



THE CATHOLIC CHURCH OF CHRIST THE KING

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WELCOME TO CHRIST THE KING

We welcome visitors, family and friends to our Mass today.
We are glad you are joining us today.

12TH SUNDAY IN ORDINARY TIME-YEAR-B-2024

FROM THE DESK OF FATHER SAJI-CONFIRMED WITH THE GIFTS OF THE HOLY SPIRIT On Tuesday evening June 18, Bishop Bosco conferred the Sacrament of Confirmation upon 30 candidates at St. Gregory's Church. Bishop Bosco challenged the candidates to live a Christ centred lifestyle as Confirmation renders a fresh start of opportunities guided by God's spirit. Bishop Bosco opened the window for the young people to see the importance of the gifts, blessings, and fruits of the spirit that are invoked through the celebration. Bishop emphasised ways that Confirmation calls forth loyalty to God, which initiates with presence at Eucharist every weekend. The common thread that surfaced at the liturgy was the enthusiasm of parents, sponsors, guests and those confirmed aware that Confirmation is a stepping stone in the life of a Catholic that affirms the promises initiated at Baptism to live the Catholic faith that knits them into a community of believers. Confirmation is the last of the Sacraments of Initiation as it enacts individuals with the gifts of the Holy Spirit (wisdom, understanding, right judgement, courage, knowledge, reverence, and wonder of God); therefore it engenders endurance and backbone to enhance growth as a Catholic. I received the Sacrament when I was in the year five and like most in my class was a bit intimidated in hearing that questions would be asked by the Bishop as well as a "slap" on the face in the aftermath of the anointing with Sacred Chrism oil. In receiving Confirmation in the 5 year, the theology of the Sacrament stressed that Confirmation made a person a "soldier of Christ" which called a candidate to "defend" the faith. This was symbolised by the slap on the cheek. Today, value is placed on the ability to accept the gifts of the spirit, and respond through active participation in a church community that invites the confirmed to share personal blessings for the benefit of the common good. It also musters spiritual strength so that a person never blocks the work of the Holy Spirit through stagnation, stubbornness, or fear. There is an honesty and sensitivity in most Confirmation candidates about their beliefs in God, church, and self that I cherish whether I agree or disagree with their points of view. Unlike my own Confirmation preparation whereby I was motivated to memorise answers to questions that would be posed by the Bishop at the Confirmation liturgy without much dialogue or explanation to an answer; memorisation is a significant part of preparation in that it renders a foundation of knowledge about the faith, however, the ability to articulate textbook answers in non-theological language, and live the message of the answers is the goal of Confirmation preparation. Although sometimes adults discount some of the social, family, academic, and spiritual pressures that are faced by adolescents; as well as the pressure placed on teenagers to succeed in academics, sports, or the arts, the goodness within the hearts of our teens gets so well expressed during their preparation programme prior to Confirmation with a personal desire to live the message of Christ. Like the young people who came forth to accept the gifts of the Spirit at Confirmation, may you be invigorated to reactivate the blessings and gifts that steer you to discover the beauty of your life under the guidance of God's spirit. Have a terrific week ahead. BE BLESSED AND BE A BLESSING.

ENTRANCE ANTIPHON The Lord is the strength of his people, a saving refuge for the one he has anointed. Save your people, Lord, and bless your heritage, and govern them forever.

RESPONSORIAL PSLAM O give thanks to the Lord, for his love endures forever.

GOSPEL ACCLAMATION Alleluia, alleluia! May the Father of our Lord Jesus Christ enlighten the eyes of our mind, so that we can see what hope his call holds for us. Alleluia!

COMMUNION ANTIPHON The eyes of all look to you, Lord, and you give them their food in due season.

QUESTION OF THE WEEK: What storms am I weathering right now? What storms can I see threatening those I know? How can my faith help me handle mine and assist others in theirs?

SUMMERTIME: Please remember that in the summer, there is no vacation from your vocation of being a Catholic follower of Christ. Remember to participate Mass each Sunday and to receive the Sacrament of Reconciliation.

PETER'S PENCE COLLECTION (SECOND COLLECTION) On the weekend of 29-30 June 2024, we join with many parishes across the World in the Peter's Pence Collection. The Peter's Pence Collection provides for the charitable works and structures of mercy identified by His Holiness, Pope Francis. By supporting this collection, you join with others across the world in supporting urgent projects including emergency assistance to those in need due to natural disasters, communities impacted by corona virus, conflict, oppression and disease. Our generosity allows the Holy Father to respond to those suffering with love and compassion. The Peter's Pence appeal has been severely impacted by World events and your support will be gratefully received by the Holy See. There will be a **Second Collection next weekend**. Thank you for your generosity.

WELCOME TO CHRIST THE KING! We would like to extend a warm welcome to all our parishioners and visitors attending public Mass. Whether you are just passing through or looking for a spiritual home, we pray you find Christ the King inviting and spiritually uplifting. If you are attending Mass on a regular basis, we encourage you to register with the parish. Please call our parish office and start the conversation! To our visitors, we hope you enjoy your stay here in Amesbury. Our church is always open to you, your family, and friends. pax et bonum (peace and all good)

PARISH CONTRIBUTIONS AND GENEROSITY A big thank you for all your generous donations, which are greatly appreciated. If anyone would like to transfer to standing order or bank transfer, this would help to simplify our banking procedure. The Parish bank details are: Name: Christ the King Church, Amesbury, Bank: NatWest Account number 66286638 and Sort code-52-10-03. If you wish to remember the Parish in your Will, further information is available from the Parish Treasurer or office

REST IN PEACE-May those who have died enter into the mercy of God and the joy of the Kingdom.

EVERYDAY PRAYERS ARE OFFERED FOR -The elderly and infirm, the chronically ill and their caregivers. For those who attend to the dying and grieving; for medical professionals and first responders; for the homeless and those lost in this world; for those who harbor hatred and especially for those who have no one to pray for them. We also pray for all of those who suffer alone and for all who have died and their families too.

VISITS TO THE SICK If you cannot come to church because of illness, please be sure that we are notified so that we might minister to you either at home, hospital, or nursing or care homes. Because of confidentiality issues, we cannot come to you unless requested to do so by you or your family.

DIOCESAN PILGRIMAGE TO GLASTONBURY - SUNDAY 14TH JULY -The Annual Pilgrimage to Glastonbury will take place on Sunday, 14th July 2024. This year's pilgrimage will be centred around the theme of 'Mary, Woman of Prayer'. From 12 noon until 3:00 pm, the Shrine Church will transform into a chapel of Exposition and Silent Adoration, offering a peaceful and contemplative environment just opposite the Abbey grounds. During this time, visiting priests will provide the sacrament of Reconciliation in the Shrine Church. In addition, from 12 noon until 3:00 pm, Private Healing Prayer will be offered in a single tented chapel located just inside the Abbey gates, opposite the Shrine Church. At 2:15 pm, the Rosary procession will commence in the Abbey grounds, followed by the Pilgrimage Mass at 3:30 pm, also held in the Abbey grounds. The cost of the whole day out by the coach is just £20 per person.

RECONCILIATION Confessions are held on Saturdays from 5:00 - 5:40 p.m. and other times by request only. You are always free to make an appointment with the priest to celebrate the Sacrament of Reconciliation.

SELF-CONNECTION HELPS US DURING CHALLENGING TIMES There is light within each of us. When we have a strong inner connection, our inner light shines, and we feel strong and fearless, so we feel powerful even in the face of adversity. There are times when tough times strike, everything around us becomes dark, and we often feel lost. When our heart is full and turning to people yields no support, we turn to ourselves. It is then we realise the power we have within us. The more we connect with our inner selves, the more powerful we feel on the outside. Even in the most challenging of times, we find our path, walk strong and emerge unharmed. To connect to your higher self, you need to strongly believe in the force within you. To enhance this connection, pray, meditate, and spend quiet time with yourself. Being true to ourselves and others adds to our strength, and we feel powerful enough to face

any situation. It is your inner light that becomes your guide in the darkest night.

ASK A CATHOLIC PRIEST-Question: I have a few questions on end of life/dying. Does Anointing of the sick forgive sins? My husband died from dementia. He for years was not cognisant enough to formulate a confession. I don't know when his last confession was prior to this disease progressing to this point. He received the Anointing of the Sick several times. He also in his last days received Apostolic Pardon. My understanding is without forgiveness of sins, if any were mortal, this would not be able to remit his punishment. Please give me some understanding of this.
Answer:If your husband could not remember or confess, the Sacrament he received at the end was sufficient to bring him God's forgiveness. The Sacrament of the Sick/Last Rites is reserved to priests (and bishops, too) because it is intimately connected to the Sacrament of Reconciliation. Both sacraments aim at healing, one the soul and the other the body. Be at peace and just pray for his soul. Remember, God is far more concerned with loving us despite our failings than with condemning us to perdition.

DEAR FRIENDS, Tomorrow 21st June is the Feast of St. Aloysius Gonzaga. He is the patron of young people and individuals living with HIV/ASIDS. Destined for wealth, his closeness to God moved him to surrender his property rights to his younger brother and profess poverty as a Jesuit. Next Monday, June 24 the church celebrates the Solemnity of the Nativity of St. John the Baptist. Part of John's call was to use his voice to announce the Saviour to all. Each of us has been given a voice to elevate our beliefs in Christ in that same manner that God chose the Baptist to be a messenger. This Saturday, June 22 begins, "Religious Freedom Week (June 22- 29)." It initiates with the Feast Day of Ss. Thomas Moore and John Fisher and ends with the Feast of Ss. Peter and Paul. The theme for this year is "Called to the Fullness of Dignity." Each day of Religious Freedom Week has a particular theme that includes: June 22: Respect for Sacred Spaces, June 23: Blasphemy and Apostasy Laws, June 24: Freedom to Speak the Truth, June 25: Service to Immigrants, June 26: India, June 27: Faith at Work, June 28: Civility, and June 29: Catholic Healthcare. This weekend's scripture readings for the 12th Sunday in Ordinary Time highlight Mark's Gospel, which plays a pivotal role with a transition from Jesus' earlier teaching ministry to a collection of Jesus' mighty works. This Sunday's reading can be summed up through one sentence, "Jesus is present in the storms of life." This weekend ponder the storms of your life that God has accompanied you safely through. How did you handle the storms?

MASS SCHEDULE STARTING FROM 22nd JUNE JUNE 2024

SATURDAY 22nd JUNE MASS VIGIL MASS AT 6.00PM ANN COCKRELL, RIP

SUNDAY 23rd JUNE MASS AT 11.00AM FATHER RAYMOND HEYNES, RIP (DONOR SLAV AND MARZENA DEBOSZ)

MONDAY 24th JUNE ADORATION AT 9.00AM AND MASS AT 10.00AM Solemnity of the Nativity of saint John The Baptist-IN THANKS GIVING TO GOD (DONOR JO CHAMBERS)

TUESDAY 25TH JUNE ADORATION AT 9.00AM MASS AT 10.00AM HOLY SOULS

WEDNESDAY 26TH JUNE NO ADORATION OR MASS

THURSDAY 27TH JUNE ADORATION AT 9.00AM MASS AT 10.00AM VOCATIONS TO THE PRIESTHOOD AND RELIGIOUS LIFE

FRIDAY 28th JUNE ADORATION AT 9.00AM MASS AT 10.00AM PERSECUTED CHRISTIANS

SATURDAY 29th JUNE VIGIL MASS AT 6.00PM JULIAN BEACHAM (BIRTHDAY INTENTIONS)

SUNDAY 30th JUNE MASS AT 11.00AM JO CHAMBER'S FAMILY'S SPECIAL INTENTIONS

ON THE WAY- SYMBOLS OF THE SPIRIT: THE DOVE. There's a story of an elderly woman who was confused and annoyed by changes in the Church after the Second Vatican Council. One day when the Holy Spirit was referred to as the "Paraclete" she was visibly disturbed. Someone asked what was wrong and she replied, "All my life the Holy Spirit was a dove, and now they go and change him into a parakeet!" Yes, we're all familiar with the dove as a symbol of the Spirit. It's throughout Christian art, including in some of the parish Church's baptismal fonts and Altars. But we might not appreciate exactly what the dove means. There are only two mentions of a dove in scripture, and they are intimately related. The first is at the end of the flood. As the water begins to recede and the ark comes to a rest, Noah sends out a dove to search for dry land. When the dove finds no place "to set her foot," it returns to the ark. After seven days, Noah sends out the dove again and this time it returns with an olive branch in its mouth. That was a sign that the waters had receded enough for land to appear and plants to grow. The story of the flood is a story of re-creation. Just as the Spirit hovered over the waters at the beginning of creation (Gen 1:1), so the waters of the flood bring about a new creation. Noah is, in effect, a new Adam with a new human family. The dove thus signifies such re-creation and renewal. It also signifies peace.

Our secular culture still uses the dove (with the olive branch) as a symbol of peace – but only political. But the dove that Noah sends out is a sign of a deeper peace. It shows that the waters of the flood had washed sin away and man was reconciled with God. The human family was once again at peace with God – and no other peace is possible without that. The other biblical appearance is, of course, at our Lord's Baptism, when the Spirit descends upon him "in bodily form, as a dove" (Lk 3:22; cf. Mt 3:16; Mk 1:10). In fact, this is the only instance when scripture explicitly names Spirit's symbol. That account would have resonated with the first hearers of the Gospel. They would have immediately perceived that Christ's being immersed in the waters was like Noah and his family passing through the waters of the flood. Christ is the New Adam. The Spirit that descends upon him announces and causes the definitive renewal and reconciliation, re-creation and peace. What happened to our Lord physically at his Baptism happened to each of us spiritually at our Baptism. The Spirit descends upon us to renew us by rebirth as children of God and to establish us in peace with the Father. And because the Christian life is always lived according to the Spirit, we ask him to continue his renewal and peace within us. One of the most ancient forms of a tabernacle is the columbarium – a metal container fashioned as dove, suspended above the altar, and in which the Eucharist is reserved. It calls attention to the unity of Baptism and the Eucharist and therefore to the complementary work of the Spirit and the Son. In Baptism the Spirit descends upon us to renew us in Christ and bring us into peace with the Father. At the Mass, the Spirit descends upon the bread and wine to make them the Body and Blood of Christ. Our reception of Communion is to nourish and deepen the Spirit's work within us, that beautiful and powerful work of renewal and peace.

PARISH BBQ on Sunday 30th June at Christ The King from 12.30pm. This will be an event for the whole parish and we hope that parishioners will come along and join in what promises to be a wonderful social occasion. If you would like to contribute in any way to the success of this event, do let us know and watch this space for more details to follow. Mark the date in your diary now!

JUNE IS THE MONTH OF THE SACRED HEART OF JESUS Think of countless T-shirts and bumper stickers: "I (big red heart) a city/pet/candidate/whatever." The heart is truly the universal symbol of love. Catholic tradition pictures Jesus' heart as living token of redemptive love. The Gospels describe Jesus' heart as "meek and humble" (Matthew 11:29), "full of compassion" (Matthew 9:36), a "fountain of living water" (John 7:37-39), of "blood [Eucharist] and water [Baptism]" (John 19:34), sacraments of the church's birth, new Eve from new Adam's side. The Sacred Heart devotion blossomed in the seventeenth century, countering an overemphasis on spiritual unworthiness and an increasing secular contempt for religion with loving affection for Jesus and encouragement of frequent Communion. The devotion's "apostle" was the humble nun Saint Margaret Mary Alacoque (1647-90), who envisioned Jesus, pointing to his burning, wounded heart and lamenting the world's indifference: "Behold the Heart that has loved people so and is loved so little in return!" This cherished Catholic devotion reminds us that, no matter how sophisticated the theology in our heads, discipleship is also, perhaps more so, a matter of the heart.

SAINT OF THE WEEK SAINT IRENAEUS 130 - 202 Patron Saint of Catechists As bishop of Lyons, Saint Irenaeus was involved in many of the controversies facing the Church in the second century. He was tremendously protective of apostolic teaching, "but was prompted more by a desire to win over his opponents than to prove them in error." In a series of 5 books, which have been widely used as a system of theology, he contrasted a controversy of his day with that of the teaching of the apostles and the text of Holy Scripture. Because of his work, Pope Francis declared him a doctor of the Church in 2022. "The business of the Christian is nothing else but to be ever preparing for death." (St. Irenaeus)

ALTAR FLOWERS Altar Flowers are a symbol of grace, prayer, and virtue. They are a reminder to us of God's beautiful creation. Fresh altar flowers are a great way to honour a loved one for a special occasion such as a Birthday, Wedding Anniversary, or to remember a loved one on the anniversary of their passing. Your honourarium will be published in the bulletin the weekend the altar flowers are to be given. Please note that flowers cannot be given during the seasons of Advent and Lent. Please contact Ann Larke or Father Saji in the Parish Office or send an email.

ASK A CATHOLIC PRIEST- QUESTION: Dear Father.....a beloved grandson was brain dead when he received Extreme Unction while his body was being kept alive artificially on a ventilator. Was he already dead and the Sacrament pointless? A priest was called immediately after tests determined he was brain dead. The priest administered conditional absolution and said other prayers. Is the Apostolic Blessing formally part of these prayers? And when does the Church now recognise a person as dead? I have read that it used to be when the heart stops, now true death is at brain death even if the body is kept alive artificially. I have no peace. **ANSWER:** There is some controversy even among doctors these days about whether 'brain death' equates completely with 'dead'. I believe that the grace of the final Sacraments was present and effective for your grandson through its administration by the priest you referenced. The 'conditional' absolution was simply because he could not express personal contrition for his sins and thus was granted absolution on the assumption that he would express such contrition were he able to. Your grandson rests with God and received every aid the Church can provide. I will pray that this knowledge brings you a measure of peace in your bereavement.

TIME PASSAGES Al Stewart's "Time Passages" is a song I cherish anytime I mull over the entirety of my life. It puts me into a state of reflection aware that I may dream about the past, but would not want to return to it in that the past is never quite the same when you try to recapture it. I believe that any time people begin to reminisce about the past they capture only the good stuff, not the heart aches. The second verse of the lyrics to Time Passages says this so well, "Well I'm not the kind to live in the past. The years run too short and the days too fast. The things you lean on are the things that don't last. Well it's just now and then, my line gets cast into the time passages." There are countless songs that make reference to time since it is one of the great gifts of life; yet we never asked for our lives to begin at a particular time in history, and few want their lives on earth to end. Growing up there always appeared to be so much time as I wanted the privileges of adulthood to come overnight. Since my twenty-first birthday, time has flown so rapidly that I often feel like a passenger on an express train heading to my final destination. I recall a Bishop from Africa who provided a mission homily in my former parish describe the way people in his land used their time in a spiritual way to give honour to God. He stated that Sunday worship was the greatest importance to the Lord's Day in contrast to some in our land who may squeeze Sunday worship onto their "to do list." He mentioned that the "Lord's Day" is more than presence at Sunday liturgy, but extends beyond worship to church/family commitments and outings that bond people with their faith community. This mentality encourages people to give attention to God through participation in church ministries as well as prioritising quality time with family and loved ones. Sometimes many hold back from participation in an assortment of church ministries with the false belief that they do not have the time. Abilities and talents that are kept hidden do little justice to serve a church community.

Sometimes we forget that blessings are God-given gifts; even if we spend years developing a unique talent. Skills that are enhanced for the sole purpose of personal pride or financial gain become sad commentaries on life. Children who learn to give their free time to volunteer without expecting repayment often become the pillars of organisations in adult years, which include leadership positions in church, scouts, sports, government and education. It is admirable to see parents teach children not to hold back from using their time for good purposes without seeking reward or repayment. This teaches children to do their best because they wish to help people rather doing their best because they have to do it, or there is financial reward in it. Each day is a gift from God. Although nothing should diminish that gift, numerous challenges come forth that extract valuable time. Personal favours for family, friends, and even strangers generate ways to use time that fashions precious memories into life. Favours challenge people to do the unexpected at times that are often inconvenient. The Gospels affirm this belief in passages that describe Jesus at deserted places for meditation and rest, but he responds to those in great need. The scriptures do not place words in the mouth of Jesus that convey a message that the needy are unimportant, or that Jesus has something better to do. Although it is common to encounter people who take advantage of favours from good-hearted people, this does not provide an excuse to neglect good acts for those in problem states of life. Jesus saw himself as a gift from God; and, sought to give his gift back through his time on earth. There is a philosophy that declares "love people/use things". **This week take time to evaluate the way you use time to enhance a loving relationship with God and neighbour; and the times when love for "things" takes preference in life. All of us are given an uncertain amount of time on this earth; therefore, seek not to be remembered for the accumulation of material gain, but for the qualities and virtues that generates an exemplary passage of time.**

WE LEARN BETTER WHEN WE ARE HAPPY- PART ONE I recently read the Happiness Advantage by Shawn Achor, a leading researcher in Positive Psychology. I recommend it highly and also recommend his TEDTalk on Youtube, which is truly hilarious. In his research, Shawn points out that happiness is defined as the joy we feel striving for our potential. Happiness is not pleasure, nor is it something gained from achieving a success. We can see the truth in this because the pleasure of eating a chocolate bar is fleeting and the "goalmarker" for defining a success is constantly moved farther from reach after each time we succeed; got good grades, now get into a good school, now get a good job, now get promoted, now...., now... Happiness is not something you get externally, it comes from within you. Your greatest joy, your greatest potential, your greatest happiness is the relationship that you have with God, who is at the source of you (more on this soon.) Happiness is our internal knowing that we are positively moving forward in our journey, regardless of where that is or how we get there (everyone is unique.) It makes sacrifice tolerable, even joyful, because we know that it will help us release potential for our future self. Its opposite is not unhappiness because unhappiness helps us make decisions for change. If we are unhappy in a relationship, we find a new one. If we are unhappy in our job, we strive to get a better one. Apathy is the opposite of happiness because we lose the joy of striving for our potential. Shawn's research points out that when the brain is positive it has an amazing advantage over the brain that is neutral, negative or stressed. We are 31% more productive when we are happy. Sales rise from a neutral salesperson to the same salesperson who is optimistic by 37%. People who provide social support at work are 40% more likely to receive a promotion over the next two years. Shawn's research attributes this to the neurotransmitter dopamine. Dopamine, which floods into your system when you are positive, has two functions. Not only does it make you happier, it turns on all of the learning centres in your brain allowing you to adapt to the world in new and different ways. There was a simple experiment done with 4 year old children who were asked to do tasks with different shaped blocks. One group was asked to assemble the blocks as fast as they could. The other group was asked to do the same, but was asked to first think of something that made them happy. The "Dopamine saturated" group finished faster and with fewer errors simply by being in a positive psychological state from the beginning. The simple action of thinking about something that makes you happy before beginning a task can significantly improve your performance, imagine the potential of making this into a habit. Even the simple positive thoughts of 4 year olds, maybe candy or a shiny bracelet, had an effect on their performance. What could you do today!? Shawn's research can impact all facets of our lives in amazing ways. Imagine if we turned his Happiness Advantage loose on how we approach the relationship that God offers each one of us.

STEWARDSHIP In today's Gospel reading we hear Jesus commanding the wind and sea to be at peace, to be still. The Gospel scene depicting Jesus and his disciples on a boat seems appropriate for the summer. It is a season to contemplate nature and to find God in the wonders of His creation. It is also a time to contemplate, as stewards of the Lord's abundant gifts, all of creation as God's gift and that ultimately it is God who has control over the world and not us. As we dedicate this month of June to the Sacred Heart of Jesus, we ask you to grant to us compassionate hearts; hearts rich with your love, embraced by your compassion. Grant us generous hearts: hearts that never count the cost; hearts that seek to serve and not be served. Grant us hearts that love peace: hearts that promote truth and justice, transform hatred and anger, and seek unity and reconciliation. Grant us hearts of a steward: hearts that are filled with gratitude, eager to share, and long to give back to you. Grant us hearts filled with your Spirit: hearts open to conversion, filled with hope, and on fire with your Word.

THE POPE'S JUNE PRAYER INTENTION For migrants fleeing their homes—We pray that migrants fleeing from war or hunger, forced to undertake journeys full of danger and violence, find welcome and new opportunities in the countries that receive them.