

ST. JAMES THE LESS AND ST. HELEN

CATHOLIC CHURCH, COLCHESTER

WITH MERSEA, MILE END AND MONKWICK

1 PARISH, 4 CHURCHES, 1 COMMUNITY

TWENTY-FIRST SUNDAY IN ORDINARY TIME (A)

Saturday 22nd	Church	6.15 pm	Honour of Christ's suffering
Sunday 23rd	Church	8.00 am	Daniel, Florence & Danny Farrell RIP
	Church	10:30 am	Thanksgiving
	Church	2.00 pm	Polish Mass
	Church	6.30 pm	Parishioners
	West Mersea	8:30 am	Private Intention
Monkwick	10:15 am	Catherine Hawken RIP	
Monday 24th			ST BARTHOLOMEW, Ap
	Church	10.00 am	
Tuesday 25th			Feria
	Church	10.00 am	Marcelina (Sally) Widman RIP
Wednesday 26^h			Feria
	Church	10.00 am	
Thursday 27th			St Monica
	Church	10.00 am	Ints: The Williams Family
Friday 28th			St Augustine, Bp, D
	Church	10.00 am	Patricia Urquhart RIP
Saturday 29th			The Passion of St John the Baptist
	Church	10.00 am	

TWENTY-SECOND SUNDAY IN ORDINARY TIME (A)

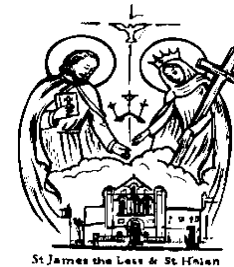
Saturday 29th	Church	6.15 pm	Pamela Mansfield RIP
Sunday 30th	Church	8.00 am	Private Intention
	Church	10:30 am	Colin Taylor RIP
	Church	2.00 pm	Polish Mass
	Church	6.30 pm	
	West Mersea	8:30 am	Private Intention
Monkwick	10:15 am	Parishioners	

FACE MASKS. It is now a legal requirement that facemasks or coverings are worn when entering all places of worship (unless you are medically exempt or under 3yrs)

SUNDAY MASS OBLIGATION: Do Catholics have to go to Mass on Sunday? In ordinary times, the answer would be: yes, we are obliged to keep the Sabbath holy by participating in Sunday Mass. However, during this health crisis the obligation has been lifted. Therefore, you might like to consider coming to a weekday Mass instead; this is a quieter celebration that allows for ample social distancing.

- ❖ For Baptisms, Weddings and Funerals, please contact our parish office.
- ❖ Visiting for the Sacrament of the Sick is possible, under certain circumstances.
- ❖ Mass Intentions. These can be posted through the presbytery letterbox and they will be published in the newsletter (available on the parish website).
- ❖ If you are self-isolating and would like to speak to a priest or have any worries, please contact us at the Presbytery on 01206 866317 and we will try to help you.

COLCHESTER GENERAL HOSPITAL: If you would like to arrange for a priest to visit a Catholic relative in hospital, please contact the presbytery direct on (01206) 866317, subject to hospital restrictions due to virus.



St James the Less & St Helen

Parish Priest:
Assistant Priest:
Assistant Priest:
Assistant Priest:

Mgr. Christopher Brooks
Fr. Nixon Gomes
Fr. Philip Willenbrock
Fr. Adrian Lowe

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 St James the Less and St Helen RC Church, Colchester

TWENTY-FIRST SUNDAY IN ORDINARY TIME (A)

WEEK COMMENCING 23RD AUGUST 2020 - PARISH MASS BOOK PAGE

Dear friends,

The book of psalms is rich in ideas and imagery, with something for every occasion. Whenever I read psalm 149 I think of music as it asks us to 'Sing a new song to the Lord.' It is probably no surprise that the Catholic Church has always had a strong tradition of music - the first complete setting of the Mass (the parts like the Lord have Mercy, Glory to God in the Highest, Holy, holy holy Lord etc.) was composed before 1356 by the French composer Guillaume de Machaut and is called the 'Messe de Notre Dame.' Composers and musicians have continued to praise God through music right through the centuries and we have a wealth of religious music from which we can choose.

Although we cannot sing hymns in church at the moment, we can listen to religious music at home and encounter God in the other art forms like paintings and literature. It is often a good idea to try to explore our faith in our leisure time as well as when we pray - we can surround ourselves with reminders of the Lord and what he has done for us. Some examples are the novel 'Brideshead Revisited' by Evelyn Waugh, a book of paintings by Caravaggio or Titian and there are many praise and worship songs in a popular style. The psalm also says, 'let them sing for joy on their couches.' However we choose to spend our time, we know that God is enjoying being with us as we relax and loving watches over us in all that we do.
God bless, Father Adrian

PLEASE SEE MASS SCHEDULE FOR ALL CHANGES

DAILY	Morning Prayer	All Temporarily suspended
DAILY	Rosary/Divine Mercy	
SUNDAYS:	Rosary/Divine Mercy	
2 nd SUNDAY MONTHLY	Eucharistic Adoration	
CHRISTIAN MEDITATION	Tuesdays in Crypt (8.00 _{pm})	

Dear Parishioners and Friends,
Covid-19 still presents many challenges to us all. It can seem at times overwhelming but despite all the restrictions, let us be thankful that we can once again gather together, despite social distancing, as God's people.

Please note the following norms in order to promote a COVID 19 safe environment :-

- Churches will open 20 minutes before start of Mass as it will take longer than normal to enter the church, please make allowances
- Entrance to Church will be via the main door, exit by the side door
- Hand sanitiser is available at entrance and exit, though you may bring your own
- It will be essential that people sit where they are asked and do not move from there
- The use of face covering/mask in Church is now mandatory (please don't forget yours when attending mass) and that you wear it so that it covers both your mouth and nose.
- When chatting with people from outside your household (or bubble), before or after Mass, you must maintain social distancing. If you are wearing a mask, this means a minimum of one-metre distance. If you are not wearing a mask: two metres distance is essential.
- An Offertory Collection will be taken at each mass with 'collection bags' available on entry and exit; the donation station is also useable
- No touching of Statues or Images in Church
- Toilets will be closed except for genuine emergencies.
- We are still required to have stewards at every Mass and after the service, the church will be cleaned in readiness for the next Mass.

THE PARISH STEWARDS ARE HERE TO HELP AND DIRECT YOU TO YOUR SEAT(S), PLEASE BE POLITE TO THEM AS THEY CAN ASK YOU TO LEAVE THE CHURCH IF YOU DO NOT COMPLY WITH PRESENT GOVERNMENT AND DIOCESAN REGULATIONS.

Anyone displaying symptoms of Covid-19, or who has reason to believe that they have been in contact with someone who has, should not attend church or volunteer in any capacity until they have received medical advice that it is safe to do so.

THE HOLY FATHER'S INTENTIONS FOR AUGUST: *The Maritime World.* We pray for all those who work and live from the sea, among them sailors, fishermen and their families.

PRAYERS FOR THE SICK: We continue to pray for those parishioners we know who are sick and housebound especially, Nicollas and Adam Campbell-Vencarto, Elizabeth Pace, Hilda Morah. Valerie Thurston, Joan Jeal. Jimmy Clarin. We pray for all persons who have contracted Covid-19 and their families.

RECENTLY DECEASED: Please pray for the repose of the souls of Edward (Eddie) Caldeira, Peter James Smith and Athol Brown who have recently passed away. May they rest in peace. We pray for the comfort of their respective bereaved family and friends. Peter's funeral service will take place on 19th August at Weeley Crematorium. We await details for Eddie's and Athol's funeral services.

FR NIXON GOMES: There will be a leaving collection for Fr Nixon on the weekend of 29/30th August - If anyone wishes to contribute there will be a basket in Church. Alternatively, you can pop a card/envelope through Presbytery door (please mark front of envelope with Fr Nixon's leaving collection) Thank you.

MARRIAGE MATTERS: (Isaiah 22:19-23 Rom 11:33-36 Matt 16:13-20) ***The key to family life.*** Today's Gospel places keys at the heart of the responsibility Jesus gives Peter. In spite of his weaknesses and failings, because of his faith, he is entrusted with the 'keys' to the kingdom of God. Our married love is entrusted with the 'keys' of our family life. We are the 'rock' upon which the future of our family will be built.

UPDATE: BOOKING SERVICE FOR WEEKEND MASSES: The Reservation of seats at weekend masses will be suspended with immediate effect (i.e. seat reservations will no longer need to be booked online). In the unlikely event that more people attend than seats available & there is no room without compromising the social distancing restrictions in place, people will be asked kindly to come to another Mass. We kindly ask for your patience, consideration and thoughtfulness (if possible please consider attending a weekday mass). We will be monitoring the situation closely and this may change if the Government imposes tighter restrictions or circumstances change.

CHURCH STEWARDS/CLEANERS: We could do with some more volunteers who would be prepared to set aside an hour each week to volunteer. If you are able to assist, please call the Presbytery office for details. Our Parish relies on you. Thank you to all our existing volunteers, without you we would not have been able to celebrate mass daily.
Under Government regulations the masses will not be able to continue without sufficient volunteers for each mass

GARDENING VOLUNTEERS: We are looking for volunteers who are willing and able to contribute to the maintenance of the Church garden and outdoor space. No experience is necessary just a love of gardening! If interested, please contact the presbytery office.

SVP (St Vincent de Paul Society): The SVP are here to provide help for our local community. As schools prepare to reopen in September we are aware that some families are struggling with the cost of necessities such as uniforms etc. If this is you or anyone you know, please contact us and we will see what help we are able to provide. Tel: 07493 439427 or email: colchestersvp@gmail.com

PARISH FINANCES: Some people have experienced financial hardship during the lockdown and face uncertain financial futures. Our parish has also experienced the challenge of much reduced finances, which is a serious concern. We thank you in advance for the offering that you give today.

If you wish to make an offering/donation this can be done in various ways: -

- By dropping envelope through Presbytery door (please write on envelope Mass Offering)
- Donation baskets are situated at entrance and exit of church
- Setting up a regular gift by Standing Order, (please contact Presbytery office for form).
- The Donation Station (in Church porch)
- Diocesan Online Donation platform (where donations can also be gift aided):-
St. James the Less & St. Helen <https://www.dioceseofbrentwood.net/donations?parish=colchester>
St. Joseph, Mile End: <https://www.dioceseofbrentwood.net/donations?parish=colchester-c>
St. Cedd & St. Gregory: <https://www.dioceseofbrentwood.net/donations?parish=colchester-b>
St. Theodore of Canterbury: <https://www.dioceseofbrentwood.net/donations?parish=colchester-d>

Everything that happens in our parish is only possible with your support. Thank you

COLCHESTER FOOD BANK: Provide 3 days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. If you are able to donate, please deliver to 33 Moorside Business Park (off East Hill, past Rollerworld onto the Moorside Estate) CO1 2ZF. They are open 10_{am}-2_{pm} (Mon to Sat). For list of required items <https://colchester.foodbank.org.uk/give-help/donate-food/>.

GIFT AID SUBSCRIBERS: Please can you collect your new box sets from the church porch

CARDINAL BOURNE HALL: The hall is closed and all group activity suspended until further notice.
