



ST MICHAEL & ST GEORGE

The Cathedral Church of the Bishop of the Forces
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Sunday, 4th April 2021

EASTER SUNDAY OF THE RESURRECTION OF THE LORD – YEAR B

1100hrs – Holy Mass (broadcast via Zoom)

Mass Intention: The Bishopric

In line with Government legislation and Bishops' Conference guidelines the Cathedral remains open for private prayer and public worship. The obligation for the faithful to attend Holy Mass on a Sunday or Holy Day of Obligation is suspended.

WELCOME EVERYONE

Each time you attend Mass in person you will be required to complete a 'Track & Trace' form. In addition, please note the following guidance and engage with all of the instructions:

1. Sanitise your hands and follow the one-way system.
2. Face coverings & one metre+ social distancing are mandatory.
3. Switch off, or place into airline mode, any mobile devices.
4. Go straight to your seat on entry and do not engage in conversation with anyone except those from your household.
5. Ensure that there are at least two seats between yourself or your household and another person or household.
6. There will be no exchange of the Sign of Peace.
7. At the invitation to holy communion all join saying 'Amen' as the celebrant presents the host and the chalice from the altar.
8. Nothing will be said, and thus no response is necessary, if you come forward to receive Christ in the Blessed Sacrament.
9. After Mass please put your kneeler on your chair and leave the Cathedral while maintaining one metre+ social distance.
10. Place your Mass sheet in the bin or take it home with you and put your offering/collection money in the receptacle provided.

THIS WEEK

The Cathedral daily opening hours are shown ***in bold italics***.

Mon 5th Apr: ***MONDAY IN THE OCTAVE OF EASTER***

BANK HOLIDAY

Tue 6th Apr: ***TUESDAY IN THE OCTAVE OF EASTER***
1100hrs-1300hrs

Wed 7th Apr: ***WEDNESDAY IN THE OCTAVE OF EASTER***
1130hrs-1600hrs 1145hrs – Midday Prayer
1200hrs – Holy Mass (broadcast via Zoom)
Persecuted Christians

Thu 8th Apr: ***THURSDAY IN THE OCTAVE OF EASTER***
1100hrs-1300hrs

Fri 9th Apr: ***FRIDAY IN THE OCTAVE OF EASTER***
1400hrs-1600hrs ***Exposition of the Blessed Sacrament***

PRAYER INTENTIONS

Please keep the members of our Armed Forces, their families and all support staff, in your personal intercessions.

CELEBRATING LIFE

We shall welcome Thomas O'Hare and Poppy George into the Church through the Sacrament of Baptism at 1300hrs today. The Zoom invitation details will be the same as those for the Mass.

SPIRITUAL FORMATION

Next Sunday there will be a Special Collection for Mercy Ships, one of our nominated charities: www.mercyships.org.uk

LIVESTREAMING LITURGIES

Sunday's Mass Zoom Invitation details - ID: 814 7497 0934

<https://us02web.zoom.us/j/81474970934?pwd=WTIBNEdWb0FZaVluUC9Xb3dIQNovQT09> Passcode: 446900

Wednesday's Mass Zoom Invitation details - ID: 819 5547 9790

<https://us02web.zoom.us/j/81955479790?pwd=TzBMZkR1QkFyY0tNNzJNbjFJQzYrUT09> Passcode: 068819

TEACHING POINT

The word 'genuflection' means a knee bend and is the way Latin Catholics show their reverence to the Blessed Sacrament reserved in the tabernacle upon entering or leaving a church, although in some parts of the world the faithful bow profoundly upon entering and leaving a church, and before receiving the Eucharist in Communion. It was not until 1502 that genuflection was introduced into the rubrics for the celebration of the Mass. In 1570, Pope Pius V universally introduced the practice of genuflection in his edition of the *Missale Romanum*, the liturgical book that contains the texts and rubrics for the celebration of the Mass in the Roman Rite of the Catholic Church. Saint Augustine called gestures "sensible words" and, indeed, to genuflect is to say "I acknowledge I am small before God." St Ambrose said that "By genuflecting, one expiates one's offences against God, and divine grace is called for." For as Catholics we believe that Jesus is truly present – body, blood, soul and divinity – in the Holy Eucharist and so we genuflect because we are in God's Holy presence. The Catechism echoes this teaching, 'In the liturgy of the Mass we express our faith in the real presence of Christ under the species of bread and wine by, among other ways, genuflecting or bowing deeply as a sign of adoration of the Lord (CCC 1378).'

SPIRITUAL OPPORTUNITIES

A Bible Timeline Course with live talks by Catholic speaker Mauro Iannicelli, will run online from this Wednesday, 7th April at 1900hrs for eight evening sessions. The free-of-charge course divides the whole Bible into '12 periods' which act like chapters in Salvation History, helping those attending the course to grasp the key stages and the big picture of the Bible. For further information and registration go to: www.comeandsee.org

AND FINALLY ...

... today is only one day in all the days that will ever be; but what will happen in all the other days that ever come can depend on what is done by each of us in this one today.

With every blessing for a holy and joyous celebration of the Resurrection of the Lord
Fr Nick