

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

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EIGHTEETH 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 £373.00 of which £280.00 was gift aided.

Collection Offerings £445.70 of which £195.00 was gift aided.

St Peters Pence: £117.90 of which £3.00 was gift aided.

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

SUNDAY COLLECTION: The Bishops of England and Wales have authorised the resumption of the offertory collection with baskets and pouches for those unable to contribute by standing order or bank transfer. The preferred method going forward will remain standing order or bank transfer.

JOHN 6:1-5

In the Gospel from John, the crowd had chased Jesus after the miracle of the feeding of the five thousand. 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'.

What is this Gospel telling us?

It tells us that God loved the world so much that He sent His only Son to be the means of our salvation. 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!

The Holy Mass is a 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 us 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.

VERONA FATHER APPEAL 26/27TH JUNE

Fr John Downey has written thanking the parishioners for their prayers and generosity. £500.00 was sent to the Verona Fathers following the Appeal.

BISHOP'S VISITATION 27TH July: A big thank you for all who helped make the day a wonderful and enjoyable success for everybody. Fr Patrick

THIS WEEK'S SERVICES.

Saturday 31 st July. Memorial of St Ignatius of Loyola, Pr.	9.30 am.	MASS: Amelia (Tod) Jones RIP. Mary Lance.
Saturday 31 st July.	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 31 st July	12.00 pm.	THE HOLY ROSARY
Saturday 31 st July.	11.00 am to 1.00 pm.	Church is open for private prayer with Exposition of the Blessed Sacrament.
Saturday 31 st July. Vigil of the Eighteenth Sunday in Ordinary Time. (B)	6.00 pm.	MASS: Blanche Bescoby RIP. Mary Lance.
Sunday 1 st August. The Eighteenth Sunday in Ordinary Time. (B)	8.30 am.	MASS: Maureen Hollow RIP. Catherine.
Sunday 1 st August.	10.30 am. FAMILY MASS This Mass is for families with young children.	MASS: Marian Hume RIP. Andy & Nuala Millay.
Monday 2 nd August.	9.30 am.	MASS: Amelia (Tod) Jones RIP. Mary Lance.
Tuesday 3 rd August.	9.30 am.	MASS: Pat & Des McGuire Intentions. Anon.

Friday 6 th August. Feast of the Transfiguration of The Lord (B)	9.30 am.	MASS: Pat & Sandra Murray Intentions. Parish.
Saturday 7 th August.	9.30 am.	MASS: Peter O'Connor Dec'd. Gerry O'Flanagan & Family.
Saturday 7 th 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 th August.	12.00 pm.	THE HOLY ROSARY
Saturday 7 th August.	11.00 am to 1.00 pm.	Church is open for private prayer with Exposition of the Blessed Sacrament.
Saturday 7 th August. Vigil of the Nineteenth Sunday in Ordinary Time. (B)	6.00 pm.	MASS: Joe & Mary Powell Intentions. Parish.
Sunday 8 th August. The Nineteenth Sunday in Ordinary Time. (B)	8.30 am.	MASS: Alice Redmond RIP. Nora & Peter.
Sunday 8 th August.	10.30 am. FAMILY MASS This Mass is for families with young children.	MASS: Beatrice Bowland RIP Lee Family
Sunday 8 th August	2.00 pm.	BAPTISM: Chanelle Sainte Marie.