. People's needs will vary enormously and it's important that you find the right support and advice for you.

We will keep this updated as new ideas and resources become available.

Common and very normal emotions to be feeling right now:

You may of course be feeling at peace with the current situation; you may be enjoying the break from work or the slowing down of life around you. However, many parishioners will be feeling more negative feelings which might include:

Fear and anxiety - you might be worried about the virus and how it might affect you or your loved ones.

Anger, frustration and confusion – an inability to choose what you do, might make you feel powerless, angry or frustrated. It can be difficult to understand what to do because of the volume of different information available.

Sadness and boredom – you may feel disconnected from important people and events in your life. Many of your normal activities will have stopped and you may have time on your hands.

Anxiety - is something that we all experience from time to time. The experience of anxiety is our body's way of preparing us to manage those difficult situations. Sometimes anxiety can help us to perform better by making us more alert and motivated – it drives our fight/flight response. However, if it sticks around for a long time, it can also have a negative impact. You might experience any of the following physical symptoms: racing heart or breath, tense muscles, new aches and pains, sweating or dizziness, shaking, nausea or 'butterflies' in your tummy. In your head, you might find your worries running away with you, have trouble paying attention or find it hard to relax or to sleep.

*For God gave us a spirit not of fear but of power and love and self-control. (2 Timothy 1:7)
I sought the Lord and he answered me and delivered me from all my fears. (Psalm 34:4)
Cast all your anxiety on him because he cares for you. (1 Peter 5:7)
Fear not, for I am with you; be not dismayed. I will strengthen you, I will help you. (Isaiah 41:10)*

Ideas to help you to maintain a healthy head space

Many of these activities have been found by doctors to help people to relieve stress, anxiety or depression and to help us to feel more resilient. Not all of these will work for you but take a look and perhaps pick one which appeals and start there.

Stay connected to others	Be creative and adaptable
<ul style="list-style-type: none"> ■ Pray to help you to feel connected to God who is with us through all of this. ■ Stay connected to your family and friends via social media or on the good old-fashioned telephone. ■ Write a loved one a letter – they will love to receive it. ■ Find someone locally who needs your help and do their shopping for them. ■ Talk to someone about your feelings (see links at the end). ■ If you are fit and healthy, volunteer (see links at the end). ■ If you are lonely, then try some of the links at the end or call us for a chat; we have fellow parishioners ready and waiting to talk to you. 	<ul style="list-style-type: none"> ■ Draw a picture or paint something. ■ Write a story, a poem or a song – or simply record your thoughts in a diary at the end of the day. ■ Write a prayer. ■ Do some colouring in. ■ Create a new recipe. ■ Write a quiz for your family or a new game. ■ Have a sing song. Many neighbours are meeting at a safe distance for a neighbourly sing. ■ If you have a hobby, try to do it or experience it in a new way. If you love music, for example, try to find a new artist or genre that you enjoy. If you love reading, try out a new author.
Set yourself a goal or a target	Relax
<ul style="list-style-type: none"> ■ Mend something. ■ Make something. ■ Learn something new – sign up for an online course or learn how to play a musical instrument. Or find a new language to learn online or conduct some online research. ■ Learn your favourite poem off by heart. ■ Decorate a room or start a DIY project. ■ Read a new book – how about the bible – can you read it all? ■ Do that thing you have been meaning to for ages but have been too busy to begin. 	<ul style="list-style-type: none"> ■ Take a break from the 24-hour news cycle; just switch it on once a day for an update. ■ Get out amongst nature – in your garden or take a walk. ■ To help you to sleep, turn off all computers, tablets, TVs etc well before you go to bed. Have a warm bath or a relaxing shower, with a candle and some music. ■ Play a musical instrument or listen to some music. ■ Read a book, watch a film. ■ Do more activities which you know relax you.

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Look after yourself mentally	Look after yourself physically
<ul style="list-style-type: none"> ■ Pray on your own or with your family. ■ Do a list every day of all the things you have to thank God for. Try to add one thing to it each day. Ask your family to join in. ■ Be kind to yourself – this is a difficult time for everyone, so allow yourself to not be perfect. ■ Notice your thoughts and start noticing which ones are influencing your anxiety and what your triggers are. This is the first step in learning to manage them. ■ Close your eyes and pay attention to your breathing – or if that is difficult for you, listen to the sounds around you. This is a good way of interrupting a cycle of anxious thought. See the mindfulness resources at the end for more information. 	<ul style="list-style-type: none"> ■ Eat well and keep well hydrated. ■ Don't overdo the alcohol or the drugs. ■ Exercise - go for a walk or a run or if you can't get out, do some simple exercises in your garden, home, chair or bed. There are lots of free exercises sessions online right now. ■ Do some gentle bends and stretches. ■ Ask one of your loved ones to give you a shoulder or a head massage – set up a home-based spa! ■ Paint your nails, experiment with your makeup, try your hair in a different style, buy (or make) a face pack. ■ Take a long soak in the bath. ■ Sit in the sunshine.

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Useful links:

If talking to someone from our parish will help, call the parish office on 07391 529 827.

We also have several volunteers who are happy to talk on the telephone as often as you need to.

For medical guidance about the coronavirus	Emergency well-being help
<ul style="list-style-type: none">Department of Health website https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advicehttps://www.nhs.uk/conditions/coronavirus-covid-19.Call 111.	If you ever feel unable to cope because of overwhelming or intense emotions, or if you have any thoughts of harming yourself, then ask for help immediately.
To volunteer	Help and support is available right now if you need it. You do not have to struggle with difficult feelings alone.
Helping others can be great for your own mental health; it can bring a sense of purpose and fulfilment and take your mind off your own worries. <ul style="list-style-type: none">Sign up to be an NHS volunteer. https://www.england.nhs.uk/2020/03/your-nhs-needs-you-nhs-call-for-volunteer-army/Find or set up a local support group: Covidmutualaid.orgNextdoor – a website to help you to connect with local people around you.And to volunteer with local food banks try: www.trjfp.comCatholic Care Community Response 07739975001 or 7739975008 or email janet.kent@catholic-care.org.uk	These free helplines are there to help when you're feeling desperate. Many are open 24 hours a day, every day. <u>Samaritans</u> – for everyone. Call 116 123 or text 07725 909090. Email jo@samaritans.org <u>Campaign Against Living Miserably (CALM)</u> – for men Call 0800 58 58 58 – 5pm to midnight every day or visit the webchat page <u>Papyrus</u> – for people under 35 Call 0800 0684141 – Monday to Friday 9am to 10pm, weekends and bank holidays 2pm to 10pm. Text 07860 039967 Email pat@papyrus-uk.org <u>Childline</u> – for children and young people under 19. Call 0800 1111 – the number will not show up on your phone bill or www.childline.org.uk . <u>Young Minds</u> youngminds.org.uk or parent helpline 0808 8025544 free for mobiles and landlines – Monday to Friday for concerns relating to young people's mental health (up to the age of 25).
Mindfulness resources	
<ul style="list-style-type: none">www.headspace.com – a mindfulness site with free resources. An app is also available.www.freemindfulness.org/downloadwww.nhs.uk/Conditions/stress-anxiety-depression/Pages/mindfulness.aspxwww.mentalhealth.org.uk/.../mental-health-a-z/M/mindfulnessMindfulness: A Practical Guide to Finding Peace in a Frantic World. One of the best books and guides which leads you through a practical 8-week programme.Mind – mind.org.uk.	
Catholic resources	
<ul style="list-style-type: none">Pray as you go website: https://pray-as-you-go.orgUniversalis - www.universalis.com — to follow the readings at Mass each day or to join in the Prayer of the Church.To take part in live streamed Masses, from St Mary's Cathedral, Newcastle: https://www.youtube.com/channel/UC12EvW0Egg-cFTh5i2y_EQw	

Prayer for all of us: Merciful God, come to the help of your people. Be our shelter in this time of peril and strengthen the bonds of our community. Bring healing to all who suffer the ravages of this disease and assist those whose skill and art can put an end to this affliction. Through Christ our Lord. Amen.

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I sought the Lord and he answered me and delivered me from all my fears. (Psalm 34:4)
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Fear not, for I am with you; be not dismayed. I will strengthen you, I will help you. (Isaiah 41:10)*

Invocation of Our Lady

Remember, O most gracious Virgin Mary,
that never was it known
that anyone who fled to your protection,
implored your help, or sought your intercession
was left unaided.

Inspired with this confidence,
I fly to you, O Virgin of virgins, my Mother.
To you I come, before you I stand, sinful and sorrowful.
O Mother of the Word Incarnate,
despise not my petitions,
but in your mercy, hear and answer me.
Our Lady of Lourdes, pray for us.

Prayer of St Ignatius

Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will,
All I have and call my own.
You have given all to me.
To you, Lord, I return it.
Everything is yours; do with it what you will.
Give me only your love and your grace,
that is enough for me.

Prayer for the Household

Hear us, Lord, and send your angel from heaven
to visit and protect, to comfort and defend
all who live in this house.
Amen.

Prayers during a time of 'flu and illness

Information about how the Church is responding practically to Coronavirus can be found here: www.cbcew.org.uk/coronavirus-guidelines This information is kept up to date and should be checked regularly.



When Jesus entered Peter's house, he saw his mother-in-law lying sick with a fever. He touched her hand, and the fever left her, and she rose and began to serve him. That evening they brought to him many who were oppressed by demons, and he cast out the spirits with a word and healed all who were sick. This was to fulfil what was spoken by the prophet Isaiah: 'He took our illnesses and bore our diseases.' Matthew 8:14-17

General Prayer for Health

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me,
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

Prayer for those in Authority

Loving God, in Christ Jesus, the servant of all,
you call us to the service of others.
Grant to those who govern the community
the skill to recognise its urgent needs
and the strength to pursue the common good.
Endow us all with patience and courage,
that we may care for the suffering,
feed the hungry, shelter the homeless, and sustain the needy.
Through Christ our Lord.
Amen.

Prayer for Health Staff

Wondrous God, author of life,
you fashioned us in your likeness
and breathed into us
the life which is your own.

Be with those whose special care
is the health of mind and body.
Fill their hearts with awe
for the life which is your gift
and sustain them daily in your service,
that their hands may bring to others
the comfort of your healing touch.
Through Christ our Lord.
Amen.

Prayer for those Affected

Merciful God,
come to the help of your people.
Be our shelter in this time of peril
and strengthen the bonds of our community.
Bring healing to all who suffer
the ravages of disease
and assist those whose skill and art
can put an end to this affliction.
Through Christ our Lord.
Amen.



O God,
our refuge and our shield,
even when we walk in the shadow of death
you are there at our side.
Be with your people in this time of danger:
bring strength to the afflicted
and protection to those untouched by disease.

Give us love and courage,
that we may trust in your power to save
and reach out to all who need our care.
Through Christ our Lord.
Amen.

Spiritual Communion

There are times when people are unable to receive the Body and Blood of Christ, through illness or due to their personal disposition. Even though some may not receive 'sacramental' Communion, all are united in some way by the Holy Spirit. The traditional idea of 'spiritual' Communion is an important one to remember and reaffirm. A deep spiritual communion is possible even when we do not share together the Sacrament of the Body and Blood of Christ.
(cf. Celebrating the Mass 212)

My Jesus,
I believe that you are present in this Holy Sacrament of the altar.
I love you above all things
and I passionately desire to receive you into my soul.
Since I cannot now receive you sacramentally,
come spiritually into my soul
so that I may unite myself wholly to you now and forever.
Amen.

based on a prayer of St Alphonsus Liguori

Self-Isolation

If there is a chance that a person has Coronavirus healthcare professionals may advise self-isolation for up to 14 days. Government advice should be followed.

*Those who are self-isolated may wish to spend some of the time in prayer. Use might be made of websites such as **Pray as you go** [<https://pray-as-you-go.org>], Click to Pray [<https://clicktopray.org>] or **Universalis** [www.universalis.com] — to follow the readings at Mass each day or to join in the Prayer of the Church. Parishes will find ways of supporting people through prayer, communication (phone or social media) and practical support (food etc.).*

Phrases from Scripture

O Lord, come to my rescue,	
Lord, come to my aid.	Ps 39:14
Heal me, O Lord, and I shall be healed;	
save me, and I shall be saved, for you are my praise.	Jer 17:14
Lord, save me	Matt 14: 30
Amen, Come, Lord Jesus.	Rev 22:20

Because
By
Your
—
Holy Cross
You
Have
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The
World
—

Stations of the Cross
Holy Week 2020
Durham Martyrs Youth Ministry

Welcome to the Stations of the Cross led by Durham Martyrs Youth Ministry.

All the reflections were written by the young people who attend the Frontier youth group on a Wednesday evening.

**All: In the name of the Father, and of the Son and of the Holy Spirit.
Amen**

Reader: As we gather together this evening to walk the Way of the Cross with Jesus, let us open our hearts to the love God has for us. Let us see Jesus as our saviour and Lord and journey with Him as he completes His Passion. We pray for strength throughout this season of Lent and ask God to give us the courage to stand up for our faith and be counted. We ask this through Christ our Lord.

All: Amen

Each station will follow the form below:

e.g. The First Station

Jesus is condemned to death

Reader: We adore you O Christ and we praise you

ALL: Because by your holy cross you have redeemed the world

Scripture reading

Reflection

In between each station we will sing together this short refrain twice.

Take a moment to remember

Who God is and who I am

There you go

Lifting my load again.

The First Station

Jesus is condemned to death

(John 19:4-6)



The Second Station

Jesus carries His cross

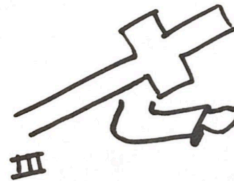
(Mark 15:20)



The Third Station

Jesus falls for the first time

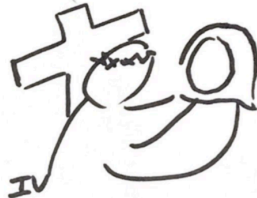
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The Fourth Station

Jesus meets His mother

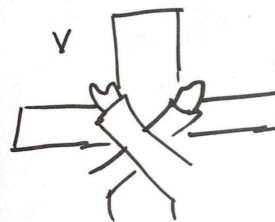
(John 19:25-27)



The Fifth Station

Simon of Cyrene carries the cross for Jesus

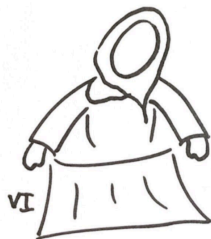
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The Sixth Station

Veronica Wipes the face of Jesus

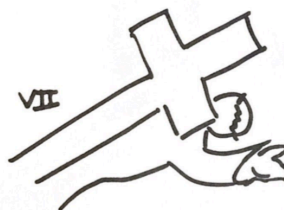
(Matthew 25:40)



The Seventh Station

Jesus falls a second time

(Isaiah 63:9)



The Eighth Station

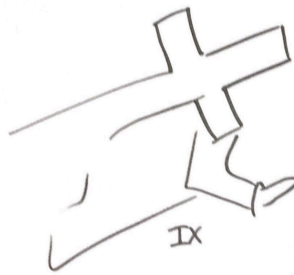
Jesus meets the women of Jerusalem

(Luke 23:27-28)



The Ninth Station
Jesus falls a third time

(Luke 22:28-32)

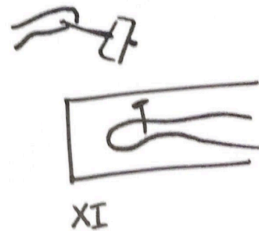
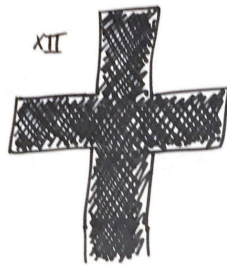


The Tenth Station
Jesus is stripped of His garments

(John 19:23-24)

The Eleventh Station
Jesus is nailed to the cross

(Luke 23:33-34, 39-43)



The Twelfth Station
Jesus dies on the cross

(Matthew 27:50)

ALL KNEEL

The Thirteenth Station
Jesus' body is taken down from the cross

(John 19:38-40)



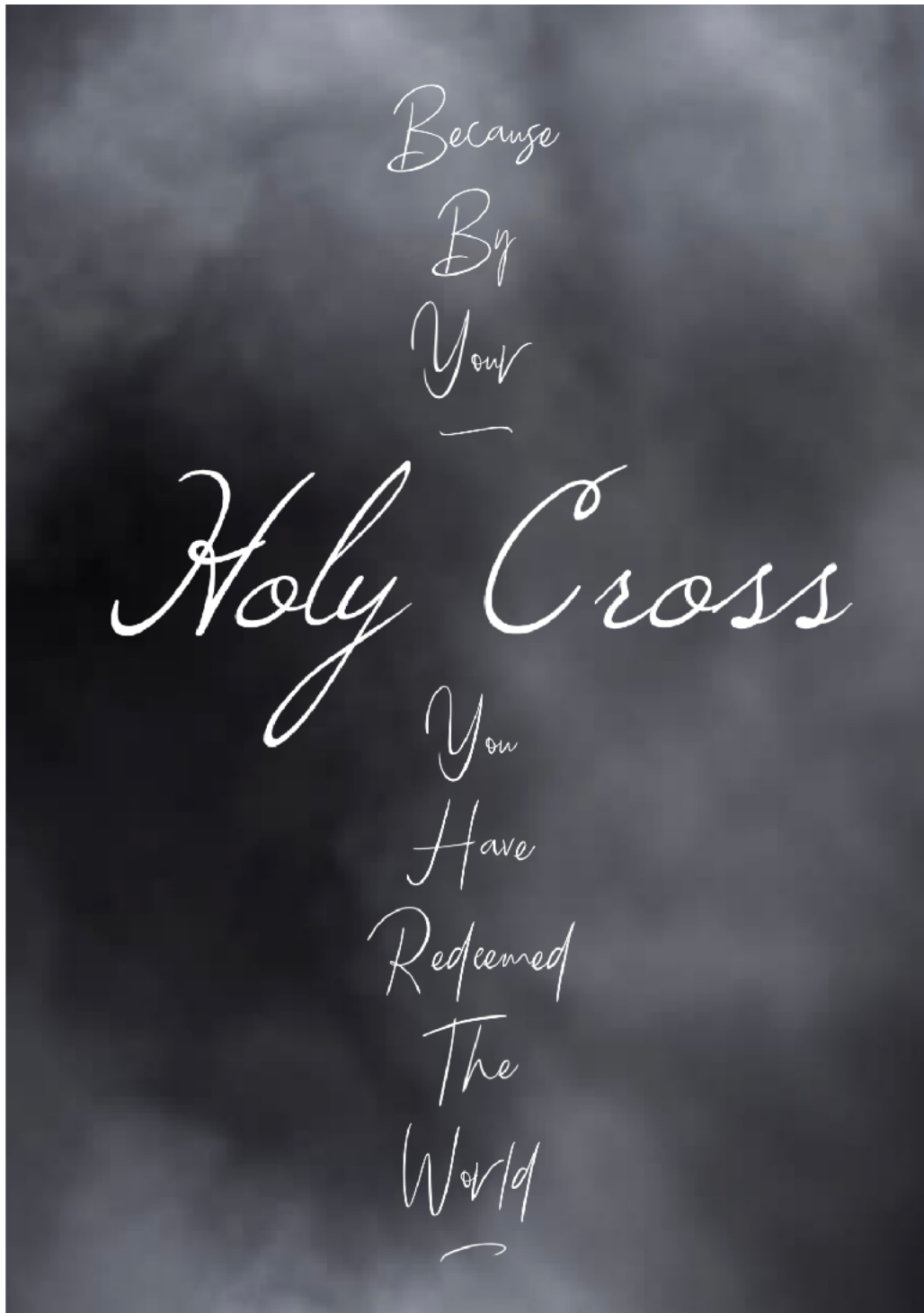
The Fourteenth Station
Jesus' body is laid in the tomb

(Mark 15:46-47)

Reader: Jesus, Lamb of God, when you walked this earth, you did not consider heavenly equality, though that was yours to choose, but took the role of servant, and in humility and obedience allowed the rough nails of our sin to be hammered into your flesh for the sake of our salvation. And so it is that we acknowledge you as Lord of all, to the glory of God the Father, Son and Spirit, Three.
We pray together...

ALL: Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now, and ever shall be, world without end. Amen.

Thank you for joining us in this season of Lent!



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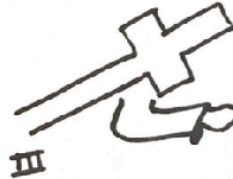
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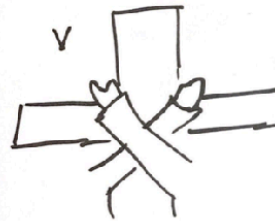
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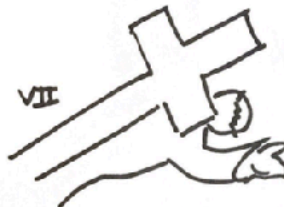
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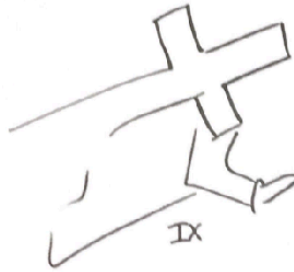
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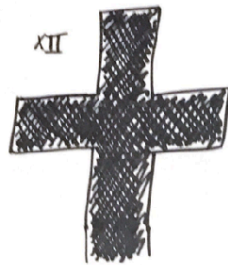
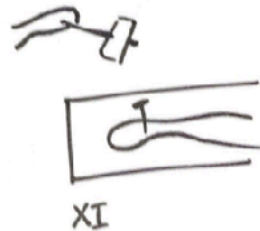


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