

SCARBOROUGH CATHOLIC PARISHES

CHURCHES OF ST PETER, ST JOSEPH, ST EDWARD THE CONFESSOR

Part of the Middlesbrough Diocesan Trust: Reg. Charity No. 233748

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28 JULY 2024 – 17TH SUNDAY OF ORDINARY TIME – YEAR B

Divine Office: Week 1

THE SERENITY PRAYER

In only a few, short poignant words, **the Serenity Prayer** captures the very essence of the Christian heart, each line packed with a powerful, Biblical reminder to sustain us through each day. Despite its short length, the serenity prayer is full of core Christian values that are important reminders to any follower of Christ. **The Prayer has been attributed Reinhold Niebuhr, a Protestant theologian, in the early 1930s.** It was adopted and popularised by **Alcoholics Anonymous**, and was later included in *A Book of Prayers and Services for the Armed Forces*, and was printed on cards for American soldiers in WWII. The Serenity Prayer remains one of the most sacred and relevant prayers, shared by Christians around the world. The first four lines of the prayer are an adaptation of the original text; the next section appears to have been added later by an unknown author.

Purpose of the prayer: This famous prayer asks for God's help achieving something that most people desire but few can truly achieve: **peace and happiness in life.** Unlike many prayers that ask for peace or happiness, the Serenity Prayer does not simply ask that God hand a person peace wholesale. Instead, **the prayer lays out specific steps** that will help a person achieve serenity in their life and asks God to help them gather the strength to live by those smaller goals. The Serenity Prayer does not so much ask for a gift as much as it asks God to help a person create or earn their own peace.

The first two lines are a prayer **for peace** to accept what cannot be altered in oneself (**serenity**). Everyone has things in their life they wish that they could change, whether it is something as small as the traffic and congestion that fills a person's daily commute or something as serious as a loved one's diagnosis with terminal cancer. When faced with something we wish we could change, we often fight it, or hide from it and bury our heads in the sand. The inevitability of the facts does not make them less horrible, but it does mean that there is nothing we can do about it. The first two lines of the Serenity Prayer ask for perhaps one of the hardest things of all: the strength to both accept that some things are out of our control and come to peace with that fact rather than drowning in hurt or rage. There is peace in letting go and letting God help you understand what is worth changing.

The third line is a request **for fortitude** to overcome that which is possible to achieve or overcome (**courage**). It is easy to find fault or complain about circumstances or other people's attitudes and actions, but it is not so easy to actually enact change, especially if you are in the minority. It is not easy to say to someone *"I disagree"*, especially if that person is aggressive or condescending. Truly creating change not only takes time, effort, energy, it is also often risky. **The Serenity Prayer asks God to help us find the inner strength and deep well of bravery we all possess and turn that willpower and courage toward bringing about the changes that matter to us.**

The fourth line is a prayer **for discernment** to know when to accept a situation or when to challenge it (**wisdom**). Wisdom comes with experience and the serenity prayer helps you ask God to attain this wisdom so you do not waste efforts trying to change things you cannot - such as other people, or issues that truly are out of reach. Discernment is one of the most difficult skills to master especially when it comes to dealing with our ability to influence the world around us. We often have an overinflated sense of our own power to enact change, and often find themselves frustrated as things refuse to change. This is because the things they want to influence are not within their ability to alter. Discerning what we can change and what we simply wish we could change is not easy. **The Serenity Prayer recognizes that very human refusal to admit defeat and accept that something is out of our hands.** As such, the prayer asks for God's help discerning what we can truly control and what we merely wish we could influence.

Identify what is in your immediate control: The Prayer aims to ask God for help to help you identify what small steps you can take to start making positive change. As the serenity prayer says - *"live one day at a time; enjoying one moment at a time,"* you must create a habit of focusing on the present day's issues and blessings. Each day is different and brings its own set of challenges and pleasures. It is useful to recognise that truly the only thing you can control is what is happening in this current moment. It does not serve any purpose to worry about what your high school bully said many years ago, or dwell on unpleasant interactions with coworkers, it'll rob you of peace and serenity that we all desperately need in this life.

Recognise God's hand in your life: The full serenity prayer also says, *"trusting that He will make all things right if I surrender to His Will."* Sometimes taking time to count your blessings and realise God has helped you in your life helps ease the stress of worrying about things outside of your control. It also reaffirms in your heart that God is with you and will bless you as you strive to change your life for the better.

Get busy after you pray: After praying, try taking action and seeing how your prayer sets you up for success on things you can change. As the Bible says, *"faith without works is dead."* It does no good to believe in changing, and not taking action toward those changes. As you train your mind, with the help of the prayer, to focus on actionable changes in life, you may find you worry less about things you cannot control. God wants to bless you for your efforts in prayer. This prayer is a great starting point for many, as it asks the Lord for peace, for help to discern what to change, for focus, happiness, and to obey His will.

SERENITY PRAYER

*God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.*

*Living one day at a time;
enjoying one moment at a time;
accepting hardships as
the pathway to peace;
taking, as He did, this sinful world
as it is, not as I would have it;
trusting that He will make all things right
if I surrender to His Will;
that I may be reasonably happy in this life
and supremely happy with Him
forever in the next.*

Amen.

MASS TIMES WEEK COMMENCING 28 JULY 2024 – YEAR B **17TH SUNDAY OF ORDINARY TIME**

Masses at St Peter's Church are also LIVE STREAMED via YouTube: <https://youtube.com/@stpeterschurchscarborough>

Saturday	27	5.30pm	St Edward's	
Sunday		9.30am	St Joseph's	
	28	9.30am	St Peter's (Polish)	
		11.30am	St Peter's	
Monday	29	10am	St Joseph's	<i>Ss Martha, Mary & Lazarus</i>
Tuesday	30	5.30pm	St Edward's	<i>St Peter Chrysologus</i>
Wednesday	31	8.15am	St Peter's ** note change of time	<i>St Ignatius Loyola</i>
Thursday	1	10am	St Joseph's	<i>St Alphonsus Liguori</i> SERVICE OF WORD & HOLY COMMUNION
Friday	2	10am	St Peter's	<i>St Eusebius/St Peter Julian Eymard</i> SERVICE OF WORD & HOLY COMMUNION
Saturday	3	10am	St Peter's	<i>St Oswald</i> SERVICE OF WORD & HOLY COMMUNION

MASS IN THE SYRO-MALABAR RITE celebrated monthly **10.30am** on **4th Sunday of month** at St Edward's Church.

CONFESSIONS Normal times **Sat: 10.30-11am** at St Peter's & **5-5.20pm** at St Edward's; **Sun: 9-9.20am** at St Joseph's; & **by request**

ADORATION OF BLESSED SACRAMENT weekdays **9.15 - 9.55am** at St Peter's, **1 hour before Mass** at St Joseph's, **5pm** St Edward's

CHILDREN'S LITURGY OF THE WORD St Peter's **1st Sunday** monthly; St Joseph's **Sundays**, weekly

ST PETER'S SCHOOL PRAYER WALL <https://padlet.com/ajwilson14/our-prayer-intentions-wall-zbws1e06ezgdq165>

POPE FRANCIS' AUGUST PRAYER INTENTION: *We pray that political leaders be at the service of their own people, working for integral human development and for the common good, especially caring for the poor and those who have lost their jobs.*

RECENTLY DEAD: Fr Pat Hartnett (diocesan priest); **ANNIVERSARIES:** Clyde Rodricks, Mavis Brown, Anthony Greenaway, Fr Tom O'Connell, Pat Aveyard, Matt Gilson, Beatrice Penny;

MASS ATTENDANCE: Vigil: St Edward's **81**; **Sunday:** St Joseph's **146**; St Peter's **197**; Polish **55** (est); **Total 479**

OFFERINGS: Loose Plate **£626**; Gift Aid Envelopes **£374**, **Standing Orders £760** (av.); Contactless **£55**; Polish: **£30**; **Total £1,845.**

Thank you! ONLINE GIVING Parish Bank: Barclays, Account No: **50003417**, Sort Code: **20-56-90**, Account name: *Diocese of Middlesbrough.* **Include a reference** if Gift Aiding your donation (do sign up if have not already). **OR** donate online.

300 CLUB WEEKLY WINNER: £25 No.117; £10 No.10. Congratulations! Spaces available: **£1** p/wk for 2 numbers.



GROUPS IN OUR PARISHES: *Divine Mercy Devotions (9.45am Fridays at St Peter's in church); Rosary Devotions (before Mass Wednesdays at St Peter's in church) RCIA Instruction for Adult Converts (11.30am Saturdays, St Peter's Parish Centre); Rosary Prayer Group (11am Thurs, St Joseph's Sr Rita Room until Sept); Mothers Prayers (1.30pm Mondays, St Peter's Parish Centre); Legion of Mary (11am Saturdays, St Peter's Parish Centre); Alive Group (2pm Tuesdays, St Edward's Hall fortnightly); Parents & Toddlers (9-10.30am Mondays, St Peter's School); Union of Catholic Mothers (1pm 3rd Tuesday monthly alternating: St Peter's & St Joseph's parish rooms) Craft Group St Peter's 1st Tues of the month 1.45pm St Peter's Parish Centre); Children's Choir St Peter's last Sunday 11.30am Mass*

4TH WORLD DAY FOR GRANDPARENTS & THE ELDERLY is this **Sunday 28 July**, closest Sunday to the Feast Day of St Joachim & St Anne **Friday 26 July** (parents of Our Lady and Jesus' grandparents). Theme **Do not cast me off in my old age** (from Ps 71).

FATHER GUBBINS will be in Ireland from **Wednesday 31 July** to **Friday 9 August** presiding at his nephew's wedding in County Tipperary. Service of Word & Holy Communion only (not Mass) during most of that period. **Father Martin Gosling** from Muston will be covering weekend Masses **Saturday 3rd 5.30pm** and **Sunday 4th August 9.30am** and **11.30am** - **NOTE no Confessions**

PARISH FUNDRAISER for Breast Cancer Now **2pm-4pm Sat 17 August** in St Joseph's Sr Rita Room: refreshments, cake, pink Prosecco & tombola. Donations of cakes & prizes gratefully received. Bring to St Joseph's on Thursdays or Sundays or on the morning of 17th.

ASSUMPTION PILGRIMAGE TO THE SHRINE OF OUR LADY OF MOUNT GRACE at Osmotherley to celebrate the Feast of the Assumption: **Sun 18 August** (not 13th!): Rosary **2.30pm**, Mass **3pm**. Consider car sharing. No vehicles to the chapel (*Rueberry Lane*). Car park in field opposite. **Lifts** to chapel for those with mobility difficulties. **Seating** limited. Bring own seating. Refreshments available. This holy and historic Lady Chapel is the shrine for the Diocese of Middlesbrough. It was built by Carthusians in the 15th century. History info on site on Shrine's history. **NOTE** the **Feast of the Assumption** actually falls on **Thur 15 August** and is a Holy Day of Obligation.

NEW NURSERY PROVISION AT ST PETER'S SCHOOL beginning in September, **term time only**. Morning sessions **8.45am to 11.45am**. Afternoon sessions **12.15pm to 3.15pm**. Contact the school on 01723 372720 for more information or go on the website.

MARCH FOR LIFE IN LONDON Saturday 7 September. An increasingly well-attended event and a simple way of telling those in power of our opposition to abortion. Begins **1.30am** at the Emmanuel Centre, Westminster & ends in Parliament Square outside the Palace of Westminster. Theme this year: **Abortion is not Healthcare**. There are talks and a live Q&A at the Emmanuel Centre 10.30am to 1pm. And it is more than just a March; this is a year-long Mission. Find out more about the March and Mission at <https://www.marchforlife.co.uk/>

MINISTERS INSPIRATIONAL STUDY DAY Saturday 19 October, registration **9.20am**, ends **3pm** approx after Mass. Lunch & all refreshments included. All Ministers of Word & Holy Communion try to go. Add names to list, stating your ministry(ies).

SCARBOROUGH PILGRIMAGE TO ST THÉRÈSE OF LISIEUX 2025 Mon **28 April** to Fri **2 May**. 10 places left. Deposit **£50 required**. **Cash or cheque** (payable to St Peter's Church), **put in envelope with your name on the outside and marked**

URGENTLY NEEDED people to join St Peter's **Sunday Refreshments Rota** after 11.30am Mass.

NEW LECTIONARY for Readings at Mass comes in **November** in **3 volume** sets. Thank you to all who have made donations towards the cost of these so far, in memory of a loved one. Anyone else who wish to do so get in touch. **A LIST** will be added inside the covers

GARDENER / LANDSCAPER / HANDYMAN NEEDED to help prepare ground and mount the statue of St Joseph in the garden in front of the Sr Rita Room. Speak to Fr Gubbins or Kevin O'Connor or Sue Gregory or Heather Tymon.

SUNDAY SMILE: *If a man says he will fix it, he WILL. There's no need to remind him every 3 months!*