

**St Anne's Parish, Wappenbury
with
Our Lady of the Angels', Princethorpe**

4 October 2020

Twenty Seventh Sunday in Ordinary Time

Year A

Fr Teddy O'Brien MSC - Parish Priest

The parish is part of the Archdiocese of Birmingham
(Registered Charity Number: 234216) and is conducted, on behalf of the Archdiocese,
by the Missionaries of the Sacred Heart.

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Attaining Mental Health - Sacrament of Reconciliation and/or Therapy?

Our origin and our destiny are two poles to which we could do well to revisit periodically. Our origin is God as is our destiny. In between, we try to live life to the full, knowing that life is not a rehearsal. Memory is one of the wonderful gifts of being human. It enables us to recall and to enjoy past events as if they were happening now. However, memories have their dark side s also in that they can return uninvited to intrude upon the contentment peacefulness of our everyday lives.

They possess a power to alter our current emotional life for better or for worse. When they uplift, they are welcomed, encouraging and inspiring. Memories can also bring us down and, while unwelcome and intrusive, they can exert a power to impact negatively on our joie de vivre. They have power to induce and awaken within us a sense of unworthiness leading to a sense of shame where joy and contentment previously flourished. This can wreck havoc if not acknowledged, addressed and healed. Carl Jung is surely correct: "*Shame is a soul eating emotion.*"

Growing up, I regret that I was never taught the difference between shame and guilt. I know now that, while guilt is that feeling that accompanies our having *done* something wrong, shame is the sense that there *is* something wrong with me, regardless of what I do or do not do. Shame has that power to diminish me in my own eyes and to impact on all I do. Each Saturday, as a child, I would walk to the local church, 'go to confession' and offload my guilty actions, my sins, which would be the same each week because I was never taught what sin really was anyway! Neither was I taught about shame, or about how actions or words could plant the seeds of shame in my very being to resurrect later in life in most unexpected situations.

I learned as I grew up that confession, as it was then called, had a healing power about it as anyone who engaged with it knows. Giving voice to what is troubling, having it listened to without judgement, and while the 'penance' never matched the sin (!), it left that feeling that I could get on with life without the burden of past misdemeanours constantly nagging me. On reflection, I consider that this Sacrament of Confession, or as we have re-named it, 'Reconciliation', was the best activity that the Catholic Church could offer.

Unfortunately, much of the value of this sacrament was lost when, in misguided 'wisdom', our church encouraged 'face to face' reconciliation which weakened the sense that whatever is voiced in confession remains a secret - forever. Little time was afforded to receive guidance as to how to engage with life in a manner that was uplifting and encouraging, in spite of imperfections. And the value and the requirement for 'Reconciliation' rapidly diminished, so that we are left 'burying' those shame-filled memories or seeking other routes to mental health well- being.

The proliferation of therapies of one kind or another is obvious as is the replacement of the 'confessor' with therapists (which turn out to be far more expensive than any confessor!). The goal of therapy is, of course, to enable a person to heal the human psyche or spirit or soul, whatever word one cares to use, and the goal of 'Reconciliation' is the salvation of the human person. While seemingly having different aims, it is very soon clear that 'therapy' and 'salvation' are from the same family – *therapuin* (in Greek) and *salus* (in Latin) each meaning healing. While shame drives one to hide ('shame' from 'sham'), reconciliation and therapy invite openness to another in trust and vulnerability and can lead a person eventually to their destiny, God. In Genesis 3:10, archetypal shame is revealed when Adam and Eve, realising their nakedness, told God that "they were naked, felt ashamed and so hid" (Genesis 3). Shame drives the person to hide from all, self included.

So the 'Sacrament of Reconciliation' and the 'Sacrament of Therapy' both offer 'cures' for our current increasing illnesses in mental health, while a third 'sacrament' that seems to have been sidelined, (particularly by the increasing [mis]use of social media), is the 'sacrament of friendship' through which we share, in person with another trusted person, whatever troubles our human spirit..

A recent Instagram quote offers an unexpected insight: "*God wants to heal what shame wants to hide*". Brene Brown, in *The Gifts of Imperfection*, supports this approach: "*we cultivate love when we allow our most vulnerable and powerful selves to be deeply seen and known, and when we honour the spiritual connection that grows from that offering with trust, respect, kindness and affection*", whether this be in Reconciliation or therapy – or with friends. Love cannot flourish where shame lives. "*If we can share our story with someone who responds with empathy and understanding, shame can't survive.*" (Brené Brown - *Daring Greatly: How the courage to be Vulnerable Transforms the Way We live, Love, Parent, Lead*)

What do you think?

Mass streamed live from St Anne's using fb.me/stanneswappenbury
Please see diary below for this week's timings of Mass and Prayer Services

I hope that celebrating with me for this short service gives you a feeling of community which still remains for all of us.

Sunday 4 October	9.30am	Wappenbury (live stream)	The Mass Intention today is for Bridie Gallagher RIP (aunt of Denis McDaid)
		Reminder- No 11.00am Mass this morning at Princethorpe College	
Monday 5 October	9.30am	Wappenbury (live stream)	
Tuesday 6 October	9.30am	Wappenbury (live stream)	St Bruno
Wednesday 7 October	9.30am	Wappenbury (live stream)	Our Lady of the Rosary
Thursday 8 October	9.30am	Wappenbury (live stream)	
Friday 9 October	9.30am	Wappenbury (live stream)	St John Henry Newman
Saturday 10 October	9.30am 11.00am	Wappenbury (live stream) St Anne's porch help (see below)	St Paulinus of York, Bishop
Sunday 11 October	9.30am 11.00am	Wappenbury (live stream) Princethorpe	Remember Covid-19 rules – arrival by 10.50am with a face mask – DO NOT COME IF YOU HAVE ANY SYMPTOMS OF ANY TYPE

Forward Dates For Your Diary

Saturday 10 October	11.00am – 12noon	Wappenbury	Help needed to move the long table back into the porch from the garage and two notice boards to be re-sited on the walls and chairs to be wrapped. Contact Fr Teddy or Loretta, please, if you can offer assistance. Masks must be worn.
Sunday 11 October (Second Collection)	11.00am	Princethorpe	Archdiocese request collections for CAFOD/APF/Peter's Pence. The collections will be divided between the three charities. If you are not attending Mass then please leave a donation at the Presbytery with Fr Teddy. Please do not use any bank details you have for the parish to donate to these causes.
Sunday 18 October (Second Collection)	11.00am	Princethorpe	
Tuesday 20 October	7.00pm	Wappenbury via Zoom	Finance Committee Meeting
Monday 2 November	7.30pm	Wappenbury (live stream)	Mass of the Day for All Souls
Wednesday 4 November	7.00pm	Wappenbury via Zoom	Evening Prayer for Month of November
Wednesday 11 November	7.00pm	Wappenbury via Zoom	Evening Prayer for Month of November
Wednesday 18 November	7.00pm	Wappenbury via Zoom	Evening Prayer for Month of November
Wednesday 25 November	7.00pm	Wappenbury via Zoom	Evening Prayer for Month of November
NOTE: The ID and Passcode for the Zoom sessions in November will be issued on Sunday 1 November			

Parish Finances

The Finance Committee meet regularly via Zoom to keep a close eye on the parish finances on behalf of you all. As you can imagine this year has been particularly difficult and will continue to be so for some time to come.

If you would like to discuss how you can help in any way with the parish finances please email Fr Teddy directly at fr.teddy.obrien@rcaob.org.uk or phone any time. Thank you to everyone who is managing to continue with financial support to the parish. It is hugely appreciated.

Prayer List

If you have any amendments to the Prayer List you would like me to make please do get in touch either with myself, by using the contact details at the top of the newsletter, or with Loretta at lkpcurtis@hotmail.com. It is important in these difficult times that we think and pray for those dear to us and allow our community to pray for them too. Please let me know of any wedding anniversaries or anniversaries of death if you wish them to be remembered.

Re-Opening Of Our Churches – Currently No Parish Mass Available At St Anne’s – Live Stream From St Anne’s Via Facebook – See Diary For Weekly Information

Mass will be celebrated at Princethorpe at 11.00am until further notice. There are strict instructions for attendance at Mass in place – they MUST be observed at all times. See website for information.

With having the inner corridor doors open during Mass because of Covid-19 the College Chapel is likely to be cold. Please, please wear adequate clothing – bring a rug for your knees if necessary! It is so uplifting to see you back with me ‘in the flesh’ to celebrate Mass and receive communion together; we must ensure we are warm.

The obligation to attend Sunday Mass remains suspended.

The Parish Is On Facebook! Yes Really! - Thank you Sebastien Buhour

Not only are we streaming live for daily Mass we are now using Facebook for news about the parish. Sebastien has kindly taken time to profile the parish in a more public domain. Please take time to ‘like’ and ‘share’ or indeed ‘comment’ the page so that as many of the wider community can enjoy the delights of our wonderful St Anne’s and Princethorpe College. The link to use is <http://www.facebook.com/stanneswappenbury>

Princethorpe Foundation – Vacancies

After School Manager – Crescent School- Rugby: We are looking for an enthusiastic, experienced and suitably qualified person to manage our After School Care provision, which is attended by pupils in Reception to Year 6, starting on 2 November 2020. Candidates must have a relevant Level 3 qualification or above plus experience in a School or Nursery setting and the working hours are from 3.30pm to 6.00pm, Monday to Friday, term-time only (36 weeks of the year). Closing date Friday 9 October 2020.

Cover Supervisor – Princethorpe College: This role would give an ideal opportunity for those looking to pursue a career in teaching, particularly graduates looking to gain essential classroom skills in a teaching environment before embarking on a teacher training programme. Cover Supervisors will support our existing Teaching team in order to continue to deliver high quality supervision within the teaching and learning environment. This opportunity would also ideally suit any individuals who have a keen interest to work within a school and classroom environment in a support role, where training and development will be provided. Required on an ad hoc basis, Cover Supervisors will cover staff absence and provide additional support when required. An enthusiasm to become involved with the wider life of the school is essential. Closing date Monday 12 October 2020.

For further information visit <https://www.princethorpe.co.uk/page/?title=Join+Us&pid=1185> or call 01926 634200

Please Remember Especially In Your Prayers This Week – Let Us Not Tire Of Praying

Denis and Kate McDaid as they mourn the recent death of Bridie Gallagher, Denis’s aunt in Ireland. One of eleven children – Bridie is the last member of the maternal side of the family.

Augustine (19 years old) who is seriously ill after a 10m fall from a tree in Northern France.

Sue, as she recovers from her operation yesterday. Hold Sue’s family in your prayers.

Anne, Denis and Karen as they cope with health difficulties.

Tom who celebrates his 80th birthday on 4 October.

Jim and Anne whose young baby is undergoing tests in hospital in Ireland. Hold their wider family in your prayers.

David, a young father struggling at the moment.

Colette Jones, sister-in-law of Keren Andrews, member of staff at Princethorpe College, who is waiting an operation in mid October.

Anne who is very anxious at present.

Bill, as he continues his recovery from six weeks of treatment. Hold Bill and Yvonne in your prayers.

Tom who is undergoing treatment for prostate cancer.

David Ratcliffe whose father in law, Tony, died recently

Fr David Bazen, Kenilworth, who fell down stairs recently and is recovering.

Mary and Brian Gould’s niece, Elaine, whose lung cancer has reached stage four and has spread to her bones.

Paul as he comes to terms with the unexpected death of his very close friend, Norman Murray. Norman’s funeral is delayed.

Young people as they begin their return to college and university.

Stephen, friend of Milena’s, who has had some setbacks in his preparation for treatment.

Margaret Patrick, former headteacher at Our Lady’s School, whose husband died suddenly recently

John and Veronica as they cope with John’s health.

Linda, who is receiving further attention after her cancer treatment.

Parishioners who have been diagnosed with coronavirus.

Yvonne and Jade. Jade is quite unwell at present. Yvonne has recently retired from Our Lady's School.

Members of the medical profession as they prepare for another possible 'spike', and those who have died.

Peter Power and family.

Karen, Tom and Emily as they remember.

School and College leadership for all the hard work they have undertaken in preparing schools and college for the return of the pupils and students.

Claire as she settles in her new home up north.

Patrick Horgan (76) RIP who died unexpectedly and peacefully recently. Hold his family in your prayers. Pray for Jo, his very close friend.

Remember also, and especially, those who have been shielding now for a long time

All those people who put the lives of others and their own lifestyles before their own in whatever branch of community life they work.

Sean who is unwell at present.

Melanie, a young girl who struggles with identity. Pray for her family and friends as they present support.

Anastasia as she is cared for at home.

Eileen who is being cared for in a rest home in Leamington.

Wolfgang, Chrissie's father, who died recently and her mother who is recovering in hospital.

Alice whose Lupus has returned.

Liz's mum who is unwell.

Alice, sister to Jimmy Murray, who has been ill and is now recovering at home.

Continue praying for

Parishioners with underlying medical problems of varying kinds and for whom this present viral situation induces increased anxiety. Pray for patience for all as times moves on.

Our medical staff – some members of this parish are actively engaged on the front line in our hospitals.

John whose family has asked for prayers.

Domonkos Kordas (14) who has lost sight in one eye. Pray for him and family and friends. His parents work on the front line.

Elizabeth and Neville Compton, sister and brother-in-law of Margaret Simmons.

Di, who is waiting for further tests.

John (75) diagnosed with bladder cancer.

All elderly parents of parishioners.

Elizabeth who has been diagnosed with a long term illness and is improving. She has had some good news recently.

Paul, a paramedic friend of Kathy Bond, Stretton on Dunsmore, seriously ill in University Hospital, Coventry.

Marc, who is seriously ill.

Keren and her husband John, Keren is a member of Princethorpe College staff.

Karen, waiting results of an exploratory investigation.

Linda, Stretton on Dunsmore, who is recovering at home. Thank you for your continued prayers.

Carolyn whose daughter is experiencing on-going mental health difficulties.

Roisin and Niamh, as they cope with difficult health problems. Their health problems are on-going.

Louise, suffering from various cancers.

Lucy (29), who is suffering from bacterial meningitis and is unable to digest food.

Eileen, friend of Mary Hewitt who is suffering from cancer.

Harry (23)

Seamus, who suffers from prostate cancer. Hold Seamus' family and friends in your prayers.

Michele, who has some serious health issues.

Kathy, who is recuperating after her successful operation.

Lola (29), who has been ill for most of her life and is again very ill.

Rose, who has severe mental health problems.

Frank

Carolyn, who is ill with breast cancer.

Mildred (87) RIP (Ryton on Dunsmore)

Betty Lucas RIP

Kay RIP, aunt to Yvonne.

Antonio (80) RIP who died recently.

Thomas Duffy RIP

Pauline RIP.

Chris Smart (77) RIP

Con McCorrison (88) RIP

Darren RIP

Joan (91) RIP

Myrtle Forster (64) RIP

Joan and Sister RIP

Bob RIP

Maria Ramsay (76) RIP

Mont RIP

John RIP