



ST CLEMENT'S CHURCH, EWELL

Parish Priest: Fr. Graham Bamford

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Roman Catholic Diocese of Arundel and Brighton
Charity No. 252878



All Masses are now live-streamed. Access via the Parish Website

WE ENCOURAGE THE CONTINUATION OF WEARING OF MASKS AT ALL MASSES

Second (Low) Sunday of Easter

Sunday, 24th April

Psalter Week 2 Cycle C

Saturday (Vigil)	6.00 pm	Peter Fairchild RIP and Paul Scraggs RIP
Sunday 24 Apr	8.30 am	Kevin Walsh RIP
	10.30 am	Cathy Ireland RIP
Wednesday	10.00 am	Sylvia Fitzgerald RIP
Friday	10.00 am	All Parishioners

FEAST DAYS 24TH – 30TH APRIL

Monday: St Mark, Evangelist

Tuesday: St George, Martyr, Patron of England (Transferred from 23rd April)

Friday: St Catherine of Siena, Virgin, Doctor, Patron of Europe

ANNIVERSARIES: 24TH – 30TH APRIL

Philip Davern, Fr Colum Murray, John Young, George Glynn, Adalgisa Guerrini, Gabrielle Gill, Carl Cramer.

COFFEE AFTER 10.30 AM MASS

Parish Funds Robin and Ann Hannon and Anne and Brian Bromfield

RECOVERY AND WELL-BEING: Please pray for: Steve Kamm, Chris Williamson, Mary Frost, Jocelyn Bowen, Joseph Ewing, Maritina Savage, Jimmy Finn, Mel Alvarez, Tony Ball and Mary Schneider.

OPEN PARISH MEETING – SUNDAY 22ND MAY AT 7.00 PM: All are welcome.

APRIL 200 CLUB WINNERS: To be drawn later. Delayed due to Easter.

EXCITING DIOCESAN ONLINE MISSION: It starts in Easter week and runs for 6 weeks and everyone is invited! Read more about it at the website: <https://www.abdiocese.org.uk/invited>

THE SYNOD: Reports from the face to face and the Zoom groups have now been sent to Rome and to Bishop Richard. They can be read on the parish website and a hard copy is available in the narthex. Father Graham will make you a copy if you wish.

MANY THANKS: To all involved in the Holy Week and Easter Liturgical preparations, especially our musicians, Margaret for preparing the wonderful flowers and Joan and Robert for the Easter Garden!

REFLECTION

Second Sunday of Easter – “Thomas – doubt no longer but believe”

We are called to move towards belief and towards trust. God is with us. But we can only really come to believe and trust in God if we are open to do so. The feeling of openness can be frightening, because in our human experience, when we allow people to get close to us, we know we can be hurt. But God loves us. When Thomas expresses his doubt, Jesus does not appear in a blaze of anger and send Thomas away. He invites Thomas to come closer, to see and touch his wounds.

Peace is God's action among us. God's presence brings joy, not fear. We can overcome our doubts, our fear and our anxiety as we move towards belief, towards trust. We stretch ourselves out towards God, who invites us to come closer.

FR GRAHAM SAYS THANK YOU FOR YOUR EASTER OFFERINGS AND GIFTS

Third Sunday of Easter

Sunday 1st May 2022

Psalter Week 3 Cycle C

Saturday (Vigil)	6.00 pm	Juan Martinez RIP
Sunday 01 May	8.30 am	Mary, Felix & Vincent Edwardson RIP
	10.30 am	Wellbeing – Lilly Leacy
Wednesday	10.00 am	William Riordan RIP
Friday	10.00 am	All Parishioners
Saturday (Vigil)	6.00 pm	Wellbeing – John Farrell
Sunday 08 May	8.30 am	Mike Dinner RIP
	10.30 am	Cathy Arnold RIP

FEAST DAYS 1ST MAY – 7TH MAY

Monday: St Athanasius, Bishop, Doctor

Tuesday: St Philip and James, Apostles

Wednesday: The English Martyrs

ANNIVERSARIES: 1ST MAY – 7TH MAY

Michael Ryan, Alf Farmer, Teresa Manini, Henrique Plomp,

COFFEE AFTER 8.30 AM AND 10.30 AM MASS

Parish Funds Eunice Onyeonoro Akomah



essential, but it does get easier.

We should not be too hard on ourselves when distractions arise in prayer. Try not to get angry or frustrated: remember, the evil one does not want us to pray and will do everything to distract us. Thomas moved from doubt to one of the most wonderful prayers ever spoken: "My Lord and my God!" When it comes to doubt and distraction, perseverance is the only true remedy.

Paul Maddison is a priest of the Diocese of East Anglia and a fellow traveller on the road of Christian perfection. He has recently set up an online spiritual direction service, which can be found at www.divinethread.org

Mass text

ENTRANCE ANTIPHON

Like newborn infants, you must long for the pure, spiritual milk, that in him you may grow to salvation, alleluia.

FIRST READING Acts 5:12-16

PSALM Psalm 117

RESPONSE Give thanks to the Lord for he is good, for his love has no end.

Or Alleluia, alleluia, alleluia!

- Let the sons of Israel say: "His love has no end." Let the sons of Aaron say: "His love has no end." Let those who fear the Lord say: "His love has no end." R.
- The stone which the builders rejected has become the corner stone. This is the work of the Lord, a marvel in our eyes. This day was made by the Lord; we rejoice and are glad. R.

- O Lord, grant us salvation; O Lord, grant success. Blessed in the name of the Lord is he who comes. We bless you from the house of the Lord; the Lord God is our light. R.

SECOND READING Apocalypse 1:9-13. 17-19

GOSPEL ACCLAMATION

Alleluia, alleluia! Jesus said: "You believe because you can see me. Happy are those who have not seen and yet believe." Alleluia!

GOSPEL John 20:19-31

COMMUNION ANTIPHON

Bring your hand and feel the place of the nails, and do not be unbelieving but believing, alleluia.

Next Sunday's Readings:
Acts 5:27-32. 40-41
Apocalypse 5:11-14
John 21:1-19



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PRAYER IS A DISTRACTION

Doubts and distractions in prayer are a fact of life. Our heads are filled with so much chatter, it is as if we constantly watch a drama inside our heads of all sorts of situations, problems and past events. The spiritual writer Martin Laird describes distraction as a "cocktail party in the mind". When we try to pray, the cinema of our mind goes into overdrive; it is as if our lives flash before us, in full technicolour and surround sound, on a never-ending loop.

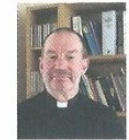
Our bodies, too, find it difficult to be still. C.S. Lewis, in his book *The Screwtape Letters* – in which Screwtape, a senior devil, is training Wormwood, a junior devil – has Screwtape advise his student that people "are animals, and whatever their bodies do affects their souls". If we have the idea that prayer should be a penance, we will find the element of prayer will soon disappear from the experience.

While most of our distractions come from our not being comfortable in prayer, a significant interruption comes from the constant "white noise" of our minds. It is important to accept that distractions will not go away; if we try to dismiss them, they seem to return in an even more vivid and forceful manner. The early monks, dwelling in desert caves, began to realise that countering them head-on is difficult yet an effective way to deal with them. The secret seems to be trying to reduce their impact during our prayer.

The added benefit of using coping strategies with distraction in prayer is that they can have positive effects on our general stillness of mind throughout our day. Mark Twain once commented: "I am an old man now and have had a great many problems. Most of them never happened." Time spent in prayer, even in prayer that seems to be a constant battle with interruptions of the mind, can have a real positive benefit in quite unexpected ways.

When quieting down to prayer, trying to focus on stilling the mind, it is then that distractions – from the mundane to the profound – start flooding into the head. Rather than trying to push those thoughts away, allowing them to become part of the prayer can be an effective antidote; that the trip to the supermarket later in the day will not be too stressful; or that the friend suffering with cancer will find some release from her pain today. Distractions lose some of their power to dominate if we allow them to become prompts, giving them a positive rather than negative form. We find that our prayer time becomes a kind of daydream, but a daydream into which we invite the presence and power of God. We often daydream with those we love.

Divine Thread



We continue this Easter season on prayer with Fr Paul Maddison.



24 APRIL 2022

2ND SUNDAY OF EASTER
YEAR C

DIVINE OFFICE WEEK II

BREATHING

Once we settle to pray, it is good to become aware of our regular and gentle breathing becoming for us a kind of rhythm, allowing focus and drawing ourselves back once distractions come. Remember that the book of Genesis tells us that God breathed over the chaos to create the world, and the Gospel of St John tells us that Jesus breathed over the apostles at Pentecost to give them the gift of the Holy Spirit. There are also significant health benefits to be gained from a period of slow deep breathing, including lowering of the pulse rate and blood pressure, reduction of stress and increased lung capacity.

It is hard work to "Be still and know that I am God"; but with a bit of effort and a few practical considerations we can offer ourselves a good chance of encountering the Lord. It might not be by the lakeside, but we will find him and, like Peter, there will be the opportunity for us to confess our faith in him.

Paul Maddison is a priest of the Diocese of East Anglia and a fellow traveller on the road of Christian perfection. He has recently set up an online spiritual direction service, which can be found at www.divinethread.org

Mass text

ENTRANCE ANTIPHON

Cry out with joy to God, all the earth;
O sing to the glory of his name.
O render him glorious praise, alleluia.

FIRST READING Acts 5:27-32. 40-41

PSALM Psalm 29

RESPONSE I will praise you, Lord,
you have rescued me.
Or Alleluia!

1. I will praise you, Lord, you have rescued me
and have not let my enemies rejoice over me.
O Lord, you have raised my soul from the dead,
restored me to life from those who sink into the grave. R.
2. Sing psalms to the Lord, you who love him,
give thanks to his holy name.
His anger lasts but a moment; his favour through life.
At night there are tears, but joy comes with dawn. R.

3. The Lord listened and had pity.
The Lord came to my help.
For me you have changed my mourning into dancing;
O Lord my God, I will thank you for ever. R.

SECOND READING Apocalypse 5:11-14

GOSPEL ACCLAMATION

Alleluia, alleluia!
Lord Jesus, explain the scriptures to us.
Make our hearts burn within us
as you talk to us.
Alleluia!

GOSPEL John 21:1-19

COMMUNION ANTIPHON

Jesus said to his disciples: Come and eat.
And he took bread and gave it to them,
alleluia.

Next Sunday's Readings:

Acts 13:14. 43-52
Apocalypse 7:9. 14-17
John 10:27-30



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SUNDAY BULLETIN

THE PLACE OF PRAYER

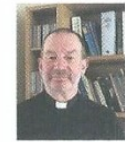
While we can pray at all times and in all places, if we wish to cultivate the habit of spending time in deep prayer, one of the first things we have to admit is our weakness. Distractions of any kind, sometimes inspired by the devil, can attempt to pull us away in so many different directions. To help overcome the disruptions there are a few things we can do.

One of the first is to acknowledge that the physical space in which we pray is important: it is one of the reasons we have churches and chapels. However, when we want to settle to serious prayer in our own homes it is important to identify a place where we pray and to return to this place much like a bird to the nest. Very few of us can find ourselves in the prayerful atmosphere of dawn by the lakeside, as in today's Gospel. It might be that we have a spare bedroom we can use; or maybe, if everyone else is out of the house, we can use the sitting room – what is important is to find a place that is not filled with too many distractions and where we know we will not be disturbed.

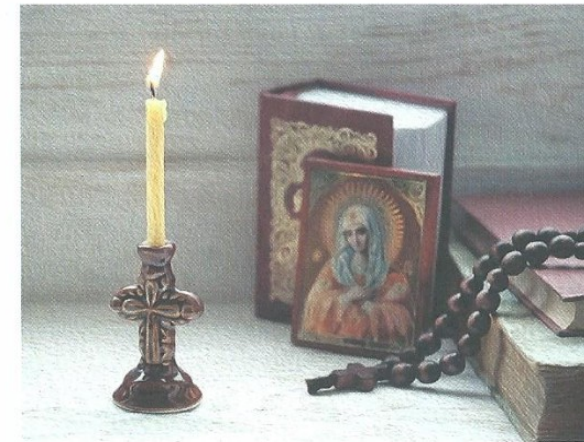
Once that place has been identified some people like to have an icon, statue or picture providing a means of focus. There is no right or wrong way to pray – we are all unique and so is our prayer. The golden rule is: if it helps you to pray, use it. If you want to use a candle, make sure it is safe and never leave it unattended.

Our posture, too, is vital if we are to pray without the interruption of being uncomfortable. If you were to ask, I might suggest that sitting is normally the best position to adopt for prayer; kneeling is usually reserved for adoration. A chair that is not too comfortable, risking us falling asleep, a dining room or kitchen chair with a straight back support is usually best. Sit in the chair so that the back is supported and with feet placed flat on the floor. The secret is to feel comfortable enough not to be distracted by your body but not too comfortable so that you drift off! In Italy, there's a very consoling phrase: If you fall asleep saying your prayers, worry not – the angels finish them off for you. Many people are not sure what to do with their hands; the best advice is either to place them palms down above your knees, or to lay them in your lap.

Divine Thread



We continue this Easter series on prayer with Fr Paul Maddison.



1 MAY 2022

3RD SUNDAY OF EASTER

YEAR C

DIVINE OFFICE WEEK III