

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

# CATHOLIC ROUGH BOUNDS®

## PARISH NEWSLETTER

WWW.CATHOLICROUGHBOUNDS.ORG  
FACEBOOK.COM/CATHOLICROUGHBOUNDS

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

**6<sup>th</sup> Sunday in Ordinary Time (B)**

**14<sup>th</sup> February 2021**

*R) You are my refuge, O Lord; you fill me with the joy of salvation*

**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!**

Attached to this Newsletter, you will find a short prayer which includes the Rite of blessing and distribution of Ashes. You can use it at home. Holy Water, which was blessed on the Feast of Our Lady of Lourdes is also available at the Chapel House. I would like to encourage you to watch our Live-Stream on Wednesday. During Mass, there will be a special time during which we can pray over and receive the Ashes Together.

It is a traditional doctrine of Christian spirituality that constituent part of repentance, of turning away from sin and back to God, includes some form of penance, without which the Christian is unlikely to remain on the narrow path and be saved (Jer. 18:11, 25:5; Ez. 18:30, 33:11-15; Joel 2:12; Mt. 3:2; Mt. 4:17; Acts 2:38). Christ Himself said that His disciples would fast once He had departed (Lk. 5:35). The general law of penance, therefore, is part of the law of God for man. The Church for her part has specified certain forms of penance, both to ensure that the Catholic will do something, as required by divine law, while making it easy for Catholics to fulfil the obligation. Thus, the 1983 Code of Canon Law specifies the obligations of Latin Rite Catholics:

Canon 1250: All Fridays through the year and the time of Lent are penitential days and times throughout the entire Church.



Canon 1251: [...] abstinence and fast are to be observed on Ash Wednesday and on the Friday of the Passion and Death of Our Lord Jesus Christ.

Canon 1252: All persons who have completed their fourteenth year are bound by the law of abstinence; all adults are bound by the law of fast up to the beginning of their sixtieth year. Nevertheless, pastors and parents are to see to it that minors who are not bound by the law of fast and abstinence are educated in an authentic sense of penance.

Canon 1253: It is for the conference of bishops to determine more precisely the observance of fast and abstinence and to substitute in whole or in part for fast and abstinence other forms of penance, especially works of charity and exercises of piety.

The Church, therefore, has two forms of official penitential practices - three if the Eucharistic fast of one hour before Communion is included.

**On Ash Wednesday, millions of Catholics throughout the English-speaking world will hear one of these two blessings as a priest applies ashes to their forehead in the sign of the cross. But where exactly do the black or grey powdery ashes come from?**

**Per the instructions of the Roman Missal, ashes are typically supposed to be made from last year's Palm Sunday palm branches.**

**These branches are then burned down into a fine powder and, in the United Kingdom, are mixed with holy water or chrism oil to create a light paste. In other parts of the world, sometimes dry ashes are sprinkled on the head rather than made into a paste.**

**"Those branches herald Holy Week, the suffering death and resurrection of Christ," Stice said. The feast of Palm Sunday occurs the beginning of Holy Week, which leads up to Easter. "Then that helps us identify with (Jesus) in Lent...it connects us with events in Christ's own life," he said.**

**Ashes have also long been a symbol of repentance and conversion, even in the Old Testament.**

**"It's an Old Testament and a New Testament symbol of repentance and conversion, sorrow for our sins, awareness of our frailty and mortality - [symbols] that have been taken up by the Church from the earliest stages."**

**WE PRAY FOR THE SICK:** There are a lot of people not well at the moment and require our constant prayers and support.

*Almighty and Eternal God, You are the everlasting health of those who believe in You. Hear us for Your sick servants for whom we implore the aid of Your tender mercy, that being restored to bodily health, they may give thanks to You in Your Church. Through Christ our Lord.*

**YOU DO NOT NEED AN ACCOUNT ON FACEBOOK TO ACCESS OUR LIVE-STREAM!**

[www.facebook.com/catholicroughbounds/live/](http://www.facebook.com/catholicroughbounds/live/)

or

[www.facebook.com/catholicroughbounds/videos/](http://www.facebook.com/catholicroughbounds/videos/)

**HOW TO ACCESS ONLINE MASS:** This Pandemic has forced many of us to learn more and more about computer and internet usage. A lot of forms, bookings etc. are done over the internet without any paper. If you would like to benefit from our online presence, watch Masses, have instant news from the Parish and the area, you can go to:

[www.facebook.com/catholicroughbounds/](http://www.facebook.com/catholicroughbounds/)



## Catholic Rough Bounds

@catholicroughbounds · Non-profit organisation

Donate

Home Live Fundraisers Events More ▾

Liked Q ...

In the menu bar, when you click 'Live', it will take you to our livestreaming Masses. If you click on 'Events', it will help you to Book your places. You can also access 'Videos' where you will find all past Services.

If you do not have a Computer or Tablet, consider asking your family member to buy it and set up for you. It is very simple to use and will allow you to join in with others.

**NEWSLETTER:** Good news. Now printed version of the Catholic Rough Bounds Parish Newsletter will be available in our local shops in Mallaig and Arisaig. I will do my best to deliver myself or via our volunteers each Saturday afternoon. Our thanks to both the Harbour Shop and SPAR for supporting our local Community.

**ANGUSINA AITCHINSON RIP:** Funeral Mass is taking place in Perth on Monday, 15<sup>th</sup> Feb at 10am in Our Lady of Lourdes. Burial in Morar on Tuesday, 16<sup>th</sup> February at 1pm.

**MARGARET MACNEIL RIP:** Margaret passed away peacefully in Abbeyfield Care Home in Ballachulish on 4<sup>th</sup> February 2021. Margaret's Requiem Mass and Burial will take place on Monday, 15<sup>th</sup> February at 10am. We have very fond memories of Margaret, as he was a faithful and long-standing Parishioner. Always helpful when needed. May God grant her eternal peace.

**WINTER IS HERE:** If you would like to make a donation for Heating and Lighting in Memory of your loved ones, please feel free to do so. I will include the names in our newsletter and of course the Parish Community will pray for our faithful departed. I am very grateful for your generosity and kindness. I keep our Churches Heated on minimum during winter months to prevent dampness and frost related damage. It also prevents me getting sick from cold when I stream masses.

**BOILER IN MORAR:** After some struggles, I have ultimately decided to Commission a new Boiler. I do not know how to pay for it fully. It will take 3-4 weeks to have it installed and within that time I will have to trust God in finding a way to pay for it. Heating the house with electric radiators is just too expensive. New Boiler should be a permanent solution to the problems.

**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. **At the moment, our Parishes are running a deficit, which means there is more money going out as coming in.** What more, this year the Diocese of Argyll and the Isles, under Bishop Brian McGee, has sent the following message: In 2021, Morar will have to pay to the Bishop (Diocese) £7992, Arisaig £5100. What more, Gift Aid rebate will be much lower than in previous years due to lower contributions in tax year 2020/21 (Pandemic). I honestly lost faith that anyone in decision making circle will listen to any argumentation or that the Scottish Government will help the Church survive. The effects of the lack of proper maintenance to our building will be catastrophic.

**IF YOU STOP CONTRIBUTING TO THE PARISH, IT WILL NOT HAVE A DIRECT IMPACT ON THE DIOCESE. THE LEVY IS SET, NO MATTER HOW MUCH YOU CONTRIBUTE. IF YOU CONTRIBUTE LESS, THE PARISH RESOURCES WILL BE EVEN FURTHER DIMINISHED. PLEASE HELP!**



### HEATING&LIGHTING:

In memory of Ian (the Land) MacDonald

# THE JERUSALEM MASS SHEET

6th SUNDAY IN ORDINARY TIME (B) 14th February 2021

## THE INTRODUCTORY RITES

Entrance Antiphon or a hymn. *Stand*  
Cf. Ps 30:3-4

**Be my protector, O God,  
a mighty stronghold to save me.  
For you are my rock, my stronghold!  
Lead me, guide me, for the sake of your name.**

*All make the Sign of the Cross as the Priest says:*  
In the name of the Father, and of the Son,  
and of the Holy Spirit. **Amen.**

*The Priest greets everyone present.*  
*The people respond:* **And with your spirit.**

*The Mass of the day may be introduced.*

## Penitential Act

*The Priest invites the people to repentance using  
one of the Penitential Acts.*

Have mercy on us, O Lord.  
For we have sinned against you.  
Show us, O Lord, your mercy.  
And grant us your salvation.

*The Priest says the absolution. All reply: Amen.*  
Lord, have mercy. **Lord, have mercy.**  
Christ, have mercy. **Christ, have mercy.**  
Lord, have mercy. **Lord, have mercy.**

## The Gloria

**Glory to God in the highest,  
and on earth peace to people of good will.**

**We praise you,  
we bless you,  
we adore you,  
we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father.**

**Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world,  
have mercy on us;**

**you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father,  
have mercy on us.**

**For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father.  
Amen.**

## The Collect

O God, who teach us that you abide  
in hearts that are just and true,  
grant that we may be so fashioned by your grace  
as to become a dwelling pleasing to you.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of  
the Holy Spirit,  
one God, for ever and ever.  
**Amen.** *Sit*

## THE LITURGY OF THE WORD

### First Reading

A reading from the book of Leviticus  
13:1-2. 44-46

The Lord said to Moses and Aaron, 'If a swelling  
or scab or shiny spot appears on a man's skin,  
a case of leprosy of the skin is to be suspected.  
The man must be taken to Aaron, the priest, or  
to one of the priests who are his sons.

'The man is leprous: he is unclean. The priest  
must declare him unclean; he is suffering from  
leprosy of the head. A man infected with lep-  
rosy must wear his clothing torn and his hair  
disordered; he must shield his upper lip and  
cry, "Unclean, unclean." As long as the disease  
lasts he must be unclean; and therefore he  
must live apart; he must live outside the camp.'

The word of the Lord.  
**Thanks be to God.**

**Psalm**

Ps 31:1-2.5.11.R.v7

**R) You are my refuge, O Lord;  
you fill me with the joy of salvation.**

Happy the man whose offence is forgiven,  
whose sin is remitted.

O happy the man to whom the Lord  
imputes no guilt,  
in whose spirit is no guile. **(R)**

But now I have acknowledged my sins;  
my guilt I did not hide.

I said: 'I will confess  
my offence to the Lord.'  
And you, Lord, have forgiven  
the guilt of my sin. **(R)**

Rejoice, rejoice in the Lord,  
exult, you just!

O come, ring out your joy,  
all you upright of heart. **(R)**

**Second Reading**

A reading from the first letter of St Paul  
to the Corinthians 10:31-11:1

Whatever you eat, whatever you drink,  
whatever you do at all, do it for the glory of  
God. Never do anything offensive to anyone -  
to Jews or Greeks or to the Church of God; just  
as I try to be helpful to everyone at all times, not  
anxious for my own advantage but for the  
advantage of everybody else, so that they may  
be saved.

Take me for your model, as I take Christ.

The word of the Lord.  
**Thanks be to God.**

**Gospel Acclamation**

*Stand*

**Alleluia, alleluia!** Lk 7:16  
**A great prophet has appeared among us;  
God has visited his people.  
Alleluia!**

**Gospel**

Mark 1:40-45

The Lord be with you.  
**And with your spirit.**

A reading from the holy Gospel according to Mark.  
**Glory to you, O Lord.**

A leper came to Jesus and pleaded on his  
knees: 'If you want to' he said 'you can cure  
me.' Feeling sorry for him, Jesus stretched out  
his hand and touched him. 'Of course I want  
to!' he said, 'Be cured!' And the leprosy left him  
at once and he was cured. Jesus immediately  
sent him away and sternly ordered him, 'Mind  
you say nothing to anyone, but go and show

yourself to the priest, and make the offering for  
your healing prescribed by Moses as evidence  
of your recovery.' The man went away, but then  
started talking about it freely and telling the  
story everywhere, so that Jesus could no  
longer go openly into any town, but had to stay  
outside in places where nobody lived. Even so,  
people from all around would come to him.

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

**The Homily**

*Sit*

**The Nicene Creed**

*Stand*

**I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.**

**I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made,**

**consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit  
was incarnate of the Virgin Mary,  
and became man.**

*All bow*

**For our sake he was crucified under  
Pontius Pilate,**

**he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.**

**He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.**

**I believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored  
and glorified,  
who has spoken through the prophets.**

**I believe in one, holy, catholic and  
apostolic Church.**

**I confess one Baptism for the forgiveness  
of sins  
and I look forward to the resurrection of  
the dead  
and the life of the world to come. Amen.**

## The Prayer of the Faithful

*Response example:* Lord, in your mercy.

**Hear our prayer.**

*After the concluding prayer all say:* **Amen.** *Sit*

## THE LITURGY OF THE EUCHARIST

*The offerings are brought to the altar.*

*A hymn may be sung.*

*If the Priest says the two prayers of offering aloud the response both times is:*

**Blessed be God for ever.**

*The Priest completes additional personal preparatory rites, and the people rise as he says:*

Pray, brethren (brothers and sisters), that my sacrifice and yours may be acceptable to God, the almighty Father.

*The people reply:*

**May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.**

### Prayer over the Offerings

May this oblation, O Lord, we pray, cleanse and renew us and may it become for those who do your will the source of eternal reward.

Through Christ our Lord.

**Amen.**

### The Eucharistic Prayer

The Lord be with you.

**And with your spirit.**

Lift up your hearts.

**We lift them up to the Lord.**

Let us give thanks to the Lord our God.

**It is right and just.**

### Preface III of the Sundays in Ordinary Time

*(The Priest may use a different Preface.)*

It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God.

For we know it belongs to your boundless glory, that you came to the aid of mortal beings with your divinity

and even fashioned for us a remedy out of mortality itself,

that the cause of our downfall might become the means of our salvation, through Christ our Lord.

Through him the host of Angels adores your majesty

and rejoices in your presence for ever.

May our voices, we pray, join with theirs

in one chorus of exultant praise, as we acclaim:

Holy, Holy, Holy Lord God of hosts.

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

*Kneel*

### Eucharistic Prayer II

You are indeed Holy, O Lord, the fount of all holiness.

Make holy, therefore, these gifts, we pray, by sending down your Spirit upon them like the dewfall,

so that they may become for us

the Body and  $\times$  Blood of our Lord, Jesus Christ.

At the time he was betrayed

and entered willingly into his Passion,

he took bread and, giving thanks, broke it, and gave it to his disciples, saying:

TAKE THIS, ALL OF YOU, AND EAT OF IT,

FOR THIS IS MY BODY,

WHICH WILL BE GIVEN UP FOR YOU.

In a similar way, when supper was ended, he took the chalice

and, once more giving thanks,

he gave it to his disciples, saying:

TAKE THIS, ALL OF YOU, AND DRINK FROM IT,

FOR THIS IS THE CHALICE OF MY BLOOD,

THE BLOOD OF THE NEW AND ETERNAL COVENANT,

WHICH WILL BE Poured OUT FOR YOU AND FOR MANY FOR THE FORGIVENESS OF SINS.

DO THIS IN MEMORY OF ME.

The mystery of faith.

*The people continue, acclaiming:*

**Save us, Saviour of the world, for by your Cross and Resurrection, you have set us free.**

Therefore, as we celebrate

the memorial of his Death and Resurrection, we offer you, Lord,

the Bread of life and the Chalice of salvation, giving thanks that you have held us worthy to be in your presence and minister to you.

Humbly we pray

that, partaking of the Body and Blood of Christ, we may be gathered into one by the Holy Spirit.

Remember, Lord, your Church,  
spread throughout the world,  
and bring her to the fullness of charity,  
together with N. our Pope and N. our Bishop  
and all the clergy.

Remember also our brothers and sisters  
who have fallen asleep  
in the hope of the resurrection,  
and all who have died in your mercy:  
welcome them into the light of your face.  
Have mercy on us all, we pray,  
that with the Blessed Virgin Mary, Mother of God,  
with blessed Joseph, her Spouse,  
with the blessed Apostles,  
and all the Saints who have pleased you  
throughout the ages,  
we may merit to be coheirs to eternal life,  
and may praise and glorify you  
through your Son, Jesus Christ.

Through him, and with him, and in him,  
O God, almighty Father,  
in the unity of the Holy Spirit,  
all glory and honour is yours,  
for ever and ever.

*The people acclaim:* **Amen**

**The Communion Rite** *Stand*  
*The Priest invites all to join in the Lord's Prayer:*  
**Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come,  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.**

*The Priest continues alone:*  
Deliver us, Lord, we pray, ...  
**For the kingdom,  
the power and the glory are yours  
now and for ever.**

*The Priest says:*  
Lord Jesus Christ... **Amen.**  
The peace of the Lord be with you always.  
And with your spirit.

*The Deacon, or the Priest, adds:*  
Let us offer each other the sign of peace.

*The Priest takes the host and breaks it.*

*Meanwhile the people say or sing:*  
**Lamb of God, you take away the sins of the world,  
have mercy on us.**  
**Lamb of God, you take away the sins of the world,  
have mercy on us.**  
**Lamb of God, you take away the sins of the world,  
grant us peace.** *Kneel*

*The Priest shows the host to the people and says:*  
Behold the Lamb of God,  
behold him who takes away the sins of the world.  
Blessed are those called to the supper of the Lamb.  
**Lord, I am not worthy  
that you should enter under my roof,  
but only say the word  
and my soul shall be healed.**

*The Priest or other minister says to each  
communicant:*

The Body [Blood] of Christ.

*Each communicant answers:* **Amen.**

**Communion Antiphon** Jn 3:16  
**God so loved the world  
that he gave his Only Begotten Son,  
so that all who believe in him may not perish,  
but may have eternal life.**

*After the distribution of Holy Communion a  
sacred silence may be observed or a psalm,  
hymn or canticle of praise may be sung.*

**Prayer after Communion** *Stand*  
Having fed upon these heavenly delights,  
we pray, O Lord,  
that we may always long  
for that food by which we truly live.  
Through Christ our Lord. **Amen.**

**THE CONCLUDING RITES**  
*Announcements may be made.* *Then:*

*Priest:* The Lord be with you.

*All:* **And with your spirit.**

May almighty God bless you,  
the Father, and the Son, ✠ and the Holy Spirit.  
**Amen.**

*Then the Deacon, or the Priest, says:*

Go forth, the Mass is ended. *Or:*

Go and announce the Gospel of the Lord. *Or:*

Go in peace, glorifying the Lord by your life. *Or:*  
Go in peace.

**Thanks be to God.**



THE  
CATHOLIC  
PRINTING  
COMPANY OF FARNWORTH®  
www.catholicprint.co.uk  
0161 873 7457

Excerpts from the English translation of  
The Roman Missal © 2010 International  
Commission on English in the Liturgy  
Corporation. All rights reserved.  
The Psalms: A new Translation © 1963  
The Grail (England) published by Harper Collins.  
Excerpt from THE JERUSALEM BIBLE,  
copyright © 1966 by Darton, Longman & Todd,  
Ltd. and Doubleday, a division of Random  
House, Inc. Reprinted by Permission.  
Concordat cum originali: John Ainslie.  
Imprimatur: Anthony J Kay, VG, Salford  
23rd November 2011.  
Permission granted for distribution in Scotland.

## **Pope Francis, Catechesis on prayer - 24. *Prayer in daily life***

*Dear brothers and sisters, good morning!*

In the preceding catechesis we saw how Christian prayer is "anchored" in the Liturgy. Today, we will shed light on how the Liturgy always enters daily life: on the streets, in offices, on public transportation... And there it continues the dialogue with God: the person who prays is like someone in love who always bears the beloved in his or her heart wherever they go.

Essentially, everything becomes a part of this dialogue with God: every joy becomes a reason for praise, every trial is an opportunity to ask for help. Prayer is always alive in our lives, like embers, even when the mouth does not speak, but the heart speaks. Every thought, even the apparently "profane" ones, can be permeated by prayer. There is even a prayerful aspect in the human intelligence; it is, in fact, a window peering into the mystery: it illuminates the few steps in front of us and then opens up to the entire reality, this reality that precedes it and surpasses it. This mystery does not have a disquieting or anxious face. No, knowledge of Christ makes us confident that whatever our eyes and the eyes of our minds cannot see, rather than nothing being there, there is someone who is waiting for us, there is infinite grace. And thus, Christian prayer instills an invincible hope in the human heart: whatever experience we touch on our journey, God's love can turn it into good.

Regarding this, the *Catechism* reads: "We learn to pray at certain moments by hearing the Word of the Lord and sharing in his Paschal Mystery, but his Spirit is offered us at all times, in the events of each day, to make prayer spring up from us. [...] Time is in the Father's hands; it is in the present that we encounter him, not yesterday or tomorrow, but today" (n. 2659). Today I meet God, today is always the day of the encounter.

There exists no other wonderful day than the day we are living. Those who live always thinking about the future, in the future: "But it will be better...", but do not take each day as it comes: these are people who live in their fantasy, they do not know how to deal with concrete reality. And today is real, today is concrete. And prayer is to be done today. Jesus comes to meet us today, the day we are living. And it is prayer that transforms this day into grace, or better, it transforms us: it appeases anger, sustains love, multiplies joy, instills the strength to forgive. Sometimes it will seem that it is no longer we who are living, but that grace lives and works in us through prayer. It is grace that awaits, but always this, don't forget: take today as it comes. And let's think about when an angry thought comes to you, of unhappiness, that moves you toward bitterness, stop yourself. And let's say to the Lord: "Where are you? And where am I going?" And the Lord is there, the Lord will give you the right word, the advice to go ahead without that bitter, negative taste. For prayer is always, using a profane word, is positive. Always. It will carry you ahead. Each day that begins is accompanied by courage if it is welcomed in prayer. Thus, the problems we face no longer seem to be obstacles to our happiness, but appeals from God, opportunities to meet Him. And when a person is accompanied by the Lord, he or she feels more courageous, freer, and even happier.

Let us pray always, then, for everyone, even for our enemies. Jesus counselled us to do this: "Pray for your enemies". Let us pray for our dear ones, even those we do not know. Let us pray even for our enemies, as I said, as the Scriptures often invite us to do. Prayer inclines us toward a superabundant love. Let us pray above all for people who are sad, for those who weep in solitude and despair that there still might be someone who loves them. Prayer works miracles; and the poor then understand, by God's grace that, even in their precarious situation, the prayer of a Christian makes Christ's compassion present. He, in fact, looked with great tenderness on the weary and lost crowd who were like sheep without a shepherd (cf *Mk* 6:34). The Lord is – let's not forget – the Lord of compassion, of nearness, of tenderness: three words never to be forgotten regarding the Lord. Because this is the Lord's style: compassion, nearness, tenderness.

Prayer helps us love others, despite their mistakes and sins. The person is always more important than their actions, and Jesus did not judge the world, but He saved it. What a horrible life is that of the person who always judges others, who is always condemning, judging... This is a horrible, unhappy life, when Jesus came to save us. Open your heart, pardon, give others the benefit of the doubt, understand, be close to others, be compassionate, be tender, like Jesus. We need to love each and every person, remembering in prayer that we are all sinners and at the same time loved individually by God. Loving the world in this way, loving it with tenderness, we will discover that each day and everything bears within it a fragment of God's mystery.

Again, the Catechism reads: "Prayer in the events of each day and each moment is one of the secrets of the Kingdom revealed to 'little children,' to the servants of Christ, to the poor of the beatitudes. It is right and good to pray so that the coming of the kingdom of justice and peace may influence the march of history, but it is just as important to bring the help of prayer into humble, everyday situations; all forms of prayer can be the leaven to which the Lord compares the kingdom" (n. 2660).

The human person – men and women, all of us, – the human person is like a breath, like a blade of grass (cf *Ps* 144:4; 103:15). The philosopher Pascal once wrote: "There is no need for the whole universe to take up arms to crush him: a vapour, a drop of water is enough to kill him."<sup>[1]</sup> We are fragile beings, but we know how to pray: this is our greatest dignity and it is also our strength. Have courage. Pray in every moment, in every situation so the Lord might be near to us. And when a prayer is said according to the heart of Jesus, it obtains miracles.

## ASH WEDNESDAY

### Liturgy of the Word with Distribution of Ashes for Celebration at Home

In preparation for this celebration, cover a small table with a white cloth and place a crucifix and a lit candle on the table. Prepare a container with ash which you may have received from your parish or which you can make by burning a blessed palm. The ash should be mixed with a drop of water.

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

All respond: Amen.

Leader: Let us pray.

Grant, O Lord, that we may begin with holy fasting  
this campaign of Christian service,  
so that, as we take up battle against spiritual evils,  
we may be armed with weapons of self-restraint.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever.

All respond: Amen.

### Liturgy of the Word

#### First reading

Joel 2:12-18

A reading from the prophet Joel

'Now, now – it is the Lord who speaks – come back to me with all your heart, fasting, weeping, mourning.' Let your hearts be broken, not your garments torn, turn to the Lord your God again, for he is all tenderness and compassion, slow to anger, rich in graciousness, and ready to relent. Who knows if he will not turn again, will not relent, will not leave a blessing as he passes, oblation and libation for the Lord your God? Sound the trumpet in Zion! Order a fast, proclaim a solemn assembly, call the people together, summon the community, assemble the elders, gather the children, even the infants at the breast. Let the bridegroom leave his bedroom and the bride her alcove. Between vestibule and altar let the priests, the ministers of the Lord, lament. Let them say, 'Spare your people, Lord! Do not make your heritage a thing of shame, a byword for the nations. Why should it be said among the nations, "Where is their God?"' Then the Lord, jealous on behalf of his land, took pity on his people.

The word of the Lord. **Thanks be to God.**

#### Responsorial Psalm

Psalm 50(51):3-6,12-14,17

R. Have mercy on us, O Lord, for we have sinned.

Have mercy on me, God, in your kindness.  
In your compassion blot out my offence.  
O wash me more and more from my guilt  
and cleanse me from my sin. R.

My offences truly I know them;  
my sin is always before me  
Against you, you alone, have I sinned;  
what is evil in your sight I have done. R.

A pure heart create for me, O God,  
put a steadfast spirit within me.  
Do not cast me away from your presence,  
nor deprive me of your holy spirit. R.

Give me again the joy of your help;  
with a spirit of fervour sustain me,  
O Lord, open my lips  
and my mouth shall declare your praise. R.

### Second reading

2 Corinthians 5:20-6:2

We are ambassadors for Christ; it is as though God were appealing through us, and the appeal that we make in Christ's name is: be reconciled to God. For our sake God made the sinless one into sin, so that in him we might become the goodness of God. As his fellow workers, we beg you once again not to neglect the grace of God that you have received. For he says: At the favourable time, I have listened to you; on the day of salvation I came to your help. Well, now is the favourable time; this is the day of salvation.

The word of the Lord. **Thanks be to God.**

### Gospel Acclamation

cf. Ps 94:8

Praise to you, O Christ, king of eternal glory!

Harden not your hearts today,  
but listen to the voice of the Lord.

Praise to you, O Christ, king of eternal glory!

### Gospel

Matthew 6:1-6,16-18

A reading from the holy Gospel according to Matthew.

Jesus said to his disciples: 'Be careful not to parade your good deeds before men to attract their notice; by doing this you will lose all reward from your Father in heaven. So when you give alms, do not have it trumpeted before you; this is what the hypocrites do in the synagogues and in the streets to win men's admiration. I tell you solemnly, they have had their reward. But when you give alms, your left hand must not know what your right is doing; your almsgiving must be secret, and your Father who sees all that is done in secret will reward you.

'And when you pray, do not imitate the hypocrites: they love to say their prayers standing up in the synagogues and at the street corners for people to see them; I tell you solemnly, they have had their reward. But when you pray, go to your private room and, when you have shut your door, pray to your Father who is in that secret place, and your Father who sees all that is done in secret will reward you.

'When you fast do not put on a gloomy look as the hypocrites do: they pull long faces to let men know they are fasting. I tell you solemnly, they have had their reward. But when you fast, put oil on your head and wash your face, so that no one will know you are fasting except your Father who sees all that is done in secret; and your Father who sees all that is done in secret will reward you.'

The Gospel of the Lord

A period of silence may follow the Liturgy of the Word.

## Blessing and Distribution of Ashes

Leader:

Let us humbly ask God our Father  
that he be pleased to bless with the abundance of his grace  
these ashes, which we will put on our heads in penitence.

Pray briefly in silence.

O God, who are moved by acts of humility  
and respond with your forgiveness to works of penance,  
lend your merciful ear to our prayers  
and in your kindness pour out the grace of your blessing  
on your servants who are marked with these ashes,  
that, as we follow the Lenten observances,  
we may be worthy to come with minds made pure  
to celebrate the Paschal Mystery of your Son.  
Through Christ our Lord.

All respond: Amen.

The leader makes a cross with the ashes on the forehead of those present, and says to each one:  
Repent, and believe in the Gospel.

When this is done, one of those present makes a cross with the ashes on the forehead of the leader,  
speaking the same words.

## Universal Prayer

Leader:

We should pour forth prayers at all times, but, above all, in these days of Lent  
we ought to watch more intently with Christ and direct our petitions more fervently to God.

Reader (or Leader):

That in this sacred time  
the whole Christian people may be more abundantly nourished  
by every word that comes from the mouth of God.

Lord, hear us. **Lord, graciously hear us.**

That peoples in need may find help  
and that peace and security may be firmly established everywhere.

Lord, hear us. **Lord, graciously hear us.**

That the world's nations may be delivered from the health pandemic  
and that our sacrifices at this time  
may build solidarity with our fellow human beings.

Lord, hear us. **Lord, graciously hear us.**

That all who are afflicted or suffering temptation  
may be strengthened by his grace.

Lord, hear us. **Lord, graciously hear us.**

That all of us may learn to distribute the fruits of self-denial  
for the good of those in need.

Lord, hear us. **Lord, graciously hear us.**

That those who have died, through the mercy of God,  
may share in the Resurrection to eternal life.

Lord, hear us. **Lord, graciously hear us.**

Leader:

We present all our prayers to the Father using the words our Saviour taught us:

All:

Our Father, who art in heaven,  
hallowed be thy name.  
Thy kingdom come.  
Thy will be done on earth, as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us,  
and lead us not into temptation,  
but deliver us from evil. Amen.

### Concluding Prayer

Leader: Let us pray.

May the grace we have received sustain us, O Lord,  
that our Lenten fast may be pleasing to you  
and be for us a healing remedy.  
Through Christ our Lord.

All respond: Amen.

The leader concludes the rite by signing himself or herself with the Sign of the Cross while saying the following:

May almighty God bless us, the Father, and the Son, and the Holy Spirit.

All respond: Amen.

Ashes which are left over should be disposed of in the earth outdoors.

### Acknowledgments

Excerpts from the English translation of *The Roman Missal* © 2010, International Commission on English in the Liturgy Corporation. All rights reserved.

Readings from *The Jerusalem Bible* © 1966 by Darton Longman & Todd Ltd and Doubleday and Company Ltd.

Psalm 50 (51) from *The Psalms: A New Translation* © 1963 The Grail (England) published by HarperCollins.

# DAY OF PRAYER FOR THOSE WHO HAVE SUFFERED ABUSE

Friday after Ash Wednesday: 19 February 2021

## Prayers to be offered at home

On this national Day of Prayer for Those who have Suffered Abuse, the faithful are invited to join their prayers with those of the Catholic Church throughout Scotland for people in our families and communities who carry within themselves the deep and traumatic wounds of abuse in any way inflicted by the Church.

In preparation for this time of prayer, you are invited to place a crucifix and a lit candle on top of a white cloth on a table nearby.

### Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Then say:

"Jesus Christ is the light of the world, a light the darkness has not overcome." (cf. Jn 8:12; Jn 1:5).

In silence, take a few moments to pray for people who bear the trauma and wounds of abuse.

### Penitential Rite

Lord Jesus, you stand alongside all who are suffering.

Lord, have mercy. **Lord, have mercy.**

Lord Jesus, you listen to those who cry out to you, even when others fail to listen.

Christ, have mercy. **Christ, have mercy.**

Lord Jesus, you heal the wounds of betrayal and hurt.

Lord, have mercy. **Lord, have mercy.**

### Opening Prayer

Father, whose mercy has been revealed  
in the tenderness of your Son Jesus Christ  
who said to his disciples:  
"Suffer the little children to come unto me",  
may your Church be a secure home  
where all your children are brought closer to him.

May all those who have been abused  
be respected and compassionately accompanied,  
thereby receiving healing and restored dignity  
by the balm of your grace.

Through Christ our Lord. **Amen.**

## Liturgy of the Word

### Reading

*(Lectionary volume 2, p 529)*

A reading from the letter of Saint James

1:19-27

*You must do what the word tells you and not just listen to it.*

Remember this, my dear brothers: be quick to listen but slow to speak and slow to rouse your temper; God's righteousness is never served by man's anger; so do away with all the impurities and bad habits that are still left in you – accept and submit to the word which has been planted in you and can save your souls. But you must do what the word tells you, and not just listen to it and deceive yourselves. To listen to the word and not obey is like looking at your own features in a mirror and then, after a quick look, going off and immediately forgetting what you looked like. But the man who looks steadily at the perfect law of freedom and makes that his habit – not listening and then forgetting, but actively putting it into practice – will be happy in all that he does.

Nobody must imagine that he is religious while he still goes on deceiving himself and not keeping control over his tongue; anyone who does this has the wrong idea of religion. Pure, unspoilt religion, in the eyes of God our Father is this: coming to the help of orphans and widows when they need it, and keeping oneself uncontaminated by the world.

The word of the Lord. **Thanks be to God.**

### Responsorial Psalm

Psalm 30(31):2. 6. 12-13. 15-17. 25 R. Lk 23:46

*(Lectionary volume 1, p 391)*

R. Father, into your hands I commend my spirit.

In you, O Lord, I take refuge.

Let me never be put to shame.

In your justice, set me free,

Into your hands I commend my spirit.

It is you who will redeem me, Lord. R.

In the face of all my foes

I am a reproach,

an object of scorn to my neighbours

and of fear to my friends. R.

Those who see me in the street

run far away from me.

I am like a dead man, forgotten in men's hearts,

like a thing thrown away. R.

But as for me, I trust in you, Lord;

I say: 'You are my God.

My life is in your hands, deliver me

from the hands of those who hate me. R.

Let your face shine on your servant.

Save me in your love.'

Be strong, let your heart take courage,

all who hope in the Lord. R.

## Gospel Acclamation

Mt 11:29

Praise to you, O Christ, king of eternal glory!

Shoulder my yoke and learn from me, for I am gentle and humble in heart.

Praise to you, O Christ, king of eternal glory!

## Gospel

Matthew 11:25-30

*(Lectionary volume 1, p 630)*

A reading from the holy Gospel according to Matthew

*You have hidden these things from the wise and revealed them to little children.*

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

A period of silence may follow the readings from Scripture.

## Prayer of Intercession

On this Day of Prayer for Those who have Suffered Abuse, we bring our intentions with humility before our loving Father.

We pray in sorrow for the suffering endured by our brothers and sisters in so many ways.  
Lord, in your mercy. **Hear our prayer.**

We pray for those who were disbelieved or punished for trying to speak the truth.  
Lord, in your mercy. **Hear our prayer.**

We pray for those whose memories have been reawakened and whose pain feels as fresh as the time it was inflicted. Lord, in your mercy. **Hear our prayer.**

We pray for those who hid the truth from themselves and from others.  
Lord, in your mercy. **Hear our prayer.**

We pray for the families of survivors, for parents who experience guilt, for spouses and partners who deal daily with long-term consequences, and for all who suffer pain. Lord, in your mercy. **Hear our prayer.**

We pray for those who chose to protect the institution rather than the children and vulnerable adults Christ himself calls us to protect.  
Lord, in your mercy. **Hear our prayer.**

We pray for those who perpetrated these crimes and committed these grave sins.  
Lord, in your mercy. **Hear our prayer.**

We pray for ourselves: that in anger, dismay, revulsion and despair we might be bearers of light in the darkness. Lord, in your mercy. **Hear our prayer.**

We pray for those who have died: may they know the fullness of unconditional love when they see God face to face. Lord, in your mercy. **Hear our prayer.**

Father, our hearts do not find rest until they come to rest in you. Grant what we ask and give us your peace. Through Christ our Lord. **Amen.**

### **The Lord's Prayer**

Our Father, who art in heaven,  
hallowed be thy name.  
Thy kingdom come.  
Thy will be done on earth, as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us,  
and lead us not into temptation,  
but deliver us from evil. Amen.

### **Concluding Prayer**

Loving Father,  
God of compassion and love,  
always present and just:  
You gave your only Son  
to save us by the blood of his cross.

Gentle Jesus,  
join to your own suffering  
the pain of all who have been hurt  
in body, mind, and spirit  
by those who betrayed the trust placed in them.  
Hear our cries as we agonise  
over the harm done to our brothers and sisters.  
Breathe wisdom into our prayers,  
soothe restless hearts with hope,  
steady shaken spirits with faith:  
Show us the way to justice and wholeness,  
enlightened by truth and enfolded in your mercy.

Holy Spirit, comforter of hearts,  
heal your people's wounds  
and transform our brokenness.  
Grant us courage and wisdom, humility and grace,  
so that we may always act with compassion and justice  
and find peace in you.

Through Christ, our Lord. **Amen.**

Let us bless the Lord. **Thanks be to God.**

**Acknowledgments:** Readings from *The Jerusalem Bible* © 1966 by Darton Longman & Todd Ltd and Doubleday and Company Ltd. Psalm 30(31) from *The Psalms: A New Translation* © 1963 The Grail (England) published by HarperCollins.

This resource has been compiled by the Scottish National Liturgy Commission.

# Stations of the Cross

Composed by John Bolland



In the name of the Father,  
and of the Son, and of the Holy Spirit. Amen.

## Opening Prayer

God, our Father,  
you are the source of grace and mercy.  
Your Spirit drives us into the desert  
where, we too, like your Son,  
make our own Lenten journey.

Your presence makes  
the parched land springs of water  
and the wilderness a garden of life.

As we follow in the steps of your Son's Passion,  
may we grow more merciful.  
As we carry the Cross with him,  
may we become more aware  
of our own need of mercy.

As we look upon the Pierced One,  
may we be refreshed  
and washed clean in his love.

We ask this through Christ our Lord. Amen.

---

*Before each Station:*

**We adore you, O Christ, and we bless you.**

**Because by your Holy Cross you have redeemed the world.**

---

## 1. Jesus is condemned to death

*Fear is the enemy*

It was in Pilate's power to be merciful. We know that he was moved to release Jesus but his instinct for mercy was held in check by fear: the fear of being thought weak. So, he called for water to wash his hands of Jesus and of blame.

Lord Jesus, how many have been like Pilate – afraid to show mercy because mercy is confused with weakness? Teach us that mercy is strength.

---

*After each Station:*

**I love you, Jesus, my love above all things; I repent with my whole heart for having offended you. Never permit me to separate myself from you again. Grant that I may love you always, and then do with me what you will.**

---

## 2. Jesus takes up the Cross

*The Cross*

This is why Jesus accepts the Cross, embraces it: he knows that through it, God will give new life to his people.

Lord Jesus, as you bow down to take the Cross upon your shoulders, you carry us and the burden of our brokenness. Help us to see our Cross as a promise of love and life.

## 3. Jesus falls the first time

*For a stronger faith*

Perhaps those who watched Jesus stumble saw this as a vindication of their own faith? Here God was humiliating a man who had tried to humble them, to undermine their authority.

Lord Jesus, we see you through the eyes of faith: through this fall we ask you to strengthen our faith and make us compassionate towards others. May we live mercy and not merely talk about it.

## 4. Jesus meets his mother

*Mother of Mercy*

The Mother of Mercy – who had indeed given flesh to the Word – saw that flesh torn by the rage of hatred and sin. Yet she too enters into this mystery of Divine Mercy, even though it means suffering with her Son.

Blessed Mother, by sharing in your Son's Passion you become for us a sign of life and hope – especially in our darkest moments. Come to meet us on our own way of the Cross.

## 5. Simon of Cyrene helps Jesus

*God makes haste to help us*

When Simon takes up the Cross he becomes the channel of God's presence and closeness to his Son. The rough hand of a guard pulling Simon from the crowd becomes the compassionate touch of the Father.

Lord Jesus, it can be hard for us to admit when we need help; even harder to accept help when it is offered. Give us the grace to recognise our 'Simons' and, in turn, to help those who need it most.

## 6. Veronica wipes the face of Jesus

*The Face of Mercy*

In return for her act of compassion, Veronica is left with an imprint of Jesus, the face of the Father's mercy, on her cloth. That likeness was also imprinted upon her soul – she too becomes an image of God's tender mercy.

Lord Jesus, help us to rediscover that face of mercy within each of us: that we might restore the dignity of those who are exploited, excluded and ignored.

## **7. Jesus falls the second time**

*A renewed hope*

Hope is precious. In this second fall we see those who had placed their hopes in Jesus begin to feel the crushing weight of hopelessness as their Saviour stumbles in the dust.

Lord Jesus, we ask that you renew our hope. Despite our own repeated falls, open our hearts to that hope that we too might be loved forever.

## **8. Jesus meets the women of Jerusalem**

*The little ones*

As he nears the end, Jesus encounters the women of Jerusalem. Though they mourn for him, his thoughts are with them and their children. He shows the Father's love for the 'little ones', those on the margins of society.

Lord Jesus, you show us the true power of compassion. Even in the midst of your suffering, your concern is for others. Help us to break free from self-pity and make our own times of suffering occasions of grace and mercy.

## **9. Jesus falls the third time**

*Redeeming love*

We speak of 'falling in love' with another person. This fall of Jesus is an act of love for humanity – and not for some faceless 'mass', but for each one of us. His Passion is the overflowing of God's redeeming love for his wounded creation.

Lord Jesus, only love can redeem us because only love is the deepest expression of the eternal life you share with the Father and the Holy Spirit. That is why it is the greatest of all gift and the one which endures: may we open our hearts to this healing love.

## **10. Jesus is stripped of his clothing**

*Restoring Eden*

The men who stripped Jesus were completing a plan set in motion at the original sin. In the moment that nakedness became a source of shame, God had already fixed upon a remedy of Christ. To save us, Jesus must strip himself of his equality with God and become the servant of his Father's love.

Lord Jesus, you have shown us how to strip ourselves of our obsession with power and status: help us not be ashamed to make our life a gift for others.

## **11. Jesus is crucified**

*Nails, words and other weapons*

Jesus was crucified, not just by nails which bound him to the wood of the Cross, but by the mocking words flung at him from the crowd. Cruel speech is an instrument of torture, a way of crucifying others.

Lord Jesus, remind us of the power of words to heal, or to wound. When we surrender to jealousy or envy, we allow these poisons to paralyse our hearts and barb our tongues. Help us remember that, even on the Cross, you spoke only of forgiveness and compassion.

## **12. Jesus dies on the Cross**

*It is accomplished*

Jesus died as he lived: a sign of the Father's merciful love. Even in death he is filled with compassion. From his pierced side blood and water flow – a gift of new life through the saving sacraments.

Lord Jesus, for us death means going away, for you it is about finding new ways of touching our lives with your power. Give us signs of your life-giving presence in our families and communities – especially where there is a need for forgiveness and reconciliation.

## **13. Jesus is taken down from the Cross and placed in the arms of his Mother**

*The Passion of Mary*

Having met her son on his final journey, Mary walked with him. Her own cross, the vision of her child whose suffering not even a mother's love could lighten. Now, at the end, she must contemplate that face which first looked up at her with new-born eyes. She must close those eyes in the sleep of death.

Sorrowful mother, whose heart lies broken at the foot of the Cross, be close to all mothers who stand by the crosses of their children, unable to lift them down or take their pain away. Show them the blessed fruit of your womb, Jesus.

## **14. Jesus is laid in the tomb**

*The door from death to life*

Not even the tomb can contain the power of God's mercy. The great stone which seals the entrance will become the first Holy Door of Mercy through which the light of the risen sun will pour. But, for now, the Church must observe this Sabbath of uncertainty and sadness, and wait.

Lord Jesus, make of every heart a holy door. As we make our own journeys of forgiveness in this season of grace, fill us with your healing power: that we may, in turn, share your loving mercy with others.

## **Concluding Prayer**

God, our Father,  
you watch the road for our coming back to you:  
you run to meet us on our way  
rejoicing that we have come back to life.

We can do this only because you have sent Jesus,  
your first-born and our brother,  
to show us the path of mercy  
which is the Way of the Cross.

He has paid the price of our ransom,  
he has freed us from death.  
Make us joyful witnesses of his risen love  
and help us, in our own lives,  
to show that face of mercy to all we meet.

Through Christ our Lord. Amen.

Our Father...  
Hail Mary...  
Glory be...

Parish Services

BIRTHDAY: ..... *Ad multos annos!*

**Weekday Services (15<sup>th</sup> February – 20<sup>th</sup> February)**

**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 ..... Morar, 10am  
*Requiem Mass of Margaret MacNeil RIP*

Tuesday..... Arisaig, 10am  
*Ina Aitchinson RIP, Burial at 1pm*

**LENT BEGINS**

Wednesday *Ash Wednesday*..... Morar, 10am  
*Mary Ann Dempster RIP*

Thursday ..... Arisaig, 10am  
*Teresa MacKenzie RIP*

Friday ..... Morar, 10am  
*Ann Black RIP*

Saturday ..... Arisaig, 10am  
*Chrissie MacKelvie RIP*

**Sunday Masses 20<sup>th</sup> February / 21<sup>st</sup> February (1<sup>st</sup> Sunday of Lent – B)**

Saturday ..... **Morar: 6pm**  
*Mr and Mrs Peter MacLellan RIP*

Sunday..... **Arisaig: 10am**  
*Archie and Anne Dempster RIP*

*Sacrament of Reconciliation (only by prior arrangement, in Morar)*

**COLLECTIONS:**

THANK YOU FOR ALL YOUR GENEROSITY IN THIS DIFFICULT TIME. FOR ALL ONLINE DONATIONS, ENVELOPES POSTED TO THE CHAPEL HOUSE AND STANDING ORDERS INTO THE PARISH BANK ACCOUNTS.

ANNIVERSARIES/MM: Margaret MacNeil; Ina Aitchinson; Mary Ann Dempster 15.02.1973; Ann Black 09.02.2009; Chrissie MacKelvie 02.02; Archie and Annie Dempster. *Hugh MacKelvie 15.02.*

..... *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](mailto:arisaig@rcdai.org.uk) (RCDAl Arisaig Mission, Sort Code 83-91-25 Account No. 65626995, The Co-operative Bank plc) or for Morar Parish [morar@rcdai.org.uk](mailto:morar@rcdai.org.uk) (RCDAl Morar Mission, Sort Code 83-91-25 Account No. 65628087, The Co-operative Bank plc)  
Parish website: [www.catholicroughbounds.org](http://www.catholicroughbounds.org) // Facebook Page: [www.facebook.com/catholicroughbounds](https://www.facebook.com/catholicroughbounds)  
*Liturgical Calendar texts taken from Universalis® unless stipulated otherwise*