

Our Lady of Light & Saint Osyth
National Shrine of Our Lady of Light, Spouse of the Holy Spirit

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Prayer to the Holy Spirit

*Come Holy Spirit, by
the means of the
powerful intercession of
the Immaculate Heart of
Mary, your well beloved
Spouse.
Amen.*



**Daily Offering of myself
to Jesus through Mary.**

*Our Lady of Light,
Spouse of the Holy
Spirit, I give thee my
whole self, soul and
body.
All that I have or may
have to keep for Jesus,
that I may be His for
evermore.
Amen.*

NINETEENTH SUNDAY IN ORDINARY TIME (B)

SANCTUARY LAMP DEDICATIONS: This week:

Blessed Sacrament Chapel: Maureen & Bernie Haugh RIP (Eileen Morley)

Our Lady of Light Chapel: Maureen & Bernie Haugh RIP (Eileen Morley)

OFFERTORY COLLECTION / DONATIONS: Please make your weekly offerings by standing order. If you are a taxpayer, you can Gift Aid the amount without any cost to yourself. The parish bank details are:

Bank Title: Catholic Church Clacton-on-Sea

Sort Code 401322 Account Number: 41020463.

Members of the gift-aid scheme should quote their name and Gift Aid number in the Reference. Funds received last week:

Standing Order Offerings £1374.00 of which £1173.00 was gift aided.

Collection Offerings £618.08 of which £111.00 was gift aided.

Thank you for your generosity, for Gift Aiding your offerings, and for your support of the Parish. Fr Patrick.

JOHN 6:41-51 In the Gospel from John, the Jews were complaining to each other about Jesus, because He had said, "I am the bread that came down from heaven". Jesus told them to stop complaining and said, 'I am the bread of life'. He continued, 'I am the living bread which has come down from heaven. Anyone who eats this bread will live forever; and the bread I shall give is my flesh, for the life of the world'.

From the very earliest days of the Church, Christians have read these words of Jesus Christ as referring to the Holy Eucharist which has been celebrated every Sunday since the first Easter Day. Jesus Christ is the Son of God. Jesus Christ is the second person of the Holy Trinity. Jesus Christ is God. This Gospel tells us that life comes from faith in Jesus Christ and placing our trust in Him. Jesus gives us the Holy Eucharist to feed our souls and lead us to eternal life in Heaven. The Holy Eucharist is the medicine of immortality, without which we have no life within us. The Holy Eucharist is a foretaste of heaven. The Holy Eucharist is our daily bread. The Father in heaven urges us, as children of heaven, to ask for the bread of heaven.

In Holy Communion, preceded by the Lord's prayer and the breaking of the bread, we receive 'the bread of heaven' and 'the cup of salvation', the body and blood of Our Lord Jesus Christ who offered Himself 'for the life of the world'. As God fed Elijah on his long journey, Jesus feeds us on our journey in this life to heaven with His very self.

HOLYDAY OF OBLIGATION: Thursday 15th August is The Assumption of The Blessed Virgin Mary. There will be a vigil Mass on Wednesday 14th August at 7.00pm and 9.00am Mass on Thursday 15th August.

FIRST HOLY COMMUNION PROGRAMME: In order to join the programme, you must attend the 9.30am Mass with your child on Saturday 14th September 2025. A meeting with all the parents will commence immediately after the Mass. The necessary forms will be completed at the meeting.

ADULT CATECHESIS CLASSES: Will commence on Monday 2nd September at 7.00 pm in the Presbytery. The classes are for the following:

- Catholics who wish to receive the Sacraments of Holy Communion and Confirmation.
- Christians who wish to be received into the Catholic Church.

- Unbaptised who wish to be Baptised into the Catholic Church. Please contact Fr Patrick if you would like to join the group.

ST CLARE'S CATHOLIC PRIMARY SCHOOL: Congratulations on the recent Standardised Assessment Tests (SATs), with 84% of pupils achieving a score of 100 or more in their reading and maths tests. The school is ranked 21st of 565 schools in England and Wales.

WALK FOR LIFE: National event on Saturday 7th September 2024 commencing at the Emmanuel Centre, (Westminster), London. For full details go to www.marchforlife.co.uk/2024-event-page/

THIS WEEK'S SERVICES

Saturday 10th August 2024. <i>Feast of St Lawrence Dc,M.</i>	9.30am.	MASS:Margaret O'Brien Intentions. Lindsey Abbarchi.
Saturday 10th August 2024.	11.00am to 12.00pm.	SACRAMENT OF RECONCILIATION.
Saturday 10th August 2024.	11.00am to 1.00pm.	EXPOSITION OF THE BLESSED SACRAMENT.
Saturday 10th August 2024.	11.00am.	DIVINE MERCY CHAPLET.
Saturday 10th August 2024.	12.00pm.	THE ANGELUS AND THE HOLY ROSARY.
Saturday 10th August 2024. <i>Vigil of the Nineteenth Sunday in Ordinary Time (B).</i>	6.00pm.	MASS: Terry Lewis RIP Marian Lewis.
Sunday 11th August 2024 <i>Nineteenth Sunday in Ordinary Time (B)</i>	8.30am.	MASS: Sr Mary Beatice Luddy RIP. Pat Cunningham.
Sunday 11th August 2024	10.30am.	MASS: David & Danus Pearce Intentions. Lindsey Abbarchi.
Monday 12th August 2024	9.00am.	MASS: Dominic & Mary Henley RIP. John Henley.
Tuesday 13th August 2024	9.00am.	MASS: David Goodson Intentions. Emma Goodson.

Wednesday 14th August 2024. Memorial of Maximilian Kolbe, Pr, M.	9.00am.	MASS: Philip Sharp Intentions. Catherine O'Donovan.
Wednesday 14th August 2024. <i>Vigil of The Assumption of The Blessed Virgin Mary.</i>	7.00pm.	MASS: Jenny Henderson Intentions. Ann Ayton.
Thursday 15th August 2024. <i>Feast of The Assumption of The Blessed Virgin Mary.</i>	9.00am.	MASS: Val Hayter & Raymond Conway-Harris RIP. Deirdre.
Saturday 17th August 2024.	9.30am.	MASS: Rose Lindsey Intentions. Tara.
Saturday 17th August 2024.	11.00am to 12.00pm.	SACRAMENT OF RECONCILIATION.
Saturday 17th August 2024.	11.00am to 1.00pm.	EXPOSITION OF THE BLESSED SACRAMENT.
Saturday 17th August 2024.	11.00am.	DIVINE MERCY CHAPLET.
Saturday 17th August 2024.	12.00pm.	THE ANGELUS AND THE HOLY ROSARY.
Saturday 17th August 2024. <i>Vigil of the Twentieth Sunday in Ordinary Time (B).</i>	6.00pm.	MASS: Kate Kavangh RIP. Lindsey Abbarchi
Sunday 18th August 2024 <i>Twentieth Sunday in Ordinary Time (B)</i>	8.30am.	MASS: Anna Corbett RIP. Pat Cunningham.
Sunday 18th August 2024	10.30am.	MASS: Abbarchi & Pinney Family Intentions. Lindsey Abbarchi.
Sunday 18th August 2024	2.00pm.	BAPTISM: Kyrie & Kobe Tuason.