

Parish Services

BIRTHDAY: Mary Bruce 29.08; *Ad multos annos!*

Weekday Services (14th September – 19th September)

Video Streamed Mass on Parish Facebook.

Public Masses: You need to book your attendance on Sunday in advance!

Weekday: you have to leave your contact details at the door

Monday *The Exaltation of the Cross* Morar, 10am

Robert Beveridge RIP

Tuesday *Our Lady of Sorrows* Arisaig, 10am

Mary Margaret MacLeod RIP

Wednesday *St Ninian*..... Morar, 10am

Donald Ewan Morrison RIP

Thursday (Optional: *St Robert Bellarmine*) Arisaig, 10am

Donald Gallacher RIP

Friday Morar, 10am

Donald Peter Morrison RIP

Saturday *St Januarius* Arisaig, 10am

Pro populo

Sunday Masses 19th/20th September (25th Sunday in Ordinary Time A)

Vigil Mass (Saturday) St. Cumin's, Morar: 6pm

For all Parish Volunteers from Morar and Arisaig Parishes

Sunday St. Mary's, Arisaig: 10am

Janet MacKenzie – get well

- **Sacrament of Reconciliation (only by prior arrangement, in Morar)**
- **Housebound:** Please contact me to arrange a visit. You have to make the contact first, as I do not want to put any pressure on those who are shielding from the virus or feel anxious or distressed.

- COLLECTIONS:

Morar/Mallaig:

05.09 £243 (Gift Aid £189)

Average income from Standing Orders per month - £400

Arisaig:

05.09 £169.31 (Gift Aid £21)

ANNIVERSARIES/MM: Annie O'Donoghue 14.09; Margaret (Paige) Chisholm 15.09.1991; Robert Beveridge (died recently); Mary Margaret MacLeod 15.09; Donald Ewan Morrison 01.09; Donald Gallacher 07.09; Donald Peter Morrison; Angus MacDonald (Morar) 21.09.1979; Mary McDonell (Bracarina) 13.09.1993;

..... *Eternal rest...*



Parish Priest: Fr Stanislaw J. Pamula, Chapel House, Morar, Mallaig. PH40 4PB. Tel. (01687) 462201 or (01687) 450223

E-mails for Arisaig Parish: arisaig@rcdai.org.uk (RCDAI Arisaig Mission, Sort Code 83-91-25 Account No. 65626995, The Co-operative Bank plc) **or**

for Morar Parish morar@rcdai.org.uk (RCDAI Morar Mission, Sort Code 83-91-25 Account No. 65628087, The Co-operative Bank plc)

Parish website: www.catholicroughbounds.org

Facebook Page: www.facebook.com/catholicroughbounds

RC Diocese Argyll & Isles – Arisaig & Morar Missions:
Charity Reg. No. SC002876.

CATHOLIC ROUGH BOUNDS PARISH NEWSLETTER®

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Parish of St. Mary's, Arisaig & St. Donnan's, Isle of Eigg
Parish of Our Lady of Perpetual Succour & St Cumin's, Morar
St. Patrick's, Mallaig & St. Columba's, Isle of Canna

24th Sunday in Ordinary Time (A)

13th September 2020

R) For you my soul is thirsting, O Lord my God.

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!



MONDAY – FEAST OF THE EXALTATION OF THE CROSS

This feast was observed in Rome before the end of the seventh century. It commemorates the recovery of the Holy Cross, which had been placed on Mt. Calvary by St. Helena and preserved in

Jerusalem, but then had fallen into the hands of Chosroas, King of the Persians. The precious relic was recovered and returned to Jerusalem by Emperor Heraclius in 629.

The lessons from the Breviary tell us that Emperor Heraclius carried the Cross back to Jerusalem on his shoulders. He was clothed with costly garments and with ornaments of precious stones. But at the entrance to Mt. Calvary a strange incident occurred. Try as hard as he would, he could not go forward. Zacharias, the Bishop of Jerusalem, then said to the astonished monarch: "Consider, O Emperor, that with these triumphal ornaments you are far from resembling Jesus carrying His Cross." The Emperor then put on a penitential garb and continued the journey.

Historically this day is also the feast of St. Notburga, a peasant who lived in the Tyrol, Austria and St. Maternus, Bishop of Cologne.

Triumph of the Cross

This day is also called the Exaltation of the Cross, Elevation of the Cross, Holy Cross Day, Holy Rood Day, or Roodmas. The liturgy of the Cross is a triumphant liturgy. When Moses lifted up the bronze serpent over the people, it was a foreshadowing of the salvation through Jesus when He was lifted up on the Cross. Our Mother Church sings of the triumph of the Cross, the instrument of our redemption. To follow Christ we must take up His cross, follow Him and become obedient until death, even if it means death on the cross. We identify with Christ on the Cross and become co-redeemers, sharing in His cross.

We made the Sign of the Cross before prayer which helps to fix our minds and hearts to God. After prayer we make the Sign of the Cross to keep close to God. During trials and temptations our strength and protection is the Sign of the Cross. At Baptism we are sealed with the Sign of the Cross, signifying the fullness of redemption and that we belong to Christ. Let us look to the cross frequently, and realize that when we make the Sign of the Cross we give our entire self to God — mind, soul, heart, body, will, thoughts.

O cross, you are the glorious sign of victory.
Through your power may we share in the triumph of Christ Jesus.

Symbol: The cross of triumph is usually pictured as a globe with the cross on top, symbolic of the triumph of our Savior over the sin of the world, and world conquest of His Gospel through the means of a grace (cross and orb).

The Wednesday, Friday and Saturday following September 14 marks one of the Ember Days of the Church. See Ember Days for more information.

Things to Do:

- Study different symbols and types of crosses, history and/or significance. Then have an art project — creating own crosses, using different media, including paper. See variations of crosses for some ideas.
- Learn and pray the prayer to Christ Crucified; pray the Stations of the Cross. Point out particularly the phrase repeated at each station:

*We adore You, O Christ, and praise You,
Because by Your Holy Cross You have redeemed the world.*

- Study the history of St. Helena and Constantine, especially St. Helena's quest for finding the relics of Jesus.

- Make sure that crucifixes are displayed prominently throughout your home. Point out the crucifix in every room even to the smallest ones. Your child's first word may be "Jesus"!
- Explain the meaning of the Sign of the Cross to your children and be sure that even the little ones are taught how to make it.
- Encourage your children to make reparation for sin; read about sacramentals.
- Teach your children a short ejaculatory prayer such as *"Through the sign of the Cross deliver us from our enemies, O our God!"*.
- Make a dessert in the form of a cross, or decorated with a cross. Although usually made on Good Friday, Hot Cross Buns would be appropriate for this day. Make a cross cake, either using a cross form cake pan, or bake a sheet cake (recipe of choice). Once cool, cut the cake in half, length ways. Then cut one of these sections in half width ways. This makes three sections - one long and two short. Lay the long section onto a serving plate. Set the two small sections next to the long section forming a cross. Frost and decorate as desired.
- Tradition holds that sweet basil grew over the hill where St. Helena found the Holy Cross, so in Greece the faithful are given sprigs of basil by the priest. Cook a basil pesto, tomato basil salad (with the last of the summer tomatoes) or some other type of recipe that includes basil and explain to the family.
- Folklore has that the weather on the Ember Days of this month (September 15, 17, and 18) will foretell the weather for three successive months. So Wednesday, September 15, will forecast the weather for October; Friday, September 17, for November; and Saturday, September 18, for December.

TUESDAY – OUR LADY OF SORROWS

This feast dates back to the 12th century. It was especially promoted by the Cistercians and the Servites, so much so that in the 14th and 15th centuries it was widely celebrated throughout the Catholic Church. In 1482 the feast was added to the Missal under the title of "Our Lady of Compassion." Pope Benedict XIII added it to the Roman Calendar in 1727 on the Friday before Palm Sunday. In 1913, Pope Pius X fixed the date on September 15. The title "Our Lady of Sorrows" focuses on Mary's intense suffering during the passion and death of Christ. "The Seven Dolors," the title by which it was celebrated in the 17th century, referred to the seven swords that pierced the Heart of Mary. The feast is like an octave for the birthday of Our Lady on September 8th.



This feast is dedicated to the spiritual martyrdom of Mary, Mother of God, and her compassion with the sufferings of her Divine Son, Jesus. In her suffering as co-redeemer, she reminds us of the tremendous evil of sin and shows us the way of true repentance. May the numerous tears of the Mother of God be conducive to our salvation; with which tears Thou, O God, art able to wash away the sins of the whole world.

As Mary stood at the foot of the Cross on which Jesus hung, the sword of sorrow Simeon had foretold pierced her soul. Below are the seven sorrows of Mary:

The prophecy of Simeon (Luke 2:25-35)

The flight into Egypt (Matthew 2:13-15)

Loss of the Child Jesus for three days (Luke 2:41-50)

Mary meets Jesus on his way to Calvary (Luke 23:27-31; John 19:17)

Crucifixion and Death of Jesus (John 19:25-30)

The body of Jesus being taken from the Cross (Psalm 130; Luke 23:50-54; John 19:31-37)

The burial of Jesus (Isaiah 53:8; Luke 23:50-56; John 19:38-42; Mark 15:40-47)



WEDNESDAY, ST. NINIAN
Bishop and confessor; date of birth unknown; died about 432; the first Apostle of Christianity in Scotland. The earliest account of him is in Bede (Hist. Eccles., III, 4): "the southern Picts received the true faith by the preaching of Bishop Ninias, a most reverend and holy man of the British nation, who had been regularly instructed at Rome in the faith and mysteries of the truth; whose episcopal see, named after St. Martin the Bishop, and famous for a church dedicated to him (wherein Ninias himself and many other saints rest in the body), is now in the possession of the English nation. The place belongs to the province of the Bernicians and is commonly called the White House [Candida Casa], because he there built a church of stone, which was not usual amongst the

Britons". The facts given in this passage form practically all we know of St. Ninian's life and work.

The most important later life, compiled in the twelfth century by St. Ælred, professes to give a detailed account founded on Bede and also on a "liber de vita et miraculis eius" (sc. Niniani) "barbarice scriptus", but the legendary element is largely evident. He states, however, that while engaged in building his church at Candida Casa, Ninian heard of the death of St. Martin and decided to dedicate the building to him. Now St. Martin died about 397, so that the mission of Ninian to the southern Picts must have begun towards the end of the fourth century. St. Ninian founded at Whithorn a monastery which became famous as a school of monasticism within a century of his death; his work among the southern Picts seems to have had but a short lived success. St. Patrick, in his epistle to Coroticus, terms the Picts "apostates", and references to Ninian's converts having abandoned Christianity are found in Sts. Columba and Kentigern. The body of St. Ninian was buried in the church at Whithorn (Wigtownshire), but no relics are now known to exist. The "Clogrinny", or bell of St. Ringan, of very rough workmanship, is in the Antiquarian Museum at Edinburgh.

SATURDAY, ST. JANUARIUS

St. Januarius was born in Italy and was bishop of Benevento during the Emperor Diocletian persecution. Bishop Januarius went to visit two deacons and two laymen in prison. He was then also imprisoned along with his deacon and lector. They were thrown to the wild beasts, but when the animals did not attack them, they were beheaded. What is believed to be Januarius' blood is kept in Naples, as a relic. It liquifies and bubbles when exposed in the cathedral. Scientists have not been able to explain this miracle to date. St. Januarius lived and died around 305 A.D. and his feast day is September 19th.



ANNUAL LEAVE: To prevent any unnecessary rumours I would like to inform you that I will be taking a short break (20th September – 10th October). No matter the legislation, I will be spending some time in self-isolation once back to prevent any potential spread of Coronavirus. I can assure you than other than going to the dentist and the doctor for the check-up, I am not unwell and do not require any further treatment for the time

being. I will use this time to visit my parents, pray and relax. I thought long whether I should go at all but I really miss my parents and family and would like to see them. This will mean that during my time away, there will be no weekday Mass. Vigil Masses on the 10th and 17th October in Morar will also be cancelled. Fr MacKinnon will be celebrating Masses during the remaining weekend Masses. Thank you so much to those who will look after the Parish while I am away and enable me to take some rest.

SCIAF COLLECTION: Thank you for your generosity. SCIAF collection raised £125 in Morar and

APPEAL FOR HELP: I am grateful for all your financial support. Fundraising has been done entirely on Parish level and we continue to pay our monthly levies, which have been increased now to 75% of pre-covid state. Despite our Masses being available to the Public, our income has actually fallen even further. **At the moment, the Parishes are running a deficit, which means there is more money coming out as going in.** This situation is a real financial struggle on the Parish.

OIL TANK SPILL: This past week has been very eventful with oil spillage in Arisaig. It has been treated with special chemicals to be neutralised. Many thanks to all the helpers, including Jamie Young, who supported me in this endeavour. In the meantime, Fr Campbell's boiler suffered a breakdown. It has now been fixed and hopefully Fr Campbell will be able to enjoy a hot shower again. I was also able to trim some trees. To answer some of the questions: Yes, Michael Currie (Gardener, in Arisaig), continues to use the old shed below the Church grounds. No, he does not provide us with any form of payment (either material or in labour) for this. I simply thought that rather than to have the area outgrown and neglected, at least it will be of use to our young entrepreneurs. We wish them all the best. It is up to them to decide if they want to volunteer some work for the Parish. I hope this will answer all the questions that have arisen.

GARDEN/GRASS/VESTRY: My thanks to all who are helping with keeping Church grounds so tidy and clean. There are a lot of people, who of course limited by the Pandemic, have been helping out. I will offer a Special Mass on the 19th September (Vigil) for all our Parish Volunteers. May God bless you for your kindness and hard work!

PARISH FINANCE COMMITTEE: We will be meeting shortly to discuss the long-term upkeep of our Church buildings. We are suffering greatly from the loss of income and have to look for ways to limit our spending. This might involve some radical choices to be made. Perhaps it is time to consolidate and look at the option of releasing our Parish properties. Please, feel free to express your views to our Committee members: (Mairead and Catriona MacDonald, Mary Morrison and Maureen MacNeil) in Morar and (Lilian, Pat and Merac MacDonald) in Arisaig. Recommendations will be submitted to the Bishop and the Diocese.

HAPPY BIRTHDAY: We congratulate Teresa MacKenzie on her 90th Birthday which she celebrated on 28th August. Teresa, now housebound, has been for many years has an indispensable help to many priests in Morar and was what was described to me as the First lay Finance Committee Member in Morar and possibly in the whole Diocese. We congratulate Teresa and keep her in our prayers! *If you would like you Parish to remember someone on their Birthday, please let me know in advance. Do not presume that someone already told me.*

RESUMPTION OF PUBLIC MASSES: We are allowing people to participate at Daily Mass. Booking is required for Saturday-Vigil in Morar and Sunday Mass in Arisaig. Please go to events section of our Parish Facebook to book your free ticket. You can also call the Chapel House, but you should use the online facility first. There is a limited number of people allowed. **St. Patrick's, Mallaig; St. Donnan's, Eigg; St. Columba's, Canna; remain closed to the public.**

Booking is not required for Weekday Mass, however maximum capacity limit still applies. You have to leave your name and phone number on the list as you walk in for Weekday Mass. THIS RULE DOES NOT APPLY TO SATURDAY-VIGIL and SUNDAY MASS WHERE BOOKING IS STILL REQUIRED IN ADVANCE.

Please note that until the COVID-19 threat is over, Sunday Mass attendance is not obligatory. I would like to assure you that we are doing all we can to make our spaces safe to the public following the guidelines. I am sure that in time we will be accustomed to the new regulations.

Make note of any changes on Parish Facebook Page or notices. For safety, Parish will only be distributing the Newsletter in electronic version.

CHURCHES: We are open from Monday till Saturday between **10am and 3pm** by **booking only**. You have to **call or email** in advance to receive your time slot. Here is some important information regarding re-opening for private prayer:

- Do not visit the Church if you feel sick or have developed any Symptoms of **COVID-19**.
- **Face coverings** should be worn by all those in the Church whether during private prayer or Mass. If no face coverings are available, the mouth and nose should be covered by a scarf or other cloth covering. In accordance with Scottish Government guidance, the following are not required to wear a face covering in the church: children under the age of five years; and those who have a health condition where a face covering would be inappropriate because it would cause difficulty, pain or severe distress or anxiety, or because you cannot apply a covering and wear it in the proper manner safely and consistently.
- **CCTV** is in operation and will be shared with authorities, if necessary, to allow for contact tracing.

- Please use the **Sign-in book** to log your entry. This will allow contact tracing. Please, sanitise the pen with available wipes after you use it. Please, contact us immediately if you become sick and have visited the Church recently.
- Use **Sanitiser** upon entry and exit. My thanks to #HighlandSoapCompany for donating us the Sanitiser.
- Please note that there is a **one-way system** in the Church. Do not cross the sealed off areas. Choose your seat and do not change it or wander around the church unnecessarily.
- **Funeral Masses** may take place in churches, with appropriate stewarding and sanitising procedures in place. The number of mourners should be agreed in consultation with the parish priest and limited according to government guidelines. The Bishops' Conference of Scotland suggests a maximum of 15 mourners. Funerals in our Parishes will only be taking place in St. Mary's, Arisaig. There will be an option to live-stream Funeral Masses.

Fr Stan

Update on numbers permitted to attend Funerals Weddings and Baptisms - 10 July 2020

Today the Scottish Government announced that the maximum number of attendees at a funeral, wedding or baptism has been set to 20.

Churches can re-open for Mass from 15th July 2020 - 09 July 2020

On 9th July 2020, the Scottish Government announced that Churches MAY re-open to worshippers for services with effect from 15th July 2020. Before a church can re-open, it must observe the following requirements:

- social distancing must be observed
- face-coverings must be worn by those attending (except under-5s)
- a maximum attendance of 50 people at Mass is being required for now - to be reviewed on 30th July (PLEASE NOTE THAT WE HAVE LIMITED THE CAPACITY TO 30 PEOPLE IN ST. MARY'S)

for each service, the parish must retain details of names and contact details of all attendees.

Health protocol for distribution of Holy Communion - 09 July 2020

Clergy distributing Holy Communion should:

- sanitise their hands immediately prior to distributing Holy Communion
- wear a face covering while distributing Holy Communion
- direct congregants to receive Holy Communion in their hand by stretching out their arms with one hand on top of the other, then taking steps to the side to place the host on the tongue.

Booking system for Mass – We are still required to use Eventbrite as a booking system for Mass. Please, do not be shy in securing your place. Do not think that because you attended last week, you cannot do it again. If I see that our Church is at full capacity, I will make allowances for another Mass.

AMAZON SMILE: Are you a shopper on Amazon? You can now support your Parish by using smile.amazon.co.uk. Please, remember to use the link below. Half-Percentage of each transaction will be returned to our Parish in each quarter as a Charitable Donation. There is no price increase for you! Remember, only purchases at smile.amazon.co.uk (not amazon.co.uk) support charity. You can find it under SC002876 or RC Diocese of Argyll...



HEATING&LIGHTING: *In Memory of the Hanratty Family*