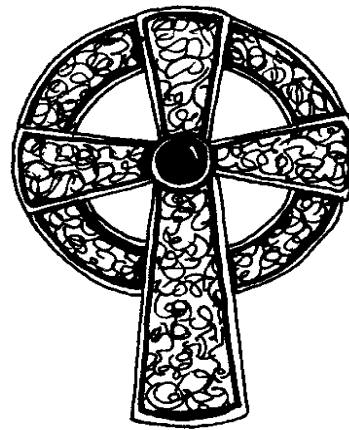


**SPRITUAL VITIMINS** – continued from last week.

Overwhelmed? Take Vitamin O. "Overcome evil with good." (Romans 12:21)  
 Perplexed or puzzled? Take Vitamin P. "Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid." (John 14:27)  
 Quitting? Take Vitamin Q. "Quit you like men and women, be strong." (1 Corinthians 16:13)  
 Restless? Take Vitamin R. "Rest in the Lord, and wait patiently for him." (Psalm 37:7)  
 Scared? Take Vitamin S. "Stay with me, and do not be afraid; for the one who seeks my life seeks your life; you will be safe with me." (1 Samuel 22:23)  
 Tired? Take Vitamin T. "Those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." (Isaiah 40:31)  
 Uncertain? Take Vitamin U. "Understand that I am (the Lord). Before me no god was formed, nor shall there be any after me." (Isaiah 43:10)  
 Vain? Take Vitamin V. "Vexed with unclean spirits: and they were healed every one." (Acts 5:16)  
 Wondering what to do? Take Vitamin W. "What does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?" (Micah 6:8)  
 Exhausted? Take Vitamin X. "Exercise thy-self rather unto godliness." (1 Timothy 4:7)  
 Yearning for hope? Take Vitamin Y. "Yea, though I walk through the valley of the shadow of death, I will fear no evil; for you art with me; your rod and your staff, they comfort me." (Psalm 23:4)  
 Zapped? Take Vitamin Z. "Zealous for good deeds." (Titus 2:14)



Newsletter for the Parishes of  
**St. John Vianney's & St. Bernadette's**

26 July 2009

Diocese of Dunkeld  
 Scottish Charity No. SC001180

**Fr. Mike Freyne MHM**

*Parish Priest*

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Email: mafreyne@hotmail.com

**St. Bernadette's**

Baingle Brae  
 Tullibody  
 FK10 2SG



**St. John Vianney's**

16 East Stirling Street  
 Alva  
 FK12 5HR

**Sister Nora Carr U.J. & Sr. Margaret Maher U.J.**

*Parish Sisters - Ursulines of Jesus*

St. John Vianney's

Tel: 01259 760 324

**Sunday Mass Times**

9.30 am, St. John Vianney's  
 Alva

11.30 am, St. Bernadette's  
 Tullibody

6.15 pm, St. John Vianney's  
 Alva

Website [www.catholic-church.org/stbernadettes](http://www.catholic-church.org/stbernadettes) or [www.catholic-church.org/stjohnvianneys](http://www.catholic-church.org/stjohnvianneys) or  
**GOOGLE US !!**

**WORLD YOUTH DAY** – July Registrations

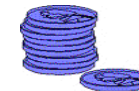
This is a world-wide gathering of young Catholics and will be held on Madrid in 2011. If you are aged between 16 and 25 in August 2011 and would like to participate in WYD Madrid 2011 please make contact with Fr. Mike immediately. Before the end of July the proposed youth have to have their names forwarded to the diocese. The Diocese has 40 places and there will be a meeting already in September at a Diocesan Level. Details:  
 There are 40 places for the Dunkeld Diocese  
 The WYD event lasts from 10-21<sup>st</sup> August 2011  
 10<sup>th</sup>-14<sup>th</sup> will be the days based in and around Salamanca.  
 14<sup>th</sup>-21<sup>st</sup> August will be based in Madrid.



A rough estimate of the price is £700-£800 per pilgrim  
 Diocesan Youth Services will do some fund raising events and funds will be centrally used to cover group spending in Spain. Pilgrims will be expected to participate in the fund raising but also pay for their place.  
 Pilgrims must be 16 but 18 is preferred.

Welcome - If you are a visitor to our Parish or have just moved into the area, then please feel very welcome. Introduce yourself to the Parish Priest or welcomers at the back of the church and remember - there are no strangers here only new friends you just haven't yet met.

**Parish Finances  
 2009 Collections**



<b>St. John Vianney's, Alva</b>	
19 July	£387.08
<b>St. Bernadette's, Tullibody</b>	
19 July	£471.03



**Please Remember in Your Prayers**

**Those who are sick.....**

Pat Franchie, Bronia Schultza, Chris Conway, Vera Kaseiewz, Mary McGeehan, Veronica Clarke, Mary Dryland, Betty Goldie, Jean McCann, Annie Fitzgerald, Patrick Meehan, Annie Russell, Josie Nichols, Robert McInnes, William Norwood, Lawrence Allan, Jan Moffat, Margaret Hamilton and James Cairns

**Remember those who have died recently .....**

Stuart McKay, Irene Daily and John O' Neil

**And those whose anniversaries of their death occur at this time.....**

James Evens , Philemena Stirling, Agnes Dunion and John Mann

# Weekly Diary and Forthcoming Events

<b>Sunday, 26 July</b> <b>17th Sunday year B</b>	Masses as normal. 1pm - Baptism of Lewis Thomas Allan at St.Bernadette's
Monday, 27 July	9.30am - Mass + Confessions, St. John Vianney's, Alva
Tuesday, 28 July	No Masses
Wednesday, 29 July	9.30am - Mass , St. Bernadette's, Tullibody.
Thursday, 30 July	<b>9.30am - Mass, St. Bernadette's, Tullibody Children's Mass</b>
Friday, 31 July	9.30am - Mass, St. John Vianney's, Alva
Saturday, 1 August	9.30am - Mass + Confessions, St. Bernadette's, Tullibody,
Sunday 2 August	Masses as normal
Wednesday 5 August	7 pm meeting of organising team for mass for sick, St. Bernadette's, Tullibody
Sunday 9 August	St. John Vianney's feast day (actual day 4th)
Friday 14 August	9.30 St.John Vianney's, Reception into the Church (baptism, confirmation and first communion ) Jean Gallacher
Monday 17 August	7 pm Communications Team meeting , Parish House
Tuesday 18 August	Duke of Edinburgh Award meeting, 7pm Hall, St.John Vianney's
Saturday 5 September	3 pm. Mass of the sick with Bishop Vincent, St. Bernadette's.
Tuesday 8 September	Training Meeting for Disclosure, St.Mungo's, Alloa
Thurs 17 September	7 pm Diocesan Annual Vocations mass, cathedral, Dundee

**JIM TOBIN**, who tirelessly keeps many things running in the daily routine of St.Bernadette's celebrates this week his 70<sup>th</sup> birthday. Somewhere it does say in Church Law you MAY be able to retire after 75 !! Congratulations and our thanks.

## FABRICS AND MAINTANCE COMMITTEE

Has met regularly over the past few weeks. Its mission is to make sure that our buildings and belongings are well cared for, maintained, up to standard according to local laws and our needs. There are quite a few major repairs needing done, quite a few adaptations and changes to comply with Safety and Health Regulations. All these are being slowly analysed and prioritised. Just now we are waiting on the response of various other groups before we can act but as soon as this information is available we will announce detailed proposals.

The parish house and small hall at St.Bernadette's had the roof (3 attics) insulated last week.



## COMMON SENSE BE-ATTITUDES

The Beatitudes are the Gospel's commentary on "attitude"

Blessed are those who can laugh at themselves; they will always have entertainment. Blessed are those who can distinguish between a mountain and a molehill; they will save themselves a lot of trouble.

Blessed are those who can rest and sleep without looking for excuses; they will become wise.

Blessed are those who are intelligent enough not to take themselves too seriously; they will be appreciated.

Blessed are you if you can look seriously at small things and peacefully at serious things; you will go far in life.

Blessed are you if you can admire a smile and forget a scowl; your path will be sunlit. Blessed are you if you can always interpret the attitudes of others with good will, even when appearances are to the contrary; you may seem naive, but that is the price of charity.

Blessed are those who think before acting and who laugh before thinking; they will avoid foolish mistakes.

Blessed are you if you know how to be silent and smile, even when you are interrupted, contradicted or walked on; the gospel is beginning to take root in your heart.

Blessed are you especially if you know how to recognize the Lord in all those you meet; you have found the true light, true wisdom.

**- Fr Joseph Folliet**

## OPEN YOUR EYES!

**WHEN YOU ARE AT St.Bernadette's next Sunday or after there MAY BE a few visual changes which hopefully will help create an even better atmosphere to pray in the presence of the Lord.**

## LAST WEEK WAS FEAST OF MARY MAGDALENE – SO WHAT?

Rehabilitating Magdala For years Mary Magdalene has been confused with other people and the invention of paintings and even films. The confusion goes back to 591 AD when Pope Gregory announced that the 3 Mary Magdalene, Mary The sinner and Mary of Bethany were one and the same. But there is absolutely no evidence of that. And it was only in 1969 the Church officially declared it was a misunderstanding of Scripture and Tradition and that she was not.

Mary, who was from Magdala, was a constant companion of Jesus following him and his apostles seemingly throughout his ministry. She is mentioned as being present at the crucifixion and the first witness of the Resurrection.

This makes a great difference, especially to women, who often could only see themselves in a totally secondary role in the gospel story. The core group being only Jesus and the 12 Apostles. Today all the evidence easily points to the fact that both men and women shared in the discipleship of Jesus and there are strong indications that early writings of the church could have depended heavily on her testimony..

