

Parish Priest: Fr. Jock Dalrymple: 0131 669 5447

Shared Parish House: 3 Sandford Gardens, EH15 1LP

Pastoral Team: Alice Codling, Jennifer Morris and Chris Vinestock

Administrator: Karen Blair (OFFICE HOURS: Tuesday, Wednesday, Thursday & Friday: 10am to 3pm)

Web address: www.stjohnsportobello.co.uk

Web address: www.stmarymagdalenes.co.uk

Joint e-mail for our sister parishes: stjohnsandstmarymagdalenes@gmail.com

A Charity Registered in Scotland No. SC008540

31st SUNDAY OF THE YEAR – 30th October 2016

We welcome representatives of **MARY'S MEALS** this weekend for their annual 'Raffle and Rags to Riches Clothing Collection of Textiles – any condition (clothes, household textiles, shoes, bags etc)'.

TUESDAY IS THE FEAST OF ALL SAINTS, a Holiday of Obligation (and Celebration – one of the great feasts in the Church's Year as we celebrate so all who are with God, including our loved ones... There will be Masses at 9.45am at St Mary Magdalene's (with St John's Primary school) and 7pm at St John's. Wednesday is its sister feast – of All Souls – when we pray for all who have died. Mass will be at 10am at St John's and 7pm at St Mary Magdalene's.

BAPTISM PREPARATION COURSE – 7.30-8.30pm in the Parish House – Wednesday 9 and 16 November. If you would like to have a child baptised in the coming months, please make contact with Fr Jock.

RETREAT IN DAILY LIFE – 6-27 November – An Opportunity to be guided and helped to pray...Something in which most if not all of us need support and encouragement....

Fr Jock writes: 'Only a week to go to our major autumn initiative – and of all the churches in Portobello, Bingham, Magdalene and Duddingston....An invitation to **everybody** by the ministers, pastors and priests of Portobello and Joppa Parish Church, St Mark's Episcopal Church, Duddingston Kirk, St Mary Magdalene's, Portobello Baptist Church and St John's to join us in a retreat taking place during these three weeks in November and involving praying with scripture, ideally for about 20 minutes each day.

For more details sign up on the list at the back of both churches or see the leaflet given out recently and available there – or contact Fr Jock by phone or in person , or retreat co-ordinator Bernadette Campbell, 27 Cargil Terrace EH5 3NF or bjcampbell512@gmail.com'

THIS WEEK

Sunday 30 October

9.30am – St John's - P3 Sacramental Preparation Children's Mass

11.15am – St Mary Magdalene - P4 Do This in Memory Mass

Monday 31 October

7pm – St Mary Magdalene's Hall – St Mary Magdalene's Pastoral Council.

Tuesday 1 November – Feast of All Saints.

9.45am – St Mary Magdalene's – Mass with St John's Primary School

2-3.30pm and 7.30-9pm – St Ninian's Restalrig – the first of 3 sessions reflecting on 'Amoris Laetitia' .

Rab Burnett writes: 'Pope Francis' Apostolic Exhortation on 'The Joy of Love' is a powerful and challenging document that is well worth pondering on. We are having three sessions to explore some of the key points in it - on Tuesday 1st, 15th and 22nd November. They are on in the afternoon, 2.00 - 3.30pm, and are repeated in the evening, 7.30 - 9.00pm. We warmly invite everyone in the cluster parishes to join us for one, two or all three sessions.'

7pm – St John's – Mass.

7.45pm – Parish House – RCIA

Friday 4 November

10.30am – 12.30pm - Piershill Library – Macmillan Cancer Support - Coffee morning

7pm – St John's Church Hall – 'Pamoja Fashion - Fashion for Peace – Support our Young People'

The Sale will continue at 10.00am the following morning, Saturday 5th November.

Sunday 6 November.

3pm – St John's Church and Hall – A Chance to Remember Mgr Rae.

7-8.30pm - Portobello and Joppa Church, I Brunstane Rd North EH15 2DL – Opening Meeting for the Retreat In Daily Life.

IN THE COMING WEEKS

Monday 7 November – 10.30am - -St John's Hall - Charity Coffee Morning

7pm - Dominican Chaplaincy, George Square – Michael O’Duffin OP - ‘God is not a thing! : Science and religious debates among young Catholics today.’

Sunday 13 November - 7pm Parish Hall - St Johns Open Parish Meeting. All are very welcome to come along.

NOTICEBOARD

PAMOJA FASHION – a Request from Mike Knox:

‘In recent years a number of us have been working with young people here and in Tanzania with a range of projects focused on developing a Global Vision for Justice and Peace and a sense of self-belief in children and young people. (see the blog: www.twendepamojatrust.blogspot.com). We have no regular source of income which is why we set up ‘Pamoja Fashion’ and now we are now able to fund a number of activities and support a range of young people. However, we really do need to raise some funds now. We are having a **Fashion Sale** this Friday (4 November) from 7.00pm and continuing on the Saturday morning. We have many quality items already but would like to renew and increase our stock. This is my request:

- **Please donate a few items of quality clothing or accessories and try and collect some from friends and colleagues for us**. If you can collect any items could you leave them with me on either Sunday 30 October, or **Monday or Tuesday** in the coming week. (5 Sandford Gardens, Portobello). I could also arrange for them to be collected (07737452833).

- **If you are free, come along to the sale, even for a short time, especially on the Friday night** (where there will also be refreshments).’

MGR JAMES T RAE (5 December 1926 – 15 October 2015)

An Invitation on the afternoon of Sunday 6 November at 3pm - around the time of the first anniversary of Monsignor Rae’s death - to gather together to listen to some of the music he loved in the church building, the restoration of which he was so grateful to be given the opportunity to plan and oversee, **followed by refreshments in the Hall**

MEMORIAL MASSES – our two November Memorial Masses will take place on Thursday 17 November at St John the Evangelist and on Monday 21 November at St Mary Magdalene’s - both at 7pm. **Please begin to place in the boxes at the back of both churches the names of those you would like remembered and read outto ensure the Masses don’t take too long (!), the suggestion this year is that we limit each person to six names – the last of which might be ‘and the deceased members and relatives of the N..family’.** However, we’re aware that some people will have lots of names they want remembered **so this year we are also introducing the symbol of the leaf.** There are leaf templates at the back of the Church on which you can write the name of as many loved ones who have died as you want and place in the bowl. The bowl of leaves will be brought forward at the offertory of both of our Memorial Masses and placed beneath the paschal candle. They will remain there till the end of November.’

AN APPEAL BY FRESH START:

Paul Bevan writes: “To continue with providing these services – setting people who have been homeless up in their own accommodation - we are in need of a few items for our Starter Packs. Light bulbs (preferably bayonet caps), J-cloths, scourers, sponges and dish cloths, Single duvet covers and sheets. Please, no furniture nor large electrical appliances. For these contact Bethany Christian Trust or Edinburgh Furniture Initiative.’

PILGRIMAGE TO MEDJUGORJE – MAY 2017:

Maria Igoe writes: The pilgrimage will be from 9th - 23rd, or a combination of dates in between. The cost of accommodation is 15 euros per night sharing or 25 euros for a single room, and this includes breakfast. With the price of flights at the moment, it is possible to go for 7 nights or 11 nights (sharing) for less than £400. The flights will probably come down in price because there is over 6 months until we leave. So it may be worthwhile to wait and see. The best price for flights is through easyjet.com. For further details phone me on 669 0247.’

PARISH REGISTER

Please pray for those who have died recently: Joan Young, Isabel Alexander.

Please pray for those whose anniversaries occur at this time, including: Margaret Laydon, and James John McGreavy

St John’s :

Oct.29:- Andrew Keogh (2005); Williamina Gallagher (1997); **Oct.30:-** Euphemia Meehan (1996); Angelo Morga;

Nov. 1:- Dorothy Scambler (2012); John McWilliams Jnr (1998); James Coyle (1997); Henry McCluskey (1986); Rose Henery (1981); Mr and Mrs Scally; **Nov. 2:-** Leonora Pelosi (1978); Joseph Dykes [Somme] (1916);

Honor Gardner; **Nov. 3:-** Sandy Begg (2009); Anne Zoltie (1996); Carol Holligan (1989); Agnes McDevitt (1973); Julia Connelly; **Nov. 4:-** Sean Martin (2010); Bridget Hanlon; James Hannavy; William McKenzie;

St. Mary Magdalene’s :

Oct.29:- James Magee (1975); **Nov. 1:-** Gerry Pelosi (1972); **Nov. 2:-** Teddy Banks (1983);

Nov. 4:- Canon Laurence Glancy (2002); Hilda May Smith (1981);

Please pray for the sick of our sister parishes, including:

Sick Parishioners - St. John’s: Helen Harrison, Patricia Crawford, Guilio Crolla, Bob Crabbe, Mary Phair, Patrick Doherty, Jane Wright, Alf Macnamara, Gerry Wynne, Mary Phillips, Francis Ginnelly, John Ritchie, Patrick McCafferty, Tricia Davies, Stan McKay, Hugh Shannon, Isobel O’Neill, Ina McNama, Josie Martin, David Thom, John Cregan, Maureen Lawrie, Mary Grady, Jane McGuire, Kathy Gallagher, Erin Corbett, Fay Dignan, Roz Byers, Sheila Alexander, Michael & Maimie Richards, Joan Howie, Cathy McGravie, Jane Murray, Marie Angela Crolla, Dolores Jones, Malachy Meehan, Ann Ward, Gerry Houston, and Lorraine Syme.

Sick Parishioners - St. Mary Magdalene’s: Ella Ayers, Chris English, Julie Keegan, Rose McKay, Denis Davidson, Laurie Wallace,

Elizabeth Mackail, Betty McEwing, Annie Watson, Isobel Phillips, David O'Donnell, Andrew Banks, Tony Matrondola, Jude Ferguson, Mary & James Muir,

Please pray for sick friends and relatives of parishioners, including: Marguerite Marlatt, Poppy Smith (aged 6), Tina Stevenson, George Collins, Margaret Robb, Alan Dougal, Sr Anne Doherty SND, Ena McCann, John Donnelly, Angela Khaleeli, Noel Flanagan, Catherine Leslie, Dympna Clifford, Austen Tod, Roy McGillivray, Hugh McGeady, Peter Kent, Isabel Bolus, John Allan, Isabel McInrue, Anne Gallagher, Denise O'Donnell, Dorothy Jamal, Jane Morton, Christopher Browne, Marie Crolla, Margaret Rose, Vera Hawkes, Christian and John Parham, Conor Kerrigan, Maria St. Denis, baby Ray Donovan Syme, Rupert Ridge and Lesley Lemarchand.

ST MARY MAGDALENE

| | | |
|---|---|---|
| <p>Readers for Sunday 6 Nov and for Sunday 13 Nov</p> | <p>Laura Tweedie & Robert Moyes Jim Gallagher</p> | <p>Bidding Prayers John Kelly The O'Brien Family</p> |
|---|---|---|

Warm birthday greetings to Kate Neilsen, 70 last Sunday, 23 October.

Jennifer Morris writes: "Can you spare a little of your time? We need volunteers to help in a variety of roles – flower arranging, teas after Sunday Mass, first aid, bidding prayers and music. (You don't have to be available every week and you don't have to be an expert!)"



At the end of Mass next Sunday members of the Parish Pastoral Council will be available in the Porch to answer any questions you have and note the names of volunteers."

The J&P Group writes: "C*****s is coming! Such a scary thought that we couldn't even bring ourselves to type the word,.A time when we stress about what to buy for whom. Well relax - problem solved! The SCIAF Real Gifts catalogue is available at the back of the church. And as well as solving your problem, you are also helping a family living in poverty to solve their problem so everyone wins. Make sure you get yours!"

ST JOHN'S

| | |
|--|---|
| <p>Vigil 5 Nov C Vinestock, B Kelly, J Kemp</p> | <p>Sunday 6 Nov E Buckley, M Iannarelli, P Maclean Hawkes, P Glancy, M McDiarmid</p> |
|--|---|

Warm birthday greetings to Charlotte Lauder, 21 on Friday 19 October.

The Pastoral Council Chair, Siobhan Sellar, writes: "Following a suggestion at the last Open Parish meeting, a **disabled parking bay** has now been marked out on **Sandford Gardens** opposite the St John's Parish House which will greatly assist parishioners coming to the Church or Hall who have mobility difficulties."



Maria Igoe writes: 'The next **Charity Coffee Morning** will be in St John's Hall after Mass on Monday 7th November. Donations will be given to 'Chance for Childhood', which helps children at risk. This Charity came to our notice through the Columban Priests working in the Philippines. Please come along.'

An Important note for Eucharistic Ministers: Keith Young writes: 'Following positive feedback from the trial CD, CD recordings of St John's Sunday Mass will be available on a regular weekly basis. The CD recording from last Sunday's Mass (23/10) is now available to collect in the Sacristy (green tub) to take to the sick/housebound members of our parish community over the coming week. To avoid any confusion CDs are marked with the name of the person they are intended for. In addition, to ensure the best use of parish resources, whether visiting at the weekend or during the week, all EMs are asked to return the CD to the Sacristy (grey tub) by the date marked on the CD so it can be reused. The plan is, when you take next week's CD to the sick / housebound, this week's CD will be brought back to the Sacristy the following week and put in the grey tub to be wiped and reused. To manage this, each sick / housebound person will have 2 CDs assigned to them. To help explain better, a picture of this process is available in the Sacristy for EMs to take away. Please note that EMs can still add new names to the list of sick / housebound people who would like to receive the Mass recording each week, and the trial CDs are still available for this purpose.'

| Offertory Collections for 23 October 2016 | ST MARY MAGDALENE | ST JOHN THE EVANGELIST |
|--|---------------------------------|-----------------------------|
| | £257.76 (inc. £101.00 gift aid) | £788.99 (inc.£374 gift aid) |
| <i>Special Collection : Missio</i> | £145.42 | £552.45 (£80 gift aid) |
| | Many thanks | |

| Masses, Devotions and Services | | |
|--|--|--|
| | St John the Evangelist | St Mary Magdalene |
| Saturday 29 October | 10.00am: Mass –@ <i>No Sacrament of Reconciliation</i> 6.30pm: Vigil Mass - James Grady | St Ninian's |
| Sunday 30 October 31st Sunday of the Year | 9.30am: Mass - Children's Mass – People of the Parish | 11.15am: Mass with P4 'Do This In Memory' children – Anne McGeachie |
| Monday 31 October | 10am: Mass – Isabel Alexander 7pm – 8pm: Exposition of the Blessed Sacrament | |
| Tuesday 1 November SOLEMNITY OF ALL SAINTS | No Eucharistic Service 7pm: Mass – Canon Tom Gibbons | 9.45am – Jimmy Gallagher |
| Wednesday 2 November The Commemoration of all the Faithful Departed (All Souls) | 10am: Mass – June Smith | 6.25-55: Exposition of the Blessed Sacrament 7pm: Mass – Canon James Murphy |
| Thursday 3 November | 10am: Eucharistic Service | 10am: Mass |
| Friday, 4 November Memorial of St Charles Borromeo | 9.25-55: Exposition of the Blessed Sacrament 10.00am: Mass – SI 3-4pm: Divine Mercy | |
| Saturday, 5 November | 10.00am: Mass – James John McGreavy 6.30pm: Vigil Mass - Margaret Laydon | |
| Sunday 6 November 32nd Sunday of the Year | 9.30 am: Mass -Sean Martin | 11.15am: Mass – People of the Parish |

Humility

‘Unity grows from the soil of humility, which is the safeguard against schisms and division. The spirit of evil is powerless against humility.’

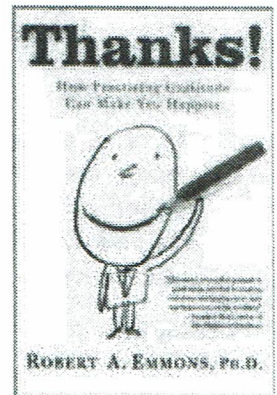
Jean Vanier, Community and Growth, p 218

Gratitude Is Recognizing and Acknowledging

From: Thanks! How Practicing Gratitude Can Make You Happier

By Robert A Emmons

In my own thinking about gratitude, I've found it very helpful to conceive of it in terms of two stages. First, gratitude is the acknowledgment of goodness in one's life. In gratitude we say yes to life. We affirm that all things taken together, life is good and has elements that make it worth living. The acknowledgment that we have received something gratifies us, either by its presence or by the effort the giver went into choosing it.



Second, gratitude is recognizing that the source(s) of this goodness lie at least partially outside the self. The object of gratitude is other-directed; one can be grateful to other people, to God, to animals, but never to oneself. This is one significant way in which gratitude differs from other emotional dispositions. A person can be angry at himself pleased with herself proud of himself or feel guilty about doing wrong, but it would be bizarre to say that a person felt grateful to herself.

From this angle, gratitude is more than a feeling. It requires a willingness to recognize

- (a) that one has been the beneficiary of someone's kindness;
- (b) that the benefactor has intentionally provided a benefit, often incurring some personal cost;
- (c) that the benefit has value in the eyes of the beneficiary.

Gratitude implies humility - a recognition that we could not be who we are or where we are in life without the contributions of others. Gratitude also implies a recognition that it is possible for other forces to act toward us with beneficial, selfless motives. In a world that was nothing but injustice and cruelty there would indeed be no possibility of gratitude. Being grateful is an acknowledgment that there are good and enjoyable things in the world.

These two terms, recognition and acknowledgment, need some unpacking. First, they suggest that gratitude (or thankfulness) is an effortful state to create and maintain. It is not for the intellectually lethargic.

The French language is especially rich in expressions having to do with thanking. The French expression "*je suis reconnaissant*" is translated as a three-part construal:

- (1) "I recognize" (intellectually);
- (2) "I acknowledge" (willingly);
- (3) "I appreciate" (emotionally).

Only when all three come together is gratitude complete.

Recognition is the quality that permits gratitude to be transformational. To re-cognize is to cognize, or think, differently about something from the way we have thought about it before.

Think about an experience in your life when what was initially a curse wound up being a blessing in disguise. Maybe you were terminated from a job, a marital relationship dissolved, or a serious illness befell you. Gradually, you emerged from the resulting darkness with a new perception. Adversity was transformed into opportunity Sorrow was transformed into gratefulness. You recognized the event. The re-cognizing might also involve matters much more mundane than downsizing, divorce, or disability. Driving to work on an ordinary day, we may for the first time notice a sunrise, a meadow bursting with spring blooms, or a formation of geese overhead, and find ourselves suddenly overcome with grateful awe.

Gratefulness is a knowing awareness that we are the recipients of goodness. In gratitude we remember the contributions that others have made for the sake of our well-being. On the recipient side, we acknowledge having received a benefit, and we realize that the giver acted intentionally in order to benefit us. On the giver side, we acknowledge that the receiver was in need of or worthy of the benefit, and we recognize that we are able to provide this benefit. We cannot be grateful without being thoughtful. We cannot shift our mental gears into neutral and maintain a grateful lifestyle. This is why gratitude requires contemplation and reflection.