

**“Do not let your hearts be troubled.”**

These words, spoken by Jesus Christ, are both a comfort and a challenge. They sound simple, gentle, but they reach into the deepest places of our worry, our grief, and our restless thoughts.

I found myself reflecting on these words during my recent visit to Thicket Priory. There, among the quiet rhythms of prayer and the gracious hospitality of the Carmelite nuns, something within me began to slow down. The world outside with its urgency, noise, and endless demands felt far away. In its place was stillness, a kind of peace that doesn't shout, just quietly settles.

And then there are the cats. A small, unassuming community of them, living alongside the sisters. Most seemed to share in a kind of cloistered life, content within their boundaries, untroubled by the need to roam. They moved gently through the priory grounds as if they, too, had entered into the spirit of the place: calm, watchful, and at rest. All except, perhaps, Garfield and George. They stood out, not in a disruptive way, but in their quiet freedom. They came and went, a little less bound, a little more curious about the world beyond, yet, even they didn't seem troubled. Whether within the cloister or beyond it, they carried an ease about them, as if they trusted the place, the people, and the rhythm of life that held them.

Watching them, I began to wonder whether this is something of what those words invite us into, not a life without movement or curiosity, but a life without inner turmoil. The cloister is not only a physical space; it is something that can exist within the heart, a place where fear doesn't dominate, where anxiety is gently set aside, where trust quietly grows.

The nuns live this out in a profound way, shaping their days around prayer, silence and presence. But perhaps the cats, in their own simple way, bear witness to it too, they don't strive or worry about tomorrow, they receive what is given, rest when it is time, and move when they must. There is no visible burden weighing on them.

“Do not let your hearts be troubled.” It doesn't mean that life is free from sorrow or uncertainty. Even within the peace of the priory, the realities of the world are not denied, but there is a deeper invitation, to place those troubles somewhere else, to entrust them, rather than carry them alone. Perhaps we can carry some of the cloister within us, a quiet trust, a steadiness of heart, a heart that even in the midst of life's noise, chooses not to be troubled!



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**THIS WEEK**

Sat 2 <sup>nd</sup> May	Memorial of St Athanasius, Bishop, Doctor of the Church	4.00pm
Sun 3 <sup>rd</sup> May	FIFTH SUNDAY OF EASTER	9.30am
Mon 4 <sup>th</sup> May	Feast of the English Martyrs	10.00am.
Tues 5 <sup>th</sup> May	Reception of William (Gerry) Doran	5,00pm
Wed 6 <sup>th</sup> May	Funeral of William (Gerry) Doran	10;00am
Thurs 7 <sup>th</sup> May	School Mass with Reception Leading	9.30am
Fri 8 <sup>th</sup> May	Easter Feria	10.00am.
Sat 9 <sup>th</sup> May	Easter Feria	4.00pm
Sun 10 <sup>th</sup> May	SIXTH SUNDAY OF EASTER	9.30am

**Safeguarding:** The Parish operates in accordance with Statutory Safeguarding Guidance and the national and Archdiocese policies & procedures at all times. Our Parish Safeguarding Representative is  
**Mrs. Jo Currie who can be contacted at**  
[sg.stbenedict.atherstone@rcaob.org.uk](mailto:sg.stbenedict.atherstone@rcaob.org.uk)

***For Your Diary***  
***Milestone events in 2026 in our parish***

**First Holy Communion** Saturday 6<sup>th</sup> June at 10.30am

**Confirmation** Tuesday 30<sup>th</sup> June at 6.00pm.

**Volunteers Needed – Tea & Coffee Rota after our services.**

Could you spare a little time to help serve tea and coffee after our services?

We are looking for friendly volunteers to join the rota. Even helping occasionally makes a big difference and is a lovely way to support our church community.

If you are willing to help, please add your name to the sign-up sheet at the back of church or speak to a member of the welcome team.

Thank you for your support – every cup shared helps bring us together



*Please pray for those whose anniversaries fall at this time;*

*John Mulhall, Joanna Peckham, Kevin Clews, Delina Grubb, Patrick Guilfoyle, Fr, Bunce, Maria Morgan, Bill Cunningham, James Milburn, James Madden, Mick Grubb, Jane O'Grady.*

***Eternal rest grant unto them O Lord...***

**Weekend 9<sup>th</sup> & 10<sup>th</sup> May 2026**

Father John would like to have the annual second collection for the FOREIGN MISSIONS .

This year it is being made by the Missionary sisters.

**School Mass at St. Benedict's Academy**  
**With Reception Leading**  
**At 9.30am**  
**All parents welcome**



***FUNERAL OF WILLIAM (GERRY) DORAN***



***Reception into church Tuesday 5<sup>th</sup> May at 5pm.***

***Funeral Mass for William Gerard (Gerry) Doran***  
***Wednesday 6<sup>th</sup> May at 10am.***

***St . Benedict's Church, Owen Street, Atherstone.***

**Collections**

There are no Collection details until  
Next Week

***The Bible Time-line***

***7:00pm***

***Every Monday Evening***  
***St. Benedict's Community Hall***

