

Coloma Catholic Life.

Liturgical Year

4th Sunday of Easter; Liturgical colour – White

Pope Francis' Prayer Intention for May For Deacons

We pray that deacons, faithful in their service to the Word and to the poor, may be an invigorating symbol for the entire Church.

Pope Francis Tweet

“Let us pray together for vocations, asking the Lord for the gift of good workers for His Kingdom, whose hearts and hands are open to his love.”



Good Shepherd Sunday

Good shepherd Sunday is a beautiful Sunday, one of peace, meekness and tenderness because our Shepherd cares for us. “The Lord is my shepherd, there is nothing I shall want.” Pope Francis.

The image of Jesus, the Good Shepherd is an immensely powerful one. In the Middle East sheep are valued not for their meat, but for their wool. In a flock there will be several generations of sheep, looked after 24 hours a day by a shepherd, alone with perhaps a few sheep dogs. Together, they guard and protect the flock, lead them to new pastures for fresh grazing and water. The sheep will learn to recognise the voice of the shepherd and follow him only. The sheep will follow the calling of the shepherd and the tap, tap of the shepherd's crook through dark valleys and areas of danger, to a place of safety. It gives meaning to the words of Psalm 23, written by King David:

The LORD is my shepherd, I shall not want.
He makes me lie down in green pastures;
he leads me beside still waters;
he restores my soul.
He leads me in right paths
for his name's sake.

Even though I walk through the darkest valley,
I fear no evil;
for you are with me;
your rod and your staff—
they comfort me.

It is entirely appropriate that this 4th Sunday of Easter is also Vocations Sunday. Today, we pray for vocations to the priesthood and religious life, so that there are enough shepherds to care for, guide and protect us from harm.



“God has created me to do Him some definite service. He has committed some work to me which He has not committed to another. I have my mission. I may never know it in this life, but I shall be told it in the next. I am a link in a chain, a bond of connection between persons.

St John Henry Newman

Pastoral Letter from Pope Francis for May

LETTER OF HIS HOLINESS POPE FRANCIS TO THE FAITHFUL FOR THE MONTH OF MAY 2020

Dear Brothers and Sisters,

The month of May is approaching, a time when the People of God express with particular intensity their love and devotion for the Blessed Virgin Mary. It is traditional in this month to pray the Rosary at home within the family. The restrictions of the pandemic have made us come to appreciate all the more this “family” aspect, also from a spiritual point of view.

For this reason, I want to encourage everyone to rediscover the beauty of praying the Rosary at home in the month of May. This can be done either as a group or individually; you can decide according to your own situations, making the most of both opportunities. The key to doing this is always simplicity, and it is easy also on the internet to find good models of prayers to follow.

I am also providing two prayers to Our Lady that you can recite at the end of the Rosary, and that I myself will pray in the month of May, in spiritual union with all of you. I include them with this letter so that they are available to everyone.

Dear brothers and sisters, contemplating the face of Christ with the heart of Mary our Mother will make us even more united as a spiritual family and will help us overcome this time of trial. I keep all of you in my prayers, especially those suffering most greatly, and I ask you, please, to pray for me. I thank you, and with great affection I send you my blessing.

*Rome, Saint John Lateran, 25 April 2020
Feast of Saint Mark the Evangelist*

Pope Francis

First Prayer to Our Lady

○ Mary,

You shine continuously on our journey
as a sign of salvation and hope.
We entrust ourselves to you, Health of the Sick,
who, at the foot of the cross,
were united with Jesus' suffering,
and persevered in your faith.

"Protectress of the Roman people",
you know our needs,
and we know that you will provide,
so that, as at Cana in Galilee,
joy and celebration may return
after this time of trial.

Help us, Mother of Divine Love,
to conform ourselves to the will of the Father
and to do what Jesus tells us.
For he took upon himself our suffering,
and burdened himself with our sorrows
to bring us, through the cross,
to the joy of the Resurrection.
Amen.

*We fly to your protection,
O Holy Mother of God;
Do not despise our petitions
in our necessities,
but deliver us always
from every danger,
O Glorious and Blessed Virgin.*

The second Prayer

"We fly to your protection, O Holy Mother of God".

In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you, Mother of God and our Mother, and seek refuge under your protection.

Virgin Mary, turn your merciful eyes towards us amid this coronavirus pandemic. Comfort those who are distraught and mourn their loved ones who have died, and at times are buried in a way that grieves them deeply. Be close to those who are concerned for their loved ones who are sick and who, in order to prevent the spread of the disease, cannot be close to them. Fill with hope those who are troubled by the uncertainty of the future and the consequences for the economy and employment.

Mother of God and our Mother, pray for us to God, the Father of mercies, that this great suffering may end and that hope and peace may dawn anew. Plead with your divine Son, as you did at Cana, so that the families of the sick and the victims be comforted, and their hearts be opened to confidence and trust.

Protect those doctors, nurses, health workers and volunteers who are on the frontline of this emergency, and are risking their lives to save others. Support their heroic effort and grant them strength, generosity and continued health. Be close to those who assist the sick night and day, and to priests who, in their pastoral concern and fidelity to the Gospel, are trying to help and support everyone.

Blessed Virgin, illumine the minds of men and women engaged in scientific research, that they may find effective solutions to overcome this virus.

Support national leaders, that with wisdom, solicitude and generosity they may come to the aid of those lacking the basic necessities of life and may devise social and economic solutions inspired by farsightedness and solidarity.

Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future.

Beloved Mother, help us realize that we are all members of one great family and to recognize the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need. Make us strong in faith, persevering in service, constant in prayer.

Mary, Consolation of the afflicted, embrace all your children in distress and pray that God will stretch out his all-powerful hand and free us from this terrible pandemic, so that life can serenely resume its normal course.

To you, who shine on our journey as a sign of salvation and hope, do we entrust ourselves, O Clement, O Loving, O Sweet Virgin Mary. Amen.

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The Pilgrim

The Pilgrim is the newspaper of the Catholic Archdiocese of Southwark and is published monthly. This month's edition contains articles on faith during this time of crisis, a feature on the work of hospital and prison chaplains, coping with life in lockdown and many other interesting articles. There are also lots of links to websites to help support faith and website addresses for Live-streamed Masses in other countries and languages – Filipino, Ghana, India (Goa), Italian, Nigeria, Polish, Portuguese, Spanish, Syro-Malabar and Vietnam. It can be read via the link below:

https://stbartsnorbury.co.uk/uploads/8/3/4/4/83448698/2005_pilgrim.pdf

Masses for the Sick and their Families, NHS Front-Line workers and those working in Social Care

From the CBCEW website:

The Catholic Bishops of England and Wales recognise that this time of the COVID-19 pandemic is affecting every person in our countries. Those who are sick, and their families, are suffering many hardships of isolation from contact with those they love.

Our front-line workers in hospitals and in care homes all over our lands are giving exceptional service to those who are vulnerable at this time. In order to show a spiritual solidarity with all those who are involved in the ways described above, each week from next Thursday, a Catholic Bishop will celebrate Mass in their Cathedral which will be live-streamed for people to join.

7 May

Bishop Marcus Stock

[St Anne's Cathedral, Leeds](#)

[YouTube Channel](#)

14 May

Bishop Robert Byrne CO

[St Mary's Cathedral, Newcastle](#)

[YouTube Channel](#)

21 May

Bishop Mark Davies

[Our Lady Help of Christians and Saint Peter of Alcantara, Shrewsbury](#)

28 May

Bishop Terence Drainey

[St Mary's Cathedral, Middlesbrough](#)

[YouTube Channel](#)

Religious Festivals This Week

Buddha Day, 7th May - Buddhism

On Wesak Theravadin Buddhists celebrate the birth, the enlightenment under the Bodhi Tree in Bodhgaya in North India, and the final passing away of Gautama Buddha. Mahayanist Buddhists have separate days for each of these events but on Buddha Day they celebrate both the birth and the enlightenment of the Buddha. They also celebrate his enlightenment on Bodhi Day in December. It is common in almost all Buddhist traditions to decorate the houses where Buddhists live with lanterns and garlands, and the temples are ringed with little oil lamps, consisting of a simple cloth or cotton wick in a small clay vessel of oil. Many Buddhists also send 'Wesak cards' to their friends.



On this day particular stress is laid on the Buddha's enlightenment and many lay people come together at monasteries for this, the biggest of all the Buddhist festivals. No matter how important the Dharma and the Sangha may be in Buddhist belief and practice, it is the

Buddha himself who is the central figure and originator of Buddhist teaching, and the celebration at this festival of his enlightenment is of central importance to all Buddhist communities.

Saints of the Week

The English Martyrs – 4th May



On 4 May 1535, at Tyburn in London, there died three Carthusian monks, the first of many martyrs of the English Reformation. Of these martyrs, forty-two have been canonized, and a further 242 have been declared Blessed; but the true number of those who died on the scaffold, perished in prison, or were tortured or persecuted for their faith cannot now be reckoned. The persecution lasted a hundred and fifty years and left a permanent mark on English culture.

The martyrs celebrated today came from every walk of life. There were rich and poor; married and single; men and women. They are remembered for the example they gave of constancy in their faith

and courage in the face of persecution.

From 2001, there are also celebrated on this day the forty martyrs of England and Wales who were canonized on 25 October 1970 and formerly celebrated on that day. They include Saints Cuthbert Mayne, John Houghton, Edmund Campion, Philip Howard, Margaret Clitherow and Richard Gwynn, as well as Saints John Roberts and Ambrose Barlow from the Benedictine monastery of St Gregory at Douay (now at Downside Abbey in Somerset),



PRAYER FOR VOCATIONS

**God our Father
You made each of us
to use our gifts in the Body of Christ.**

**We ask that you inspire your people
whom You call to priesthood and consecrated life,
to courageously follow Your will.**

**Send workers into Your great harvest
so that the Gospel is preached,
the poor are served with love,
the suffering are comforted,
and your people are strengthened by your gifts**

We ask this through Christ Our Lord. Amen.

I am Special.

In all the world there's nobody like me. Since the beginning of time, there has never been another person like me.

Nobody has my smile. Nobody has my eyes, my nose, my hair, my hands, my voice.

I am Special.

No one can be found who has my handwriting. Nobody anywhere has my tastes-for food or music or art.

Nobody sees things just as I do. In all of time there's been on one who laughs like me, no one who cries like me. And what makes me laugh and cry will never provoke identical laughter and tears from anybody else. EVER.

No one reacts to any situation just as I would react.

I am Special.

I am the only one in all of creation who has my set of abilities. Oh, there will always be somebody who is better at one of the things I am good at, but no one in the universe can reach the quality of my combination of talents, ideas, ability and feelings. Like a room full of musical instruments, some may excel alone, but none can match the symphony sound when all are played together.

I am a symphony.

Through all of eternity no one will ever look, talk, walk, think, or do like me.

I am Special. I am Rare-

I AM UNIQUE AND PRECIOUS

And in all rarity, there is great value. Because of my great rare value, I need not attempt to imitate others.

I will accept-yes, celebrate- my differences.

I am Special.

And I am beginning to realize it's no accident that I am special. I am beginning to see that God made me special for a very special purpose. He must have a job for me that no one else can do as well as I. Out of all the billions of applicants, only one is qualified, only one has the right combination that it takes.

And that one is me.

Because?

I am Special.