



# Our Lady of Lourdes, Perth

Parish Newsletter 31<sup>st</sup> May 2026

## THE MOST HOLY TRINITY SUNDAY



Today the Church celebrates the Solemnity of the Most Holy Trinity: one God in three Persons — Father, Son and Holy Spirit. This is the central mystery of our faith, but it is not a cold or distant doctrine. It is the revelation that God is communion, relationship and love.

The Gospel reminds us that God's deepest desire is not to condemn, but to save: "God so loved the world that he gave his only Son." At the heart of the Trinity is love: the Father gives, the Son offers Himself, and the Holy Spirit pours God's life into our hearts.

**For us as a parish, this feast is a gentle reminder that Christian life is never meant to be lived alone. We are created for communion: with God and with one another.** Every act of forgiveness, every word of encouragement, every hidden service, every prayer offered for another person reflects something of the life of the Holy Trinity.

**At Our Lady of Lourdes, we are called to be a parish family shaped by this divine love — welcoming, united, patient, and generous.** The Trinity teaches us that unity does not destroy difference, and difference need not lead to division. In God, there is perfect communion; in our parish, we are

called to grow in that same spirit of communion.

Each time we make **the Sign of the Cross** — *In the name of the Father, and of the Son, and of the Holy Spirit* — we profess the faith of the Church and entrust ourselves again to the God who created us, redeemed us, and sanctifies us.

**May the Most Holy Trinity renew our faith, deepen our love,  
and make our parish a living sign of God's presence in the world.**

*The mystery of one God in three Persons — Father, Son and Holy Spirit,  
is not a puzzle to be solved, but a mystery of love into which we are invited.*

### ORDINARY TIME IN THE LITURGICAL YEAR

After the great seasons of Advent, Christmas, Lent and Easter, the Church returns to **Ordinary Time**. The word "ordinary" does not mean unimportant. It comes from the numbered weeks of the liturgical year and reminds us that God is present in our everyday life.

**During Ordinary Time**, we follow the public ministry of Jesus: His teaching, miracles, parables and call to discipleship. The colour used in the liturgy is **green**, a sign of life, growth and hope.

**This season invites** us to grow steadily in faith, to listen to the Word of God, and to follow Christ more faithfully in the ordinary moments of each day.

**PRAYER:** Lord Jesus, thank You for the gift of Ordinary Time, when You meet us in the simple moments of daily life. Help us to accept this season as an opportunity to live the mystery of our Christian faith with patience, gratitude and love. Teach us to recognise Your presence in our families, work, parish, prayer and service. May our ordinary days become a path of holiness and a quiet witness to Your Gospel. *Amen.*



JUBILEE YEAR OF  
**SAINT  
FRANCIS**

1226 - 2026

On the Solemnity of the Most Holy Trinity, we remember that God is a communion of love: Father, Son and Holy Spirit. St Francis saw all creation as a gift flowing from God's love. He teaches us to live with gratitude, simplicity and peace.

This Jubilee week, let us ask the Holy Trinity to heal divisions in our hearts, families and parish, and to make us instruments of unity and hope.

*Glory be to the Father, and to the Son,  
and to the Holy Spirit. Amen.*



## OUR LADY OF LOURDES ROMAN CATHOLIC CHURCH

### DIOCESE OF DUNKELD

Scottish Charity Number: SC001810

**Parish Priest:** Fr. Leszek Więcaszek SAC  
42 Struan Road, Perth, PH1 2JP

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**Website:** [www.ourladyoflourdesperth.church](http://www.ourladyoflourdesperth.church)

#### Parish Secretary:

Dianne Mitchell - 01738 626979  
(Thursday 10.00am – 12.30pm)

**E-mail:** [ololadmin@dunkelddioocese.org.uk](mailto:ololadmin@dunkelddioocese.org.uk)

#### Parish Safeguarding Coordinators:

Marie Stuart & Dianne Mitchell

**E-mail:** [ololpsc@dunkelddioocese.org.uk](mailto:ololpsc@dunkelddioocese.org.uk)

#### Diocesan Safeguarding Advisor:

Linda Gourlay **E-mail:** [safeguardingadvisor@dunkelddioocese.org.uk](mailto:safeguardingadvisor@dunkelddioocese.org.uk)

**Telephone:** 01382 225453 (option 5)

**Website:** [www.dunkelddioocese.co.uk/safeguarding](http://www.dunkelddioocese.co.uk/safeguarding)

**Scottish Catholic Safeguarding Standards Agency**  
[www.scssa.org.uk](http://www.scssa.org.uk)

#### Diocesan Curial Offices:

**Address:** 24–28 Lawside Road, Dundee, DD3 6XY

**Telephone:** 01382 225453



## Our Lady's RC Primary School and ELCC Perth

Our Lady's Primary School is situated in close proximity to the Our Lady of Lourdes Parish church.

**Address:** Garth Avenue, Perth, PH1 2LG

**Mrs Lynne Mendes**, Headteacher  
(Child Protection Officer)

**Mrs Lisa Brown**, Depute Headteacher  
(Child Protection Officer)

**Website:** <http://ourladysrcprimary.schoolwebsite.scot/>

**E-mail:** [ourladys@pkc.gov.uk](mailto:ourladys@pkc.gov.uk)

**Telephone:** 01738 477570

### FIRST HOLY COMMUNION

Please pray for the 17 children from our school preparing to receive their First Holy Communion on **Sunday, 7th June 2026, at 11.00 am**. May they grow in faith, love for Jesus, and joy in the Church.

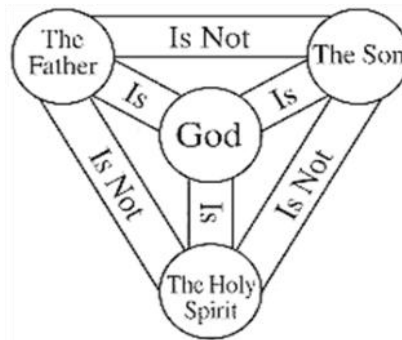
As we expect more people than usual, anyone uncomfortable with larger gatherings is kindly invited to attend the **Saturday Vigil Mass** instead.



### THE MOST HOLY TRINITY



The mystery of the Most Holy Trinity is at the heart of the Christian faith. Catholics believe in one God in three Divine Persons: **the Father, the Son and the Holy Spirit**.



Yet we do not believe in three gods, but in one God in three Divine Persons.

This is what we mean when we speak of the Trinity. The **Father** is God, the **Son** is God, and the **Holy Spirit** is

God — **yet there are not three gods, but one God**.

This mystery tells us that God is not solitude, but perfect communion of love. The **Father** eternally loves the Son, the **Son** receives and returns this love, and the **Holy Spirit** is the bond of love between them.

**Faith in the Most Holy Trinity belongs to the very heart of Christian belief.** It is not an optional teaching, but one of the central truths of our salvation and therefore one of the most important mysteries to understand, profess and defend.

Many Catholics, however, can feel uncertain when they are questioned about the Trinity, especially by groups who use *Christian language* but deny that God is Father, Son and Holy Spirit. *Often the first point of difficulty is the divinity of Jesus Christ.*

**A helpful beginning is to return to the clear witness of Scripture.** St John's Gospel is especially important in helping us recognise the divinity of Christ. From its opening words, John presents Jesus as the eternal Word of God: *"In the beginning was the Word, and the Word was with God, and the Word was God."* He then adds that all things were made through Him, showing that the Son is not a creature, but truly God.

*For this reason, the mystery of the Trinity is not a puzzle to be solved, but a truth to be received in faith.*

It reveals that God is a communion of love, and that through Christ, in the Holy Spirit, we are invited to share in the life of the Father.

# THE LITURGY OF THE WORD



## First Reading

“The Lord, the Lord, a God merciful and gracious”

Exodus 34:4b-6, 8-9

## Responsorial Psalm

“To be praised and highly exalted for ever!”

Dan 3:52. 53. 54. 55. 56. R 52b

## Second Reading

“The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit.”

2 Corinthians 13:11-14

## Gospel Acclamation

Alleluia, alleluia.

Glory be to the Father, and to the Son, and to the Holy Spirit, the God who is and who was and who is to come. Alleluia.


Cf. Revelation 1:8

## Gospel

“God sent his Son in order that the world might be saved through him”

John 3:16-18

## ALPHA COURSE AND RCIA

 **ALPHA** is for anyone who wishes to explore the Christian faith. The **ALPHA Course** starts **Wednesday 3<sup>rd</sup> June at 6.30pm in Our Lady of Lourdes, in the church hall.** You are warmly invited to come along, to bring a family member, friend or anyone who is curious, to share some food and to get to know each other. **Watch and listen to a talk that unpacks questions around the Christian faith,** have an open conversation about it, sharing your thoughts and hearing from others, with no judgement or pressure. **Come along and see what you think.**

## WEEKLY SERVICES

*Feeding your soul*

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

**Thursdays:** Rosary 9.30am, Holy Mass at 10.00am; Adoration of the Blessed Sacrament at 6.30pm with recitation of the litany to Sacred Heart of Jesus.

**Saturday:** Confessions at 4.00pm-4.45pm, Saturday Vigil Holy Mass at 5.00pm.

*If you would like to arrange a confession outside the scheduled times, please call or send a message to 07909112630 to make an appointment.*

## THANK YOU – MARIAN DEVOTION IN MAY



A sincere thank you to all who took part in our Marian devotion on Thursdays at 6.30pm during the month of May.

Through prayer before the Blessed Sacrament and the intercession of Our Lady, we were able to entrust our parish, our families and our personal intentions to God.



St John's RC Academy

## Education Mass

**Thursday 4 June 2026**

6pm

St John the Baptist RC Church,  
Melville Street, Perth, PH1 5PY

We would be delighted for you to celebrate with us at The Dunkeld Diocese Annual Education Mass.

This special evening will be led by the learning community of St John's RC Academy, Perth.

**DEVOTION TO THE SACRED HEART:** Jesus reveals the devotion to His Sacred Heart in the Gospels. During the Last Supper, St. John the Beloved rested upon the Heart of Jesus (John 13:23). We find in this moment the essence of devotion to the Sacred Heart: to receive Jesus' Love and to love Him in return. When we go to His Heart, we are filled with Divine Love. It is then that our hearts are moved to share His Love with others and to console His Heart, to make reparation for those who reject Him. Our Lord, Who came down from heaven to be with us, has a human heart and wants to share a deep friendship with you.

**The devotion to the Sacred Heart started in the quiet stillness of Mary's womb when His little Heart first began to beat.**

At Bethlehem, St. Joseph and Mother Mary adored His Heart as they held Him in their arms, gently gazing at the Christ Child and pondering the little heartbeat of Emmanuel, "God with us."

**The first written account of this devotion to the Sacred Heart can be found in the Gospels when St. John rested upon His Heart during the Last Supper.**

**In the late 1200's on the feast of St. John (December 27), St. Gertrude, a Benedictine nun and mystic, had a vision where St. John, appearing with Jesus on His left side, invited her to the right of Jesus to rest her head near the wound in His side so she could hear Christ's beating heart.**

**About 400 years later, during a time when the world had grown cold and had forgotten the tenderness and mercy of Christ's love, Jesus appeared to St. Margaret Mary on St. John's feast in 1673 in Paray-le-Monial, France.** He revealed to her His Heart burning with Love for humanity. In the vision, Jesus asked her to spread devotion to His Sacred Heart and instructed her how the devotion should be practiced.

## I PROMISE YOU THAT MY HEART...

1. I will give them all the graces necessary in their state of life.
2. I will establish peace in their homes.
3. I will comfort them in all their afflictions.
4. I will be their secure refuge during life, and above all, in death.
5. I will bestow abundant blessings upon all their undertakings.
6. Sinners will find in my Heart the source and infinite ocean of mercy.
7. Lukewarm souls shall become fervent.
8. Fervent souls shall quickly mount to high perfection.
9. I will bless every place in which an image of my Heart is exposed and honoured.
10. I will give to priests the gift of touching the most hardened hearts.
11. Those who shall promote this devotion shall have their names written in my Heart.
12. I promise you in the excessive mercy of my Heart that my all-powerful love will grant to all those who receive Holy Communion on the First Fridays in nine consecutive months the grace of final perseverance; they shall not die in my disgrace, nor without receiving their sacraments. My divine Heart shall be their safe refuge in this last moment.



“Behold the Heart which has so loved men that it has spared nothing, even to exhausting and consuming itself, in order to testify its love; and in return, I receive from the greater part only ingratitude, by their irreverence and sacrilege, and by the coldness and contempt they have for Me in this Sacrament of Love. But what I feel most keenly is that it is hearts which are consecrated to Me, that treat Me thus.

Therefore, I ask of you that the Friday after the Octave of Corpus Christi be set apart for a special Feast to honour My Heart, by communicating on that day, and making reparation to It by a solemn act, in order to make amends for the indignities which It has received during the time It has been exposed on the altars.

***I promise you that My Heart shall expand itself to shed in abundance the influence of Its Divine Love upon those who shall thus honour It and cause It to be honoured.”***

## DEVOTION TO THE SACRED HEART

**In June, we will continue our Thursday evening prayer before the Blessed Sacrament. Each Thursday at 6.30pm** we will gather for a short time of Adoration and pray the Litany of the Sacred Heart of Jesus. The prayer will last only 30 minutes.

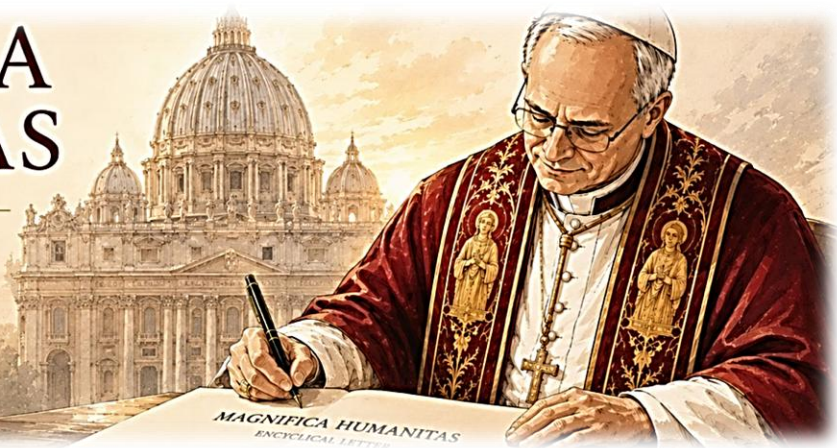
**Thursdays in June – 6.30pm  
Adoration of the Blessed Sacrament  
and Litany of the Sacred Heart of Jesus  
All are welcome.**

# MAGNIFICA HUMANITAS

POPE LEO XIV

BUILDING A HUMAN FUTURE  
IN THE AGE OF ARTIFICIAL INTELLIGENCE

“ Human dignity does not depend on a person's abilities, wealth or position in life... it is a gift that precedes and transcends each person, endowed by God as an expression of his unfailing love. ”



## ANTONI GAUDÍ: GOD'S ARCHITECT

Gaudí: God's Architect, presented by AGAP — the Archdiocese of Glasgow Arts Project — tells the story of Antoni Gaudí, the remarkable Spanish architect best known for his unfinished masterpiece, the Sagrada Família in Barcelona. The play explores his life through the lens of his deep Catholic faith.

The production is especially timely as the centenary of Gaudí's death approaches, the completion of the Sagrada Família draws nearer, and the cause for his canonisation continues. Discover the story of the visionary behind Barcelona's Sagrada Família. **Preview performance, Fri 12th June at 7pm, in St Mary's RC Church, 41 High Street, Dundee, Lochee. Please see posters at the back of the church for details.**

