

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

25 October 2020

Thirtieth 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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Gratuitous Rest

Growing up in a three bed roomed house with parents and nine siblings, there was much to be done and little space to be alone. My parents would not have understood the meaning of 'gratuitous rest'. They did, however, teach me about rest. "Never go to bed and get up the same day", they said, and remember that "one hour's sleep before midnight was worth two after midnight".

Modern living probably would not subscribe to these words. Modern living blends one day into the next. The legalising of Sunday trading in 1994 effectively removed the break between one week and the next. It induced the sense that life is now just one long day, interspersed (or interrupted) by some hours asleep. Such sleep never guaranteed genuine rest because its purpose is to prepare us for the next day, usually for work.

Is it any wonder, then, that 'mental health', seen as a problem, has invaded our lives, even more so now during coronavirus pandemic. All the efforts intended to keep us safe place demands on our declining energy. We are, I suggest, creating restless hearts. Few efforts to offer respite during these long coronavirus months invite us into an empty space. Even 'staying at home' needed effort if one was to safely endure lock down. 'Home is where the heart is' (*Pliny the Elder 1C*), and, if the heart is restless, then the home will likewise be restless. The human spirit cannot tolerate very much restlessness, as St Augustine stated in his 'Confessions': *Thou hast made us for thyself, O Lord, and our heart is restless until it finds its rest in thee.*" (*Augustine of Hippo, Confessions*)

Thich Nhat Hanh – Zen Master born 1926 – writes that "we humans have lost the wisdom of genuinely resting and relaxing. We worry too much. We don't allow our bodies to heal, and we don't allow our minds and hearts to heal". For health, we all need to take one day away from the routine of day to day living, a day away in which we consciously separate the past from the future and live in the present.

Gratuitous rest puts brackets about each day. But the rest must be gratuitous, for no purpose other than to rest, to stop, to park, to be still, to be. Modern culture opposes this. It proposes rest in order to be ready for something, but for what? Gratuitous rest is intended to nourish our whole being - mind, body, emotions, spirit.

Yet our rest, in its business, can sometimes turn out to be toxic nourishment.

The prevalence of our current mental and psychological difficulties seems to validate Blaise Pascal's words of the 17C: *"All of humanity's problems stem from man's inability to sit quietly in a room alone."* (Blaise Pascal: [Pensées](#)).



We may well wonder why this, indeed, seems to be so difficult. - because difficult it is. If you have ever tried this, even for a short period of time, you will recognise this difficulty. In the aloneness of being without, past and future crowd in upon us, each clamouring for all of our mental, emotional and spiritual energy, leaving little, if any, - for the present. A sense of 'being', so longed for, eludes us. An inner voice tells us that "there is so much to be done...".

Pascal's insight has spawned its own modern spate of 'cures'. Therapies of one kind or another abound. We know of the popularity of 'Mindfulness'. We know also of the dearth of 'Catholic traditional devotions' that drew us away from 'doing' and invited time to pause without incurring adverse comments. We have not yet found substitutes for some traditional 'devotions', which nourished previous generations, including morning and evening prayer, family prayer in the home, visits to our churches - each of which allowed us to pause. So we continue to search for something to permit us to 'be' without needing all the time to justify our not 'being productive'.

As responsible adults, whether parents or not, there is a real and urgent need for us to learn the wisdom of 'being' without which we risk contaminating another generation and elevating a 'doing culture' to a level that does not enhance our humanness. The seeds of future restlessness, and even addiction, can already be observed in the behaviour of a younger generation for whom activity is a 'must' at all times.

Can we teach them the value of gratuitous rest? I have no doubt that we can – but only if we ourselves experience its benefit.

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 25 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
Monday 26 October	9.30am	Wappenbury (live stream)	
Tuesday 27 October	9.30am	Wappenbury (live stream)	
Wednesday 28 October	9.30am	Wappenbury (live stream)	
Thursday 29 October	9.30am	Wappenbury (live stream)	
Friday 30 October	9.30am	Wappenbury (live stream)	
Saturday 31 October	9.30am	Wappenbury (live stream)	
Sunday 1 November	9.30am 11.00am	Wappenbury (live stream) Princethorpe	

Forward Dates For Your Diary

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 are reviewing the recent information received from the Archdiocese about the increase in levies. Our total levy for 2021 is estimated at £8906.89. This is an increase on the levy paid this year. The Finance Committee will have further information in the weeks ahead. You will be kept informed.

If you would like to discuss how you can help in any way with the parish finances please talk to one of the Finance Committee or by emailing Fr Teddy directly at fr.teddy.obrien@rcaob.org.uk

Thank you to everyone who is managing to continue with financial support to the parish. It is hugely appreciated.

Transport Costs For Shoe-Box Appeal – Thank you

Pam Hopwood and the team would like to thank those of you who have contributed to the filling of the shoe-boxes and for any donations you have made for the transport costs. If you are still able to spare £2.50 to cover the cost of the transport of one box please put your money in an envelope marked for 'Pam Hopwood' and either give to Fr Teddy, Loretta or leave in the presbytery porch at St Anne's. Special thanks to Princethorpe College for supplying a van and a driver to transport the boxes to the warehouse in Evesham.

Prayer List – Would You Like Any Amendments Or Additions?

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.

St Anne's Church

I am working hard to see if it would be at all possible to re-open St Anne's with limited numbers and how that could be managed in a very safe way. The limitation we have is the size of the Chapel to accommodate safe social distancing. Please be assured that if there is anything that can be arranged I will let you know as soon as possible.

Holy Communion For Those Who Cannot Attend Mass

Thank you to those of you who have volunteered to take communion to our house bound parishioners. I will explain the details to all those interested so that everyone is safe. If anyone else would like to come forward please let me know.

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. **Wear warm clothes when you come to Princethorpe! 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.

Congratulations

Congratulations to Marie and Sean Kerrigan on the birth of a grandson to daughter Katherine and her husband – Rory Jack Alexander.

Found – Miraculous Medal

This Miraculous Medal was found just before lock down in the College Chapel.
If it is yours please let me know, I have it safely in the Presbytery for you.



The Parish Is On Facebook! Yes Really! Come On Check It Out! - Thank you Sebastien Buhour

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>

Headline news – We have reached 100 ‘followers’!

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

Chris Peake RIP (71), former caretaker of Our Lady’s School, Princethorpe, who died last Tuesday. Please pray for Chris’s family.

Stuart Cartwright (76), brother of Sandra Waddoups who is very ill. Hold Stuart and wife and Sandra in your prayers.

Joseph 14, who has a long standing illness.

Sue, as she recovers from her operation. Sue is waiting for further treatment. Hold Sue and family in your prayers.

Angela, friend of Mary Rogers, seriously ill in UHCW; grandmother to new granddaughter.

Jo who is waiting for treatment

Marlene who is awaiting the results of recent tests and waiting for a course of treatment.

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

Tom who thanks you for your prayers. His treatment is ended at this time.

Bill and Yvonne thank you all for your constant prayers. Bill’s scan last week showed that his cancer has not spread and that his treatment was most successful. For this, we must praise God today.

Alice whose Lupus has returned.

John Deery’s (RIP) family. John was a faithful member of the parish community who regularly attended St Anne’s.

Augustine (19 years old) who has died following a 10m fall from a tree in Northern France. Sebastien, Carolina and family ask for your prayers for Augustine’s family.

Marie, long standing friend of Mary Gould who has died.

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.

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

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.

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

Tom, Fr Teddy’s brother-in-law, whose sister died recently in Ireland

Norman, very dear friend of Paul and Fen Whittle, whose funeral service was held last Thursday. Keep Paul and Norman’s family in your prayers.

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

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

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.

Members of the medical profession as they manage the current 'spike' in Covid-19 cases, and those who have died.

David Ratcliffe whose father in law, Tony, died recently

Fr David Bazen, Kenilworth, who is improving at home after an accident.

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

Young people as they struggle with the lock down while at university.

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

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.

Peter Power and family.

School and College leadership for all the hard work in keeping their students safe.

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.

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 has recovered well from her operation and is now at home.

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, waiting for further investigations

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

Thomas Duffy RIP

Pauline RIP.

Chris Smart (77) RIP

Con McCorriston (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