



Parish of St Michael, the Archangel, Huntingdon and community at Papworth Everard

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26th April 2020

3rd Sunday of Easter Year A

PMB p 258 Psalter: Week 3

SATURDAY	25th April
Parish Church, Papworth Everard, CB23 3QN No Mass today	
SUNDAY	26th April
10.00 Mass	For the people of the parish
MONDAY	27th April: Easter Feria
09.30 Mass	Noreen Clark +
TUESDAY	28th April: Easter Feria
09.30 Mass	Fr David Thomson +
WEDNESDAY	29th April:
St Catherine of Sienna	
09.30 Mass	Howard Fears +
THURSDAY	30th April: Easter Feria
09.30 Mass	Sr Zelig's Intention
FRIDAY	1st May: Easter Feria
09.30 Mass	Thanksgiving
SATURDAY	2nd May:
St Athanasius	
09.30 Mass	Covid-19 sufferers & carers

PARISH MASSES are now all live streamed each day through our website, www.stmichaelrc.org and follow the link, or you can search YouTube for St Michael's Parish Huntingdon and find us.

Last Sunday's Collections:

Papworth Everard: No Mass
Huntingdon:
Standing Orders £300.00
Total **£300.00**

Thank you for your support of our parish.

Many of you have signed new standing orders for our parish, this is very much appreciated, thank you so much for your continuing support.

Your prayers are asked for:

Our parishioners who are sick: George Aldridge, Margaret Antoniadis, Ellen Brown, Lily Donald, Bridget Gaynor, Anne McGovern, Paul Reddington, Rosa Ruggiero and Patricia Shockledge. May the Lord reach out his healing hand to them.

For those whose anniversaries occur at this time: Thomas Kelly, Fr David Thomson, H Oile, Margaret Woodrow, Rhodora Pera and Charmaine Dixon. May they rest in peace.

CARL HARRISON & YOLANDA ALBARILLO who died this week, may the Lord give them eternal rest and may the Lord comfort their families and friends at this time.

National Cycle of Prayer: during the season of Easter please pray for the following intentions: new members of the Church; vocations to the priesthood and the religious life; human work: the right use of the media and the universal Church.

If you are going into hospital, please let Fr Philip know so he can visit. We do not always get the names of patients & can miss people if you do not tell us they are in-patients. Thank you.

CONTACT FR PHILIP: Please don't hesitate to contact me for a chat or for any help you might need, I am more likely to be at home during this time and I am here for you all. Please leave a message if I am out, I will probably be in the garden, I will call you back.

MANY THANKS FOR PARISH SUPPORT through Standing Orders & donations, these are much appreciated at this time. Our account is St Michael's RC Parish Account; sort code 60 – 11 – 30 account number 04803493, please use your family name as the reference

DIOCESAN NEWS: you may have found already that the news from around the Diocese, usually in the monthly free newspaper, is also available on line on the Diocesan website, www.rcdea.org.uk it helps to keep you in touch with the Church. There is also a list of Churches in our Diocese who are live streaming Mass regularly.

FREE THERAPY with Rosalind Bubb, a parishioner at St Michael's and in the 11.00 am Mass music group. Rosalind writes: I am an experienced and qualified therapist **offering free, emotional support sessions to nurses, doctors and clinical staff** in the UK.

Are you feeling tired, stressed, overwhelmed or scared? **Would you like a free support session, to help you feel better able to cope with the demands of the current situation?**

A Sister I recently supported wrote this: *"I am an Intensive Care Sister working caring for the sickest Covid patients in the hospital. I was grateful to Rosalind for offering me a free tapping session to cope with my own anxieties relating to looking after so many very sick patients whilst also supporting staff who have never worked in Intensive Care before. After the session I felt calmer and more confident and ready to tackle the challenges of my next shift. Thank you very much."* HR

As a therapist I've been in practice for 16 years, using **EFT** (Emotional Freedom Techniques) known as "**tapping**". EFT can be thought of as "emotional first aid, at your fingertips". "EFT can be an efficient & effective short-term treatment for reducing biological markers of stress." When we use tapping together it can really help to change the way you feel. I have created a 90-second video of introduction: <https://youtu.be/wbY5-PGAmnU>

Here are some short sessions you might try "Easier breathing with EFT Tapping" <https://youtu.be/NepcyBWd43A>

"Loved-One in hospital: comforting EFT Tapping to ease anxiety" <https://youtu.be/mVEHAF5k8GQ>

For medical staff: [5 minute] "Support for medics, EFT Tapping: feeling tired, stressed and overwhelmed" <https://youtu.be/esYi2PqGy6E>

"Financial worries: EFT Tapping support, for concerns about the economy & livelihoods" – <https://youtu.be/oR-whFrs508>

"Easing fear about the coronavirus, using EFT tapping" - <https://youtu.be/TW7756kOWc>

If you have any questions, or would like to talk about any of this, please feel free to email me at rosalind@miscarriage-support.com More details are on our parish website.

NATIONAL MASS for the Sick and their Families, NHS Front-Line workers and those working in Social Care The Catholic Bishops of England and Wales recognise that this time of the COVID-19 pandemic is affecting every person in our countries. Those who are sick, and their families, are suffering many hardships of isolation from contact with those they love. Our front-line workers in hospitals and in care homes all over our lands are giving exceptional service to those who are vulnerable at this time. In order to show a spiritual solidarity with all those who are involved in the ways described above, each week a Catholic Bishop will celebrate Mass in their Cathedral which will be live-streamed for people to join. This will take place every Thursday at 19.00. **30th April** Bishop Richard Moth Arundel Cathedral, go to www.arundelcathedral.uk and follow the link to Live Streaming.

FIRST HOLY COMMUNION all classes are cancelled for the time being. After Easter holidays, please keep working through "I Belong", you should be working on **chapter 10, "The Body of Christ"** and then reviewing previous chapters.

CATECHISM FOR THE YOUNGER CHILDREN, cancelled until further notice.

CLEANERS THIS WEEK: at the moment Church cleaners are prevented from cleaning, so please do not come to the Church. Many thanks.

May God's blessing be with you and all your family this week.

