

MASS INTENTIONS



DATE	TIME	DEDICATION	INTENTION	NOTE
Saturday 12 th September	4.30 pm	Twenty-Fourth Sunday of O. Time	Cathy (LD)	The church is open at 4 pm
Sunday 13 th September	10 am	Twenty- Fourth Sunday of O. Time	Chris Bolger (LD)	The church is open at 9.30
Sunday 13 th September	5 pm	Twenty- Fourth Sunday of O. Time	Parishioners Kath Holt	The church is open at 4.30
Monday 14 th September	9.30 am	The Exaltation of the Cross	Requiem Mass Mary Allwood	The church is open at 8.30
Tuesday 15 th September	12 noon	Our Lady of Sorrows	Rose Callghan LD	The church is Open at 11.30
Wednesday 16 th September		Ss Cornelius, Pope, and Cyprian, Bishop		The church is closed
Thursday 17 th September	6 pm	St Robert Bellarmine Bishop and Doctor	Billy Riley Birthday Remembrance	The church is open at 5.30
Friday 18 th September	9.15 am	Weekday in Ordinary Time	Rose Callghan LD	The church is open at 8.30
Saturday 19 th September	4.30 pm	Twenty-Fifth Sunday of O. Time	Kevin Clinton Birthday Remembrance	The church is open at 4 pm
Sunday 20 th September	10 am	Twenty- Fifth Sunday of O. Time	Larry Fitzpatrick Francis McNeil Peter McAuliffe	The church is open at 9.30
Sunday 20 th September	5 pm	Twenty- Fifth Sunday of O. Time	Rose Callghan LD Parishioners	The church is open at 4.30

We pray for all who are sick: Kevin McAllister, Denise McAllister, Pat Shannon, Tracey McCaldon

We pray for all who have passed away: Mary Allwood

Confession: by request before or after Mass.

Mon. Tue. & Thursdays before the Mass:

Holy Rosary led by the Legion of Mary
Fridays at 8.30am: Exposition & Adoration of the
 Blessed Sacrament with Benediction

You are most welcome to join us in prayer !



Blessed Sacrament

Email: blessed@rcaol.org.uk

Channel: <https://youtube.com/c/BlessedSacramentAintree>

Website: <https://www.BlessedSacramentAintree.co.uk>

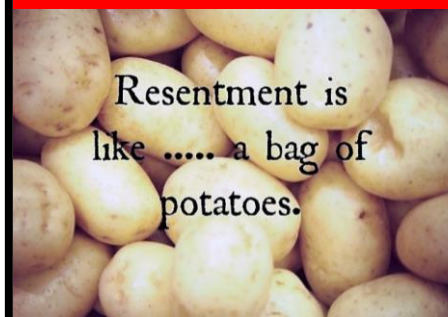
Presbytery: 7-9 Park Vale Rd, Liverpool

Telephone: 0151 474 2682

Parish Team: Parish Priest: Fr Sergio Haro

Dcn: C. Hegarty, Pastoral Assistant: Mrs Jackie Brougham;
 P. Ludley, J. Jones, V. Miles, P. Whelan, V. & E. Broadfoot

Twenty-Fourth Sunday of Ordinary Time: 13th September 2020



Have you realised that each time you pray the Our Father you limit God's mercy and forgiveness, you are putting a condition on God forgiving you? But, at the same time you are challenging yourself in front of God! Or you are making a great resolution! We ask for our sins to be forgiven only on the condition that we are ready to forgive those who hurt us or sin against us! We must forgive others from the bottom of our hearts, we must let all the grudges go, put them out of our minds, forget about them. So often I hear the words "I find it so difficult to forgive that person who hurt me so much", or "I can forgive but not forget". I will tell you a story that I heard many years ago, *"One day the master gave the disciple an empty sack and a basket of potatoes. "Think of all the people who have done or said something against you in the recent past, especially those you cannot forgive. For each of them, write the name on a potato and put it in the sack." The disciple came up with quite a few names, and soon his sack was heavy with potatoes. "Carry the sack with you wherever you go for a week," said the master. We'll talk after that." At first, the disciple thought nothing of it. Carrying the sack was not particularly difficult. But after a while, it became more of a burden. It sometimes got in the way, and it seemed to*

require more effort to carry as time went on, even though its weight remained the same. After a few days, the sack began to smell. The carved potatoes gave off a ripe odour. Not only were they increasingly inconvenient to carry around, they were also becoming rather unpleasant. Finally, the week was over. The master summoned the disciple. "Any thoughts about all this?" "Yes, Master," the disciple replied. "When we are unable to forgive others, we carry negative feelings with us everywhere, much like these potatoes. That negativity becomes a burden to us and, after a while, it festers." "Yes, that is exactly what happens when one holds a grudge. So, how can we lighten the load?" "We must strive to forgive." "Forgiving someone is the equivalent of removing the corresponding potato from the sack. How many of your transgressors are you able to forgive?" "I've thought about it quite a bit, Master," the disciple said. "It required much effort, but I have decided to forgive all of them." "Very well, we can remove all the potatoes. Were there any more people who transgressed against you this last week?" The disciple thought for a while and admitted there were. Then he felt panic when he realized his empty sack was about to get filled up again. "Master," he asked, "if we continue like this, wouldn't there always be potatoes in the sack week after week?" "Yes, as long as people speak or act against you in some way, you will always have potatoes." "If the potatoes are negative feelings, then what is the sack?" "The sack is that which allows me to hold on to the negativity. It is something within us that makes us dwell on feeling offended.... Ah, it is my inflated sense of self-importance." "And what will happen if you let go of it?" "Then... The things that people do or say against me no longer seem like such a major issue." "In that case, you won't have any names to write on potatoes. That means no more weight to carry around, and no more bad smells. The gift of forgiveness is the conscious decision to not just to remove some potatoes... But to relinquish the entire sack.

This good story is a reminder that we should not only forgive others but also not give importance to our ego. It is the ego that you carry which is the source of trouble. If you do not have the ego, you will not have the place to stack up the potatoes and the smell that comes from it. This story also tells us the price we pay for keeping our grudges and heavy negativity! Too often we think of forgiveness as a gift to the other person, and it clearly is for ourselves! When someone has wronged you and you find it difficult (or impossible, you believe) to forgive the wrong, you're in danger of falling prey to two harmful effects: guilt (because you know we all should forgive) and bitterness. When you forgive others, you experience freedom, let the liberating power of forgiveness shape your mind and inspire your actions. Unburden yourself from the heavy weight you have been carrying for so long!

Father Sergio, Parish Priest



NEWS & EVENTS

What's Happening



REQUEST OF THE CELEBRATION OF SACRAMENTS AT BLESSED SACRAMENT CHURCH:

Please contact the Parish Priest when you come to Church for Mass. The church is always open half an hour before the Mass. You are most welcome to speak to Fr Sergio who will help you for the preparation.

WEDDINGS: Congratulations to **Paul Owens & Sarah Cunningham** who will celebrate the Sacrament of Matrimony on 18th September.



BAPTISMS: Congratulations to **Clodagh Smith** and **Esmee Davies** who will be Baptised on September 13th, **Extron Thevathas** will be Baptised on September 20th **Orla Robinson-Forshaw** and **William Povey** who will be baptised on 4th October.

NOTE: that the Garden of Remembrance, the Parish Office, and the Parish Centre remain closed until further notice. Even though, you can request to the Parish Priest a visit to the Garden of Remembrance when the church is open for Mass providing there is enough Stewards to accompany you. We have started celebrating Baptisms, Weddings and Requiem Masses in church. It is possible to celebrate burial of ashes after the Parish Mass, you need to contact the Priest in advance when you come to Mass. The Repository Shop is now open and you are allowed to light votive candles on the side Altars of the Sacred Heart and Our Lady.

FIRST HOLY COMMUNION: Although the church is now open for Public Worship, the restrictions are so strict that it would be impossible to have a joyful celebration of First Holy Communion. There are strict limits on numbers, seating and singing. Full details of the guidelines can be seen on the church website. With this in mind, it has been decided that it would be better to wait until things are less restrictive and to have a proper celebration at a later date. Please be assured that your children have not been forgotten and as always I will keep you updated with any changes.