

EIGHTEENTH SUNDAY IN ORDINARY TIME (B)

Saturday 3rd	<i>Monkwick</i>	5.00 pm	Ints: Marco
Sunday 4th	<i>Church</i>	8.00 am	Private Intention
	<i>Church</i>	10.30 am	Parishioners
	<i>Church</i>	2.00 pm	Polish Mass
	<i>Church</i>	4.00 pm	Filipino Mass
	<i>Church</i>	6.30 pm	Cicily Kurian <small>RIP</small>
	<i>West Mersea</i>	8.30 am	Ints: Pace Family
	<i>Mile End</i>	9.30 am	Private Intention

Monday 5th			Feria
	<i>Church</i>	9.30 am	Ints: Sr Danuta Wrocзка <small>(FDC)</small>

Tuesday 6th			THE TRANSFIGURATON OF THE LORD
	<i>Church</i>	9.30 am	John Francis Mauger <small>RIP</small>

Wednesday 7th			Feria
	<i>Church</i>	9.30 am	Margaretta Wright

Thursday 8th			St Dominic, Pr
	<i>Church</i>	9.30 am	Andrea L'Esperance <small>RIP</small>

Friday 9th			ST TERESA BENEDICTA OF THE CROSS, v, m
	<i>Church</i>	9.30 am	Ints: Jerome Raju

Saturday 10th			ST LAWRENCE, Dc, M
	<i>Church</i>	9.30 am	Ints: Sona + Family

NINETEENTH SUNDAY IN ORDINARY TIME (B)

Saturday 10th	<i>Monkwick</i>	5.00 pm	Anniversary: Robert Benford <small>RIP</small>
Sunday 11th	<i>Church</i>	8.00 am	Michelle Turner <small>RIP</small>
	<i>Church</i>	10.30 am	Thanksgiving for Jaiden Prince
	<i>Church</i>	2.00 pm	Polish Mass
	<i>Church</i>	6.30 pm	Private Intention
	<i>West Mersea</i>	8.30 am	Parishioners
	<i>Mile End</i>	9.30 am	Private Intention

- ❖ For Baptisms, Weddings and Funerals, please email or contact our parish office.
- ❖ Baptism Godparents: A Godparent must be fully initiated in the Catholic Church. This means they have received the Sacraments of Baptism, Eucharist, and Confirmation. You only need one Godparent. It does not matter if they are male or female. There is no provision for more than two godparents.
- ❖ Marriage Preparation: Please be aware that 6 months' notice of intention for Marriage is required especially if marrying outside the Parish. Couples who are planning to get married should contact us **at least 6 months** in advance. Thank you.
- ❖ Sacrament of Reconciliation (Confession) Saturdays after 9.30am Mass (Priory Street) and after 5.00pm Mass (Monkwick).

- **Cardinal Bourne Hall Enquiries/Bookings:** colchester@brcdt.org
- **SVP (St Vincent de Paul Society):** Tel: 07493 439427/email: colchestersvp@gmail.com
- **KNIGHTS OF SAINT COLUMBA:** George Johnson (BEM, Grand Knight) 07476 781885; George Benedict (Membership Officer) 07834 725890; email: george.johnson@ksc.org.uk

Please check out our Facebook page for all the latest Parish/Diocese/Vatican news, Clergy/Church photos/videos. Please remember to **like** and **follow** our page!

ST. JAMES THE LESS AND ST. HELEN

CATHOLIC CHURCH, COLCHESTER

WITH MERSEA, MILE END AND MONKWICK

1 PARISH, 4 CHURCHES, 1 COMMUNITY



St James the Less & St Helen

Parish Priest: Mgr. Christopher Brooks
Assistant Priest: Fr. Philip Okoli

Address: 51 Priory Street, Colchester, Essex, CO1 2QB

Tel: 01206 866317

E-Mail: colchester@brcdt.org

Website: www.stjamesthelessandsthelen.org



St James the Less and St Helen RC Church, Colchester

EIGHTEENTH SUNDAY IN ORDINARY TIME (B)

WEEK COMMENCING 4TH AUGUST 2024

In the Gospel Jesus reveals profound truths about spiritual nourishment and the nature of true fulfilment. The crowd, having witnessed the miracle of the loaves, seeks Jesus not for his divine message but for the bread that satisfies their immediate hunger. Jesus redirects their focus, urging them to seek the *"food that endures to eternal life"*. He proclaims, *"I am the bread of life"*, emphasizing that he alone can satisfy the deeper hunger of the human heart—a hunger for love, meaning, and connection with God. This passage invites us to reflect on the difference between physical and spiritual sustenance. While earthly bread can temporarily fill the stomach, only Christ, the living bread from heaven, can nourish the soul and grant eternal life. The call to believe in him challenges us to seek a relationship with Christ, who offers not just sustenance but the fullness of life itself, transcending mere physical needs.

Fr. Philip

PLEASE SEE MASS SCHEDULE FOR ALL CHANGES

DAILY (Mon-Fri)	Rosary/Divine Mercy	at 8.45 am
DAILY	Morning Prayer	at 9.15 am
CHRISTIAN MEDITATION	Wednesdays (Cardinal Bourne Hall)	at 8.00 pm
LEGION OF MARY	Fridays (Cardinal Bourne Hall)	at 7.30 pm



THE POPE'S INTENTIONS FOR AUGUST: *For political leaders.*
We pray that political leaders be at the service of their own people, working for integral human development and for the common good, especially caring for the poor and those who have lost their jobs.

PRAYER FOR WORLD PEACE. Lord, we ask for your divine intervention and peace to prevail in Ukraine, Palestine and in every land wounded by war. We pray for all those suffering or afraid, that you will be close to them and protect them. We ask that you guide leaders and nations to work toward lasting peace and stability around the world. *Amen*



MARRIAGE MATTERS: (1 Exodus 16:2-4, 12-15 Ephesians 4:17, 20-24 John 6:24-35) **Jesus will give us courage and strength.** The readings today focus very much on God's love and care for each of us. Our relationship at times can be challenged by something like a serious physical or mental illness, making it very hard to communicate. At such times, if we dig deep, we will find the trust we have in Jesus. This can pull us through together.

PRAYERS FOR THE SICK: We continue to pray for those parishioners we know who are sick and housebound especially Margaret Hawkins, Valerie Thurston, Jimmy Clarin, Grace McCartney, Diana Irven, Mrs. Maureen McKenna, Ron & Margaret Griffin, Peter Wyatt, Elizabeth Pace, Hilda Morah, Jason Christopher McLean, Nicollas and Adam Campbell-Vencarto, Maureen R. We also pray for all persons who are ill or are in need.



RECENTLY DECEASED: Please pray for the repose of the souls of Teresa Emoli and Bernard John Shand who have both recently passed away. The Parish community offers both Teresa and Bernards respective family and friends our condolences and the assurance of our prayers at this most difficult time. Teresa's funeral service will be here on Friday 16th August at 11.00am. Bernard's reception into Church will be on Monday 19th August at 4.00pm and his funeral service will be on Tuesday 20th August at 10.45am.

ANNUAL MISSION APPEAL: We welcome Sister Pennie, one of the missionary sisters (*Sisters of the Sacred Heart of Jesus + Mary*), who will present a mission appeal at all Masses this weekend followed by a collection which will be taken to aid vital their missionary work. "*Our mission is to be a transforming presence in those situations and areas of the world where the poorest of God's people are so often forgotten and excluded*".

MARY'S MEALS APPEAL (SCHOOL + FOOD = HOPE): Please consider donating your leftover foreign currency to Mary's meals. Envelopes are available in the Church Porch, simply fill the envelope with your leftover foreign currency; UK coins and notes that are no longer legal tender and hand your sealed envelope into the Presbytery. Your kindness will help provide nutritious school meals to children living in some of the World's poorest countries and give desperately hungry children hope for the future.

LEGION OF MARY: The Legion of Mary invites parishioners aged 18 and older to join our weekly prayer meetings which will be held in Cardinal Bourne Hall **every Friday at 7.30pm** offering a dedicated time for fellowship and growth. Membership in the Legion does not require specific skills or advanced spirituality. Please do join us in a meeting.

NEW LECTIONARIES FOR THE CHURCH: Our grateful thanks goes to all those who have so generously sponsored the main editions for our churches and priests. We are pleased to advise you that all of the volumes have now been paid for and any residual monies will be put towards the parishioners' Mass books (*these are the Mass books on each of the benches in Church*) as these will also have to be replaced gradually! This may be an opportunity to sponsor new books on a smaller scale as each Mass book costs £5.95 (*Year C Part 1*). If you would like to donate towards the Church Mass books, then please contact the parish office or put your donation in an envelope marked New Mass books. Thank you.

NO PARKING: After 10.30am Mass today, there is no parking available on Church Premises.

SAVE THE DATE: A CHURCHES TOGETHER BBQ will be held at St Joseph's, Mile End, CO4 5LD on **Sunday 11th August from 1.00pm to 3.00pm** (*weather prevailing*). If you wish to attend, please add your name and contact details to the sheet in Church Porch as we need to have an idea of attendees for catering purposes (*confirmation of attendance must be received by 4th August 2024*). There will be no charge, but donations are welcome to cover expenses. Please bring your own drinks, no alcohol please (*we're expecting children*), BBQ, fruit, desserts, and a few games. ALL WELCOME!

OUR LADY OF FATIMA: The next procession will take place on Tuesday 13th August at 6.30pm and will be followed by the Polish Mass + Rosary.

KSC CHEESE AND WINE EVENING 2024: On the **6th of August**, the Knights of Saint Columba are inviting all interested men of the parishes to come to St Teresa's Catholic Church Parish Hall, Clairmont Road, Lexden at **7:45pm** for a Cheese and Wine evening. This is a free event, open to all the men of the Parish and offers an opportunity to discover more about the Knights of Saint Columba and the work we do. Any questions please call George on 07476781885.



➤ **CUPPA CLUB:** We meet **every Thursday from 10.00am to 11.30am** in the Hall.
 ➤ **SUNDAY COFFEE MORNING** after 10.30am Mass in Cardinal Bourne Hall.

BRENTWOOD DIOCESAN ALTAR SERVERS' MASS is scheduled for **2pm on Saturday 21st September 2024**, at Brentwood Cathedral of St. Mary & St. Helen.

ADOREMUS" FESTIVAL, OSCOTT COLLEGE, BIRMINGHAM on Sat 14th SEPT; The "*Adoremus*" National Eucharistic Congress and Pilgrimage is taking place with representatives from dioceses across England and Wales. There is no charge for the coach but you will need to bring a packed lunch. If you would like to attend please contact the Diocesan Co-ordinator, Father Dan Mason at: frdanmason@brcdt.org

INSPIRE, NURTURE AND ACCOMPANY YOUNG PEOPLE ON THE EDGE OF EAST LONDON. The parishes in the Romford Parish Partnership are recruiting a **Parish Partnership Youth Coordinator**. Salary £30,000/year, closing date 10th September 2024, start date no later than January 2025. This is a new role, with amazing potential to bring young people into leadership in the Church and provide a wide range of opportunities for them to live and deepen their faith within a diverse and vibrant part of London. Full details: <https://www.dioceseofbrentwood.net/diocese/working-for-us/>

WALSINGHAM HOUSE RETREAT MANAGER: Walsingham House at Abbotswick, the youth retreat centre for the Diocese of Brentwood, are seeking to appoint a Retreat Manager. For more info please see: <https://bcys.net/news/vacancies/> Closing date is Friday 30th August.

CHURCH CLEANING TEAM ROTA FOR AUGUST 2024

Monday 05/08/24: **Team 4** / Friday 16/08/24: **Team 5** / Thursday 22/08/24: **Team 1**

COFFEE MORNING ROTA FOR AUGUST 2024

04/08/24: The O'Sullivan's / **11/08/24:** Peggy & Anne / **18/08/24:** Yolande + 1