

*Welcome to the
Catholic Community
of Central Nottingham*

PARISH BULLETIN
10P

**St Barnabas
Cathedral**
Nottingham



**St Barnabas Cathedral is now open for
Private Prayer and Public Mass.
All advice given in this newsletter
will be reviewed on a weekly basis.**

*Twenty Eighth Week of Ordinary Time
Saturday 10th October to Sunday 18th October 2020
Psalter Week IV ~ Sundays - Year A ~ Weekdays - Cycle II*

The Cathedral Office is now open Monday to Friday from 10am to 2.30pm.

We are still following Government Guidelines and therefore to keep the Clergy and staff safe, only one person will be admitted into the Office at any time, this may mean that you could have to wait outside should you arrive when someone else is already being attended to.

Please wear a face covering, and hand sanitiser is available as you enter Cathedral House.

Outside of these hours, if you require urgent contact with Canon Malachy or Fr Mathew, please ring 0115 9539 839, then the relevant extension number.

ACT OF SPIRITUAL COMMUNION

*My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least 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. **As we cannot attend daily Mass, we can use this prayer to express our faith in Christ and His Presence in the Eucharist, and ask Him to unite Himself with us.***

Today: Excuses, excuses, excuses! We have excuses for not doing what we know we should do and we have excuses for doing what we know we shouldn't do. Some of these excuses are reasonable, some shabby – but all are effective.

Once there was a tailor who mended the clothes of everyone in the town, yet he himself went about with his coat in tatters. And to the embarrassment of everyone he appeared like that in Church on Sundays.

One Sunday a friend said to him, "It's a disgrace that you, a respectable tailor, should go around in a tattered coat. Shame on you for coming here dressed like that." "But what can I do? I'm a poor man and I have to work all week long to make a living," the tailor replied. "Where am I going to find the time to mend my own clothes?" "Look," said the friend. "Here's £20. Think of me as one of your customers. I'm paying you to mend your own coat." "I'll agree to that," cried the tailor as he took the money.

However, when he came to church on the following Sunday his friend noticed that once again he was dressed in his old tattered coat. Extremely annoyed, the friend said to him, "Now there is no excuse for this kind of behaviour. Didn't I give you £20 last Sunday to mend your coat? Yet I can see that you never even touched it." "But what can I do?" said the tailor apologetically. "When I went home last Sunday I examined my coat and I realised that I'd be losing money on the job if I did it for £20!" A man like that will always find an excuse. **(MB)**

CAFOD Family Fast Day took place last Friday, 9th October. As we cannot have the usual donation envelopes in the Cathedral, you can donate via cafod.org.uk/give or text CAFOD to 70085 to donate £10.00.

Loop System The Loop System has now been checked and although it is working fine, the measurements in the South Transcept are low and the further you go towards the south wall, (adjacent to the Cathedral garden), the signal does decrease, so if you are sat in this area it will be noticeably lower in volume than anywhere else.

This week Masses at the Cathedral will be Celebrated at the following times:
All the Masses are being streamed and recorded via the Cathedral Streaming Service on the Cathedral website

Saturday 10th October	10.00am	Saint Paulinus of York and the Anglo Saxon Saints of the Diocese	Monsignor David Forde ~ 90th Birthday
Vigil	6.30pm		The People
Sunday 11th October	8.00am	Twenty Eighth Sunday of Ordinary Time	Alison Lokes' Intention
	10.00am		Monsignor Kazimierz Krzyzonowski RIP (32nd Anniversary)
	6.00pm		James McRory and Mary Fitzsimons RIP
Monday 12th October	1.00pm	Feria or Saint Wilfrid of York or Saint Hilda of Whitby	Jose Thomas RIP Julie Brosnan RIP
Tuesday 13th October	1.00pm	Feria or Saint Edward the Confessor	Jackie Korczynska RIP (14th Anniversary) Special Intention
Wednesday 14th October	1.00pm	Feria or Saint Callistus I	Michael Herring Fr Mathew's Intentions
Thursday 15th October	1.00pm	Saint Teresa of Jesus	Catherine Lyons John Gerrard Kelly RIP
Friday 16th October	1.00pm	Feria or Saint Hedwig or Saint Margaret Mary Alacoque	Stanislaw and Olga Kotlarz RIP Edna Hickey RIP (9th Anniversary)
Saturday 17th October	10.00am	Saint Ignatius of Antioch	Elizabeth (Well Being)
Vigil	6.30pm		Laurence Mather RIP
Sunday 18th October	8.00am	Twenty Ninth Sunday of Ordinary Time	The People
	10.00am		Susan Rea
	6.00pm		Christina McMahon RIP

Journey of Faith 2019/2020 The Enquirers from last year's Journey of Faith received the Sacraments of Baptism, Holy Communion and Confirmation over the course of the last few weeks. Please remember Eleanor, Lauren, Laurent, Bruce and Tadiwanasha in your prayers, that they all may continue to grow spiritually in their faith.

Week of Prayer for Prisoners and Dependents - united in lockdown, united in prayer For those of us still in lockdown – living with restricted freedom and heightened fear, suffering anxiety or anger, feeling helplessness and despair. Together let us pray, let us act and let us declare to one another – YOU ARE NOT ALONE! Prisoners know all about lockdown in ways which are far starker than the 'stay at home' experience people have lived during the viral pandemic. However, beyond the walls of prison people of all ages have had to learn how to navigate uncertainty and many people feel fearful, bewildered and out of control. In past months there was a loss of freedom to be with loved ones, even when at the point of death. For some people there has been overwhelming pain and sadness. Some people have felt lonely and isolated whilst others have longed for space away from other people. All of this is experienced within the walls of prisons 365 days a year. This Prisons Week as we pray for all those connected with the criminal justice system in any way, including all prison staff and families of prisoners as well as prisoners themselves, let us not talk of social distancing but rather of physical distancing. Let us pray for social connection and restored relationship and an openness to the generous love of God who longs to draw close to every individual person, treasured and known by name. We pray that amid both places of brokenness

Parish Finances Last Week

Loose Plate	£ 714.68	Thank you for your generosity to the work of the Church! <i>In your Will, please remember your Church.</i>
Envelopes	£ 318.21	
S/Orders	<u>£ 1,015.20</u>	
Total	£ 2,048.09	

and beauty there might be a discovery of inner freedom and peace which is rooted in the love, hope and peace of God revealed in Jesus Christ and present through the power of the Holy Spirit, never locked down.
Rt Rev. Treweek, Bishop of Gloucester

INFORMATION REGARDING PUBLIC WORSHIP AT THE CATHEDRAL

Private prayer times are as follows: Saturdays - 9.30am until 11.30am with Mass at 10am. Monday to Friday - 12noon until 2pm with Mass at 1pm. There will be no private prayer on Sundays.

The Celebration of Mass: Please book weekend Masses using the Diocesan booking system available at: www.massbooking.uk - you need to create an account; once created you can book your place at Mass for weekend Masses. The Masses are bookable on a 7-day cycle. **If you are not online you will need to telephone the Cathedral Office on 0115 9539839 - Extension 7 - Please try and call between Monday to Friday between the hours of 10am and 3pm to book a place - this number is for Cathedral Parishioners only.** You will not be required to book a place for any weekday Mass, but you will be required to 'sign in' on arrival to meet the requirements for Track and Trace. Please bear with us during these challenging times, especially when booking seats for Mass through these new channels. Social distancing is still set at 2 metres, so please observe this as you arrive and leave the Cathedral and from this weekend you will be required to wear a face mask to protect yourself and others. If you are extremely clinically vulnerable, then please continue to protect yourself by staying at home and praying for the parish community or accessing the Mass on live streaming. The Sunday obligation continues to be suspended, so if you are unsure about coming along, do not feel under any obligation to do so; and if you, or someone in your household, displays symptoms of Covid19, then please do stay at home. When attending Mass, (Booking is only required for Weekend Masses); please be aware that you may be asked to wait outside until invited in to take a seat. Please arrive in plenty of time to allow for this managed arrival to take place and for the Celebration of Mass to begin on time. Stewards will assist upon arrival and upon leaving the Cathedral so that everyone is kept safe.

Please note: The maximum number of people allowed in the Cathedral for each Mass is 96 bookings. Only 2 are allowed in a pew or a 'bubble' from the same household. Please also note that there is no 11.15 Sunday Mass due to restrictions — there has to be sufficient time to clean the Cathedral between each Celebration of Mass.

Collections No collection will take place during Mass but there are collection points at the entrance and exit of the Cathedral. On-line donations are the preferred method of giving if it is at all possible and information to donate this way can be found on the last page of this newsletter. We are very grateful for your continued financial support, we really appreciate it during these uncertain times.

Distribution of Holy Communion: After 'Behold the Lamb of God I am not worthy.....' the Priest will elevate the Host and say 'the Body of Christ' to which the congregation should respond 'Amen' and then do the same with the Chalice 'The Blood of Christ' 'Amen'. The Priest receives Holy Communion, sanitises his hands and then purifies the vessels. He then pauses in silence, prays the Prayer after Communion and gives the Blessing and Dismissal. Immediately before distribution to the congregation, the Priest, Deacon or Minister sanitises their hands. The place of distribution is organised in such a way that social distance can be observed with a physical barrier. Holy Communion is distributed in silence as the Presence of the Lord has already been acknowledged. Holy Communion will be given in the hand only and with the communicant standing. Both Priest and communicant should extend their arms fully to allow for social distancing. The Host is placed into the hand from just above the palm, so as to avoid physical contact. The congregation will walk up, one at a time, guided by the stewards, observing the 2m social distancing at all times. After receiving Holy Communion, each communicant should leave the Cathedral, observing the 2m social distancing rule and without returning to their seats.

Exiting the Cathedral Please leave the Cathedral via either door keeping in mind to observe social distancing and please do not congregate outside the doors to avoid causing a backlog of people trying to vacate the Cathedral. Thank you.

Prayers For Vocations will recommence next Saturday morning, 17th October, in the Cathedral at 9.15am. Stewards will be on hand to keep everyone safe. More than ever before we need prayers for vocations and the religious life. The session consists of the Rosary, short readings from scripture, prayers and a period of silent prayer. All are welcome.

Prayers Please pray for all the people of our parish. Many people are greatly in need of our prayers of support in this time of uncertainty, especially those who have no family to support them. We remember all those who are in hospital or are having treatment and those who are in nursing homes or being cared for at home. We also remember those who have died recently and those whose anniversaries occur around this time.

Mass Count ~ The fourth Mass Count will take place this weekend.

11.15am Mass We are currently looking at the prospect of reinstating the 11.15am Mass and are currently looking at the practicality of doing this. This will be initially without music but hopefully it will not be too long before the choirs can return.

Singing We have now reintroduced some singing at the 10am Sunday Mass. Unfortunately at this time the congregation is not permitted to join in.

World Mission Sunday – ‘Whom shall I send?’ Sunday 18th October is when the entire global Church comes together in support of mission. And as we journey to the end of a difficult and frightening year, the theme is a shout of courage and faith: ‘Here I am, send me!’ World Mission Sunday is celebrated in every Catholic community in the world. It’s a moment of grace to express solidarity with our brothers and sisters in Christ who are living in situations of poverty, violence and oppression. Pope Francis calls on Catholics to support overseas mission financially through Missio. As the Holy Father’s official charity for world mission, this is such an important date for Missio. We will be inspiring a renewal of mission throughout the month of October, asking Catholics in England and Wales to answer the call to share God’s love. Through reflection, discussion, and stories on their website, their social media and through their Mission Today magazine, Missio will help you explore your own personal mission in preparation for World Mission Sunday. Please visit the website missio.org.uk for further information or if you would like a red collection box, please contact the Cathedral Office.

Baptism If you have already been on the preparation course and need to arrange a baptism, contact the Cathedral Office to schedule this in. There is now only a maximum of 6 people allowed to attend the ceremony and everyone will have to wear face coverings (except the baby being baptised). If you are looking to attend a Baptism Course, we are currently looking at dates to schedule in a preparation course and this information should be available in the next few weeks.

Becoming a Catholic We are looking ahead to this coming autumn’s Journey of Faith Programme which will commence on Monday 12th October at 7pm in the Cathedral Hall. We invite any adult non-Catholic or non-Christian, or Catholic adult who has not received the Sacraments, or is interested knowing more about the Catholic Church and perhaps becoming a member, to contact a member of the Clergy or the Cathedral Office.

RCIC We are also looking ahead to the start of the new RCIC (Rite of Christian Initiation for Children). The course will also commence on Monday 12th October at 5pm in the Cathedral Hall. The RCIC is a program for children age 7 to 15 years who have not been baptised and is open to both parishioners and non-parishioners who wish to prepare for the Sacraments. Whether your family is just entering the church, is returning after time away, have decided as a family to delay the children’s sacramental preparation, or any other circumstance, all are welcome. Please contact a member of the Clergy or the Cathedral Office for more information.

Are you discerning God’s call? If you are you interested in learning more about the diocesan priesthood please contact Fr Paul Newman (Vocations Director) or Canon Jonathan Cotton (Assistant Vocations Director) on 0115 950 1064 or email nottinghamvocations@hotmail.co.uk

Marriage Preparation Online courses only are currently available: **FOCCUS** – this is a bespoke, questionnaire-based exploration of your unique relationship, provided for individual couples over 2-6 one-hour sessions; just the two of you and a skilled facilitator using a secure video link (similar to Skype or FaceTime). This resource was developed by FOCCUS Inc., an apostolate of the Archdiocese of Omaha, and is suitable for couples planning to marry in the Catholic Church or **Preparing Together Online**: This is an interactive, skills-oriented, online group course delivered over 3 webinar style sessions; suitable for couples planning to marry in the Catholic Church. To book on a course please contact Marriage Care directly at marriagecare.org.uk or telephone 0800 389 3801.

Repository The Repository is now open every Friday from 10.30am to 3pm in the main hall. Please follow the guidance of Cheryl when in the hall so that we can keep everyone safe. Face coverings will need to be worn when in the hall and please refrain from touching the items on sale. You will be required to give your name and contact number for Track and Trace purposes.

Fundraising Good quality items wanted in clean condition only, belts, handbags, shoes, jewellery, towels, curtains, duvet covers and sheets. Please note we cannot accept pillows, cushions or duvets. Please mark items for the attention of Valerie or Julie and bring them to Cathedral House.

Weekday Stewards We are currently looking to recruit more stewards to help in the Cathedral, especially during the week. We need four stewards for each day otherwise we would not be able to open the Cathedral safely for all who are attending Mass and Private Prayer. For weekday stewarding you will be required to be in the Cathedral from 11.45am to 2.15pm to cover Private Prayer and the 1pm Mass, you will guide parishioners so that social distancing can be maintained at all times. Unfortunately we have to adhere to Government policies, so there will be some paperwork involved before you start volunteering but we can help you with this if need be.

We are very grateful for all the stewards who are already helping but it would be good to also have some more people who can be flexible to cover days when we are short.

Living like the Saints The Christian Heritage Centre are holding events from now until December on 'Saints, Scholars and Spiritual Masters'. The next event is 'The Answer is 43: Thomas Aquinas on Life, the Universe and Everything' with Fr Richard Conrad, O.P., and this takes place on the 22nd October. For more details and to register for a link please email events@christianheritagecentre.com

Nottingham Diocese Justice and Peace and Caritas Join us through October to 'heal the world' Friday mornings and Monday evenings. Meet fellow Catholics, reinvigorate your faith, and pray with us for a wounded world.

"We will explore together how our Catholic social tradition can help the human family heal this world that suffers from serious illnesses. It is my desire that everyone reflect and work together, as followers of Jesus who heals, to construct a better world, full of hope for future generations" –

Pope Francis, Angelus, 5 August 2020

Pope Francis memorably described the Church as a field hospital: he urged us to heal wounds, warm hearts and reach out to a wounded world. Now more than ever, Jesus calls us to give a healing touch. But how? What does it mean for you, for all of us, to live the Gospel right now? Recently Pope Francis gave a series of audiences on healing the world. They are a masterclass in compassionate discipleship – simple, timely and rich in wisdom. He's also about to release a new encyclical, *Fratelli Tutti*, on a similar theme. You are warmly invited to this exploration of faith, prayer and action, based on his talks. You don't have to attend them all – come to whichever you can manage. You can join by Zoom or by telephone. We will meet twice a week in October, Mondays at 5.30pm and Fridays at 9.30am. We will pray Morning or Evening Prayer together, and have time to reflect in small groups on Pope Francis' message. As well as renewing your own faith, you will also help to build Caritas, a new diocesan network for mission and outreach. For more information or to book visit the diocesan website: <https://www.dioceseofnottingham.uk/healtheworld>

Misso Boxes If anyone would like to take over the role of coordinator of the Red Boxes for the Cathedral, which involves emptying boxes once a year, please contact the Cathedral Office for more information.

Hospitals: A number of priests are still trying to maintain an 'on-call' rota for City and QMC. **This is strictly for calls for Anointing of the Sick when someone is nearing the end of their life.** The hospital will not call us out for a request for prayers or when someone has already died – these will be dealt with by a member of the chaplaincy team who may or may not be a Catholic minister. Families should not contact a priest direct to visit their loved one in hospital – all requests need to go through the ward and Chaplaincy Department. QMC 0115 9249924 ext 63799, City 0115 9691169.

Gifts for Emmanuel House and the Mount Zion Food Bank Now that we are once again able to come together for Mass, we invite you to bring your gifts for the homeless and people in need to the Cathedral, and leave them at Cathedral House.

Emmanuel House is asking for clean underwear, for both men and women, new or in good condition; and jeans, jeggins and leggings. They are working with a skeleton staff, and don't have the space or people to deal with any other donations at present. Emmanuel House is re-opening step by step, to keep staff and service users safe.

Mount Zion Food Bank needs tinned meat, fish, vegetables and fruit, long life milk, cooking oil, tea and coffee. They are taking care of 30+ families each week. Many have 'no recourse to public funds' and may not have access to cooking facilities, so food that can be eaten without cooking or just heated up quickly is very useful. **Thank you very much for your generosity!!**

Donations Many thanks to all those who have donated so generously to the Food Bank and Emmanuel House in the last few weeks. It's a great joy to deliver all the gifts, and see how delighted the recipients are when we unload the cars ... they really value all that we can do to support them.

OFFERTORY & SPECIAL COLLECTIONS DURING THE CORONAVIRUS CRISIS

We would like to once again thank all of you who have continued to contribute financially in support of the Cathedral. It has been very much appreciated. As you are aware, the Cathedral Parish always needs your continued support and especially at this time. Coronavirus has raised some very particular financial challenges for us. Not only do we have no plate and envelope collection but we cannot hire out our parish rooms either. We must, however, continue to pay for essentials such as our priests' living expenses, the upkeep of our buildings and other ongoing costs. Even though we now are able to celebrate Public Mass again, the donations kindly received from those attending Mass is still considerably down.

Of course, we realise that the current emergency is affecting many people's income and they may not be able to continue their level of giving. If this is the case, we fully understand, and our prayers are with you. If you currently pay by standing order, this will continue as usual unless you tell your bank to vary it.

If you usually give by envelope or loose plate, you can now donate via online or telephone banking. You can make individual donations whenever you wish, or you can set up a regular donation by Standing Order on a weekly or monthly basis.

If you have not received your envelopes, please contact the Cathedral Office.

For the purposes of setting up a regular donation via your online banking the parish bank details are as follows:

St Barnabas Cathedral:

*Bank: Lloyds Bank
Account Name: St Barnabas Cathedral Nottingham RCP
Account Number: 01647189
Sort code: 30 96 18*

Please put your name (e.g. D SMITH) in the payment reference so we know the donation is from you. This is particularly important if we have a signed gift aid declaration from you. If you normally use numbered Planned Giving envelopes you should quote your envelope number as the payment reference (so: D SMITH, the holder of envelope 19, would quote D SMITH ENV 19).

If you would like to donate by standing order, but you do not have access to the internet or do not bank online, please email: stbarnabasnottingham@gmail.com - or directly to the Gift Aid Office: parish.giftaid@dioceseofnottingham.uk. We can then organise emailing the necessary standing order paperwork to you.

If you are a UK taxpayer you also have the option of adding Gift Aid to your donation, whereby the UK government adds a further 25% to your contribution. Anyone wishing to set up a new Gift Aid arrangement should contact the parish office via email: stbarnabasnottingham@gmail.com or email: parish.giftaid@dioceseofnottingham.uk

Now, more than ever our parish relies on your donations to stay open and provide care and support to everyone in our community, so please consider giving generously to support our mission and ministry. Thank you for your support.

Legacies Most of the running costs of your Parish and of the Diocese and of the national Bishops' Conference costs are covered by the regular collections which are taken at the weekend Masses. However, there are from time to time substantial one-off costs. For example, the boiler in the Church may suddenly and unexpectedly need replacing. A building might need substantial roof repair. Facilities for the disabled may need to be provided, and there is the ever present need to bring our buildings up to date with health and safety legislation. Until such time as these funds are needed by the Parish, they are deposited centrally and are invested. If you would be kind enough to consider a legacy to the Church in your Will, it is a tax advantage as a Charity, please see below for further information.

Grapevine: The essential bulletin for missionary disciples. Whilst we can't all meet we are still the Church. **Please see more information on the Diocesan website.**

Nottingham Roman Catholic Diocese Trustees
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