

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

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<p style="text-align: center;"><b><i>Prayer to the Holy Spirit</i></b></p> <p style="text-align: center;"><i>Come Holy Spirit, by the means of the powerful intercession of the Immaculate Heart of Mary, your well beloved Spouse. Amen.</i></p>		<p style="text-align: center;"><b><i>Daily Offering of myself to Jesus through Mary.</i></b></p> <p style="text-align: center;"><i>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.</i></p>
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**TWENTIETH SUNDAY IN ORDINARY TIME (B)**

**SANCTUARY LAMP DEDICATIONS:** This week:

*Our Lady of Light Chapel: Nichi Keshane & Riley Brannon (Catherine)*

**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 £636.50 of which £603.50 was gift aided.

Collection Offerings £619.63 of which £90.00 was gift aided.

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

**JOHN 6:51-58** In the Gospel from John, Jesus tells the crowd to eat His body and drink His blood. They were shocked. Jesus was speaking about the Holy Eucharist. His words would not have made any sense to His disciples until the events of the Last Supper and the completion of His sacrifice on Calvary. The sacrifice on the Cross and the Holy Eucharist are one single sacrifice. At the Holy Mass, we complete the Eucharistic Prayer. During this prayer, the Passion of Jesus Christ is not repeated but made present to us. All the barriers of time and space are removed during the Mass. In this prayer, we offer to God the greatest gift that He has given to us. We offer back to God, His very own Son in the Holy Eucharist. In the Holy Eucharist, Jesus Christ gives us the very body which is given-up for us on the cross; He gives us the very blood which He poured out for many for the forgiveness of sins.

Jesus tells us: "Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him". When we receive the Holy Eucharist, we receive the person of Jesus Christ. He also receives us in the Sacrament. We are changed every time we receive Holy Communion: Jesus incrementally draws us ever closer to Himself. The person of Jesus Christ grows stronger within us and the selfish and sinful me is diminished by His presence. In the Holy Eucharist we become the people God wants us to be in this life to join Him in the next.

**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.

**FR PATRICK:** Will be on leave from 19th August 2024 until 30th August 2024. Fr Gerald Gosling will be covering in his absence.

**CHURCHES TOGETHER:** The Clacton Churches Together will be holding their annual service at Our Lady of Light on Tuesday 10th September 2024 at 7.00 pm. The service will be followed by refreshments in the hall. All are welcome.

**EXPOSITION OF THE BLESSED SACRAMENT:** Takes place every Saturday from 11.00am to 1.00pm. This is an opportunity to spend some quiet time with the Lord. Saint Teresa of Calcutta said: 'The time you spend with Jesus in the Blessed Sacrament is the best time you will spend on earth.'

**UNWANTED FOREIGN CURRENCY:** Mary Meals is a charity that provides nutritious school meals to children living in some of the world's poorest countries. They are appealing for unwanted foreign notes and coins. You can donate your unwanted currency by using one of the envelopes at the back of the church. Please hand the returned envelopes to a church steward. The appeal ends on 2nd September 2024.

### THIS WEEK'S SERVICES

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.
Saturday 24th August 2024.	9.30am.	MASS: Ganno Palogi RIP Bryne Family.
Saturday 24th August 2024.	11.00am to 12.00pm.	SACRAMENT OF RECONCILIATION.
Saturday 24th August 2024.	11.00am to 1.00pm.	EXPOSITION OF THE BLESSED SACRAMENT.
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Saturday 24th August 2024. <i>Vigil of the Twenty-First Sunday in Ordinary Time (B).</i>	6.00pm.	MASS: Anthony & Carolina Walker Cook (1st Wedding Anniversary). Angela Cook.
Sunday 25th August 2024 <i>Twenty-First Sunday in Ordinary Time (B)</i>	8.30am.	MASS: Brigid Duffy RIP Catherine O'Donovan.
Sunday 25th August 2024	10.30am.	MASS: Mrs Ruphina Babalola's Siblings Intentions. Ruphina Babaloa.