



Parish of the Holy Family

Weekly Bulletin.... 9th May 2020



Please pray for the repose of the souls of

John Walker

Philip Davison

Sid Hawkins

Debby Purchase

who have all died since our churches have been closed.

We particularly remember their friends and family at this time.

We remember too all those whose anniversaries occur at this time of the year, including Fr. George Gerry.

May they rest in peace.

Please pray for our parishioners and friends, especially those who are long term housebound, those who are sick, those undergoing medical procedures and in hospital and those feeling isolated in these challenging times.

MASS TIMES

I will celebrate mass at 11.00 am every Sunday (for parishioners) and on Tuesday, Wednesday & Friday. Please let me know if you have any special intentions and please pause for a while and join me in spirit.

Thank you to everyone for looking after each other in the parish family with such care and prayers, telephone calls, shopping, gardening, teaching, delivering prescriptions etc etc etc.



There is a photo message on the website from St. Joseph's staff, to all their pupils, which they would like us to share with you too. Please keep them in your prayers as they support children in our parish.

Our friends at Open Door are working in new and creative ways and Helen Tribble, Projects Director, sent us this update for you;

'We're now almost six weeks into lockdown so I thought it might time for an update... As you'll be aware, upon the announcement of lockdown, we made the hard decision that sadly Open Door would have to temporarily close all its projects, simply because it would not have been right to encourage people to leave their homes to come to our projects, directly against the government advice. However, Open Door is all about making a positive difference in our community and helping those most in need, so we have been doing our best to still help where we can, sending out emergency provision parcels of food and toiletries and making welfare calls, checking in with those we know to be vulnerable during this time. We have also been keeping in contact through Facebook, with videos to combat isolation and signposting for further support. We've made up some activity packs for children, to go out with the parcels, and have even unwrapped some leftover Christmas presents to reveal some nice toiletries and toys that we have been popping in the parcels as a little treat for people!

In the first 6 weeks of lockdown, we have given out 247 parcels, supporting 617 people, and we've made a further 204 welfare calls. None of this would have been possible without our incredible team of staff and volunteers who have been making up the parcels, and delivering and collecting food for us, or without the support of Tesco, M&S, Lidl and Kings Garden Centre, all of whom have given us huge amounts of food, that we're then sending out in the parcels. We've also seen God's perfect timing on more than one occasion, when our supplies have been running low, within a few hours, we've had a totally unexpected (!) delivery, so no one has gone without.

With our projects shut, we have of course lost income, from our café, and the hire of our building and so we are incredibly grateful for the financial support that we have received from our community



as well. A special mention must go to Susan who fundraised for us by climbing her stairs 26 times in 26 different outfits, raising an impressive £177! If you'd like to donate towards our Covid-19 appeal, or to our general work, you can do so at: <https://www.justgiving.com/campaign/opendoorinthistogether>

Thank you SO much for your offers of help, volunteering, donating, financially supporting us and praying for us. We are very aware that we are just playing a small part in what is a truly magnificent community effort, but nonetheless, we simply couldn't be doing what we're doing without your support.

Take care, and hopefully it won't be too long 'til normality returns and we can see you again.'



Over 50 parishioners joined us for our Lent Day of Reflection at Buckfast and those of you who came may remember that we looked at the shipwreck of St. Paul in Malta. This week many of our parishioners should have been on pilgrimage to Malta & Gozo but sadly this was obviously cancelled. They are however on a 'virtual pilgrimage' or retreat, and will be praying for you during this epidemic when lots of us may feel isolated and a bit 'wrecked' ourselves. Ironically the focus for Saturday 9th May should have been 'Why?'... looking at St. Paul's Letter to the Romans, Chapter 9.... From this we may conclude...

'That God is in complete control of salvation does not mean that nothing we do makes any difference. On the contrary, everything we do, whether glorious or menial, is significant, for God uses it to work out his purposes'



CAFOD, launched its coronavirus emergency appeal on 30 April. Coronavirus

(Covid-19) has now spread worldwide, with confirmed cases in many countries where CAFOD works. The effects of coronavirus on developing countries are likely to be devastating. Many countries have very weak healthcare systems and will not be able to cope. Families without enough to eat and without access to clean water, possibly living with other diseases, will be particularly vulnerable to coronavirus. It is not just a public health emergency. Many of the world's most vulnerable people will lose their jobs and be unable to support their families. The poorest and most marginalised communities, working hard to transform their lives, will be pushed further into poverty.

CAFOD is adapting its programmes to help manage the risk of coronavirus in communities and working with local Church aid agencies on the frontline of this crisis. They are already working to get food to where it is needed most; to improve hygiene, handwashing and sanitation in communities and households; producing radio messages, posters and leaflets in local languages on risks and prevention; and training community volunteers to carry

Pope Francis's prayer to The Virgin Mary for protection

O Mary, you shine continuously on our journey as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick.

At the foot of the Cross

you participated in Jesus' pain, with steadfast faith.

You..... know what we need.

We are certain that you will provide, so that, as you did at Cana of Galilee,

joy and feasting might return

after this moment of trial.

Help us, Mother of Divine Love,

to conform ourselves to the Father's will

and to do what Jesus tells us:

He who took our sufferings upon Himself,

and bore our sorrows to bring us, through the Cross,

to the joy of the Resurrection. Amen.

We seek refuge under your protection, O Holy Mother of

God. Do not despise our pleas –

we who are put to the test –

and deliver us from every danger,

O glorious and blessed Virgin.



out awareness campaigns. In order to continue protecting and improving the lives of those in poor communities, your prayers and gifts are needed now more than ever. While we are not able to hold collections in our church, you can donate at cafod.org.uk/coronavirusappeal,



The new Deaf Academy based at the former Rolle College Campus will open once the virus is under control. Meanwhile, 'given our enforced isolation, for anyone needing a focus, here is a great chance to learn British Sign Language, which will allow us greater interaction with the Deaf Academy in Exmouth, when it finally opens after this crisis. The enrolment fee is as low as £3 or as much as £35 – it is a sliding scale. You pay what you can afford.'

<https://british-sign.zendesk.com/hc/en-us/articles/360044794654>

Siobhan Canham

And now..... more news from parishioners....



'Good afternoon! I'm writing this sitting in the garden with a cuppa, on a glorious Saturday afternoon! I hope everyone is managing to find some positives in these strange times. We have found a few. ...

- ✓ *My sons have learnt how to use the washing machine! (long time coming) and are developing their culinary skills and doing more chores.*
- ✓ *They now realise now that the cleaning/ cooking fairy retired a long time ago, and Mum and Dad have taken her place!*
- ✓ *Our sunflowers are coming up and lots of other pretty flowers. some of which I didn't even plant!(I think the birds dropped some seeds accidentally whilst in flight)*
- ✓ *We are taking enjoying daily exercise and feel very fortunate we have the beach and lovely local walks.*
- ✓ *There is an increase in kindness and goodwill, which is a wonderful thing.*

All of these simple things make us feel blessed. '

Bianca Extence

Mary & Rogers Travel Journal!



'We have enjoyed and found fascinating the wide variety of streamed masses from all over the world including Australia.

We have been to Plymouth, Walsingham, Tullamore (Southern Ireland), and Rome! It was wonderful to see the webcam on at all times and to experience the peace and solitude of the church for individual prayer. The masses are reassuringly similar with challenging sermons very much linked to the current situation, with all using the virtual communion prayer which Father Philip put in the newsletter. It must be very difficult for the priest speaking to an empty church.'



GRANNY LUISA'S PIE (aka EMPANADAS DE SALMON)

Patricia Coombes would like to share her granny's recipe with you. She lived in Gibraltar and was about 95 in the photo – perhaps you would like to try the recipe and see what you think....

(Fr. Philip loved eating empanadas while walking on the Camino de Santiago so he thinks this recipe is certainly worth a try!)

'This recipe is for two people and works well with puff pastry too. You can make mini-versions of this once you get the hang of it. It can be made with one sheet, folded over, for two people, or if for four people, I use two sheets, one on top of the other and that needs two tins of salmon.'

If I buy a block of pastry (as that is cheaper than the ready rolled sheets) of course I cut off what I need and roll it out'. Patricia

- One sheet of Jus-Rol or any own-brand **unsweetened** short pastry (two if making large version)
- Tin of good red salmon (normal 213g tin): 2 tins if making large version
- Big bunch of parsley
- 1-2 fat cloves of garlic
- Olive oil
- Salt

Frying pan, non-stick baking tray or sheet, small herb chopper/blender, pastry brush

HOW TO MAKE THIS DELICIOUS TREAT (equally good cold next day)

- Pre-heat the oven to pastry instruction "baking heat"
- Open the tinned salmon and tip the contents into a bowl, liquid and all: mash up a bit, and put aside
- Wash the parsley well and pat dry on kitchen paper
- Roughly scissor this and put the resulting mix into the blender
- Add a brief glug of olive oil to the parsley (not too much)
- Add the cloves of garlic, chopped small
- Add a sprinkle of salt (I like quite a lot, but you may not...)
- Whizz it all up into a soft mix then tip this into the frying pan and set over a **gentle** heat
- Fry and stir gently, taking care **NOT** to brown anything: you just want the **AROMAS!**
- Take the heated mix off the heat and add it to the salmon in the bowl and mix thoroughly
- Place the sheet of pastry onto the baking tray
- Tip the mix onto **ONE HALF** of the pastry sheet, leaving the edges clear
- Wet the edges of the pastry sheet all round to about 1 inch.
- Fold over the non-filled half of the pastry and fix it to the other side to make a parcel.
- Crimp/press the edges **firmly** down to prevent leaks
- Make 3-5 small incisions in the centre of the top to allow steam to escape
- Cook at pastry instruction temperature.

ENJOY!



James & Alfie are keeping busy helping dad cut grandads hedge – proving that you are never too young to start gardening!! Well done boys..



Dear Parishioners,

We hope that you are all well in both mind and spirit and are finding things to keep you busy. We have seen on the school website how busy the St. Joseph's children have been and the lovely photos have been very uplifting.

As parents, we have been working hard with our new home schooling roles and certainly appreciate all the effort that the staff have made to provide us with both academic and creative tasks. A huge thank you to those staff who are putting themselves at risk to care for the children - particularly for those of our wonderful NHS staff, key workers and vulnerable children.

We hope that this newsletter helps you feel connected as a parish as we appreciate hearing about the great things that are happening during these unprecedented times. It will be wonderful when we can all be together again.

God bless you all,

Becky Lloyd, Karen Garraway & Saskia Hallett. School Governors



HAPPY BIRTHDAY WENDY celebrating a milestone birthday on 12th May. Have a lovely day!

Thank you to everyone who has sent in this week's news. I hope you enjoy reading it and if you know of anyone that would like to be emailed this bulletin please contact the parish office with their email address. We are aware that many parishioners do not have access to email or to the website so please share this news with them if you can. If you no longer wish to receive weekly news then please let me know.

Jesus is like a computer.

He ENTERS your life,
SCANS your problems,
EDITS your tension,
DOWNLOADS solutions,
DELETES your worries
and SAVES you.



.... and finally

Fr. Philip's cartoon for you has a 'technical' flavour with a theological message....

Have a good week..

If you have some news you would like to share with the parish then we would be very pleased to hear from you.