



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: Enrico Fertini

(Office Hours: Tuesday, Wednesday, Thursday: 10am to 3pm & Friday 11am-4pm)  
 Web address: [www.stjohnsportobello.co.uk](http://www.stjohnsportobello.co.uk)      Web address: [www.stmarymagdalenes.co.uk](http://www.stmarymagdalenes.co.uk)  
 Joint e-mail for our sister parishes: [stjohnsandstmarymagdalenes@gmail.com](mailto:stjohnsandstmarymagdalenes@gmail.com)



## The Feast of All Saints – Sunday 1 November 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.*

Congratulations to **Sam Telford, Roksana Oczkos-Sane, Nicola Majdan and Filip Drozdowski** who celebrate(d) their First Communion on Friday, 30 October, at 6pm.

**A New Initiative in these strange times – this Sunday 1 November at 9.30am at St John's - a Children and 'Families' bubble' Mass** (plus an extra Mass at 4.30pm on Sunday Afternoon for all who would normally have gone to the 9.30am)

**AN AUTUMN AND ADVENT INITIATIVE FOR OUR TWO PARISHES**  
 a chance to watch and reflect on a superb new series about the life and ministry of Jesus  
**THE CHOSEN**

(based on the Gospels and remaining true to their spirit, but with great creativity imagining life at that time and what might have been the background to the events we know so well)

<https://youtu.be/K1-FoFj8Jbo> (the official trailer)

**Deacon Eddie and Fr Jock write:** 'Both of us had friends enthusing us about how powerful the initial 8 part crowd funded series was and having watched them ourselves we were equally impressed....in the final two months of the year, in near lockdown and with the nights getting longer, we'd like to suggest that between the middle of November and the middle of December, we commit ourselves to watching the first 4 (45 minutes long) parts – either individually or as part of an online small group – and then reflect on questions that will be provided for each part.

As regards the small groups - just as we have become familiar with the Lenten House Groups, so we can try in a similar way to come together and reflect - although we are currently unable to meet in each other's houses, we can still meet in small groups over Zoom.

Before we look for people to sign up (we hope to start the w/b 16 November,)we need volunteers. But whilst the house groups would normally have a group leader and a host, for zoom we need each group to have a **group leader and someone to be in control of the zoom call.**

Would you be happy to lead a group? We have pre-prepared questions to guide you. Maybe you would not feel able to lead but could help with the technology? If you are interested in finding out more, please do get in touch with either of us.      [ewhite@outlook.com](mailto:ewhite@outlook.com);      [jockdalrymple@postmaster.co.uk](mailto:jockdalrymple@postmaster.co.uk)

**There is no better way to deepen our faith and enable it to come alive than by the person of Jesus coming alive in a new way for us...'**

## ONLINE MASSES

Almost all of our Masses in our Churches are now being livestreamed - and we are keen to make those participating online feel both as welcome and as involved as possible...so we now plan to include 'An Act of Spiritual Communion' at communion time during these Masses.

Mairi Clunas has responded to a request to write one for us with the prayer below

### Act of Spiritual Communion

*Lord Jesus, you have promised to remain with us in the Eucharist and in the depth of our own hearts.*

*Help us now to be still, to listen and to surrender ourselves to your loving presence.*

*Heal what may be fractured, sustain and strengthen us for the challenges in front of us.*

*Enable us to welcome the mystery of your presence in all those we meet.*

*And in moments of quiet, may we rest in your love.*

## HOW ARE WE GOING TO KEEP WARM IN OUR CHURCHES THIS WINTER?



Both of our churches have circulating warm air central heating systems.

Current Government regulations recommend that the system can be used provided we switch it off 30 minutes before people arrive at the Church.

In practice that means one hour before Mass as our welcomers, organist and audio-visual team are in attendance earlier.

It is our intention to purchase additional electric heaters in order to endeavour to keep the churches as comfortable as possible.

We encourage everyone to dress as warmly as they can and perhaps bring their own knee blanket ... remembering to take it home again!

Thank you for your patience and understanding.

### Weekend Masses – and How/If to Book

To help us to manage the numbers, if you wish to come to one of the 'live' Saturday and Sunday Masses, please contact the parish house

**by phone (0131 669 5618 – a special number) only on  
Wednesday 10am to 1pm**

**Thursday 10am to 1pm**

**Friday 11am to 1pm**

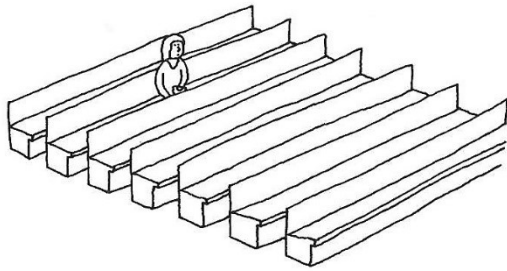
Or by email ([stjohnsandstmarymagdalenes@gmail.com](mailto:stjohnsandstmarymagdalenes@gmail.com)) until Friday 1pm.

We are continuing to livestream some of our **Weekday Masses from the Prayer**

**Room** in the Parish House - **this week on Monday and Friday at 10am and Tuesday at 7.00pm** (This is partly because after every Mass in one of our Churches, 'deep cleaning' has to take place – something that takes a considerable length of time and effort. We are so incredibly grateful to our welcomers, stewards and cleaners who are making it possible for us to have our churches open – **and always open to new volunteers.**)

Please also be aware that you will need to utilize hand sanitisers as you come into and leave the church, and masks must be worn throughout the service.

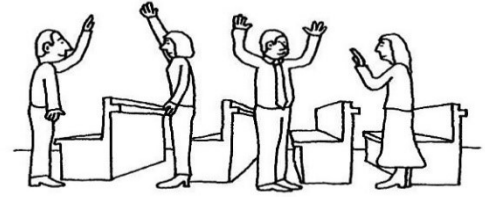




A REDUCED CONGREGATION

Due to the COVID regulations we have limited seatings available and therefore **we advise early booking.**

We are grateful for your patience and understanding in these difficult times.



THE PEACE  
(CONTACTLESS)

... and remember ...

## Children's Liturgy at Sunday Mass

Arlene Lauder writes:

Welcome to  
Children's Liturgy



'Zoom Children's Liturgy sessions are continuing. Why not join us this Sunday where we will be starting around 11:15 am? To be included, please send your email address to Arlene at [Lauder.82@btinternet.com](mailto:Lauder.82@btinternet.com) by 4pm on Saturday 31 October. 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

**Friday 30 October - 6pm – St John's – The Second of our First Communion Masses (by invitation only)**

### Saturday 31 October

**1pm - National Rosary Relay Rally** - Pray the Rosary online with others in the Archdiocese for the National Rosary Rally. Pray along on the Archdiocese's Facebook, YouTube or website: [archedinburgh.org/new-events](http://archedinburgh.org/new-events).  
**6.30pm – St John's - Vigil Mass (fully booked)**

### Sunday 1 November - Solemnity of All Saints

**9.30am – St John's – Children Mass (fully booked)**  
**11.00am – Full length Sunday Mass** (streamed on Youtube, pre-recorded from the Prayer Room)  
**11.15am – St Mary Magdalene's - Mass (fully booked)**  
**4.30pm – St John's – Mass (booking required)**

### Monday 2 November (All Souls)

**10am – St John's – Mass (livestreamed)**  
**4.30pm – Skype – PEP Meeting**  
**7-8pm – Zoom/Google Meeting – Gospel Sharing and Reflection – Open to All**

To join by Zoom, click the link below

<https://us02web.zoom.us/j/84890973938?pwd=Nk8yUm1xNThDYiRDRGZSMlJQUm1ldz09>

Meeting ID: 848 9097 3938 Passcode: 298171

*The format is very simple and unthreatening – listening to the Sunday readings, and to a precis of Fr Jock or Deacon Eddie's homily, and then – for those who wish (but absolutely no pressure, it's more than ok to remain silent) – a chance to share one's own personal perspective, and finally, concluding with some very gentle prayer....Do give it a try....*

### Tuesday 3 November

**7.00pm – Prayer Room – Mass (livestreamed)**  
**7.35pm – Online – St John's Tower Group Meeting**

### Wednesday 4 November

**9.20am – St John's – Exposition of the Blessed Sacrament**  
**10.00am – St John's - Mass (livestreamed, no booking required)**  
**7pm - Event for Grandparents** - If you're a grandparent please register for '**Grandparents: Our Mission**'.  
'This Zoom event is led by Catherine Wiley of the Catholic Grandparents Association. She will present a vision

of grandparents' ministry which includes sharing the faith with grandchildren and building a sense of mission in today's Church. It takes place at [bit.ly/GrandparentsEvent](http://bit.ly/GrandparentsEvent).

### **Online Zoom Meetings – organised by ACTA**

Dr Clare Watkins (Reader, Roehampton Institute) - **A Vision for the Church of the Future**

'Registration is essential and the form is available at : <https://www.acalltoaction.org.uk/>

Click on the session you want to register for and complete Individual Registration

If you need further assistance contact Alex Walker on 07947 675405 or Frank Callus on 07956 005459.

Once you have registered you will receive joining instructions for the Zoom session on the Sunday evening preceding the talk: The Zoom ID and Pass Code will be unique to each event.'

### **Thursday 5 November**

10.00am – St Mary Magdalene's - **Mass** (livestreamed, no booking required)

3pm – Seafeld Crematorium – **Funeral Service for Catherine Martin**

**7-8.30pm - Open Zoom Conversation with Fr James Alison - LGBTI People in the Church (see below)**

To book please email: [slaitynetwork@gmail.com](mailto:slaitynetwork@gmail.com)'

### **Friday 6 November**

9.20am – Prayer Room – **Exposition of the Blessed Sacrament**

10.00 am – Prayer Room – **Mass** (livestreamed)

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

### **Saturday 7 November**

6.30pm – St John's - **Vigil Mass** (booking required)

### **Sunday 8 November**

9.30am – St John's – **Mass** (booking required)

11.00am – **Full length Sunday Mass** (streamed on YouTube, pre-recorded from the Prayer Room)

11.15am – St Mary Magdalene's - **Mass** (booking required)

## **NOTICEBOARD**

### **AN INVITATION FROM ARCHBISHOP CUSHLEY IN A RECENT 'AD CLERUM' (Letter 'to the Clergy')**

'Dear friends,

The Archdiocese is launching an online **Diploma in Catechetics** in January.

It's open to anyone who wants to learn more about their faith and to deepen their understanding of Catholic theology.

It's easy to take part. Each Thursday evening you join a 45-minute lecture on Zoom from the comfort of your home. The course is led by Sister Anna Marie McGuan, our new Catechetics Advisor, who will be joined by priests, religious and lay people in delivering the course.

I particularly invite anyone involved in the catechetical work of the Church to get involved – such as children's liturgists, RCIA team members, teachers and youth group leaders.

In these days of enforced social isolation and of limited possibilities to bring people together, I think this is an excellent initiative. I sincerely encourage any of you who want to deepen your faith to think seriously about taking up this opportunity.

You can register now by emailing Sister Anna Marie. Her email is on the poster at the back of the church. Find out more on the news section of the Archdiocesan website or visit our Facebook and Twitter.

Sincerely in Christ, + Leo Cushley.'

### **This Thursday 5 November - from 7pm to 8.30pm - A Scottish Laity Network Initiative - Open Zoom Conversation with Fr James Alison - LGBTI People in the Church**

'James is joining us for an evening of informal discussion and theological exploration about the experience of being a member of the LGBTI community in the Church today. He will help us to reflect on areas such as:

- The experience of being an unwanted believer.
- Lies and violence in the heart of family and church life.
- Authentic accompaniment by family, friends and faith community.
- What queer believers can teach the Church.

James Alison is a Catholic theologian, priest and author. His principal claim to fame is as one of those who has done most to bring the work of the great French thinker René Girard to a wider public. In addition, he is known for his firm but patient insistence on truthfulness in matters LGBTI as an ordinary part of basic Christianity, and for his pastoral outreach in the same sphere.

To book please email: [slaitynetwork@gmail.com](mailto:slaitynetwork@gmail.com)

## **Christmas is coming!!!** *Some Christmas ideas from the Justice and Peace Group:*

### **Christmas Cards:**

**Mary's Meals.** Help the work of feeding hungry children by buying Mary's Meals cards - go to [marysmeals.org.uk/christmas-shop](http://marysmeals.org.uk/christmas-shop)

**Fairtrade:** Go to [traidcraftshop.co.uk/christmas](http://traidcraftshop.co.uk/christmas)

### **Christmas Gifts**

**Bethany Christian Trust's "Buy a Bed"** offer is on again this year – see separate article in the newsletter. For £21, it will make a nice present for someone. Go to [bethanychristiantrust.com](http://bethanychristiantrust.com)

**SCIAF Real Gifts:** your chance to give someone you love some chickens or a pig! There's a new item in the catalogue this year, a water filter at £37. 10% of the world's population do not have access to clean water. When the only water you can give your children is dirty and full of disease, and you know it, but still have to give it to your children because there is nothing else, a water filter is the gift of a lifetime. Go to [sciaf.org](http://sciaf.org)

..... and finally, let's not forget our **Just World shop in Portobello**, with a range of cards and quality gifts, all Fairtrade certified.

Scottish Domestic Abuse Helpline (24 hours)

☎ 0800 027 1234

## **PARISH REGISTER**

***Please pray for those who have died recently: John Fawns, Nancy Nolan and Catherine Martin***

***Please pray for those whose anniversaries occur around this time: Margaret Laydon, James John McGreavy, Hugh Taylor, Anne Zoltie, Sean Martin, Helen Harrison and Canon Lawrence Glancy***

**St John's 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:-** Sarah Thomson (2019); Sean Martin (2010); Bridget Hanlon; James Hannavy; William McKenzie; **Nov. 5:-** Margaret Laydon (2012); Hugh Taylor (2006); Mark Laydon (1976); Albert Hancock (1961); Mr Donlevy; **Nov. 6:-** Mary Cockburn (1998); Mr R. Greig (1967); Mrs R Greig (1967); Mrs Delaney (1961); Mr & Mrs George Burns (1949); **Nov. 7:-** Clare Hannavy (1988); Lorna Demarco (1980); James Neilson (1976); **St Mary Magdalene's Nov. 1:-** Gerry Pelosi (1972); **Nov. 2:-** Teddy Banks (1983); **Nov. 4:-** Canon Lawrence Glancy (2002); Hilda M Smith (1981); **Nov. 5:-** James Harvey (2018); Pauline Dewar (2003); **Nov. 6:-** Mary Cockburn (1998); **Nov. 7:-** Henry Price (1996);

***Sick Parishioners - St. John's:*** Pauli Walker, Susan Cammach, May Flynn, Vincent Knowles, John Cregan, young Saoirse Golden, John Whyte, Chloe Sutherland, Frances Cunningham, David Reid, Molly Lugton, Sheila Tansey, Frank Logan, Charlotte McGregor, Betty Dougal, Anne Thomson, Eileen Brown, Mike Noonan, Sarah McManus, Patricia Lawler, Mike Burns, Sr Jennifer Lindsay, Ernie Moran, Maureen Low, Pat Hunter, Dolores Jones, Alan Blyth, Mary Slight, Marie White, Anna Butler, Mary Phair, Sara Alkahankni, Rose Thornton, Kitty Dykes, Norman Telfer, Philip Jamieson, Giulio Crolla, Alf MacNamara, Stan McKay, Maureen Lawrie, Mary Grady, Kathie Gallagher, Erin Corbett, Roz Byers, Marie Angela Crolla and Lorraine Syme

***Sick Parishioners - St. Mary Magdalene's:*** Sheila and George Service, Ray Donnelly, Sam Burns, Clive Davis, Ella Ayers, Isobel Phillips, Denis Davidson, Margaret Duffy, Maria Scott Jnr, Louise Gorman, Ann Dockrell, John Prior, John Newell, Michael McPhillips, 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:*** Katie McAnenny, Piotr and Daniela Przekop. Jack Gibson, Robert Shaw, Hugh Campbell, baby Kinsley McMillan, baby Francesca Horwood, Peter Von Schenk, Anthony Finnerty, Helen Liddell, John Walsh, Linda McKean, Moira McConville, Kathleen Kay, Albi Stanley, Margaret and Victoria Roddam, Hazel Yeoman, John Williams, Clare Richardson, Karen MacKay, Laura Anderson, 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, 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, Savannah McDonald, Pat Dignan, Sharon Anderson, Igor Rekowski, Sr Veronica Marshall, Martin Doherty, Maureen Connolly, Diana Hibbert, Roksana Moczulstra, Joan Brooks, Sr May Lewis, Mary Turnbull, Stuart Falconer, Jake Jorden and young Ray Donovan Syme

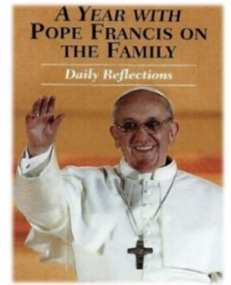


Offertory Collections	St Mary Magdalene	St John the Evangelist
25 October 2020	£113.00 (including Gift Aid of £140.00) ie <b>£253.00</b> )	£419.67 (including Gift Aid of £202.40) and £625.00 Direct Debits – ie <b>£1044.67</b>
Special Collections	Mission Sunday <b>£30</b>	

**Missio** - October is the month of Missions. Parishioners can donate at [missioscotland.com/donate](https://www.missioscotland.com/donate). Our Archdiocese is posting a Missio story each week throughout October on its website and social media to raise awareness. Here's the link to the first story: <https://www.missioscotland.com/single-post/we-have-to-make-mission-count>.

**Warm birthday greetings to Mike Lawler, 80 last Monday, 26 October**

*“Love never ends. As for prophecies, they will pass away; as for tongues, they will cease; as for knowledge, it will pass away (1 Corinthians 13:8). Without love, no gift or charism could serve the Church, for where there is not love there is an emptiness that becomes filled with selfishness.”*



## A NEW SERIES – “WHERE I FIND GOD”

Recently, a book was published in Ireland under that name (see below), put together by 2 secondary school teachers/chaplains from Co. Clare, Cora Guinnane & Joanne O’Brien. They obtained personal reflections from many different people on where they experienced God in their life. We intend to offer one each week

### Sr Carmel Kehoe

*Carmel Kehoe was born in Lacken, near New Ross, Co. Wexford. She is a sister of St John of God. She spent a number of years working as Hospital Chaplain in Daisy Hill, Newry and Beaumont Hospital, Dublin. She spent the years before her retirement working as a special needs teacher in schools in Clare. She has published many short stories and poems.*

From New Ross, on a fair day, my father returned home with a packet of Rolos for me. Sweets, in the heart of the country, were a rare commodity. At a very young age I had heard of “miracles”. When I received my treat, I would go out to the barn, put the sweet on my tiny hand, and pray fervently to God. My eyes would open in wonder as I longingly hoped the sweet would increase. That was my first encounter with the notion of miracle!

Where do we find God today? I know that God is love. Out of love He has created us humans and all living things. For me, everything is permeated by love and God is present in all things.

When major catastrophes occur, my faith in God is challenged. Where is the loving God now, I wonder. No matter how I struggle I come back knowing that God lives only as love – even in pain and suffering – and He is there when we call on Him to comfort and console.

When I pray I like to meditate. This helps me journey to that still point is the God-centre within me. It is here that I can travel gently to

*That place where I can recover  
My core in silence  
To find again my soul’s delight  
To feel embrace of God*

# **Buy a Bed Christmas Appeal – a message from Bethany Christian Trust**

**For the fourth year running, we are launching our Buy a Bed campaign where supporters have the opportunity to help provide one person, who would otherwise be sleeping rough this Christmas or winter, access to the support of the new Welcome Centre.**

**For every £21 you donate through this campaign, the Welcome Centre\* will provide a person with the following assistance:**

- A warm and safe place to sleep
- Safety from the elements
- Their own room with ensuite facilities
- 24 hour care and support from professional staff
- Three meals a day including a freshly prepared, hot two course meal in the evening
- A range of professional on-site support services
- Tailored support to help the individual to move rapidly out of the crisis of homelessness

**In return, you will receive your choice of a physical or e-voucher that you can gift to your friends or family members as an ethical Christmas present or as a keepsake for yourself.**

Following on from the success of last year's campaign, the traditional Care Shelter model has been modified into an even more inclusive service with the emphasis on re-accommodation. Running from 5 October 2020 until 2 May 2021 we are taking the very best from what we have learned from the running of the Care Shelter and combined it with a now, **24 hour service and a COVID safe space, operating in the Haymarket Hub Hotel.**

The new Rapid Re-accommodation Welcome Centre ensures that everyone has their own room with ensuite facilities and daytime as well as night-time access to professional services and tailored support to move rapidly out of the crisis of homelessness.\*\*

Will you consider helping someone today who is homeless in Scotland? Your gift could mean the difference between someone having to sleep rough and sleeping overnight in a warm and safe space.

**Thank you sincerely for your generous support.**

\*Please note Individuals do not require this voucher to access the service. Room hire is separately funded by local and national government.\*\*When you support Buy a Bed you're making a vital donation to help keep individuals off the streets and providing tailored support for rapid re-accommodation. Your gift is spent wherever the need is greatest across Scotland. Due to current restrictions, gifts may take longer to reach you and we cannot guarantee delivery times.

**To buy a bed, go online to [bethanychristiantrust.com](http://bethanychristiantrust.com) and select "Buy a Bed" or give a donation to Jennifer Morris, Jim Roarty or any member of the Justice & Peace Group or hand them in to the parish house.**

# A REFLECTION BY BERNARD TRAYNOR ON THE READINGS FOR THE FEAST OF ALL SAINTS

Apocalypse 7:2-4, 9-14

Matthew 5:1-12

Regularly I find myself shopping at the same time as one of the GP's from my medical practice. I have shared before that I love watching people – and whilst I avoid staring at him – I invariably steal a sideways glance into his shopping trolley. It's always reassuring to see his trolley filled with healthy options. Whilst I would feel absolved of personal culpability were my gaze to rest upon chocolate bars, crisps and the like I am heartened to see fresh fruit and veg and all manner of wholesome produce. Sometimes, before the days of COVID when Hospital waiting areas teemed with hordes of those awaiting treatment and reassurance in equal measure, our gaze would light upon a medical professional with a weight issue. Uniforms and buttons straining at the task in hand and they roll rather than walk. Suddenly our excess pounds seem not to be such a major issue. 'Physician heal thyself' trips off the tongue, sotto voce, to no-one in particular.

Today's feast, the feast of All Saints presents us with another visit to the Beatitudes, or the Sermon on the Mount. *Happy the pure in heart, happy those who hunger and thirst for what is right, happy the gentle...* It's important to remember that they are described as the Beatitudes – not the Platitudes. Platitudes are invariably spoken with a condescending air, they lack sincerity and they lack conviction. Jesus was at his most scathing when confronted by the hypocrisy of the Scribes and Pharisees and anyone who described themselves as 'Establishment.'

He has a warning for the ordinary people of his time, people like you and me, people who go through life aware that we all need guidance, that none of us have all of the answers. - he warns us to be on our guard. To beware of those who say one thing with the words that come from their mouths but something completely different with their lives. There is a section in Matthews Gospel where Jesus is quite specific. He passes judgement on the Scribes and Pharisees. *Don't be guided by anything they do for they do not practice what they preach.* We are known by our fruits. A CV might suggest to a potential employer that the next Einstein sits before the selection panel, six months into the job and the same employer realises that he has indeed bought a pup. It's easy to be lulled into a feeling of security as we imagine that Jesus' ire and condemnation is aimed fairly and squarely at the establishment. Indeed, it is – but it's not solely directed there. His advice and warning are aimed at us, too.

Turning back to the Beatitudes Jesus promises a hundredfold reward to those who are poor in spirit, those who are gentle, and the tireless followers of what is right. I can go on but that would spoil your appetite for the upcoming feast. We all need to sit somewhere quiet this weekend and read these words out loud. They are meant to be spoken; it's not blasphemous to imagine that you are sat beside Jesus. You're the reader at his Mass, if you like. He hands you the reading and he sit down beside you, smoothing the folds in his outer garment even as you clear your throat. The floor is yours. Read the words, out loud; allow them to wash over you, to drench your clothes and skin, to flow back and forth even as the tide washes the shingle on the beach. When we learn to do that and to absorb the message and to **live** the message - then we are on the way to sainthood, we are one with this weekend's feast, we are part of that huge number, impossible to count who have washed their robes white again in the blood of the lamb (First Reading)

Our example speaks much louder than anything that we might utter. We cannot condemn gossip or idle chatter if we indulge in that which we denounce; we cannot rail against those we imagine to be benefit scroungers if we support political parties and politicians who are manifestly corrupt. Let our 'yes' mean yes, and our 'no' mean no. We are called to be humble. Humility does not mean putting ourselves down – rather it means telling it as it is, with conviction and respect, whilst at the same time recognising that we cannot tell it as it is, if we're not living a life that shows we believe what we say. We are all invited to read God's word, to believe what we read – and to practice what we believe. Or, as my GP might say, we cannot encourage others to eat healthily if we're pushing a supermarket trolley laden with junk, calorie-laden food!