

FIFTEENTH SUNDAY IN ORDINARY TIME (B)

Sea Sunday

Saturday 13th	<i>Monkwick</i>	5.00 pm	Ints: Marco
Sunday 14th	<i>Church</i>	8.00 am	Dennis O'Sullivan RIP
	<i>Church</i>	10.30 am	Tony & Tessa Southon
	<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
Monday 15th			St Bonaventure, Bp, D
	<i>Church</i>	9.30 am	Patrick J. Cunningham RIP
Tuesday 16th			Feria
	<i>Church</i>	9.30 am	Holy Souls
Wednesday 17th			Feria
	<i>Church</i>	9.30 am	Canon John Bloomfield
Thursday 18th			Feria
	<i>Church</i>	9.30 am	Ints: Kevin O'Halloran
Friday 19th			Feria
	<i>Church</i>	9.30 am	Ints: The Pace Family
Saturday 20th			Memorial of the Blessed Virgin Mary
	<i>Church</i>	9.30 am	Regina Jacob RIP

SIXTEENTH SUNDAY IN ORDINARY TIME (B)

Saturday 20th	<i>Monkwick</i>	5.00 pm	Ints: Marco
Sunday 21ST	<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>	6.30 pm	Private Intention
	<i>West Mersea</i>	8.30 am	Victoria Culham RIP
	<i>Mile End</i>	9.30 am	Deceased Members of Larkin Family

- ❖ 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).
- ❖ Mass Intentions. Envelopes are available in Church Porch and are situated either side of Church entrance, please complete envelope & drop through presbytery door.

- **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

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St James the Less and St Helen RC Church, Colchester



FIFTEENTH SUNDAY IN ORDINARY TIME^(B)
Sea Sunday

WEEK COMMENCING 14TH JULY 2024

St. Paul, in the passage from Ephesians, uses the word, 'freedom' twice. We might note the difference between 'freedom from' and 'freedom to'. 'Freedom from' refers to whatever might hold us back from some kind of action. In some cases this might literally be a physical restraint or limitation. St. Paul points out the freedom we gain through the forgiveness of sins, a freedom from. We may be slow to appreciate the way in which sinful habits bind us or at least inhibit our freedom of response, but the limitations are real. We also have other kinds of limitations, especially psychological wounds e.g. emotional memories which colour our outlook and reduce our freedom. 'Freedom to' generally refers to possibilities which lie before us and I think St. Paul's second use of 'freedom' is more of this type. He is referring to the gift of the Holy Spirit, in other words grace to act well. We need both freedom from our sins and freedom to act graciously.

Fr. Chris

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 JULY: *For the pastoral care of the sick:* We pray that the Sacrament of the Anointing of the Sick confer to those who receive it and their loved ones the power of the Lord and become ever more a visible sign of compassion and hope for all.

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: (Amos 7:12-15 Ephesians 1:3-14 Mark 6:7-13) ***Sent out in pairs.*** Sending pairs out to proclaim the Good News is repeated in other parts of the New Testament, including accounts of up to forty being sent out in pairs; it is even possible this included married couples. Jesus obviously thought pairs work well together. Married couples can draw spiritual strength from their Sacrament, particularly when they're working together for the Church and remind one another of the beautiful qualities we found when we first fell in love.

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 Irvén, 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 soul of Fr Brian McGilloway (*a retired Priest of the diocese and resident of Colchester who has recently passed away*). We pray for Fr Brian's family, friends, his former parishioners and all who mourn him. May he Rest in Peace. Reception into Church Sunday 28th July at 4.30pm. Requiem Mass on Monday 29th July at 11.30am.



Please pray for the repose of the soul of Teresa Emoli who has recently passed away. The parish community offers Teresa's family and friends our condolences and the assurance of our prayers at this most difficult time. Teresa's funeral details are to be advised.

DIOCESAN 2nd COLLECTION: After all Masses this weekend a collection will be taken for Sea Sunday (*Stella Maris*). Seafarers and fishers play a vital role in all of our lives, but they often work in difficult, hazardous conditions. Sea Sunday is when the Church prays for all those who live and work at sea. Your support will make a big difference to seafarers and fishers in need and is crucial to enable Stella Maris to continue its important work,



- **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.



CANON CLARKE STRAWBERRY TEA (KSC): A strawberry tea will be held in Cardinal Bourne Hall on **Saturday 20th July** for the elderly in the Parish **from 2-5pm**. To book a place, please see the poster in Church Porch or on our Facebook page for contact details and to arrange transport if needed.



NEW LECTIONARIES FOR THE CHURCH: From the First Sunday of Advent this year, a new translation of all the readings will be introduced in England and Wales. This means that we will have to purchase four volumes of the new lectionary for each Mass Centre that cover

1. *Sundays, Solemnities, Feasts of the Lord.*
2. *Weekdays: Advent, Christmas, Ordinary Time (weeks 1-9), Lent, Easter. Proper of Saints: December – June, Commons.*
3. *Weekdays: Ordinary Time (6-34). Proper of Saints: June – November, Commons.*
4. *Ritual Masses, Masses for Various Needs and Occasions, Votive Masses, Masses for the Dead.*

If you would like to purchase a volume in memory of a loved one or make a donation towards the cost of a volume, please contact the parish office or put your donation in an envelope marked New Lectionaries with your name and if in memory of someone - their name in full. Thank you.

KNIGHTS OF SAINT COLUMBA 'ONE IN EIGHT' CAMPAIGN: The KSC are launching a new campaign in response to figures showing one in eight children in Colchester reside in households below the poverty line. There will be various weekends to bring your donations of goods and clothes to the Church. The first collection is for the Foodbank on the 20th/21st July. For more information, please contact either George on 07476 781885, Daniel on 07552 232888 or Stefan on 07948 148531. Thank you for your support

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.

POLISH ADORATION: This will take place here on Saturday 20th July at 7.00pm.

WALSINGHAM HOUSE ANNIVERSARY MASS, 31ST AUGUST AT WALSINGHAM HOUSE AT ABBOTSWICK: Celebrate 40 years of the team at Walsingham House with us, beginning with Mass celebrated by Bishop Alan at 12pm followed by celebrations at our beautiful retreat house just outside Brentwood.

PILGRIMAGE OF REPARATION & PRAYER FOR THE SANCTITY OF LIFE TO WALSINGHAM, SATURDAY 3rd AUGUST, TO BE LED BY BISHOP DAVID OAKLEY OF NORTHAMPTON. Please consider joining this pilgrimage, if possible in person, or online at walsingham.org.uk/live-stream/ It is now increasingly needed as the pressures to allow abortion up to birth grow, along with a swelling campaign to introduce Assisted Suicide. A poster is displayed in the Church porch giving further information.

CARDINAL BOURNE HALL: Please do not park on the forecourt in front of the hall when dropping off and collecting children from School - the hall is in use at all times! We thank you for your kind co-operation in this matter.

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. Our diocese has been allocated 43 places. There will be a coach leaving for the Congress from Brentwood Cathedral at 8am on the day. There is no charge for the coach or attending the Congress 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

CHURCH CLEANING TEAM ROTA FOR JULY 2024

Thursday 18/07/24: **Team 1** / Monday 22/07/24: **Team 2** / Monday 29/07/24: **Team 3**

COFFEE MORNING ROTA FOR JULY 2024

14/07/24: Matthew+Mariamma / 21/07/24: African Community / 28/07/24: Diane & Adrian