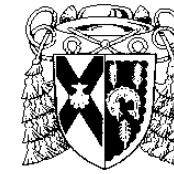
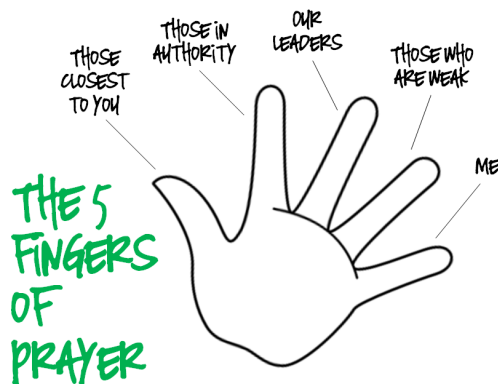


## POPE FRANCIS' FIVE FINGER PRAYER

I don't find prayer easy - it may be that you do, and will therefore have no need to read further, but my suspicion is that for most of us, prayer is a problem; something we are told we ought to do, but which seems irksome, tedious, a burden. As a priest, praying some of the daily prayers of the Divine Office, I find the mind wanders to the day ahead, or the day that is past, or (frankly) anything that seems more interesting than what I am meant to be doing.

Pope Francis is well aware of this dilemma. Prayer, he has said, opens the door to God, and keeps us from losing faith. Yet, he recognises prayer is difficult, and that we need to persevere with the help of the Holy Spirit. You may have seen this simple guide to prayer, which he wrote when Archbishop of Buenos Aires, and which you may find helpful. It simply uses the five fingers as a guide to prayer:

1. The thumb is the closest finger to you, so start praying for those closest to you. They are the persons easiest to remember.
2. The next finger is the index, which we use for pointing. Pray for those who teach and instruct you, those who need support and wisdom to direct others.
3. The middle finger is the tallest. Pray for our leaders, governors and those in authority.
4. The fourth finger is the weakest: pray for the sick and those plagued by problems.
5. Your little finger should remind you of yourself, when you are done praying for others, so that you can pray for yourself in a proper perspective.



## FISHER HOUSE NEWSLETTER

Sunday 20 October - 29th Sunday in Ordinary Time

### CALENDAR

|              |                                     |                                    |                          |
|--------------|-------------------------------------|------------------------------------|--------------------------|
| Sunday 20    | <b>29th Sunday in Ordinary Time</b> |                                    |                          |
|              | 8.00                                | Extraordinary Form (Tridentine)    |                          |
|              | 9.00                                | Sung Latin Mass                    |                          |
|              | 11.00                               | Sung English Mass                  |                          |
| Monday 21    | 12.15                               | Mass                               |                          |
| Tuesday 22   | 1.05                                | Mass                               |                          |
| Wednesday 23 | 1.05                                | Mass                               | (St John of Capistrano)  |
| Thursday 24  | 1.05                                | Mass                               | (St Anthony Mary Claret) |
| Friday 25    | 1.05                                | Mass                               |                          |
| Saturday 26  | 1.05                                | Mass                               | (Sts Chad and Cedd)      |
|              | 4.30                                | Confessions                        |                          |
|              | 6.00                                | Vigil Mass of Sunday               |                          |
| Sunday 27    | <b>30th Sunday in Ordinary Time</b> |                                    |                          |
|              | 8.00                                | Low Mass in the Extraordinary Form |                          |
|              | 9.00                                | Sung Latin Mass                    |                          |
|              | 11.00                               | Sung English Mass                  |                          |

### **REGISTRATION CARDS**

If you are new to Fisher House, please do not forget to sign a registration card (available just outside the chapel) and leave it in the box nearby.

### **TERM CARDS**

Term Cards, giving details of activities at the chaplaincy in this Michaelmas Term, are available outside the chapel, or from your college reps.

### **ROSARY LEGION OF MARY**

Our purpose is to use the Holy Rosary as a powerful and sure defence against the many evils that afflict society, through the intercession of the Blessed Virgin Mary. Our Lady's promise to St. Dominic was that "You shall obtain all you ask of Me by the recitation of the Rosary". The Rosary is prayed in the Chapel on Saturdays at 5:30pm (before the vigil Mass), Sundays after the 11am Mass, and Tuesdays after the 1:05pm Mass. During Michaelmas Term 2013, we will pray for "the sanctity of human life from conception to natural death". Contact: FisherHouseRosary@gmail.com

**EXPOSITION** of the Blessed Sacrament takes place on Wednesdays at 12.30pm before Mass.

### **CATHOLICISM FOR THE CURIOUS**

Following 12.15 Mass on Monday, Fr Mark will lead a discussion over lunch on the topic: Revelation - God comes to meet us. All are welcome.

### **SAINTS AND SCONES**

With a title like that, how can you resist?! Sr Ann will lead a discussion on saints, over cream tea, on Sunday at 4.30 in her study in Fisher House.

### **POETRY, FORM AND FAITH**

Every Tuesday, at 6.00pm in the Library, Sr Anna Mary OP and Professor Howard Erskine-Hill will discuss poetry through the eyes of faith. All welcome.

**APOLOGETICS GROUP**, meeting on Saturdays at 7.00pm in the Library, to read and discuss some major works of Catholic apologetics. Contact Sam Trizuljak on st571.

**LUNCH** is available every weekday in term time from 1.00pm in the Fisher Room, price £1.50.

### **LIBRARY**

Fisher House Library is open for private study whenever Fisher House is open. Coming soon - film nights!!

### **ARE YOU A WEB BOFFIN?**

The Fisher House website needs a make-over. If you have the expertise, and the time, to help re-design it, please have a word with Fr Mark.

### **CONSIDER YOUR CALL**

A group for those interested in exploring their vocation to priesthood or religious life. Meetings will take place in a relaxed and informal atmosphere on monthly Sunday evenings, usually including a time of prayer and conversation over supper. There will be occasional speakers. If you are interested, please see Fr Mark or Sr Ann.

### **THE SOCIETY OF ST VINCENT DE PAUL**

The SVP seeks to help those in Cambridge on the margins, and those less fortunate than ourselves. The group meets every Thursday at 6.30pm in the Fisher Room. All are welcome. Contact Sarah Culkin (sc741)

### **LECTIO DIVINA GROUP**

We meet every Friday at 6.00pm in the Chapel to pray with the Sunday Mass readings, followed by refreshments in the Fisher Room. All are welcome. Contact Sr Ann.

### **CATHOLIC GRADUATE SOCIETY**

Next Wednesday the speaker will be the Reformation historian Dr Richard Rex. Meeting at 6.00pm in the Fisher Room followed by drinks and discussion. All graduates and senior members are welcome. Contact Hugh Burling (hdpb2)

### **GRADUATE PUB LUNCH**

After 11.00 Mass next Sunday.

### **FISHER HOUSE CHOIRS**

If you are interested in joining the choirs at Fisher House, please contact Matthew Swanson (mjswanson2@gmail.com) for the Latin Choir, or Dominic Wong for the English Choir (dhtw2).

### **FISHER HOUSE CAFOD**

group meets regularly to support and encourage action on poverty and injustice. Contact Imogen Sutton on ics26.

### **FISHER HOUSE ON FACEBOOK**

Make sure you join the Fisher Society group page - for lots of information and reminders of events. Follow us also on [www.facebook.com/CatholicChaplaincyCambridge](http://www.facebook.com/CatholicChaplaincyCambridge)