



Parish Newsletter • Year A • 18th Sunday of the Year 2020
MASS INTENTIONS 1th August – 9th August

Our Lady of Fatima (OLF)			St Thomas More (STM)	
Saturday	6pm	Noreen and Hayley (SI) Tomkinson Family		
Sunday (In Polish)	10.30am 12 15pm	Sean Anglim (5 th Ann. of death) Aneta & Krzysztof (18 th Wedding Ann.)	8.30am	Constantia Lawrence (RIP)
Monday	9am	Bina Binu (Recently dead) John Taylor (Recently dead)		
Tuesday	9am	Demeter Family (Thanksgiving)		
Wednesday	7pm-8pm	Adoration of the Blessed Sacrament	10am	Billy Jonson (RIP)
Thursday	9am	Angel Rose Raju (SI)		Transfiguration of the Lord (Feast)
Friday			10am	Susan Bermingham (Recently dead)
Saturday	6pm	For Marti and Indyk Families (SI)		
Sunday (In Polish)	10.30am 12.15pm	Friends and Family of Debbie Grace Oskar Gruszewicz (Birthday Mass)	8.30am	People of the Parish

An Act of Spiritual Communion

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

Life cannot be lived without a sense of balance. Moments of madness may intrude from time to time, but, always, one is brought back to earth - sometimes with a thump - by the recognition that if life is to be lived responsibly and fruitfully, then it must be lived in terms of balanced decisions.

Isaiah 55; 1-3: This passage was written by the prophet to assure the Jewish exiles in the Babylonian captivity that liberation would come by the power of God. This liberation is depicted, as it often is in the Old Testament, in terms of abundance of the good things of life.

Romans 8; 35, 37 - 39: St. Paul, with a much deeper insight than the earlier religious writers, presents Christ as a source of constancy in the face of adversity and balance in the face of success.

Matthew 14; 13-21: This passage portrays Christ as having compassion for the people and His expectation that His disciples would help to relieve the people's hunger. But it not only the physical hunger that needs to be satisfied; there is also a spiritual hunger to be satisfied, ultimately, by Christ's presence in the Eucharist

Our Lady of Fatima <https://www.dioceseofbrentwood.net/donations?parish=harlow-2>
St. Thomas More <https://www.dioceseofbrentwood.net/donations?parish=harlow-2-b>

For further details about our Parish, our Faith, Sacraments and contact details, please see our website



GOOD NEWS - Churches reopening for Services

You will have probably heard by now through the news and the Prime Ministers announcements that we are now able to recommence services from the 4th July. This does not mean however that this is a return to “normal” with celebration of Mass with large congregations.

It is important to reaffirm the message that, at present, the obligation to attend Sunday Mass remains suspended.

We are still working through the guidance but it is clear numbers able to attend each mass will be severely restricted to meet social distancing guidelines. We may also need to consider the potential for additional masses, mass times, locations, the need for face coverings etc. The Mass itself will have some differences in how the celebration takes place. For the time being there will be no singing and Mass will be shorter than usual. We will also need to manage people coming in and leaving the church in a controlled fashion.

We ask everyone to think carefully about how and when they return to Mass. It is possible as well that as there is no Sunday obligation to attend mass you might consider, if you are able, to attend mass on a weekday instead. This would free up spaces for those who are unable to attend Mass on Sundays due to work commitments. Failing this we may have to refuse entry to some people on the day or try and set up a pre booking system for each mass. For those unable to attend on a Sunday, either because of space limitations, or, because they are still shielding churches have been asked to continue with live streaming of masses so that people can join in from home.

We will also need to bear in mind that we need to manage access to the church by having stewards available for each mass and after each mass the church will need to be cleaned. We will need suitable volunteers for this and would ask that if you would like to volunteer please e-mail Terry Minihane with your details - tjminihane@gmail.com

Things may change as the week goes on but we will update the website and newsletter with the latest information for people to check before next weekend.

Daily Masses:

STM Church: Wednesday, Friday: 10am

OLF Church: Monday, Tuesday, Thursday: 9am

Weekend:

STM Church: 8.30am

OLF Church: Saturday: 6pm, Sunday: 10.30am, **12.15pm (Polish)**

Sacrament of Reconciliation:

STM Church: Wednesday, Friday before Mass

OLF Church: Saturday 5pm - 5.50pm

Adoration of the Most Blessed Sacrament:

OLF Church: Wednesday 7pm - 8pm

Saturday 5pm - 5.50pm



Wednesday 5th August 8pm. The eve of the Feast of the Transfiguration. Youth Mass Livestream.

Pray with our young people: after difficult months, and no doubt with some difficult moments ahead, it is good to simply bathe in the wonder, light and grace of God.

New Dawn in the Church is a Catholic Family Pilgrimage Conference that takes place at the Catholic National Shrine of Our Lady of Walsingham, attracting up to 2,500 pilgrims each year! We invite you to join us this year for a *virtual* conference, Friday 31st July to Sunday 2nd August. In a special way, this year's conference is dedicated to the Eternal Father and will be streamed live from Walsingham in collaboration with the Shrine! We have an inspirational line-up of speakers who will unpack the theme using the Parable of the Prodigal Son. To watch the conference/full programme details go to www.newdawn.org.uk (no registration or fee required).

At the end of this school year we give thanks to God: For all the teaching and learning that has taken place in our school, both in and out of the classroom, For the talents and gifts that have been shared and the challenges that have been faced; For the burdens that have been lifted and the hurts that have been healed; For the respect and care that has been given. We give thanks for the friendships that have just begun and for those that have grown. For the faith that has been lived in our daily struggles, For the hope that has lifted our hearts on the dark days And for the love that has kept us going. **Bless our families as we take our holidays**, may our time together leave us with memories to cherish. Pour out your love on us that we may return renewed and refreshed to continue our journey together. We make this prayer through Christ our Lord. Amen

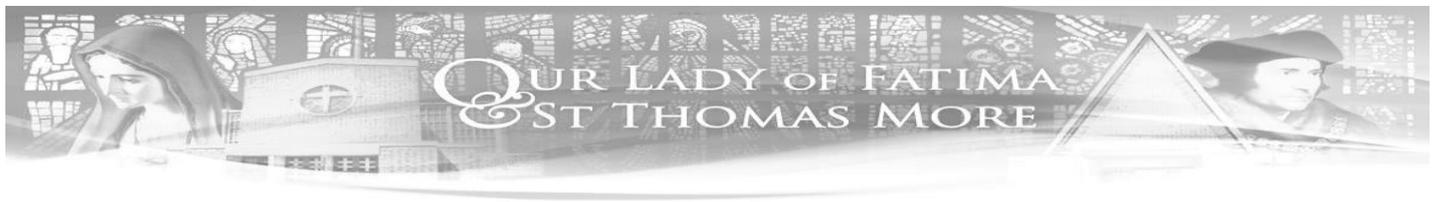
Please pray for the repose of the soul of: Noreen Ward, John Taylor, Anthony St. George, Bina Binu, Susan Bermingham, Czesław Łącki, John Manning, Bobby Mathew, Zoe Kamen, David Wojdyło, *Our sympathy and prayers to the families of the deceased. May they rest in peace.*

Pray for the sick: Richard O'Connor, Mary Johnson, Rodney Bill, sick parishioners from Ashlyn, Alexandra and Abbot Care Home and all those infected by COVID 19 virus.

Pray for Rev Paschal Uche. The ordination and his first Mass at Our Lady of Lourdes, Wanstead on Sunday 2 August at 3pm will be livestreamed via the following link: [Live Stream – Remote Events](#)



God our Father, we give you thanks for calling us to embrace the gift of life and share it. As once, through Jesus the Christ, you chose the first disciples to proclaim the Good News, and poured out your Spirit upon the Church, renew us now in our vocation and our mission of reconciliation; let the same call echo in the heart of many young persons, that they may generously respond to the needs of our brothers and sisters, after the example of Mary, the Beautiful Lady of La Salette; inspire in men and women of our time the desire to be “light” and “salt” in the Church and the world. Amen.



Guidance for the Celebration of Baptism

Introduction

The Government has announced that from 4th July 2020, communal acts of worship will be allowed in our Catholic Churches. This guidance, issued by the Bishops' Conference of England and Wales for the Celebration of Baptism, assumes that the general guidance published by the Conference, based on Government Guidance on the safe opening of Places of Worship for individual prayer is in place. The Government maintains that the 2m social distancing requirements should be applied where possible. The Government has also said it is possible to go to "1m plus" (where 2m social distancing is not viable). This means you can space people more closely (with a minimum of 1m) providing a mitigation of risk is also applied. In the case of our churches, the only practical mitigation would be the compulsory wearing of a face covering for members of the congregation. The Government guidance on the Opening of Churches for Public Worship requires that the number of people attending "life-cycle ceremonies" is capped at 30 people. "Life-cycle Ceremonies" are defined as "religious ceremonies to mark rites of passage, which are separate, self-contained ceremonies as opposed to marking a life cycle event or rite in the course of routine communal worship."

The Catholic Church in England and Wales is advising that Baptisms should not take place during Mass (in order to reduce the time that people are gathered in a church building) but at a time separate to any communal worship. This is in accord with the Government guidance which states "it is advised that the ceremonies and services should be concluded in the shortest reasonable time."

The Rite of Baptism

At this time, it is advised that the baptisms which take place in our churches should be for single families; multiple family baptisms are not encouraged as the mixing of people from different family groups increases the risk of virus transmission. The child to be baptised should be held by the parents only. Other members of the family, including godparents and grandparents should be socially distanced in household groups (or bubbles) in the church. The whole of the Rite should take place around the font to avoid the excess movement of people in the church building. The minister should remain at least 2m away from those congregated unless he has approach the child to perform part of the Rite. The necessary items for the Baptism should be prepared by the minister (or sacristan) after sanitising their hands and then wearing gloves and placed so that they are easily accessible by him and the family members.





Mothers, fathers do you teach your children the Christian prayers?

Do you prepare them, in conjunction with the priests, for the sacraments that they receive when they are young: Confession, Communion and Confirmation? Do you encourage them when they are sick to think of Christ suffering to invoke the aid of the Blessed Virgin and the saints? Do you say the family rosary together?"

Our Rosary Group says the rosary every Wednesday at 3pm at their homes. You can join them

QUIZ FOR FIRST HOLY COMMUNION PREPARATION

1. Who created you?
2. Why did God create you?
3. What is the tabernacle?
4. What is the name of the table in front of the Church?
5. What is the sanctuary lamp?
6. What does the sanctuary lamp tell us if it is lit?
7. What does genuflection mean?
8. What is another name for Holy Communion?
9. Why do we bless ourselves when we go into the Church?
10. Where does the Holy Water come from? (Easter water)
11. What is the host made from?
12. What is the wine made from?
13. What do the bread and wine become?
14. What part of the Mass are the bread and wine changed into the Body and Precious Blood of our Lord?
15. What is transubstantiation?
16. Why is the host round and flat?
17. Why do we receive Holy Communion?
18. What does Eucharist mean?
19. What is the ciborium? (KNOW ALL SACRED VESSELS)
20. What is the chalice?
21. What is changed into the body of Christ?
22. What is the wine changed into?
23. What do we call the part of the Mass where the bread and wine are changed?
24. Why do we go to Mass?
25. Why does Jesus give us his Body and Blood?



QUIZ FOR FIRST HOLY COMMUNION PREPARATION

27. What should you do after receiving Holy Communion?
28. How should I go up and receive Holy Communion?
29. What are the seven sacraments?
30. What is the sin we have from Adam and Eve?
31. What do we call sins we commit ourselves?
32. What is the most serious of sins called that take away grace and can equal loss of heaven?
33. What is a venial sin?
34. Is there one God? (Answer: Yes, there is one God in three persons: the Father, the Son and the Holy Spirit (Ghost).)
35. Has Jesus always existed? (A: Yes, Jesus, God the Son, has always existed but there was a moment when he became man (incarnation).)
36. Does a priest have the power to forgive our sins and why? (A: Yes, he is acting in persona Christi—in the person of Christ.)
37. What was the First Mass?
38. Why did Jesus die on the cross?
39. Recite the following prayers:
Sign of the Cross
Our Father
Glory Be
Act of Contrition





If you or someone you know is vulnerable and has been a victim of fraud, please call Essex Police on 101. Report fraud or attempted fraud by contacting Action Fraud at www.actionfraud.police.uk or call 0300 123 2040.

DELIVERY SCAMS

We are warning residents to stay vigilant following an increase in reports of people receiving unexpected packages from couriers. There have been a number of victims in Hertfordshire, and more recently in Bishop's Stortford, where victims have received deliveries they had not ordered. A short while later a woman wearing a DPD courier uniform has arrived to collect the packages, claiming they had been delivered to the wrong address. In the reported instances the packages have contained either iPhones or laptops and have been despatched by AO. Detective Chief Inspector Sam Khanna, from Hertfordshire Constabulary's Serious Fraud and Cyber Unit said: "We want all residents to be aware of this potential fraud. If goods are delivered that you have not ordered and are marked with your address you should inform the company that sent it and wait for them to send a courier. Always check with them which courier company is making the collection and when they will arrive. If someone knocks on the door claiming to have come to pick it up after it was delivered by mistake, think twice about handing it over. Are they from the same company that just delivered it? Can you see a company vehicle? Just because they are in a uniform does not mean they are from the company as they claim. "If someone tries to deliver a parcel you've not ordered, refuse to accept it so that it goes back to the depot or the sender. If you have handed a parcel over please report it to Action Fraud. If someone is at your door claiming to have come to pick up a parcel you never ordered ring 999." Hertfordshire Constabulary offers the following crime prevention advice:

- If possible, don't accept or sign for parcels you haven't ordered.*
- If a parcel you have received is not something you have ordered, you should not hand the parcel over to someone calling at your door unless you have made a prior arrangement for its collection and you are able to check the identity of the caller.*
- If you realise a parcel you have received is something you have not ordered, you should immediately contact the company to arrange for its collection. Remember to ask how to ensure the identity of the person collecting it.*
- If you have already handed over a package in the circumstances described contact Action Fraud on 0300 123 2040 or via www.actionfraud.police.uk.*

[new guidance for parents and carers](#)

<https://thinkuknow>.

**Missionaries of Our Lady of La Salette: Fr Boguslaw Kot MS: Parish Priest • Fr Leszek Gamracy MS: Assistant Priest
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The Brentwood Diocesan Trust: Registered Charity No. 23409**



The custom of requesting a priest to offer the Mass for a specific intention, even when one cannot be physically present at the Mass, is a longstanding tradition in the Church. This is because the Church considers **the Mass as the greatest possible prayer of intercession** insofar as it is the perfect offering of Christ to the Father by making present the paschal mystery of his death and resurrection. Because of the particular role of the priest as mediator between God and man, acting "in persona Christi" when offering the holy sacrifice of the Mass, it is usually considered that special graces may be obtained when he applies the Mass to a particular intention. The faithful generally make an offering, called a stipend, to the priest in order to apply the Mass to a specific intention. By making this offering, the faithful, by parting with something that is their own, associate themselves more intimately with Christ who offers himself in the sacred Host, and obtain thereby more abundant fruits. (See Pope Paul VI's letter "Firma in Traditione"). The offering of a stipend is also a means whereby Catholic may contribute to the upkeep of the clergy, and the Church in general.

“One thing only I ask you, that you remember me at the altar of the Lord.” - St Monica



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CaFE, known as faithcafe.org on the web, have offered us a free download of the LET IT BE course we have run in the parish before. You can view a trailer at <https://faithcafe.org/collections/let-it-be>

It is an excellent course of the past and present life of Our Blessed Mother, Mary who we all need at this time. The parish office has a number of course books to go with the course at only £2 each. If you are interested in the free download or extra books please email tim@faithcafe.org or ring him 07875 848138.

For other courses from the [CaFE@HOME](https://faithcafe.org/pages/cafe-at-home) initiative visit <https://faithcafe.org/pages/cafe-at-home> "

If it proves to be a blessing, perhaps you might encourage support of our charity in the future. We are not strong currently to be honest but maybe this is God's plan, that we give away for that we sell and survive by donations only.

Your free parish download of Let It Be: Parishes & Groups - FREE DOWNLOAD can be downloaded by clicking on this link: [Let It Be: Parishes & Groups - FREE DOWNLOAD](#) and entering the password LIB17down when prompted. This is for your personal use sharing within the parish by email or private streaming and should not be shared beyond that. If you have any problems downloading, please contact us. Your course books will be dispatched to you separately.

If you have received this download version from Fr Kot for free, we pray that you are really blessed by it. Donations to our ongoing work can be made online at <https://faithcafe.org> just click on the 'Supporting CaFE' picture, the one with a chapel on it!





Rozważania na 18 Niedzielę Zwykłą Rok A

“Wszyscy spragnieni przyjdźcie do wody, przyjdźcie, choć nie macie pieniędzy. Kupujcie i spożywajcie, dalejże, kupujcie bez pieniędzy i bez płacenia za wino i mleko.”

Bardzo głęboko zakorzenione w każdym z nas jest przekonanie, że za wszystko trzeba zapłacić. Nic nie ma za darmo.

Prorok Izajasz, a tym bardziej Pan Jezus, który zamiast posłać ludzi do wsi, by kupili coś do jedzenia, kazał apostołom nakarmić tłumy, mówią nam, że nie wszystko na tym świecie kosztuje, że są rzeczy, które można otrzymać za darmo. Tą rzeczywistością jest miłość. Co więcej: ten świat nie mógłby w ogóle istnieć, gdyby nie było bezinteresownego dawania miłości. Nie byłoby tego świata bez małżeństwa, rodzicielstwa, przyjaźni. One są za darmo, bo są miłością.

Nie trzeba zbytnio martwić się o ciało tego, kto żyje według Ducha. Natomiast trzeba zadbać o ciało tych, którzy jeszcze nie narodzili się do życia według zasad Ducha. Czy człowiek potrafi wierzyć z pustym żołądkiem? Potrafi, ale dopiero, kiedy Duch opanuje jego wnętrze – inaczej odrzuci człowiek Boga. Jeśli będzie głodny nie znając Ducha Bożego, nie przyjmie słów, które namawiają go do priorytetu tego, co duchowe, nad tym, co cielesne.

Często spotykamy ludzi głodnych. Oczywiście nie głodnych fizycznie, lecz głodnych sensu, bezpieczeństwa, miłości, radości, a czasami Boga. Pomimo wysokich stanowisk, najlepszych ubrań, zdrowej żywności i dostępu do najnowszych technologii są wciąż nienasyчени. Nasze miasta tętniące życiem, muzyką, rozrywką i bogactwem są często pustyniami ducha, w których wiele osób nie radzi sobie z codziennością i jest głęboko nieszczęśliwych.

Jest to rzeczywistość bardzo podobna do tej z dzisiejszej Ewangelii. Apostołowie i wielki tłum ludzi są na pustyni, (symbol braku życia), mają zaledwie pięć chlebów i dwie ryby. Cóż to jest dla pięciu tysięcy mężczyzn, nie licząc kobiet i dzieci? Dlatego uczniowie proszą Jezusa, aby rozesłał wszystkich do okolicznych wsi, żeby mogli kupić coś do jedzenia. Jezus ma jednak inne plany. Mówi apostołom, żeby nakarmili ludzi. Ufni Jego słowom przynoszą Mu chleb i ryby, On rozmnaża je i karmi wszystkich zgromadzonych.

To miejsce pustynne bardzo dobrze opisuje naszą obecną sytuację. My także szukamy pokarmu, który nas zaspokoi. Często czynimy podobnie, jak apostołowie, którzy chcieli iść i kupić - zdobyć więcej, zarobić więcej, bo to, co mamy, nie wystarcza.

Jezus podpowiada nam coś innego: żebyśmy nie kupowali i nie pomnażali, ale wykorzystali to, co mamy. Żebyśmy spojrzeli na tych kilka chlebów i uznali, że z pomocą Boga możemy zrobić całkiem sporo. Wydajemy pieniądze na tyle dóbr, które nas nie nasycają. Może warto podążać za Jezusem rezygnując z pokusy nadmiaru. Może wtedy zrobi się w naszym życiu więcej miejsca i zauważymy obecnego w nim Boga, żyjących obok ludzi i bogactwo samych siebie.

Dzisiejsze Słowo Boże zachęca nas, żebyśmy uwierzyli w darmową Bożą miłość i mieli odwagę taką miłością kochać innych w świecie, w którym wszystko kosztuje.

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