

Our Lady of Light & Saint Osyth

“It is not possible to love Christ but without the Church, to listen to Christ but not the Church, to belong to Christ but outside the Church. For the Church is herself God’s great family, which brings Christ to us.”

~ Pope Francis ~



“Truth is given to us when we seek it humbly, as we seek a cure from a doctor. We can’t order the truth, but we can ask that it be given to us, to be revealed to us. Because the truth is God, whom we can’t order, only ask from Him and love Him.”

~ St Iakovos Tralikis ~



“We fly to your patronage, O holy Mother of God; despise not our prayers in our necessities, but ever deliver us from all dangers, O glorious and blessed Virgin.”

‘Sub Tuum Praesidium’

~ Oldest Prayer to Our Lady ~



“When you are alone in your room, take your crucifix, kiss its five wounds reverently, tell it to preach to you a little sermon, and then listen to the words of eternal life that it speaks to your heart; listen to the pleading of the thorns, the nails, the precious Blood. Oh, what an eloquent sermon!”

~ St. Paul of the Cross ~

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

Parish Priest: Canon Peter Connor OFS

Parish Priest Email: ClactonCatholicChurch@gmail.com

Parish website: www.ourladyoflight.uk ~ Diocesan website: www.dioceseofbrentwood.net

1 Church Road, Clacton-on-Sea, CO15 6AG, Tel: 01255 423319, Office email: clacton@dioceseofbrentwood.org

FIRST SUNDAY OF ADVENT ~ 2ND DECEMBER, 2018

Canon Peter Writes...

The Church offers us the Season of Advent so that we can prepare ourselves to celebrate the coming of the Christ Child at the Feast of Christmas in a fruitful way. Saint John the Baptist prepared the people of his day by urging them to repent and confess their sins; his message still holds true today. The following is an **Examination of Conscience** based on the Ten Words of Fatherly love (The Ten Commandments) spoken by Almighty God for the lasting benefit and joy of everyone. Jesus gave us the Sacrament of Reconciliation, Confession, to help us see our sinfulness, to be forgiven, to be healed and to be strengthened in our fight against temptation in the future; we ought to make frequent use of Confession to meet and receive Our Lord in this unique way.

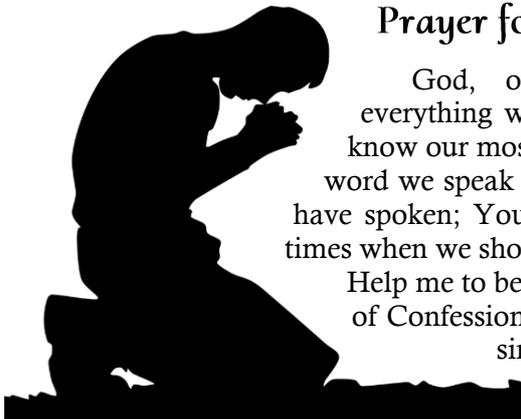
Prayer for the Grace of Repentance

God, our loving Father, You know everything which we carry in our hearts. You know our most secret thoughts; You know every word we speak and every silence when we should have spoken; You know all of our actions and the times when we should have acted.

Help me to be honest with You in the Sacrament of Confession, help me to be truly sorry for my sins, help me to trust in Your love, help me to hope in Your forgiveness.

Act of Contrition

O my God, because You are so good, I am very sorry that I have sinned against You, and with the help of Your grace, I will not sin again. Amen.



1ST SUNDAY OF *Advent*

I “I am the Lord, thy God, thou shalt not have strange gods before Me.”

Do I seek to love God with my whole heart or do I put money, security, career, power, pleasure or people before Him?

Do I give God time every day in prayer?

Have I believed in horoscopes, fortune-telling or superstition?

+++

II “Thou shalt not take the name of the Lord thy God in vain.”

Have I committed blasphemy by using the name of God and Jesus Christ lightly or carelessly, or to swear rather than to praise?

Have I committed sacrilege by showing disrespect to holy objects, eg, a crucifix, statue or rosary, by disrespect or contempt for religious persons, ie, bishop, priests, deacons or religious, or for sacred places?

Have I been angry with God?

Did I break the one-hour fast before Communion?

Do I abstain from meat on Fridays throughout the year?

Did I break the laws of fast and abstinence during Lent? Did I neglect my Easter duty to receive Holy Communion at least once?

+++

III “Remember to keep holy the Sabbath day.”

Have I missed Mass on a Sunday or Holyday of Obligation for no grave reason?

Have I shown disrespect by coming to Mass late or leaving Mass early for no good reason, by not paying attention, talking unnecessarily to others or not joining in the prayers?

Have I done unnecessary work on Sunday which could have been done the day before or after?

Have I neglected to support the Church and the poor by not sharing my time, talent or giving due financial assistance?

Have I tried to observe Sunday as a family day and a day of rest?

+++

IV “Honour thy Father and Mother.”

Parents: Have I set a bad example to my children by casually missing Mass, neglecting family prayers, or by ignoring my responsibility to teach them about the Catholic Faith and the moral teaching of the Church?

Have I set a bad example to my children by showing disrespect for those in authority, government or the Church?

Do I try to bring peace into my home life?

Do I care for my aged and infirm relatives?

Children: Have I been disobedient and or disrespectful to my parents or guardians?

Did I neglect to help them with household chores?

Have I caused them unnecessary worry and anxiety by my selfish attitude, behaviour or moods?

+++

V “Thou shalt not kill.”

Have I had an abortion or encouraged or helped anyone to have an abortion?

Have I participated in or approved of euthanasia whereby ordinary means were stopped or means taken to directly end the life of an elderly or sick person?

Have I committed an act of violence or abuse, physical, sexual, emotional or verbal?

Have I endangered the lives of others by reckless driving or by driving under the influence of drugs or alcohol?

Do I show contempt for my body by neglecting to take care of my own health?

Did I give scandal to anyone, thereby leading them into sin?

Have I been mean or unjust to anyone?

Have I held a grudge, sought revenge or wished evil against someone who wronged me?

Do I point out others' faults and mistakes while ignoring my own?

Do I complain more than I compliment?

Am I ungrateful for what other people do for me?

Do I tear people down rather than encourage them?

Am I prejudiced against people because of their colour, language or ethnic-religious background?

Have I encouraged or condoned sterilisation?

Have I engaged, in any way, in sins against human life such as artificial insemination or in vitro fertilisation?

+++

VI “Thou shalt not commit adultery.”

Have I been faithful to my marriage vows in thought and action?

Have I engaged in any sexual activity outside of marriage?

Have I neglected my duties to my spouse?

Have I used any method of contraception or artificial birth control in my marriage?

Has each sexual act in my marriage been open to the transmission of new life?

Have I been guilty of masturbation?

Have I respected all members of the opposite sex, or have I thought of other people as mere objects?

Have I been guilty of any homosexual activity?

Do I seek to be chaste in my thoughts, words, actions?

Am I careful to dress modestly?

+++

VII “Thou shalt not steal.”

Have I stolen what is not mine?

Have I returned or made restitution for what I have stolen?

Do I waste time at work, school, and home?

Do I gamble excessively, thereby denying my family of their needs?

Do I pay my debts promptly?

Do I seek to share what I have with the poor?

Have I cheated anyone out of what is justly theirs, for example creditors, insurance companies, big corporations?

+++

VIII “Thou shalt not bear false witness against thy neighbour.”

Have I told a lie in order to deceive someone?

Have I told the truth with the purpose and intention of ruining someone's reputation?

Have I told a lie or spread rumours which may ruin someone's reputation?

Did I commit perjury by false swearing an oath on the Bible?

Am I a busybody and love to spread gossip and secrets about others?

Do I love to hear bad news about my enemies?

Do I keep secret what should be kept confidential?

+++

IX “Thou shalt not covet thy neighbour's wife.”

Do I view pornographic material in magazines, videos, or on the internet?

Have I avoided the occasions of sin with persons or in places which would tempt me to be unfaithful to my spouse or to my own chastity?

Do I encourage and entertain impure thoughts and desires?
Do I tell or listen to dirty jokes?

+++

X “Thou shalt not covet thy neighbour’s goods.”

Have I stolen any object, committed any shoplifting or cheated anyone of their money?

Did I knowingly deceive someone in business or commit fraud?

Have I shown disrespect or even contempt for other people’s property?

Have I done any acts of vandalism?

Am I greedy for or jealous of what other people have?

Are material possessions the purpose of my life?

Does the desire for comfort override my duty to God, to the Church, to my family or my own spiritual well-being?

Saturday, 1 st December <i>First Saturday</i> <i>Bl John Beche</i>	9.45-10.40am 9.45am 11.00am	CONFESSIONS Rosary, Adoration of the Blessed Sacrament & Midday Prayer Mass ~ Anna Stuart & Family Intentions (T & C)
	4.00pm-4.40pm 5.00pm	CONFESSIONS & Adoration of the Blessed Sacrament Vigil Mass ~ Andrew Redmond RIP (Mary & Joe Murray)
Sunday, 2 nd December <i>First Sunday of Advent</i> <i>Beginning of Year C</i>	8.30am	Mass ~ Roger Staines RIP (Bridie Staines & Family) & All Parishioners
	10.30am	Mass ~ Tony Lance RIP (Kathleen & Ron)
Monday, 3 rd December <i>St Francis Xavier</i> <i>Migrants’ Day</i>	9.45am 11.00am	Novena to Our Lady, Adoration of the Blessed Sacrament & Midday Prayer Mass ~ Lilibet Whitely Intentions (Family)
Tuesday, 4 th December <i>St John Damascene</i>	*9.30am	Whole School Mass at St Clare’s School ~ John Healy RIP (Joe Gilmore) ~ All Parishioners are welcome
Wednesday, 5 th December		<i>No Mass or Exposition</i>
Thursday, 6 th December ~ <i>St Nicholas</i>		
Friday, 7 th December ~ <i>St Ambrose</i> ~ <i>First Friday</i>		
Saturday, 8 th December <i>The Immaculate Conception</i> <i>of the Blessed Virgin Mary</i>	9.45-10.40am 9.45am 11.00am 1.30am	CONFESSIONS Rosary, Adoration of the Blessed Sacrament & Midday Prayer Mass ~ Anna Stuart & Family Intentions (T & C) Mass in Malayalam preceded by the Rosary
	4.00pm-4.40pm 5.00pm	CONFESSIONS & Adoration of the Blessed Sacrament Vigil Mass ~ Bernie Byrne RIP (Theresa, May, Pauline & Noel) & All Parishioners
Sunday, 9 th December <i>Second Sunday of Advent</i> <i>Bible Sunday</i>	8.30am	Mass ~ Antoni & Matylda Delikator RIP (Family)
	10.30am	Mass ~ Michael Conlon RIP (Family)

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

PLEASE PRAY FOR THE REPOSE OF THE SOUL OF LIZ DEARMAN who died suddenly last week, and for her family in their sorrow. They will be arranging a private service for Liz and have asked that any donations or money which would have been spent on flowers be given to Our Lady of Light Church.

THE SHAPING OF THE FUTURE OF OUR DIOCESE To mark the issue of The Vision Document, Bishop Alan Williams has released a Video Message to all parishioners. This may be watched by going to <http://www.dioceseofbrentwood.net/departments/development/> It is also on our website, under ‘News’ <https://ourladyoflight.uk/message-from-bishop-alan/>.

COLCHESTER DEANERY ADVENT DAY OF MERCY This special day will be held at St James the Less, Priory Street, Colchester, this Monday, 3rd December. It begins with Mass at 9:30am and concludes with Benediction at 10.00pm. Throughout the day there be Exposition of the Blessed Sacrament and priests will also be available for Confession during this time.

CAROL SERVICE & MINCE PIES Our church choirs will hold their annual Carol Service in the hall after the 10.30am Mass on Sunday, 16th December. Everyone is welcome.

CHRISTMAS CARDS & 2019 POCKET DIARIES Advent Calendars and other Christmas items including Christmas Mass Intentions cards are on sale at the back of the church. Please put the money in the wall box marked ‘Repository’.

PARISH LOTTERY Bonus Ball No 38. Double Winner: Léda.

Useful Local Contacts: SVP telephone 07955203405 **HALL BOOKINGS** 01255 429032/SaintCharlesHall@gmail.com

St Clare’s Catholic Primary School Cloes Lane, Clacton CO16 8AG, 01255 425344, www.st-clares.essex.sch.uk

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 ~

Diocesan registered charity number 234092. For private circulation only.