



"Come to me, and I will give you rest."



Dear Holy Joes,

On Saturday 4th July, the public celebration of Holy Mass will resume at St Joseph's. We greatly look forward to welcoming you after this long period of absence. The Passionist Community has remembered you and your loved ones at their daily celebration of the Mass at the altar. Owing to the continued possibility of infection during the Coronavirus epidemic, various precautions will remain in place for the time being. These are aimed at ensuring maximum safety and peace of mind among those who come to church to worship and to pray. The usual Mass schedule has been restored, but for the time being it will be necessary to operate with some limitations.

**Weekday Masses will be celebrated
at 9:30 am daily.**

**Weekend Masses will take place
on Saturday at 7pm (Vigil Mass)
Sunday at 8am, 10am, 12noon and 7pm**

There will be volunteer stewards in attendance to answer queries and to ensure that we comply with health and safety directives to keep everyone safe. I would urge you to follow their instructions.

To ensure suitable distancing, a maximum of 60 people can attend Mass at any one time.

When arriving at and leaving the church please do not congregate in the forecourt or the porch. Please observe the one-way system around the church and respect safe distancing at all times.

Stewards will direct you to a seat, and also during communion and at the end of Mass. Movement will be pew by pew and one way.

The Mass will be much shorter to limit the time you are indoors with other people. There will be no congregational singing, prayers of the faithful or sign of peace and Communion will be given out differently. Our stewards will provide the appropriate direction.

There will be no Missals or Hymn books around.

We look forward to welcoming you to St Joseph's once again.

You're not alone, friends. You belong to Christ, and you belong to this body of Christ called Holy Joes. Together, we're here to help carry the load with you.

So be blessed and be well.

**The Church Re-Opening Task Force
Betty, Roni and Fessehaye**

MY VOLUNTEERING JOURNEY DURING LOCKDOWN





There isn't one answer as to why people choose to volunteer. It may be a sense of community, a need to help, a need to feel useful, fill time or gain experience. For me it was a desire to connect with my community, meet new people and give something back. Never has this desire been stronger than during the last few months of lockdown. Many of us have felt helpless in these uncertain times, our lives have been put on hold; our connections with friends, family and colleagues have become remote either over Zoom, Skype or telephone. Keeping 2m distant from each other feels wrong, isolating and alien to our way of life.

For me, being put on furlough in March meant more time on my hands, even with two kids at home I felt I was lacking in daily purpose. Admittedly my kids are older, 14 and 11, and pretty self-sufficient, so I was able to sign up to help where I could. The first thing I did was become an NHS volunteer responder, as a community response volunteer I can collect and deliver shopping, medication and essential supplies to those people in my community who are shielding or in quarantine. I also signed up to my local Hillrise and Tollington Mutual Aid group. This has given me direct contact with a few people in my community who I have helped on a continual basis over the last few weeks.

In my google search of ways I could help I came across The Felix Project <https://thefelixproject.org>. The Felix Project collect fresh nutritious food that cannot be sold and redistribute it to charities and schools and holiday programmes so they can provide healthy meals and help the most vulnerable in our society. It is a practice described in the Leviticus 19:9 - "When you reap the harvest of your land, do not reap to the very edges your field or gather the gleanings of your harvest." This passage became a legally enforced entitlement of the poor in a number of Christian Kingdoms and is just as relevant today as back when it was first written.

For the last two years I have helped with Children's Liturgy at 10am Mass on Sundays. Children's Liturgy is open to all children aged 4-7 who come to 10am Sunday Mass. During Children's Liturgy we talk about the Gospel, say prayers together, sing,



draw pictures and play games. Children can ask questions about the gospel, their faith, God, The Bible and what is happening in church. It's a lovely space for the kids to come and begin to feel part of their church community. I encourage all children to come and join our fun sessions with their friends.

It was through this role that I was then able to volunteer for a couple of hours on Wednesdays to facilitate the church opening for private individual prayer. It was lovely to see so many members of the parish come to join us. Our role as stewards has been to welcome parishioners and guide them through the church to individually marked pews, provide hand sanitiser advice and clean the church afterwards in line with government guidelines. With the re-opening of the church for Mass on Saturday and Sunday this role looks set to continue. I am looking forward to being part of the 12 noon Sunday Mass, meeting new people and helping where I can.



We always need more volunteers for various roles within the church, whether as stewards, catechists, children's liturgy helpers or people to help with coffee mornings and church bazaars. It's such a rewarding way to give back to your community, meet new friends, and gain experience. And as I like to see it, it's like a wage for the soul.

-Sarah Duncan



Resting as a Spiritual Practice

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest."

What does it mean for you to rest? What place does rest have in your life? I have come to the realisation that I don't rest well. My rest is usually a consequence of being sick or worn out, an attempt to escape life, or for the purpose of preparing to return to work.

But the invitation of Jesus in the gospel for today brings comfort every time I hear them. Matthew embeds these words of Jesus in the middle of him teaching about what it means to be a disciple. There is a sense that Jesus is teaching them that the very essence of being his disciple is a call to rest.

It is not a promise that there won't be hard times. Life happens as it does. It is a promise that if we choose to lay down our own burdens and pick up his burden then we will find rest.

Jesus is saying that we can stop worrying about the things we are used to worrying about and begin to care about the things Jesus cares about, we will find ourselves carrying a lighter burden.

Discipleship is a call to lay down our burdens...
Our burden to achieve.

Our burden to do it all on our own.

Our burden to outpace the Joneses.

Our burden to finish school,

to get that promotion, to make the team

Our burden to prove ourselves,

to our parents, our co-workers, our opponent,
our significant other, our children, ourselves.

Our burden to fit in, to say the right thing,

to not mess up.

Discipleship is also a call to pick up
the burden of Christ.

You remember when Jesus was asked by John's messenger if he was the one and he responded by saying, "God and tell John what you hear and see." Jesus was describing the things he cares about. The places where his ministry is focused. He said, "the blind receive their sight, the lame walk, the lepers are cleansed, the deaf hear, the dead are raised, and the poor have good news brought to them."

This is the burden that we are to take up with Jesus. The burden of bringing wholeness and healing to this broken and hurting world. The burden of bringing light where there is darkness, the burden of loving the despised, and helping those who cannot help themselves.

Jesus did not say there would be no hardships. But he does say that his way is really easier. It is a call to a life of service – but that comes with joy and freedom from the burdens we are so accustomed to carrying.

"I ask for a moment's indulgence to sit by Your side. The works that I have in hand I will finish afterward.

Away from the sight of Your face,
my heart knows no rest or respite,
and my work becomes an endless toil in a
shoreless sea of toil.

Today the summer has come at my window
with its sighs and murmurs;
and the bees are plying their minstrelsy
at the court of the flowering grove.

Now it is time to sit quietly, face to face with You,
and to sing dedication of life in this silent and
overflowing leisure."

RABINDRANATH TAGORE (1861–1941)

44th Ordination Anniversary

Dear Tiernan,
May God's goodness and kindness
be with you on this special day
and all the days of your life.

Remember and pray

+ Eleanor Teresa Frost
+ Michael Kennedy



Remember Holy Joes

Please visit our website and the portal 'Donate to Our Parish'
and download the forms you need and make your offerings.

www.stjosephshighgate.org.uk



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