

**Thought for the week  
5th Sunday of Lent  
21st March, 2021**

Lord Jesus Christ,  
our Divine Physician,

we ask you to guard and protect us  
and all people from the  
coronavirus and all serious illness.

For all who have died from it ,  
have mercy;

For all who are ill now,  
bring healing;

For all searching for a remedy,  
enlighten them;

For medical caregivers, helping the sick,  
strengthen and shield them;

For all working to contain the spread,  
grant them success;

For those afraid,  
grant peace of mind.

By your grace,  
may you turn the evil of disease  
into moments of consolation and hope.

We abandon ourselves into your  
infinite mercy.

Amen.

The hardware shop in the village has already sold out of many seeds.

It appears that the local gardeners have anticipated Spring even though the warm spell of weather a couple of weeks ago seems to have been short-lived. My window sills are covered in trays and pots of germinating seeds. They carry within them everything needed for the plant. Information to grow the correct variety of the tomato, petunia, leek etc. as well as a small amount of food energy to keep the new seedling healthy until it can start supplying itself.

I hope that the plants will grow strong and be healthy but I won't be able to find the seeds that started the whole process because they will have gone. This is a powerful idea that was the inspiration for this poem:

**Poem " The Grain of Wheat " from Flor McCarthy, S.D.B.**

Each of us is like a grain of wheat planted by our heavenly Father.  
That grain of wheat must die, if it is produce a harvest.  
This dying to self is a gradual process and happens in ordinary ways.

Every act of kindness involves dying to meanness.

Every act of love involves dying to selfishness.

Every act of humility involves dying to pride.

Every act of courage involves dying to cowardice.

Every act of forgiveness involves dying to bitterness.

When a person's life is producing a rich harvest of such acts,  
it means that the grain of wheat has well and truly died.

A parishioner



## Prayers Please

Please pray for Rita Lonsdale.

Maddy Sharman has asked for our prayers.

Vera Bird has asked for our prayers for her Great, Great Grandson Harry

Please pray for Cecilia Fung, the mother of Fr Jojo. She has had a stroke.

Prayers please for Antonita's nephew Peppin who remains in hospital due to the coronavirus.

Please pray for Caroline Mikhail (daughter – in - law of Jane and Ramsay Mikhail) who suffered a stroke.

Please pray for Peter Halter's sister Jean who has macular degeneration and for Jean's great grandson Rogan who is 8 and has leukemia. Rogan continues to need our prayers.

Please pray for Ted Cotter (brother of Philomena) who has cancer and is undergoing chemotherapy.

Please pray for children under stress.

Please pray for the residents and staff at the two nursing homes in our parish, Abbeycrest and St Luke's.

Please pray for all victims of the Coronavirus.



**Please also remember in your prayers those whose anniversaries occur at this time including;**

Henry Ernest Gibbons, Mary Ann Kerr, Iva Andrews, Nancy Keogh, Hermien Noothout, Peter Warren, Tony Drover, Audrey Gallagher, Christine Ryman (nee Lester).