



**The Most Holy Trinity - Yr A**

**30<sup>th</sup>/31<sup>st</sup> May 2026**

**MASS TIMES & INTENTIONS**

<b>Sat 30</b> 9.30am 6pm	Frank Macken Barbara Light	RIP (2 <sup>nd</sup> A) RIP
<b>Sun 31</b> 8am 9.30am 11am 7pm	People of the Parish McQueen & Sangita Pinto – 25 W/A Tia Dourado Sharifah Naigaga	INT T’GIVING INT T’GIVING
<b>Mon 1/6</b> 9.30am	For the souls of Fernandes Family	RIP
<b>Tue 2</b> 9.30am 7pm	Maggie McDonagh Sienna Fernandes – 1 <sup>st</sup> Birthday	RIP T’GIVING
<b>Wed 3</b> 9.30am	David Hurley	RIP
<b>Thur 4</b> 9.30am 11.00am	Lucienne Cangy FUNERAL – MANUEL PAIS DA CUNHA	RIP (A) RIP
<b>Fri 5</b> 9.30am 7pm	Dominic Dieseru Zain Gonsalves – 7 <sup>th</sup> Birthday	T’GIVING T’GIVING
<b>Sat 6</b> 9.30am 6pm	Derico Fernandes - Birthday Delfina Joana Dias	T’GIVING RIP (3 <sup>rd</sup> A)
<b>Sun 7</b> 8am 9.30am 11am 7pm	Frank Finnegan Pereira Family Benita & Jean Felix Salvador Moraes – B’day Gd Health	RIP T’GIVING RIP T’GIVING

**Sanctuary Lamp is lit for the intentions of Friends & Family of Sr Monica**

**OTHER REGULAR MASSES, LITURGY**

Confessions and Adoration: Saturday 10.15am-11.15am  
Confessions: Saturday 4pm-5pm; Morning Prayer: Mon-Fri 9.10am  
Rosary: Monday & Friday 10am; St Anthony Devotion: Tues 10am  
Novena to Mother of Perpetual Help: Wednesday 10am  
Sacred Heart Devotion First Friday 10am  
Charismatic Prayer & Intercessory Group: 3<sup>rd</sup> & 4<sup>th</sup> Saturday 7pm  
Polish Mass: Every Sunday 1pm  
Malayalam Mass: 3<sup>rd</sup> Sun 2.30pm  
Filipino Mass: 4<sup>th</sup> Sat 2.30pm  
Nigerian Mass: 4<sup>th</sup> Sun 2.30pm

**HOLY COMMUNION REVERENCE**

Friends, I was somewhat shocked and saddened last weekend to have been told that on three occasions the Blessed Sacrament had been dropped on the floor during Masses, with recipients leaving the Blessed Sacrament there and walking away. I am sure this will alarm you, as it has done me. **We MUST take every care to receive the Blessed Sacrament with reverence, protecting the Blessed Sacrament from profanation.** In 2004, the Congregation for Divine Worship and the Discipline of the Sacraments, at The Vatican, produced an instruction called **Redemptionis Sacramentum: On certain matters to be observed or to be avoided regarding the Most Holy Eucharist.** The instruction states that ‘special care should be taken to ensure that the host is consumed by the communicant in the presence of the minister, so that no one goes away carrying the Eucharistic species in their hand. If there is a risk of profanation, then Holy Communion should not be given in the hand to the faithful.’ Reception of Holy Communion, in the form of the Body of Christ, takes place in one of two ways: on the tongue or on the hand. To review these two ways of receiving Holy Communion authorised by the Church, please see overleaf.

With my prayers and best wishes  
**Fr Mike**

**REST IN PEACE** - We pray for the repose of the souls of Teresa Macken and Manuel Pais Da Cunha. Funeral details on the notice board. May they rest in eternal peace

**PARISH OFFICE OPENING TIMES**

**Mon, Wed, Thur: 10.00am–12noon & Fri: 12.30-2.30pm**  
**Tues, Sat & Sun: Office Closed**

**SCRIPTURE READINGS (Year A)**

**Today:** The Most Holy Trinity Vol. 2 p.81  
Morning Prayer Week 1  
**Next week:** Corpus Christi Vol 2 p.83

**SAINT OF THE WEEK**

St Charles Lwanga & Companions (1880-1886)  
Martyrs, Feast Day: June 3  
Patron Saint of converts, torture victims & Youth Action,  
“Fear not the threats of this world, for our reward lies in heaven.  
Stand firm in your convictions and God will provide.”

**PARISH CONTACTS**

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## CATECHESIS CORNER

During the celebration of any of the seven sacraments of the church, ordinary things are endowed with extraordinary power. The **form** and **matter** of a sacrament is what is said and done, and the material elements that are part of it. The **form** of the Sacrament of the Anointing of the Sick is the prayer that the priest offers aloud, asking the Holy Spirit's grace upon the person being anointed. The prayers in the rite of anointing ask the Lord's graces for courage, healing, forgiveness of sins, and eternal life: *"Through this holy anointing may the Lord in his love and mercy help you with the grace of the Holy Spirit. May the Lord who frees you from sin save you and raise you up"*. The **matter**, or outward sign, of the Sacrament of the Anointing of the Sick is twofold: First, the priest lays hands on the sick person and then anoints him on the forehead and hands with blessed Holy Oil, which is pure olive oil that is blessed by the bishop at the annual Chrism Mass. Sometimes, the Anointing of the Sick is given alongside the sacraments of Penance and the Holy Eucharist especially as last rites for a person who is close to dying. The Catechism states that it is significant to celebrate the Anointing of the Sick within the Eucharist when possible, and it can be preceded by Confession as well (CCC 1517). While it is not usually celebrated as part of Mass or administered formally in a church, priests frequently offer all three sacraments at once to the person who needs them. Most especially, when someone is dying, the Eucharist should be their last sacrament as "viaticum," or "provisions for their journey" to eternal life. Still, whether given in public with loved ones gathered around, or in the privacy and exclusion of a hospital room, the Anointing of the Sick is meant to be "a liturgical and communal celebration" like the rest of the sacraments (CCC1517). The *Catechism* lists the effects of the special graces of Anointing of the Sick. They are: *the uniting of the sick person to the passion of Christ, for his own good and that of the whole Church; the strengthening, peace, and courage to endure in a Christian manner the sufferings of illness or old age; the forgiveness of sins, if the sick person was not able to obtain it through the Sacrament of Penance; the restoration of health, if it is conducive to the salvation of his soul; the preparation for passing over to eternal life (CCC1532).*

**TERESA MACKEN (RIP)** It is with immense sadness that we announce the death of our parishioner Teresa Macken, wife of our Deacon Colin and mother to Rebecca and Conor, who died peacefully last Monday, 25<sup>th</sup> May. Colin was praying his Divine Office, the morning prayer that clerics pray each day, sitting by Teresa's bedside, when Teresa gently and serenely returned to the Father's House. We keep Deacon Colin, Rebecca, Conor and all the family in our love and prayers. Funeral details to follow. May our sister, Teresa, rest in peace and rise in glory.

**SEMINARIAN ASHLEY WELLS** Astonishingly, Ashley's placement with us is coming to an end next weekend. On Monday 8<sup>th</sup> June, he shall leave us to return to seminary and his theological studies, after a well-earned summer break. I know you will join me in thanking Ashley for his tremendous ministry with us and to us, since the beginning of the year, and we assure him of our continued prayers for the remainder of his formation. The life of our parish has been blessed with Ashley's presence. *Thank You Ashley!*

**HOT WEATHER AND DRESS CODE** Please do take care in this hot weather to remain well hydrated and as cool as possible, and please remember the importance of maintaining modesty and reverence in what we wear. People often ask us what modest dress means and a general consensus is that what we wear should cover the shoulders and knees, while keeping comfortable in the heat with breathable and lightweight fabrics. I often say: How would you dress if you met a King or Queen? Every time we are at Mass we are meeting our Saviour King, and how we dress for this occasion is a gift to that encounter. Please also note that it is tradition and respect for men to remove hats and headdress when entering a Church. Even the Bishop removes his headdress for the Eucharistic Prayer.

## Two ways of receiving Holy Communion authorised by the Church:

**To receive on the tongue:** To receive Holy Communion in a reverential manner, please do not have anything in your mouths, for example, sweets or chewing gum. As you approach the minister, make a reverenced bow, and once you have responded to 'the Body of Christ' with 'Amen', please open your mouth wide and extend your tongue. The minister will place the Blessed Sacrament carefully and directly onto your tongue. Close your mouth and allow the Blessed Sacrament to dissolve a little for you to then ingest. Please open your mouth wide, so that there is no risk of the Blessed Sacrament falling from your mouth and no risk of saliva touching the minister's fingers.

**To receive on the hand:** To receive Holy Communion in a reverential manner, please have your hands empty—no handkerchiefs, coins, rosaries, etc—and please have ungloved, clean hands. If you are unable to clear your hands of items, or you are carrying a baby or child, please receive the Blessed Sacrament on your tongue, as above. The Blessed Sacrament should be consumed directly into your mouth from your hand, so as not to risk any part of the Blessed Sacrament falling to the floor or onto us, and this includes not blessing oneself with the precious Host before it is consumed. As you approach the minister, make a reverenced bow, and, where possible, hold out your hands in the form of a cross. As taught by St. Cyril of Jerusalem (4th Century A.D.), this cross formation transforms your hands into a 'royal throne' in order to receive your King, acknowledging the sanctity of the Eucharist. Place your dominant hand underneath your non-dominant hand to form the cross as shown in the picture below, indicated with a tick. Once you have responded to 'the Body of Christ' with 'Amen', the minister will place the Blessed Sacrament on the palm of your hand. Please pick up the Blessed Sacrament with your dominant hand (the one underneath) and consume immediately, in front of the minister. I ask you not to walk away from the minister with the Blessed Sacrament in your hand and please don't take the Blessed Sacrament out of the church, unless you are commissioned to do so as an Extraordinary Minister of Holy Communion. Any other way of receiving Holy Communion is neither usual, nor documented as a Church approved method of receiving reverently the Blessed Sacrament—this includes, bringing the Blessed Sacrament to your mouth with one hand, when both your hands are functioning usually, or rolling the Blessed Sacrament in your hand until it reaches your fingers (if you find yourself doing this, please swap your hands and I am confident you will see a change of practice and ease of picking up the Blessed Sacrament). I underline, once again, that receiving our Eucharistic King in Holy Communion is a gift to be treasured and received with utmost care and reverence, and I ask us all to review how we receive the Blessed Sacrament, in line with Church teaching.



**Thank you for your generosity - 23-24 May 2026**  
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