

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

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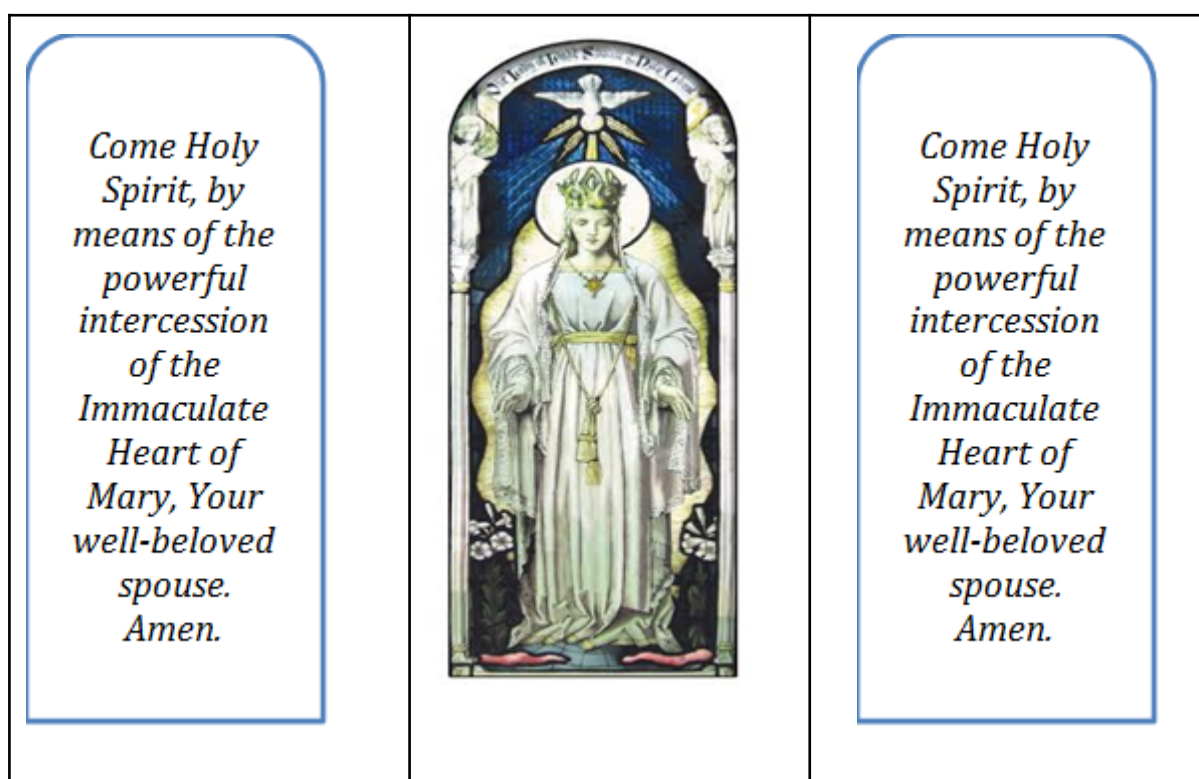
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Parish website: [www.ourladyoflight.uk](http://www.ourladyoflight.uk)

Diocesan website: [+www.dioceseofbrentwood.net](http://+www.dioceseofbrentwood.net)

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**EIGHTEENTH SUNDAY IN ORDINARY TIME (B)**

**SANCTUARY LAMP DEDICATIONS:** This week:

- *Blessed Sacrament Chapel: Mieczyslaw & Rosalia Buda RIP-Family*

**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 £196.00 of which £188.00 was gift aided.

Collection Offerings £504.61 of which £126.00 was gift aided.

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

**JOHN 6:24-35** In the Gospel from John, the crowd had chased Jesus after the miracle of the feeding of the 5000. Jesus tells the crowd trying to make him their king: 'do not work for food that cannot last, but work for food that endures to eternal life, the kind of food the Son of Man is offering you, for on Him the Father, God himself, has set His seal'. He tells them: 'this is working for God: you must believe in the one He has sent'. They asked for a sign to believe in Jesus Christ. They said, 'our fathers had manna to eat in the desert; as scripture says: he gave them bread from heaven to eat'.

Jesus answered, 'I tell you most solemnly, it was not Moses who gave you bread from heaven, it is my Father who gives you the bread from heaven, the true bread, for the bread of God is that which comes down from heaven and gives life to the world'. The crowd asked Jesus, 'give us that bread always'. Jesus tells them, 'I am the bread of life. He who comes to me will never be hungry; he who believes in me will never thirst'.

Jesus Christ through His death and resurrection has redeemed the world and has granted us forgiveness for our sins. Jesus Christ is the true bread from heaven, He who gives life to the world. To receive this life, we must seek and believe in the person of Jesus Christ: we must have faith! In the Holy Mass, we complete the memorial of the Lord's Passion and Resurrection. The sacrifice of Christ and the sacrifice of the Eucharist are one single sacrifice. In the Eucharist, Christ gives us the very body which is given-up for us on the cross; He gives the very blood which he poured out for many for the forgiveness of sins. The Jews were sent manna from heaven in the desert to sustain their bodies in their journey to the Promised Land. Jesus gives us the Holy Eucharist to feed our souls and leads us to eternal life in Heaven.

**UPDATE ON NEW ASSISTANT PRIEST:** Fr Grzegorz will be visiting at the end of August to say hello. Thank you for your great generosity in providing for his new home.

**ST MICHAEL'S SUMMER FETE:** Friday 9th August 2.30pm to 5.00pm. Refreshments, tombola, lucky dip, stalls, singer 3pm to 4pm. All are welcome.

**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.

### THIS WEEK'S SERVICES

Saturday 3rd August 2024.	9.30am.	MASS: Frank McNicolas RIP. Nicola & Colin.
Saturday 3rd August 2024.	11.00am to 12.00pm.	SACRAMENT OF RECONCILIATION.
Saturday 3rd August 2024.	11.00am to 1.00pm.	EXPOSITION OF THE BLESSED SACRAMENT.
Saturday 3rd August 2024.	11.00am.	DIVINE MERCY CHAPLET.
Saturday 3rd August 2024.	12.00pm.	THE ANGELUS AND THE HOLY ROSARY.
Saturday 3rd August 2024.	1.00pm.	WEDDING: David Orton & Hannah Walker.
Saturday 3rd August 2024. <i>Vigil of Eighteenth Sunday in Ordinary Time B</i>	6.00pm.	MASS: Mrs Jo Gilmore Intentions. Angela Cook.
Sunday 4th August 2024. <i>Eighteenth Sunday in Ordinary Time B.</i>	8.30am.	MASS: Pat Murray Intentions.
Sunday 4th August 2024.	10.30am.	MASS: Joyce Ajibola-Babalola & Family Intentions. Paul Twyman.
Sunday 4th August 2024.	2.00pm.	BAPTISM: Jack Mortil
Monday 5th August 2024	9.00am.	MASS: John John RIP Jestin George.

Tuesday 6th August 2024 <i>Feast of the Transfiguration of the Lord.</i>	9.00am.	MASS: Dominic & Mary Henley RIP. John Henley.
Friday 9th August 2024. <i>Feast of St Theresa Benedicta of the Cross, V,M.</i>	9.00am.	MASS: Maxine Baker RIP Barbara Dieges.
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.
Sunday 11th August 2024	2.00pm.	BAPTISM: Kyrie Tuason.