

Our Lady of Light & Saint Osyth

“The most important thing in spiritual life is to strive to receive the grace of the Holy Spirit. It will change our lives (primarily internally, not externally). We will live in the same house, in the same situation and with the same people, but our life will be different. But it is possible only under certain conditions: if we find time to pray with fervour, with tears in our eyes. In the morning, ask for the blessing of God, so that the prayerful mood determines our whole day.”

Archimandrite Sophrony (Sakharov)

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How precious is Your mercy, O God!
The children of men seek shelter
in the shadow of Your wings.

~ Psalm 36:8 ~

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“Prayer is the journey of the soul toward God, the purpose being to reach Him and be united with Him... You know how our lungs breathe air? In the same way our souls breathe with prayer... If we do not have the wealth of the Spirit within us, a wealth of joy, a wealth of peace; if we do not have fruit which is immediately perceptible, obvious, and great, it is because we lack the desire for them, or because we simply do not know how to pray.”

~ Archimandrite Aimilianos ~

National Shrine of Our Lady of Light, Spouse of the Holy Spirit

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TWENTY-SEVENTH SUNDAY ~ 7TH OCTOBER, 2018

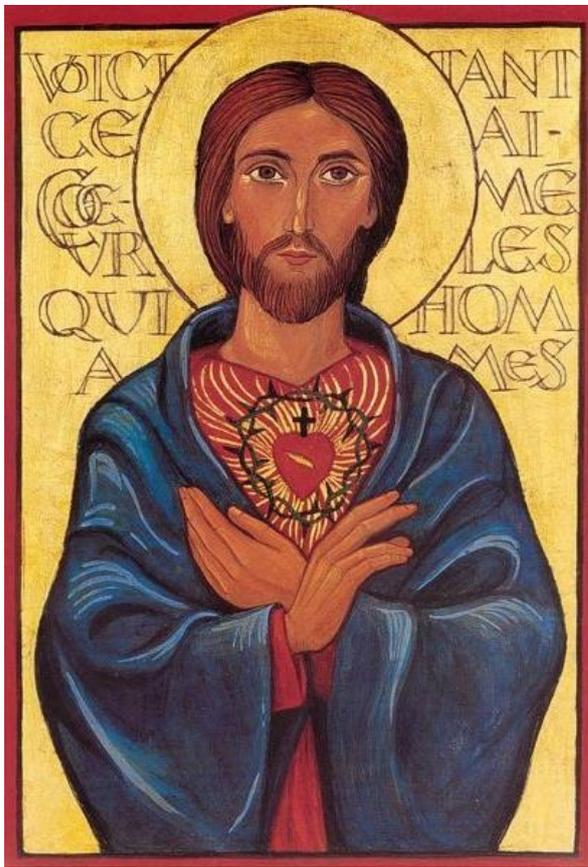
Canon Peter Writes...

Pope Francis catechesis on The Commandments/ The Decalogue/ The Ten Words continued: “The Ten Words begin in this way: *“I am the Lord your God, who brought you out of the land of Egypt, out of the house of bondage”*. This beginning would seem foreign to the laws that follow. Why does God make this proclamation about Himself and about liberation? Because one reaches Mount Sinai after having crossed the Red Sea: the God of Israel first saves, then asks for trust. In other words: the Decalogue begins from God’s generosity. God never asks without giving first. First He saves; first He gives; then He asks. Such is our Father: a good God.

“Let us understand the importance of the first declaration: *“I am the Lord, your God”*. There is a possessive; there is a relationship; there is belonging: He is *your* God. This illuminates the entire Decalogue and also reveals the secret of Christian action, because it is the very same attitude of Jesus, who says: *“As the Father has loved Me, so have I loved you”*. Christ is loved by the Father, and He loves us with that love. He puts not Himself but the Father first. Often our deeds fail because we put ourselves, and not gratitude, first. And one who begins with himself: where does he end up? He ends up with himself! He is incapable of making headway; he turns in on himself.

“Christian life is above all the *grateful response* to a generous Father. Christians who only fulfil their ‘duties’ do not have a personal experience with that God who is ‘ours’, they lack something, for the foundation of duty is the love of God the Father, who gives first, then commands. Placing the law before the relationship does not help the journey of faith. How can a young person want to be Christian, if we start with obligations, responsibilities, consistency and not with liberation? But being Christian is a journey of liberation! *The Commandments free you from your selfishness and free you because it is God’s love that leads you forward*. Christian formation is not based on willpower, but on the acceptance of salvation, on letting oneself be loved: first the Red Sea, then Mount Sinai. First salvation: God saves His people in the Red Sea; then on





Sinai He tells them what they have to do. But those people know that they are doing these things because they have been saved by a Father who loves them.

“Gratitude is a characteristic of a heart that has been visited by the Holy Spirit. In order to obey God, it is above all necessary to remember His benefits. Saint Basil says: “Those who do not let such benefits fall into disregard orient themselves towards good virtue and towards all works of justice”. Where does all this take us? To perform a memory exercise: how many wonderful things God has done for each of us! How generous our Heavenly Father is! How many beautiful things has God done for me? And this is the liberation of God. God does many beautiful things and He frees us.

“And yet some may feel that they have not yet truly experienced God’s liberation. This can happen. It may be that one looks inside oneself and finds only a sense of duty, a spirituality of servants, not of sons and daughters. What should be done in this case? As the Chosen People did. The Book of Exodus reads: “And the people of Israel groaned under their bondage, and cried out for help, and their cry under bondage came up to God. And God heard their groaning, and God remembered His covenant with Abraham, with Isaac, and with Jacob. And God saw the people of Israel, and God knew their condition”. God thinks of me.

“God’s liberating action placed at the beginning of the Decalogue, that is, the Commandments, is the response to this groaning. We do not save ourselves on our own, but with a *cry for help*, “Lord save me; Lord teach me the way; Lord caress me; Lord give me some joy”. This is a cry for help. It is up to us to ask to be liberated from selfishness, from sin,

from the chains of slavery. This cry is important. It is prayer; it is being conscious of what is still oppressed and not liberated within us. There are many things fettered in our soul. God awaits that cry because He can and wants to break our chains. God did not call us to life to remain oppressed but rather to be free and to live in gratitude, obeying with joy to the One who has given us so much, infinitely more than we could ever give to Him. May God always be blessed for all that He has done, does and will do within us!

To be continued.

Saturday, 6 th October <i>First Saturday</i> <i>St Bruno</i>	9.45am-10.40am 9.45am 11.00am	CONFESSIONS Rosary, Adoration of the Blessed Sacrament & Midday Prayer Mass ~ Gerard Daly Intentions (Bridie Lawlor)
	4.00pm-4.40pm 5.00pm	CONFESSIONS & Adoration of the Blessed Sacrament Vigil Mass ~ Gordon & Irene Neal Intentions (Danny & Julia Fitzgerald) & All Parishioners
Sunday, 7 th October <i>Twenty-seventh Sunday of Year B</i>	8.30am 10.30am	Mass ~ Des & Margaret Intentions (Breda & Family) Mass ~ Joan Hayter RIP & Ivy McDonald RIP (Family)
Monday, 8 th October <i>St Osyth</i>	9.45am 11.00am	Novena to Our Lady, Adoration of the Blessed Sacrament & Midday Prayer Mass ~ Jim Gogarty RIP (Henley Family)
Tuesday, 9 th October	*9.30am	Mass at St Clare’s ~ Kathleen O’Leary RIP (Tim)
Wednesday, 10 th October ~ <i>St Paulinus of York</i>		<i>No Mass or Exposition</i>
Thursday, 11 th October ~ <i>St John XXIII</i>		
Friday, 12 th October <i>Ss Ethelburga, Hildelithe & Cuthberga</i>	9.45am 11.00am	Rosary, Adoration of the Blessed Sacrament, Divine Mercy Chaplet & Midday Prayer Mass ~ Anna Stuart & Family Intentions (T & C)
Saturday, 13 th October <i>St Edward the Confessor</i>	9.00am 9.45am 10.10am-10.40am 11.00am	First Holy Communion Session beginning in the church Rosary, Adoration of the Blessed Sacrament & Midday Prayer CONFESSIONS Mass ~ Margaret Nicholls Intentions (Bridie Lawlor)
	4.00pm-4.40pm 5.00pm	CONFESSIONS & Adoration of the Blessed Sacrament Vigil Mass ~ Cormac O’Shaughnessy RIP (Morley Family)
Sunday, 14 th October <i>Twenty-eighth Sunday of Year B</i> <i>Day of Prayer for Prisoners and their dependants</i>	8.30am	Mass ~ Intentions of Children & Grandchildren of Pat & Ann Killen
	10.30am	Mass ~ Barbera de la Nougerade (Lee Family) & All Parishioners

TEA AND COFFEE are available after the Sunday morning Masses. Everyone is welcome.

THE SECOND COLLECTION THIS WEEKEND IS FOR THE WORK OF CAFOD Please give as generously as you can. Your support will help lift some of the world's poorest people out of poverty.

PARISH LOTTERY Bonus Ball No 18. No winners this week.

COME AND PRAY FOR VOCATIONS... Holy Hour to pray for Vocations to the priesthood and the religious life at St James the Less and St Helen at Colchester on Wednesday, 24th October at 7:30pm. This year the Vocations office have planned to pray for vocations in all twelve deaneries within the Diocese, one for every month in 2018. All are welcome, whether you are discerning a vocation to the priesthood or want to pray for those who are. This event will include a vocations testimony from Mgr. John Armitage who was Vicar General of this diocese and is now Rector to the Shrine of Our Lady of Walsingham in Norfolk.

ROSARY CRUSADE OF REPARATION Public Procession of Reparation for Sins Committed Against the Immaculate Heart: Saturday, 13th October. Assemble by 1.45pm outside Westminster Cathedral (Ambrosden Avenue), nearest underground: Victoria. Procession to Brompton Oratory, Brompton Road, London, SW7, nearest underground: South Kensington. See poster for more details. www.rosarycrusadeofreparation.blogspot.com.

BRENTWOOD CATHOLIC CHILDREN'S SOCIETY Children and families are now able to access direct therapeutic support in one of our clinics. Sessions take place after school or at an evening clinic at our counselling suites in Rayleigh. Our highly experienced counsellors provide support directly to the whole family or to children and adolescents on a 1:1 basis. If you are concerned that your child may need someone to talk to, please contact Catherine on cmunns@bccs.org.uk. There is a sessional charge, so please enquire.

CALAIS LIGHT Ever felt you'd like to help the destitute migrants in Calais but not known where to start? We run regular weekend car convoys from Brentwood Cathedral to chop veg & sort Refugee donations at the amazing Help Refugees UK Warehouse in Calais. Never mind the reasons WHY migrants are in Calais, the fact is they are there now - without resources, hungry, struggling. We feel strongly that part of our Christian mission is to support them one way or another. Please think about this & volunteer with us. If you can't, please donate with compassion so we can keep helping them at www.justgiving.com/crowdfunding/calaislight. Next Trip 30th November-2nd December. Sign up to volunteer or donate on our Facebook page 'Calais Light', or on our website calaislight.com or email us at calaislight@yahoo.com or check out the Brentwood Cathedral Website.



Ever-loving God, Your servant Osyth listened to Your voice and persevered in seeking Your true vocation for her. May her prayers and example inspire us to put the values of Your Kingdom first in all the choices and decisions we make.



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October ~ The Month of the Rosary

'If I had an army to say the Rosary, I could conquer the world.' ~ Blessed Pope Pius IX

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'When you say your Rosary, the angels rejoice, the Blessed Trinity delights in it, my Son finds joy in it too, and I myself am happier than you can possibly guess. After the Holy Sacrifice of the Mass, there is nothing in the Church that I love as much as the Rosary.'

~ Our Lady to Blessed Alan de la Roche

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'How beautiful is the family that recites the Rosary every evening!' ~ St John Paul II

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Family Fast Day Prayer

Creator God. in love you give life. In your generosity you create the gifts of the earth. As daughters and sons of the same Father, may we learn to share the plentiful gifts of creation, especially with those most in need. Give us open hands and loving hearts, so that we take less and give more. We ask that all may benefit from your goodness, and share in the fullness of life you have promised. Amen.

'The rosary is the book of the blind, where souls see and there enact the greatest drama of love the world has ever known; it is the book of the simple, which initiates them into mysteries and knowledge more satisfying than the education of other men; it is the book of the aged, whose eyes close upon the shadow of this world, and open on the substance of the next. The power of the rosary is beyond description.'

~ Venerable Fulton Sheen

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St Benedict's Catholic College Norman Way, Colchester CO3 3US, 01206 549222, www.stbenedicts.essex.sch.uk

~ Items for the Newsletter to be delivered to the presbytery or by email by 10.00am on Wednesday ~

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