



Our Lady & St Joseph's Parish Bulletin

The Rectory, Warwick Square, Carlisle, CA1 1LB
Tel: (01228) 521509 Fax: (01228) 599193
Email: oljcarlisle@aol.com Website: www.oljcarlisle.org.uk



**TWENTIETH SUNDAY
IN ORDINARY TIME
AUGUST 17TH 2003**

MUSIC FOR TODAY. Entry 644 *Alleluia, Sing to Jesus.* Offertory 627 *This is My Body* Comm 663 *Sweet Sacrament*
Recessional 945 *Now Thank We all Our God*

Fr Hugh

Just a reminder from last week's Newsletter that we have commissioned from Joe Dias a painting of a Lakeland Scene – the Caldbeck Fells – one of Fr Hugh's favourite places to walk. This will be presented to him after the 10.0 Mass On August 31st as a token of our appreciation of all the good work he has done in Our Lady's over the last five years. He's off to his new appointment in Preston the day after. Anybody who would like to contribute towards the cost of the commission can give a donation to Fr Turner or just leave your gift in a suitably marked envelope in the Rectory letter box. Thank you.

It's getting late in the day to respond to the Government's Euthanasia Enquiry. They are pushing ahead with a draft Mental Incapacity Bill which will deny sustenance to certain mentally ill patients – a kind of legalised euthanasia. We have got to September 1st to make our views known about such a practice. SPUC has a pack giving more information which they will send you if your ring 020 7222 5845

MASS INTENTIONS

| | | | |
|-----|-------|---------|--|
| Sat | 6.00 | Alston | The Parish |
| Sun | 10.00 | | Peggy Clarke (nee McAlindon) |
| | 4.30 | | Special Intention |
| Mon | 12.10 | | Eve Morton |
| Tue | 8.00 | | Special Intention |
| | 12.10 | | Private Intention |
| Wed | 9.15 | St Gabs | Private Intention |
| | 12.10 | | Requiem – Lillie Messenger |
| Thu | 8.00 | | Donor's Intention |
| | 12.10 | | Meg Davidson |
| Fri | 8.00 | | Private Intention |
| | 12.10 | | Fr Michael Turner |
| Sat | 12.10 | | Gerry Kirk |
| | 6.00 | Alston | The Parish |
| Sun | 10.00 | | Ellen Farish (98 th Birthday) |
| | 4.30 | | Joseph Cregan |

Please pray for Mabel Harrison, Anne Heaney and Brigid Ward who are sick, for Lillie Messenger (Chapel St). Reception into church on Tuesday at 6.15, Requiem Wednesday at 12.10, and for Eve Morton and Joseph Cregan whose anniversaries occur about this time.

A TWO EDGED SWORD

Exploring and Reflecting

on

The Word of God

This is a Scripture Course at the Education Centre in Lancaster lasting from late September this year to May next year. There are 24 sessions of two hours each from 7.0 to 9.0 on Tuesday evenings. Full course costs £150, but it is possible to attend fewer sessions at lower rates. Ring 01524 841190 for more details.



A HAND MEDITATION

I LOOK AT MY HANDS, MY CLENCHED HANDS.
MY FISTS READY TO STRIKE, EITHER IN ATTACK OR DEFENSE,
BUT NEVERTHELESS STILL FISTS.
MY WHITE KNUCKLES, DRAINED OF BLOOD,
DRAINED OF LIFE
HARD, TENSE, CLOSED.

I LOOK AT MY FISTS AND I SEE THE SYMBOL OF SO MUCH OF MY
LIFE.

MY STRIVING FOR MY GOALS,
MY DETERMINATION
MY POWER,
MY DRAINED, LIFELESS EXISTENCE
OFTEN WITHOUT ANY MEANING.

BUT, NOW I OPEN MY HANDS, SLOWLY FOLDING BACK
THE FINGERS AND I LOOK AT THE PALMS OF MY HANDS.
THE SOFTER SKIN SO MUCH MORE VULNERABLE.
I LOOK AT THE HANDS THAT HAVE CRADLED A BABY'S HEAD,

HANDS THAT MY PARENTS HELD TO KEEP ME SAFE,
HANDS THAT STILL REACH OUT FOR OTHER HANDS
TO HOLD
HANDS THAT CARESS AND COMFORT THOSE IN PAIN

IN MY HANDS I SEE A MIRROR OF MY LIFE,
SO OFTEN, CLOSED AND HARD.
MAY MY HEART BE OPEN TO OTHERS, TO LIFE THIS MOMENT
AS EASILY AS I HAVE OPENED MY HANDS JUST NOW.