

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

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

*Come Holy Spirit, by means of the powerful intercession of the Immaculate Heart of Mary, Your well-beloved spouse. Amen.*



*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.*

COVID 19 REGULATIONS STEP 4: The revised guidelines are being implemented in the parish. Please note that face masks remain mandatory in the church.

OFFERTORY COLLECTION / DONATIONS: Offerings can be placed in one of the orange buckets, but I would request wherever possible, all offerings are made electronically by standing order or via the donation button on the website. This will reduce the level of risk to our collection counters and those who will need to visit the bank. The 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:

Electronic Offerings £318.00 of which £265.00 was gift aided.

Collection Offerings £385.47 of which £121.00 was gift aided.

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

**EXTRAORDINARY MINISTERS OF HOLY COMMUNION:** The Bishops of England and Wales have authorised home visits for Extraordinary Ministers of Holy Communion. This is the prime purpose of the role. I need a volunteer to take Holy Communion for a couple in Holland on Sea. Please speak to Fr Patrick if you can help.

**MARCH OF LIFE UK:** Dear Parishioners, the Annual March for Life UK event will take place on **Sat. 4<sup>th</sup> September** in Central London from Approximately 10 am – 4.30 pm. A coach will leave from Priory Street/East Hill, Colchester at 8am stopping at London Road, Colchester, Witham, Chelmsford, and Brentwood. The cost will be £20 per person (babies go free). Less if we have a full coach. To ask about coach details or book a seat, please contact Justin Nathan at eph890@gmail.com or on 07540 050814. Please do not leave a voice message but I will respond to text or WhatsApp messages. We recently had the highest ever annual abortion figures in the UK (last year saw 210,860 abortions in England and Wales) as well as the introduction of home/DIY abortions. Let's do our part in turning the tide in our nation. More information is available at [marchforlife.co.uk](http://marchforlife.co.uk) or form Isabel on 07773 501721/ izzyvs@gmail.com

**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. Our 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, He feeds us on our journey in this life to heaven with His very self.

HOLY WATER: Is now available in the cask in front of the parish notice board at the back of the church. You will need to bring your own bottle.

**THIS WEEK'S SERVICES.**

Saturday 7 <sup>th</sup> August.	9.30 am.	MASS: Peter O'Connor RIP Gerry O'Flanagan & Family.
Saturday 7 <sup>th</sup> August.	11.00 am to 12.00 am.	SACRAMENT OF RECONCILIATION: Confessions will be heard in the Sacristy. Please tell the Steward that you wish to go to confession.
Saturday 7 <sup>th</sup> August.	12.00 pm.	THE HOLY ROSARY
Saturday 7 <sup>th</sup> August.	11.00 am to 1.00 pm.	Church is open for private prayer with Exposition of the Blessed Sacrament.
Saturday 7 <sup>th</sup> August. Vigil of the Nineteenth Sunday in Ordinary Time. (B)	6.00 pm.	MASS: Joe & Mary Powell Intentions Parish.
Sunday 8 <sup>th</sup> August. The Nineteenth Sunday in Ordinary Time. (B)	8.30 am.	MASS: Alice Redmond RIP Nora & Peter.
Sunday 8 <sup>th</sup> August.	10.30 am. FAMILY MASS This Mass is for families with young children.	MASS: Beatrice Bowland RIP Lee Family.
Sunday 8 <sup>th</sup> August	2.00 pm.	BAPTISM: Chanelle Sainte Marie.
Monday 9 <sup>th</sup> August. Feast of St Teresa Benedicta of the Cross.	9.30 am.	MASS: Beatrice (Betty) Boland Christopher Boland.

Tuesday 10 <sup>th</sup> August. Feast of St Lawrence, Deacon, M.	9.30 am	MASS: Jane Clarke RIP Hanna.
Friday 13 <sup>th</sup> August.	9.30 am.	MASS: Bernard Sinclair Intentions Auntie Netta.
Saturday 14 <sup>th</sup> August. Memorial of St Maximilian Kolbe, Pr, M.	9.30 am.	MASS: Alice Redmond RIP Joe Murray.
Saturday 14 <sup>th</sup> August.	11.00 am to 12.00 am.	SACRAMENT OF RECONCILIATION: Confessions will be heard in the Sacristy. Please tell the Steward that you wish to go to confession.
Saturday 14 <sup>th</sup> August.	12.00 pm.	THE HOLY ROSARY
Saturday 14 <sup>th</sup> August.	11.00 am to 1.00 pm.	Church is open for private prayer with Exposition of the Blessed Sacrament.
Saturday 14 <sup>th</sup> August. Vigil of the Solemnity of The Assumption of The Blessed Virgin Mary.	6.00 pm.	MASS: John Turner RIP Debbie Turner.
Sunday 15 <sup>th</sup> August. The Solemnity of The Assumption of The Blessed Virgin Mary.	8.30 am.	MASS: Beatriz Lumboa RIP Mrs C King.
Sunday 15 <sup>th</sup> August.	10.30 am. FAMILY MASS This Mass is for families with young children.	MASS: Tomlin Family Intentions Mary.