

I
LOVE
YOU





I Love You

I always wanted to tell my parents that... I don't know why but I just never could. Maybe my culture was not sufficiently expressive or I felt it to be a bit awkward. At his death bed, clasping his hands, I told my father, "I am with you". I don't know why but I couldn't tell him, "I love you ". A priest I knew had a very strained relationship with his confees but at his death bed made a 'late confession' to one who stood by. "Tell my brothers that I loved them so very much". Even the best of us can find it just too hard to say these three words. How powerful they can be and yet so simple. To love and to be loved is the most human of needs and something precious that we have in our own hands to give to one another.

Wendy Suzuki takes up that cross of "awkwardness" and the result is a wonderful new relationship with her mom and especially her dad. Christ calls us not to fear taking up whatever "cross" that confronts us, trusting that it can be the means of bringing the hope of resurrection into some dark Good Friday.

Wendy Suzuki is professor of neural science and psychology at New York University and the author of *Healthy Brain, Happy Life*. In a story told at The Moth, the acclaimed theatre dedicated to the art and craft of storytelling, Dr. Suzuki talked about helping her own father deal with the onset of dementia.

Wendy has always been close to both her parents — but it occurred to her that they never said *I love you* to each other as adults. Wendy decided to start saying those words to her parents.

Easier imagined than said. You just don't say *I love you* out of the blue. What if her parents didn't respond? Could everyone handle the awkwardness of such a moment?

But Wendy was determined. So, on her weekly Sunday night phone call, she gathered up all her courage. Wendy recalls:

"My theme that night was Keep it light. I said, 'How you doing? How was your week?' And sometime during the conversation, I said, 'Hey, Mom. You know we never say I love you. What do you think about the idea of starting to say that when we talk to each other?'



"There was a long silence on the phone, and my stomach went all the way up to my throat. Then she said, 'I think that's a great idea.' *Thank goodness she said yes!* I said to myself. But keeping with my theme, I said, 'That's great!' and we continued our conversation.

"Then the tension started rising again. It's one thing to agree to say I love you, but it's another thing to actually say it.

"It had been my request, so I took the bull by the horns. I said, 'Okayyy' — in other words, *Get ready, Mom.* 'I love you!' And she said, 'I love you too!' And we had done it.

"Then it was my dad's turn. I knew because I made it through with Mom, Dad would be easy. So I asked my dad. He said yes. We said our awkward *I love you's*, and the night of the Big Ask was over.

"I was triumphant, but as soon as I got off the phone, I broke down in tears. Not only had I said I love you to my parents for the first time as an adult, I realized that night, I had changed the culture of our family. Forever..."

The following week, Wendy and her mom's exchange of *I love you's* was much less awkward. Then it was time to talk to her dad.

"I realized that he might not remember we had made this agreement last week, so I was ready to remind him. But that night he surprised me. Because that night and every Sunday since, he has said *I love you* first. Now, you have to remember that sometimes my dad can't quite remember whether I'm visiting for Thanksgiving or Christmas. But somehow, he was able to make this memory stick.

"And I know why. As a neuroscientist, I know that emotional resonance helps us remember.

"So the love or maybe even the pride he felt because his daughter asked whether she could say *I love you* to him — it beat dementia and allowed him to form a new long-term memory. And you can be sure that I will keep that memory for the rest of my life."

[Originally told onstage at The Moth theatre and adapted for Reader's Digest, October 2015.]

Holy Joes



Dear Holy Joes:

On Tuesday we heard the announcement from the government that, from 4th July, churches will be able to reopen for collective worship. I know you will welcome this news with great joy as we look forward again to celebrating the Eucharist which lies at the centre of our Faith.

In this connection, we are attaching herewith two documents issued by the Diocese. The first is a letter from the Archbishops that has been issued to all clergy and which sets out the framework for the public celebration of Mass and the sacraments. The second sets out more detailed guidance for the celebration of Mass.



At St Joseph's, we will be consulting with the parish council and will come back to you at the beginning of the week on our own detailed plans and procedures for collective worship. It is important that we continue to abide by the guidance, given by the Government, on appropriate social distancing and other measures to avoid all unnecessary risk.

As we prepare to welcome a greater number of our people to St Joseph's, we are also going to require additional volunteers to oversee the health and safety arrangements. We cannot take up these opportunities for collective worship without the help of new volunteers. So, please, we ask you, can you help your parish? We especially encourage our young people to come forward and help. What we have learned in the last few months of lockdown is how much we depend on each other. So please think about volunteering and helping with the tasks that now have to be fulfilled.

Please could you get in touch with Betty Pires (Email: bettypires1503@gmail.com or Tel: 07785925780) if you are able to help. We take this opportunity to thank all those volunteers who are giving generously of their time each Wednesday, Saturday and Sunday whilst we are open for private individual prayer.

Thank you and God Bless You.



A MESSAGE

from the Metropolitan Archbishops
of the Catholic Church in England

Dear Brothers and sisters in Christ,

Grace to you and peace from God our Father and the Lord Jesus Christ.

On Tuesday we heard the announcement that, from the 4th July this year, places of worship will be able to reopen for prayer and services. We welcome this news with great joy. Since the lockdown began, members of all faiths have faced restrictions on how they have been able to celebrate important religious festivals. Our own experience of Easter was unlike any other we have known. Now, in our churches, and with our people, we can look forward again to celebrating the central mysteries of our faith in the Holy Eucharist.

The recent reopening of our churches for individual private prayer was an important milestone on our journey towards resuming communal worship. Our churches that have opened have put in place all the measures needed to ensure the risks of virus transmission are minimised. This includes effective hand sanitisation, social distancing, and cleaning. We remain committed to making sure these systems of hygiene and infection control meet Government and public health standards.

We want to thank everyone within the Catholic community for sustaining the life of faith in such creative ways, not least in the family home. We thank our priests for celebrating Mass faithfully for their people, and for the innovative ways in which they have enabled participation through live-streaming and other

means. We are grateful for the pastoral care shown by our clergy to those for whom this time of lockdown has been especially difficult, and, in particular, towards those who have been bereaved. We recognise too the chaplaincy services that have played a vital role in supporting those most in need. Gaining from the experience of all that we have been through, and bringing those lessons into the future, we must now look forward.

With the easing of restrictions on worship with congregations, we tread carefully along the path that lies ahead. Our lives have been changed by the experience of the pandemic and it is clear that we cannot simply return to how things were before lockdown. We remain centred on the Lord Jesus and His command at the Last Supper to “do this in memory of me.” We must now rebuild what it means to be Eucharistic communities, holding fast to all that we hold dear, while at the same time exploring creative ways to meet changed circumstances.

It is important to reaffirm that, at present, the obligation to attend Sunday Mass remains suspended. A significant number of churches may remain closed as they are unable to meet the requirements for opening for individual prayer. Fulfilling these requirements is a precondition for any church opening after the 4th July for the celebration of Mass with a congregation.

Please be aware that there will be a limit on the number of people who can attend Mass in our

churches. This will determined locally in accordance with social distancing requirements. We therefore need to reflect carefully on how and when we might be able to attend Mass. We cannot return immediately to our customary practices. This next step is not, in any sense, a moment when we are going ‘back to normal.’

We ask every Catholic to think carefully about how and when they will return to Mass. Our priests may need to consider whether it is possible to celebrate additional Masses at the weekends. Given there is no Sunday obligation, we ask you to consider the possibility of attending Mass on a weekday. This will ease the pressure of numbers for Sunday celebrations and allow a gradual return to the Eucharist for more people.

Moving forward, there will still be many people who cannot attend Mass in person. We therefore ask parishes, wherever possible, to continue live-streaming Sunday Mass, both for those who remain shielding and vulnerable, and also for those unable to leave home because of advanced age or illness.

When we return to Mass there will some differences in how the celebration takes place. For the time being, there will be no congregational singing and Mass will be shorter than usual. None of this detracts from the centrality of our encounter with the Risen Christ in the Eucharist. We ask everyone to respect and follow the guidance that will be issued and the instructions in each church.

“As I have loved you,” said the Lord Jesus, “so you must love each other.” (Jn 13:34) The lockdown has brought forth remarkable acts of charity, of loving kindness, from Catholics across our communities as they have cared for the needy and vulnerable. We have seen love in action through charitable works, and through the service of many front-line keyworkers who are members of our Church. Now we can begin to return to the source of that charity, Christ himself, present for us sacramentally, body, blood, soul and divinity, in Holy Communion. As we prepare to gather again to worship, let us, respectful of each other, come together in thanksgiving to God for the immense gift of the Holy Eucharist.

Yours devotedly in Christ

✠ Vincent Cardinal Nichols,
Archbishop of Westminster

✠ Malcolm McMahon OP, Archbishop of Liverpool

✠ Bernard Longley, Archbishop of Birmingham

✠ John Wilson, Archbishop of Southwark

This letter is addressed to the Catholic Community in England; the opening of the Catholic Churches in Wales is devolved to the Welsh Assembly who are still evaluating their position on opening Places of Worship

Guidance for the Celebration of Mass



Introduction

The Government has announced that from 4th July 2020, communal acts of worship will be allowed in our Catholic Churches. This guidance, issued by the Bishops' Conference of England and Wales for the Celebration of Mass, assumes that the general guidance published by the Conference, based on Government Guidance on the safe opening of Places of Worship for individual prayer, is in place.¹ In particular, the maximum safe operating capacity of the church, based on social distancing guidelines, should be clearly signposted at the door and the number and position within the church of people attending at any one time should be overseen by volunteer stewards.

Social Distancing - IMPORTANT

The Government maintains that the 2m social distancing requirements should be applied where possible. The Government has said is possible to go to “1m plus;” this means you can space people more closely (with a minimum of 1m) providing a mitigation of risk is also applied. In the case of our churches, this would mean the compulsory wearing of a face covering for members of the congregation.² If those on the sanctuary are sufficiently distant from the congregation, there is no need to wear face coverings.

Priests should remain mindful of their own personal situation with respect to potential exposure to virus transmission. It is permissible for those in the 70+ age group, and those who are vulnerable to infection, to celebrate Mass, but it is strongly advised that they do not distribute Holy Communion and take particular care to be constantly socially distant from the congregation. They should return to the sacristy directly after Mass is ended.

Celebration of Mass within Church Buildings

Before the Mass

Only those necessary should be in the sacristy before Mass. The celebrant, sacristan, or server should prepare everything for the celebration of Mass with care. Single-use gloves should be worn at this stage. Particular care should be taken over the preparation of the elements for Holy Communion.

The altar breads for distribution to the people should be placed into a clean covered ciborium (a pall can be placed over a dish paten). Sufficient altar breads for each celebration should be placed within at this stage. A separate ciborium/paten should be prepared for each person who will distribute Holy Communion. The cover of the ciborium or dish paten should not be removed until the time for distribution of Holy Communion.

The priest should prepare his own chalice and paten with a large altar bread for consecration. The chalice should have a purificator and a

pall. The purificator should be used only once and then laundered. He should prepare the cruets of wine and water and his own bowl for the lavabo. Again, the towel should be used only once and then laundered.

All hymnbooks and missals and other published material normally used by the congregation and not meant for single use should be removed from the church. The Holy Water stoups should be dry. Until further instruction is given on singing, there should be no congregational singing at Mass.

During the Mass

Any worship aids (missalettes etc.) should be for single use and taken with the user when the Mass ends. They should not be left in the church at the end of Mass.

The priest, and if present, deacon and server, should remain socially distant at all times on the sanctuary during the celebration of Mass. This is particularly important at the Gospel (for the deacon's blessing), the Preparation of the Gifts, and during the Liturgy of the Eucharist.

Readers should be supplied with single-use gloves and should avoid touching the microphones or the Lectionary during the Liturgy of the Word, apart from page turning. The homily should be brief, to minimise the time that people are congregated in the church building. The Prayer of the Faithful should be omitted.

There should be no offertory procession of the gifts of bread and wine to the altar; the priest should have these on the credence table or the

altar before Mass begins. There should be no sharing of the collection plate or bag. People should be encouraged to make their donation to the church online or via standing order. Plates or other collecting boxes for cash offerings should be placed at the entrances and exits of churches, and this should be overseen by stewards. The collection should be consolidated into plastic bags, sealed, placed into a secure location and left for 72 hours before counting.

Counters

should wear gloves when doing this task and the area should be well ventilated and cleaned before and afterwards.

The Communion Rite

Members of the congregation should not exchange the sign of peace.

After the prayer and its response “*Behold the Lamb of God...Lord I am not worthy,*” the priest should hold up the Host to the Congregation and say audibly “The Body of Christ” to which the people should respond “Amen.” In the same way, he elevates the chalice and says, “The Blood of Christ”

and again the people respond “Amen.” The priest should receive Holy Communion under both kinds using his own Host and Chalice. The priest will need to explain this to the congregation at this point.

There are two options for the distribution of Holy Communion. In both cases, because the people have already acclaimed the presence of the Lord, at the Priest’s Communion, the People’s Communion is distributed in silence

with no dialogue between minister and communicant.

- **Option 1**

Once the priest has received Holy Communion, he should cleanse his hands with alcohol sanitiser before opening the pre-prepared ciborium for the Communion of the people. If there is a deacon assisting, or any other Minister of Holy Communion, they should similarly cleanse their hands and then receive communion from the priest from the people's ciborium, and under one kind only.

They should then cleanse their hands again before receiving their ciborium from which they remove the covering or pall if it is still in place.

At the place where communion is to be distributed, a physical barrier should be placed, for example a prie-dieu (kneeler on the priest's side) or small table to socially distance the priest distributing Holy Communion from communicants. Communion must be given silently in the

hand only, with the communicant standing, and avoiding any physical contact. People should wait in their pews until instructed to move forward to the priest for Holy Communion by the Stewards, always aware of the regulations on social distancing in the orderly queue. When they approach the priest, they should do so with arms at "full stretch" so that there is a good distance between

the priest and the communicant. Their hands, palms upwards, one on top of the other, should

be extended as flatly as possible. Having received Holy Communion, communicants should move back to their pews in an orderly manner. Once Communion is complete, the priest returns to the altar and places the unused Hosts, without touching them, into the Tabernacle and he cleanses the sacred vessels himself in the usual way.

• Option 2

The priest receives Holy Communion as described and immediately cleanses his paten and chalice. He then holds a reverent silence before the Prayer after Communion, giving the Blessing and dismissal. At this point, the other Ministers of Holy Communion who will assist the priest come forward, cleanse their hands and receive Holy Communion under one kind. They then move to the points for distribution and communicants are stewarded forward in an orderly manner to receive Holy Communion as above, and then immediately leave the Church. The remaining Blessed Sacrament is placed into the Tabernacle and the vessels cleansed in the usual way.

After the Celebration of Mass

The procession from the sanctuary at the end of the Mass should ensure good social distancing. The sanctuary party should return to the sacristy after Mass. If the clergy wish to greet the people, they should remove their vestments first and not engage in any physical contact with parishioners, who should be encouraged to return home and not remain.

The celebrant should place the used altar linens into a receptacle for laundry. All sacred vessels

should be washed in hot water with a little neutral soap and dried completely before storing. Any discarded printed materials should be removed and bagged for disposal.

The church should be closed after the Mass has finished in order to clean the space according to the Bishops' Conference guidelines on individual prayer. If there is cause for concern regarding the possible contamination of clerical vestments worn during the celebration of Mass, these should be washed in accordance with the manufacturer's instructions, using the warmest water setting allowed

for the fabric and allowing time for them to dry completely.

Celebrations of Mass Outdoors

If there is space for the celebration of Mass outdoors around the Church, which allows for the social distancing guidelines of Government to be fulfilled, and that all of the above liturgical advice can be done safely, then there is no reason why Mass cannot be celebrated outside of a church.

*Rev. Canon Christopher Thomas
25th June 2020
Revision 6*

¹ <https://www.gov.uk/government/publications/covid-19-guidance-for-the-safe-use-of-places-of-worship-pandemic/covid-19-guidance-for-the-safe-use-of-places-of-worship-during-the-pandemic>

² <https://www.gov.uk/government/news/pm-announces-easing-of-lockdown-restrictions-23-june-2020>

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Dear Fr. Pat,

May God grant you many blessings
for loving and serving Him
in such a devoted way for 50 Years.



Remember and pray

- + Eleanor Teresa Frost
- + Michael Kennedy
- + Ivan Zmertych



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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