



Our Lady of Lourdes, Perth

Parish Newsletter 9th August 2026

19th SUNDAY IN ORDINARY TIME A

Dear Parishioners and Friends of our Parish,

In this Sunday's Gospel, the disciples find themselves struggling against the wind and waves while Jesus comes to them across the water. At first they are afraid, but His words bring peace: **"Take courage! It is I. Do not be afraid."**

Those words speak directly to our lives. We all experience moments when life feels uncertain times of illness, family worries, loneliness, financial pressures or questions about the future. The Lord does not promise that storms will never come, but He does promise that He will never abandon us in the midst of them. When we keep our eyes fixed on Christ, fear gradually gives way to trust.

As we gather for the Eucharist this weekend, let us bring to the Lord everything that weighs upon our hearts. May this celebration strengthen our faith, renew our hope and remind us that Christ walks with us in every circumstance of life.

May Our Lady of Lourdes, who trusted God completely, pray for us and help us to hear the Lord's reassuring voice: "Do not be afraid."



WHAT IS LECTIO DIVINA ?

Lectio Divina ("Divine Reading") is a simple and prayerful way of encountering God through Sacred Scripture. Rather than studying the Bible for information, we listen to God's voice speaking personally to us. Through four steps—**Lectio** (read), **Meditatio** (reflect), **Oratio** (pray), and **Contemplatio** (rest in God's presence)—the Word of God gradually shapes our hearts and draws us into a deeper relationship with Christ.

LECTIO: After feeding the five thousand, Jesus withdraws to pray, showing that communion with the Father is the source of His mission. Later, He comes to the disciples walking on the water. Though frightened, they hear His reassuring words: **"Take courage! It is I. Do not be afraid."** Peter steps out in faith but begins to sink when he focuses on the storm instead of Jesus. The Lord immediately reaches out, saves him, and the disciples worship, proclaiming: **"Truly you are the Son of God."**

MEDITATIO:

- What does this Gospel teach me about trusting Jesus?
- When have I experienced the Lord's help in difficult times?
- What "storm" distracts me from keeping my eyes on Christ?

ORATIO: Lord Jesus, strengthen my faith. Help me to trust You in every circumstance and to keep my eyes fixed on You rather than on my fears. Thank You for always reaching out Your hand to save me.

CONTEMPLATIO: Remain quietly with Jesus. Hear Him say to you: **"Take courage! It is I. Do not be afraid."** Let these words fill your heart with peace and renewed trust.

JUBILEE YEAR OF
SAINT
FRANCIS

THE FRANCISCAN JUBILEE YEAR

St Francis of Assisi. did not wait for life to become easy before trusting God. Whether living in poverty, serving the sick, or rebuilding the Church, he kept his eyes fixed on Christ. Like Peter, he discovered that faith grows not by relying on our own strength but by taking the Lord's outstretched hand.

The Jubilee invites us to rediscover this simple yet profound trust. When anxieties, disappointments or uncertainty threaten to overwhelm us, we are called to hear Christ's voice above every fear. Like St Francis, may we have the courage to step forward in faith, knowing that the Lord is always near.

Prayer: Lord Jesus, help us to trust You in every storm of life. Through the example of St Francis, teach us to walk in faith, to live with simplicity and joy, and to bring Your peace to all whom we meet. Amen.

If you know someone in hospital who would like a visit from a priest for prayer, spiritual support, Holy Communion (*Viaticum: communion for dying*), Confession, or the Anointing of the Sick, please contact the Priest on call, at 07842 538056 ASAP.



OUR LADY OF LOURDES ROMAN CATHOLIC CHURCH

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Scottish Catholic Safeguarding Standards Agency

www.scssa.org.uk

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WEEKDAY SERVICES

Tuesdays: Holy Rosary 9.30am, Holy Mass at 10.00am. followed by coffee/tea in the hall

Thursdays: Holy Rosary 9.30am, Holy Mass at 10.00a.m.

THE LITURGY OF THE WORD

First Reading *1 Kings 19:9a, 11-13a*
“Stand on the mount before the Lord.”

Responsorial Psalm *Ps 85(84): R./ 8*
“Show us, O Lord, your mercy, and grant us your salvation.”

Second Reading *Romans 9:1-5*
“I wish that I were accursed for the sake of my brothers and sisters.”

Gospel Acclamation *Psalm 130(129): 5*
Alleluia, alleluia. I long for you, O Lord, my soul longs for his word. **Alleluia.**

Gospel *Matthew 14:22-33*
“Command me to come to you on the water.”

TRUSTING CHRIST IN EVERY STORM

This Sunday's Gospel is best known for the image of Jesus walking on the water and Peter beginning to sink. Yet beneath this miracle lies a deeper invitation—to discover where true trust is born.

The events take place immediately after the feeding of the five thousand. Jesus had just learned of the death of John the Baptist. Seeking solitude to grieve and pray, He was instead met by crowds who needed His compassion. He taught them, healed the sick, and fed them with miraculous abundance. Only then did He send the disciples across the lake and withdraw alone to the mountain to pray.

In that quiet place, Jesus entrusted His sorrow to the Father. Like the prophet Elijah on the mountain, He listened not to the noise of the wind but to the gentle voice of God. Before facing the storm on the lake, Jesus had already found peace in prayer.

When He later came to the disciples walking across the water, His first words were not a command but a reassurance: “Take courage! It is I. Do not be afraid.” Peter responded with courage and stepped out of the boat. As long as his gaze remained fixed on Jesus, he walked on the water. Only when he focused on the wind and the waves did fear take hold, and he began to sink.

The same choice faces us each day. Life brings its own storms—loss, uncertainty, disappointment and fear. We cannot always calm the waves, but we can choose where to fix our eyes. Faith does not mean pretending that difficulties do not exist. It means trusting that Christ is greater than every storm and that His hand is always stretched out to save us.

Whenever we feel overwhelmed, may we remember the Lord's words: “Take courage! It is I. Do not be afraid.” Those who keep their eyes on Christ never face life's storms alone.

Questions for Reflection:

First Reading

1. Some of us have to have a “great wind, earthquake, or fire” in our lives before we look for God. But do you ever take time to listen for the “tiny whispering sound”? If you created a quiet time in your life each day, could you do this

2. Discuss all the traces of God you find in your life, or the ways God can/does speak to you. When is it easiest to hear? When in your life is it the hardest? At the end of the day do you ask yourself when you saw these traces?

Second Reading

1. Paul is in “great sorrow and constant anguish” because some of his own people have not accepted the fact that the Messiah has come. What do you do when your loved ones reject some beliefs that are important to you?

2. What would be a good way to handle “great sorrow and constant anguish? Scream at the people causing it? Show them love? Pray to the Holy Spirit for guidance for them and you

Gospel

1. How is living with this environmental crisis + the Ukraine war + racial problems similar to the raging sea Peter was trying to walk on toward Jesus? What do you think would have helped Peter keep walking? Ignore the wind? Keep his eyes on Jesus? What might help you now?

2. Instead of looking at Peter's desperate cry for help as shameful, why does Pope Francis say it is a beautiful prayer for everyone?

This Gospel narrative is an invitation to abandon ourselves trustingly to God in every moment of our life, especially in the moment of trial and turmoil. When we have strong feelings of doubt and fear and we seem to be sinking, in life's difficult moments where everything becomes dark, we must not be ashamed to cry out like Peter: "Lord, save me" (v. 30). To knock on God's heart, on Jesus's heart. "Lord, save me." It is a beautiful prayer! We can repeat it many times. "Lord, save me." And Jesus's gesture, who immediately reaches out His hand and grasps that of His friend, should be contemplated at length: this is Jesus. Jesus does this. Jesus is the Father's hand who never abandons us, the strong and faithful hand of the Father, who always and only wants what is good for us. ...Jesus wanted to teach this to Peter and the disciples, and also to us today. In dark moments, in sad moments He is well aware that our faith is weak –all of us are people of little faith, all of us, myself included, everyone – and that our faith is weak our journey can be troubled, hindered by adverse forces. But He is the Risen One! Let's not forget this: He is the Lord who passed through death in order to lead us to safety.

Pope Francis Angelus 19th Sun A
August 9, 2020

ALPHA is for anyone who wishes to explore the Christian faith

Our last session is on Wednesday 12th August at 6.30pm in Our Lady of Lourdes church hall. Come and join us for a bite to eat and join in an open and honest faith conversation. **All welcome.**



PREPARING FOR OUR PARISH EUCHARISTIC REVIVAL

Why do we trust Jesus in the storms of life?

Because Christ never abandons those who belong to Him. Even when the waves are high and our faith seems weak, He comes to us with the words: "Take courage! It is I. Do not be afraid." At every Eucharist, the Lord strengthens our faith, reaches out His hand as He did to Peter, and gives us the courage to keep our eyes fixed on Him.

"Take courage! It is I. Do not be afraid."
(Matthew 14:27)

A heartfelt THANK YOU to Alice for donating a very swish high chair to the parish. Our little ones can now experience luxurious comfort at parish functions from now on. God bless.

WE EXTEND A WARM WELCOME

to Filip Sieradzki, with us for the month of August. Filip, visiting seminarian from Poland, is here to practice and improve his English language skills, so please take every opportunity to engage with him in conversation.

PACT (*Perth Action Churches Together*) **Witness for Peace and Remembrance of Hiroshima.** Perth Quakers are holding their annual short silent Witness for Peace and Remembrance of Hiroshima, on Sunday 9th August, at 3pm in Rodney Gardens, by the Peace Pole. **All welcome.**

POPE LEO XIV ENCOURAGES YOUNG PEOPLE

On the Feast of the Transfiguration, Pope Leo XIV travelled to Assisi to celebrate Mass with thousands of young people taking part in the **"Go! Franciscan Youth Meeting 2026."** He encouraged them to become joyful witnesses of Christ and to live the Gospel with courage and hope. His visit highlighted the importance of helping young people discover their vocation and their place within the Church.

WORLD YOUTH DAY 2027

Although still a year away, preparations are already underway for **World Youth Day 2027 in Seoul, South Korea.** Dioceses across Scotland are beginning to encourage young people to consider taking part in this international celebration of faith with Pope Leo XIV. It is expected that information about pilgrimages will become available during the coming months.

REFLECTING ON POPE LEO XIV'S FIRST ENCYCLICAL

The Bishops' Conference of Scotland continues to encourage parishes, schools and study groups to reflect on Pope Leo XIV's first encyclical, *Magnifica Humanitas*, which places the dignity of the human person at the centre of today's rapidly developing technologies, especially artificial intelligence. Resources for parish discussion are being prepared to help Catholics engage thoughtfully with these important questions.

PRAYER FOR THE HOLY FATHER

Please continue to keep **Pope Leo XIV** in your prayers as he prepares for his pastoral visit to France later this year. During the visit he will meet young people, pilgrims, the sick, victims of abuse and Church leaders, continuing his ministry of reconciliation, hope and evangelisation.

POPE ENCOURAGES CATHOLICS TO DEEPEN PRAYER THROUGH LITURGY OF THE HOURS

Pope Leo XIV urged Catholics to embrace the Liturgy of the Hours as a source of spiritual nourishment, saying the church's public prayer is an antidote to a world shaped by technology, consumerism.



IN LOVING MEMORY

We ask you to remember in your prayers Louis Joseph Smith, who died peacefully on 7 August 2026 at the Cornhill Macmillan Centre, aged 85.

Please keep his beloved wife, **Mary**, and **all the family** in your prayers at this time of sorrow, asking the Lord to grant them comfort and peace.

Requiem Mass will be celebrated at **Our Lady of Lourdes Church** on **Wednesday, 26 August**, at **10.30am**. The coffin will be received into the church at **9.30am**. Following the Mass, the committal will take place at **Perth Crematorium** at **12.00 noon**.

Eternal rest grant unto him, O Lord, and let perpetual light shine upon him. May he rest in peace. Amen.



IN LOVING MEMORY

Please Pray for the Repose of the Soul of Piotr Wierciński

We ask you to remember in your prayers **Piotr Wierciński**, who has died. Please keep his wife, **Alicja**, and all his family and friends in your prayers, asking the Lord to comfort them with the hope of the Resurrection.

The **Reception of Remains** will take place at **Our Lady of Lourdes Church, Perth**, on **Thursday, 20 August**, at **5.00pm**.

The **Requiem Mass** will be celebrated on **Friday, 21 August**, at **10.30am**, followed by the committal at **Perth Crematorium** at **12.00 noon**.

Eternal rest grant unto him, O Lord, and let perpetual light shine upon him. May he rest in peace. Amen.

