

THE PARISHES OF ST JOHN THE EVANGELIST AND ST MARY MAGDALENE
35 Brighton Place, Edinburgh EH15 1LL Bingham Avenue, Edinburgh EH15 3HY
Parish Priest: Fr. Jock Dalrymple: 0131 669 5447
Deacon – Revd Eddie White 07986 015772
Pastoral Team: Alice Codling, Jennifer Morris and Chris Vinestock
Shared Parish House: 3 Sandford Gardens, EH15 1LP

Administrator: Karen Blair (Office Hours: Tuesday, Wednesday, Thursday: 8am to 1pm & Friday 11am-4pm)
Web address: www.stjohnsportobello.co.uk Web address: www.stmarymagdalenes.co.uk
Joint e-mail for our sister parishes: stjohnsandstmarymagdalenes@gmail.com

16th Sunday of the Year – Sunday 19 July 2020

WELCOME....*If you're visiting, are new to the area, or just live here, you are most welcome in our sister parishes. If you are new to the parish or area, please make yourself known to Fr Jock by email or on the phone and ask for details of how to register on the parishes' roll.*



Opening St John's and St Mary Magdalene's for Mass this weekend

Resumption of Sunday Masses

Fr Jock writes: 'We are now able to have Mass in both our churches again, starting from this weekend. BUT, and it is a big but, whilst our country is still combatting the covid-19 pandemic, the rules about social distancing continue to apply, with the result that the capacity of our churches is greatly reduced and we will therefore have to control the numbers attending each Mass (42 at St John's, 28 at St Mary Magdalene's).

Inevitably, we will be learning as we go along, and quite possibly be revising our programme as we go along too, but for this weekend, we are reverting to our normal weekend Mass schedule, which is:

Saturday Vigil 6.30pm at St John's

Sunday 9.30am at St John's (which will be live-streamed)

Sunday 11.15am at St Mary Magdalene's

Each of these Masses will only be 30 minutes long - with a reduced number of readings and a shortened homily.

As well as these Masses, there is a **pre-recorded streamed full-length Mass (from the Prayer Room) available on-line at 11am on Sunday** (and continuing to be so afterwards) as an alternative for those who cannot attend the live Masses. **Children's Liturgy** will continue on Zoom at 11.15am as part of this Mass.

People need to book a place for a specific Mass in order to be able to attend in church (who would have thought that would ever happen!)As I type – Friday 1pm – for this weekend, both the Vigil and 11.15am Masses are full, **but there are still several places free for the 9.30am.....to see if a place is still available ring the main parish phone (669 5447) and someone will get back to you.**

For next weekend, like this weekend, to help us to manage the numbers, **if you wish to come to one of the live Masses, please contact the parish house by email (stjohnsandstmarymagdalenes@gmail.com) or by phone (0131 669 5618 – a special number) to book your place.** If phoning, please do so between 10am and 2pm Wednesday to Friday when there will be someone there to take your call. We intend to stop 'taking bookings' at 2pm on Friday. (We will be asking for – and keeping – your name and telephone number for 'track and trace' requirements).

Bookings will be on the basis of 'first come, first served' but we will make sure that all those who wish to attend Mass in either Church will have their turn the following week, if a place is not available this week.

Please be aware also that you will need to utilize hand sanitisers as you come into and leave the church, and masks must be worn throughout the service. You will also need to be escorted to your seat which you will not be able to choose.

For the moment, we will be continuing livestream **Weekday Mass** from the Prayer Room in the Parish House, rather than celebrating in the Church with a congregation. (This is partly because after every Mass, 'deep cleaning' has to take place – something that takes a considerable length of time and effort. We are so very grateful to our welcomers, stewards and cleaners who are making it possible for us to have our churches open.)

I'm sorry that the long awaited resumption of Mass in our churches is so hedged about with these restrictions but for the moment let's focus on thanking God for this first step on the lengthy road towards full community celebration of parish Masses in the future.

With continuing prayer and looking forward very much to seeing a fair number of you this weekend...'

This Wednesday, 22 July, at St Mary Magdalene's we celebrate our Patronal Feast – **the Feast of St Mary Magdalene!** Mass will be live-streamed from the Parish House at 10am - but we hope to be celebrating weekday Masses in both Churches at some point in the coming weeks...

St John's is also Open for Prayer



This Sunday, 19 July, and next Sunday, 26 July, both our Churches will be open for Mass but not for private prayer.

During the week St John's will be open at the following times

Wednesday 22 July
2–3pm

including Adoration of the Blessed Sacrament

Thursday 23 July
11am-midday
7pm – 8pm

Friday 24 July
11am-midday

Saturday 25 July
11am-midday

When you come into the church, you will be greeted by one of our volunteers who will guide you to your seat.

- Please wear a face covering (it's advisable to bring your own but we have a small supply).
- Please also sanitise your hands as you enter and leave the church. Sanitiser will be available at the entrance/exit.

SUNDAY — As well as the normal Masses in the churches, a pre-recorded full Sunday Mass will be posted this Sunday online at 11am - from the Prayer Room in the Parish House. The web address is

<http://stjohnsandstmarymagdalenes.com/news/sundaymass/> (pre-recorded)

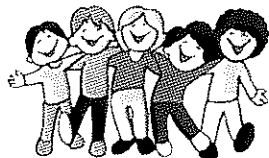
The Mass will then appear as a recording on both websites and on our Facebook page.

The Mass will then be available as a recording on both addresses and on the St Mary Magdalene's website. For details and livestream links for all our Masses, please see (on the hard copy) the back of the *Sunday Plus*. DVDs and CDs are also available upon request – just ring the parish house.

Children's Liturgy at Sunday Mass

Arlene Lauder writes:

Welcome to
Children's Liturgy



'It may be the end of the school term but Zoom **Children's Liturgy sessions are continuing.** Why not join us this Sunday 19 July where we will be starting around 11:15 am? To be included, please send your email address to Arlene at Lauder.82@btinternet.com by 4pm on Saturday 18 July. Please tell us your full name, your child/children's names and which mass you would normally attend, this information is for our register to keep all involved safe. **Please note that we will automatically send the Zoom link by email to everyone who has joined us before'.**

THIS WEEK

Monday 20 July – 7pm - GOSPEL SHARING BY ZOOM

Join us for reflection and sharing on this week's readings in your own home. Join Zoom Meeting -

<https://us02web.zoom.us/j/84830372093?pwd=ODVhNnhraTJ4KzQzNVprL2dlZG1NZz09>

Meeting ID: 848 3037 2093 Password: 487871

The format is very simple – the readings...the Sunday homily...a time of sharing...and ending with prayer. For those who are shy of speaking out, there'll be a chance to type a thought instead...ALL WELCOME

Friday 24 July

9.20am – Youtube - **Exposition of the Blessed Sacrament**

11am – **Rosary** - Facebook Messenger and WhatsApp and also on the phone (contact Maria Igoe – 07981 333219).

Our Parents Cast Long Shadows over our Lives

Our parents cast long shadows over our lives. When we grow up we imagine that we can walk into the sun, free of them. We don't realise until it's too late that we have no choice in the matter, they're always ahead of us.

We carry them within us all our lives, in the shape of our face, the way we walk, the sound of our voice, our skin, our hair, our hands, our heart. We try all our lives to separate ourselves from them and only when they are dead do we find we are indivisible.

We grow to expect that our parents, like the weather, will always be with us. Then they go, leaving a mark like a hand print on glass or a wet kiss on a rainy day, and with their death we are no longer children.

NOTICEBOARD

Kinnoull Preliminary Plans for Reopening in October 2020

St. Mary's Monastery, Hatton Road, Kinnoull, Perth, PH2 7BP

Carole Mcainsh, Admin Officer, St Mary's Kinnoull writes: 'Dear Friends, we hope you have all survived the pandemic and that your families and loved ones are all well. It has been a difficult time for everyone. Thankfully, all at St Mary's are in good health, but sadly missing our retreats apostolate and all our wonderful guests.

With guidelines now moving in a more positive direction, our hope is that, provided the pandemic continues to abate, we will open for private and group retreats from October 2020.

After these months of lock-down, this is a real opportunity to renew your life *in our community setting*.

Following social distancing, our large monastery is able to offer appropriate space, and we are working on the assumption that we will be able to accommodate a maximum of 15 guests in the house at any one time, or possibly 20, if distancing rules reduce still further in Scotland.



Mindful of the financial impact that Coronavirus has had on all of us, and to celebrate our reopening, we are also offering a 25% discount on our normal residential rates, lasting until Christmas 2020. (This would mean, for example, that a full-board individual retreatant would pay £54 per night). Individuals or groups who wish to book or discuss their requirements, are invited to contact us by email or telephone.

Kinnoull is a very special place of prayer and renewal. We very much look forward to welcoming you amongst us again. With best wishes. For further information, do not hesitate to contact Carole by Email: info@kinnoullmonastery.co.uk or ☎ 01738 624075 .’

The 4 O’Clock Prayer for Vocations To The Diaconate, Priesthood and Religious Life

Fr John Morrison, Assistant Director – Priests for Scotland – writes: ‘Over the last few months, we at Priests for Scotland have been working on resources to encourage the faithful to pray for Vocations to the Priesthood, the Diaconate, and the Consecrated Life.



To this end, we have developed a project entitled **the Four O’Clock Prayer** – the basic notion being to encourage prayers for vocations around 4pm, the time at which Jesus called Andrew (John 1:39).

Lord Jesus, at this hour, you called Andrew, our patron, and his companion to be your disciples. We pray that the men and women of our country may hear your call to discipleship at this same hour. May they respond to your call with generosity, confidence and enthusiasm. Inspired by the example of Mary Immaculate may they say ‘yes’ to service in the priesthood, the consecrated life and the diaconate.

Mary, Star of the New Evangelisation,
pray for us
Andrew, Patron Saint of Scotland,
pray for us.
All Saints of our land,
pray for us.

We would hope that the Catholics of Scotland will pray daily for vocations to the Priesthood, the Diaconate, and the Consecrated Life. www.priestsforscotland.org.uk

St Teresa Craigmillar’s Food Bank – ‘Many thanks from St Teresa’s for the donations of money and food which have helped the Food Bank continue its vital role during lockdown.’

Scottish Domestic Abuse Helpline (24 hours)

☎0800 027 1234

PARISH REGISTER

Please pray for those who have died recently: Richard Greenwell

Please pray for those whose anniversaries occur around this time: Patrick Roarty, Jimmy Kesson, Olga Krupova, J. Cameron Gould, Catherine Iannarelli, Alison Connarty and Mary Cafferkey,

St John’s

July 19 :- Cardinal Gordon J Gray (1993); Eileen Walsh (1975); Domenica Andreucetti; **July 20 :-** Charles Bowyer (2013); Ellen Brennan (2005); Margaret Robertson (1995); Patrick Roarty (1992); William Holligan; **July 21 :-** Bernard Flynn (1997); Bridget Ginnelly (1986); **July 22 :-** Mary Beatson (2003); Catherine Iannarelli (2003); Christina J Walker (2002); Peter Loftus (1985); Rose Maloney; **July 23 :-** Bridget Whigham (2010); James Tiernan (2006); Agnes McFadyen (1999); May McPhillips (1999); Michael Tierney (1993); Dominic Knowles (1986); Elizabeth Cordery (1959); Sarah Somerville; **July 24 :-** Alison Connarty (2018); Mary Cafferkey (2016); Catherine Tierney (2003); Francis J Meechan (1992); **July 25 :-** Robert Clark (1981); Marie Brown (2011); James Dignan (1995); David Gowans (1974); James Forsyth

St Mary Magdalene's

July 19 :- James Harvey (1996); Mary McQueen (1996); Angelina Risi (1968); **July 20 :-** Jimmy Kesson (2018); Sheila Foster (1975); Patrick Burns (1968); **July 25 :-** James O'Hara (1982)

Sick Parishioners - St. John's: Sally O'Connor, John Cregan, Saoirse Golden, Chloe Sutherland, Frances Cunningham, Susan O'Hara, David Reid, Molly Lugton, Sheila and Pat Tansey, Frank Logan, Charlotte McGregor, Betty Dougal, Anne Thomson, Eileen Brown, Mike Noonan, Sarah McManus, Sheila Alexander, Patricia Lawler, Mike Burns, Sr Jennifer Lindsay, Ernie Moran, Maureen Low, Pat Hunter, Dolores Jones, Alan Blyth, Mary Slight, Marie White, Cathy Walls, Anna Butler, Mary Phair, Sara Alkahankni, Rose Thornton, Kitty Dykes, Norman Telfer, Philip Jamieson, Guilio Crolla, Alf Macnamara, Stan McKay, Hugh Shannon, Maureen Lawrie, Mary Grady, Kathie Gallagher, Erin Corbett, Roz Byers, Marie Angela Crolla and Lorraine Syme.

Sick Parishioners - St. Mary Magdalene's: Clive Davis, Elizabeth Mackail, Ella Ayers, Isobel Phillips, Denis Davidson, Margaret Duffy, Maria Scott Jnr, Louise Gorman, Ann Dockrell, John Prior, Sheila and George Service, John Newell, Ray Donnelly, Michael McPhilipps, Agnes Harvey, Bridget Malone, Charles Malcolm, Margaret Ryan, Jacqueline Hannan, Chris English, Julie Keegan, Rose McKay, Laurie Wallace, Annie Watson, David O'Donnell, Andrew Banks, Jude Ferguson, and Mary & James Muir.

Please pray for sick friends and relatives of parishioners, including: Baby Joseph Beresford, Clare Richardson, Karen MacKay, Laura Anderson, John and William Whyte, Catriona MacKinnon, Max Middleton (aged 9), Gloria Crolla, Richard Reid, James O'Rourke, Tommy Muir, Janice Todd, Lauli Ridge, Emilia Iheji, Jan Meise, Seval Kazimoglu, Anne Young, James Shepherd, Carla Zanetti, Peter Hanley, Fr Christopher Delaney, Jennifer Kay, Janie Low, Ranier Carpo, William Young, Marie Baird, Andrew Franklin, Gerry Mulvenna, Frank Palmer, Paul Henderson, Ellen Green, Andrew Preston, Celine Diniz, Jamie Mitchell, Eunice Macdonald, Peter Bromley, Audrey Burgess, Kathleen Cawley, Margo Law, Misia Jack, Hannah Muldoon, Emma Bromet, Margaret Lee, Joan Bonnar, Mekala Osborne, Jean Nelson, Felicity McCluskey, Stephen Fernie, Edward Caulfield, Mike Enfield, Anthony Finnerty, Savannah McDonald, Pat Dignan, Sharon Anderson, Igor Rekowski, Sr Veronica Marshall, Martin Doherty, Maureen Connolly, Diana Hibbert, Rokana Moczulstra, Joan Brooks, Sr May Lewis, Mary Turnbull, Stuart Falconer, Jake Jorden and young Ray Donovan Syme.



Offertory Collections	St Mary Magdalene	St John the Evangelist
12 July 2020	£115.00 (including Gift Aid of £55.00 and £124.00 Direct Debits – ie £239.00)	£192.67 (including Gift Aid of £152.67) and £609.00 Direct Debits – ie £801.67

MIND YOURSELF / A dispatch from the happiness frontline

Taking our time to get back to normality

BY RACHEL KELLY

THE French call it *syndrome de l'escargot* ("syndrome of the snail") while the Spanish prefer *syndrome de la cabina* ("syndrome of the cabin"). We English favour the less poetic "re-entry syndrome", or "reverse culture shock". Whatever we call it, the feeling of anxiety as we emerge from our shells or cabins to re-enter the post-Covid world is real.

At first this concern might seem counterintuitive. Surely we should be celebrating the easing of lockdown, being reunited with friends and – for those of us lucky enough to still have one – returning to our office and job? Isn't the danger over, and this is a time for us to dismantle our carefully constructed defences?

Yet it turns out that this exact moment can be one of heightened anxiety.

The concept of "reverse culture shock" dates to the early 1960s. Two US psychologists, John and Jeanne Gullahorn, observed that after extended periods of travel, those returning home experienced downs as well as ups, readjusting to what was once familiar. Explorers returning from the Antarctic were a case in point. This readjustment is understandably more challenging for those who have experienced some kind of trauma while away – soldiers returning to civvy street from a war zone, aid workers returning home, or anyone coming out of prison.

Until now, psychological distress about this kind of

readjustment has affected relatively few of us; now it is something with which we are all grappling. We may not have traversed the polar wastes or tended to the wounded, but we have all travelled to a different country these past few months. And now many of us are experiencing re-entry anxiety.

It comes in two distinct types. First, some of us are anxious because we have a lurking worry of catching or spreading Covid-19. This is especially true of those with a fear of germs, or OCD. Second, some of us are

fearful because we are out of practice at socialising. We may not even be sure who our friends are any more. We can find it difficult to reconnect. This is particularly true for those with social anxiety.

One answer to these feelings is "exposure therapy", the gold-standard treatment for many anxiety disorders. This means confronting sources of fear safely, so in our new normal that means being masked, socially distanced and acting sensibly. The key is to gradually expose yourself to more challenges little by little.

The alternative to exposure is avoidance. When we avoid what we fear we can feel temporary relief. The problem is that we feel the anxiety more keenly the next time we confront what worries us. So venture out we must. But like snails, we are allowed to take our time.



Rachel Kelly is a writer and mental health campaigner. Her latest book is *Singing in the Rain: 52 Practical Steps to Happiness* (Short Books, £12.99).