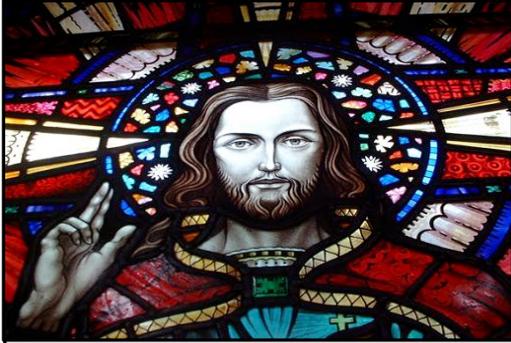


# newsletter



22 July 2018

Sixteenth Sunday of Ordinary Time, Year B



**Catholic Parish of The Sacred Heart – Our Mission**  
 Through the power of the Holy Spirit we will be a parish renewed in our knowledge and understanding of the love of Jesus Christ, to enable each of us to fulfil our Christian mission



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 Parish Priest, **Father John Danford** [sacredheartlb@btinternet.com](mailto:sacredheartlb@btinternet.com), 01525 372 321  
 Parish Deacon, **Deacon Philip Pugh** [deaconphilip@sacredheartflitwick.co.uk](mailto:deaconphilip@sacredheartflitwick.co.uk), 07711 953 926  
 Pastoral Administrator, **Suzanne Yates** [secretary@sacredheartflitwick.co.uk](mailto:secretary@sacredheartflitwick.co.uk)

Thank you for your contribution to the parish. For 15 July, the offertory was £333.43 and Standing Orders were £623.00. With thanks, the Finance Committee.

## The Feast of St Anna and St Joachim – 26 July

## BELATED THANK YOU

An ancient tradition already known in the second century gives these names to the parents of the Virgin Mary. The cult of St Anna became popular in the sixth century in the East, and in the tenth century in the West, where she is the patron saint of Brittany. Joachim was added a long time later.



Although the information about Mary's parents is found in an early apocryphal writing that gives many miraculous and highly coloured stories about the early life of the Virgin Mary, there is no reason to suppose that such a straightforward fact as her parents' names should be wrong, since there was nothing to be gained from falsifying it. It does not occur in the Gospels simply because the most reliable evangelists (the only ones whom we have allowed into the Bible), felt they had more important things to talk about.

But what, after all, could be more important than the parents who brought up the Virgin Mary to be the woman she was? At the moment of consenting to the Incarnation, she took the most important decision ever taken by any human being, and the fact that she took it is to a great extent the work of her parents. The Holy Spirit gave her the strength to take the decision, but her parents' training gave her the wisdom to choose.

Those of us who have children must seek to bring them up to the best of our ability, to meet challenges that, like these of Anna and Joachim, we have no way of even imagining.

**FIRST HOLY COMMUNION**  
 The parents and children would like to thank the whole parish for their prayers and support. We particularly would like to thank Fr. John, Deacon Philip and all the catechists. Finally a huge thank you to the ladies who kindly gave up their Saturday afternoon to provide refreshments following the service.  
*(Please note this is late as the editor misplaced it.)*

Adapted from Catholic Calendar app. by Universalis Publishing

Readers and Eucharistic Ministers		
Mass	This Sunday, 22 July	Next Sunday, 29 July
1 <sup>st</sup> Reading	Ann Leatherland	Alison Braniff
2 <sup>nd</sup> Reading	Kate Mansford	Martin Brennan
Eucharistic	John Flanagan	Helen Wilson
Eucharistic	Anne Gadsden	Maggie Dullaghan
Driver	David Toland	C./J. Gallagher

Third session of Lectio Divina this Tuesday evening from 7.45 pm till 9.00 pm. All welcome.



## Mass Times at Sacred Heart

Sunday	22 July	9.00 am	Teresa Parascondolo, Recently Deceased, RIP
Tuesday	24 July	9.30 am	Thomas Dullaghan on his 92 <sup>nd</sup> Birthday and John Steven, Recently Deceased, RIP
Wednesday	25 July	7.30 pm	Service of the Word and Communion with Adoration
Friday	27 July	10.00 am	Special Intentions
Friday	27 July	11.30 am	Funeral Service for Ann Johnson

## CIRCLE OF PRAYER FOR JULY – PRAYER FOR THE SICK AND HOUSEBOUND

Father, hear our prayers for the sick and housebound of our community. Amid mental and physical suffering may they find consolation in your healing presence. Give your power of healing to those who minister to their needs. May these special people find lasting health and so join us in thanking you for all your gifts.

## FEAST OF ST BRIDGET OF SWEDEN 23 JULY

St Bridget of Sweden is best known as the author of *The Prophetes and Revelation of St Bridget* and as the founder of the order of the Most Holy Saviour. She was born at Finsta in



Sweden in 1303. From childhood the Lord granted her special graces, visions and an extraordinary understanding of divine realities. At a very early age she had a vision of the crucified Jesus in all the tragedy of his Passion, and she felt enkindled in her soul a profound devotion to the Saviour. This devotion would later become a precious heritage of the Bridgettine Order, as expressed in its motto *amor meus crucifixus est*.

Bridget married at age thirteen out of obedience to her parents. She was the mother of eight children whom she raised with exemplary care in the Christian faith. She travelled as a pilgrim to many shrines together with her husband, Ulf, who upon returning from a visit to Santiago de Compostela, entered the Cistercians of Alvastra in Sweden where he lived for the two years before his death.

Remaining at Alvastra following her husband's death, Bridget joined the Franciscan Third Order. While remaining in the world, she devoted herself to a more ascetic life through the practice of penance, a life of poverty and zealous work in helping the poor, the needy and the infirm.

Assiduously devoted to prayer, she had numerous visions of the Saviour who asked her to establish a new monastic order, and to travel to Rome in order to await the return of the Pope from Avignon. For the fulfilment of this latter intention she offered constant prayers, practised mortifications and made urgent appeals to the Pope to return to his see in Rome.

Bridget moved to Rome in the company of a small group of priests and friends in 1349. Her virtuous life was an example to all, and she made many penitential pilgrimages the last, which she made at an advanced age to the Holy Land, after she had seen the return of the Pope to Rome.

Bridget wrote many works in which she recounted her own mystical experiences. She died on 23 July 1373. Bridget was canonised on 7 October 1391, and on 1 October 1999 Pope John Paul II proclaimed St Bridget, Patron of Europe.

Adapted from <http://www.maryvale.ac.uk>

## THE THEME FOR THE YEAR OF PRAYER AND VOCATION IN JULY IS LECTIO DIVINA

*Lectio Divina* is Latin for 'divine reading', 'spiritual reading', or 'holy reading' is a method of prayer and scriptural reading intended to promote communion with God, and to provide special spiritual insights. The principles of *Lectio Divina* were expressed around the year 220AD and practised by Catholic monks, especially the monastic rules of Augustine and Benedict.



The practice of *Lectio Divina* is currently very popular among Catholics. Pope Benedict XVI said in 2005, 'I would like in particular to recall and recommend the ancient tradition of *Lectio Divina*: the diligent reading of sacred scripture accompanied by prayer brings about that intimate dialogue in which the person reading hears God who is speaking, and in praying, responds to him with trusting openness of heart.'

The actual practice of *Lectio Divina* begins with a time of relaxation, making oneself comfortable and clearing the mind of mundane thoughts and cares. Some *Lectio Divina* practitioners find it helpful to concentrate by beginning with deep, cleansing breaths and reciting a chosen phrase or word over and over, to help free the mind.

Then they begin with the four steps:

**Lectio** – Reading the Bible passage gently and slowly several times.

**Meditatio** – Reflecting on the text and thinking about how it applies to one's life.

**Oratio** – Responding to the passage by opening the heart to God.

**Contemplatio** – Listening to God.

**Last Session Tuesday 24 July  
from 7.45 pm till 9.00 am**

### COFFEE AND TEA AFTER MASS



Coffee and tea after Mass still proves very popular. It is a chance to chat and build friendships with other parishioners. The money donated by our generous customers allows us to buy the necessary tea, coffee, biscuits, etc. However for the year 2017 any excess monies was put to the following use: £200.00 went towards refurbishment of the St Francis Suite £200.00 donation to Mary's Meals £ 25.00 paid for 1<sup>st</sup> Communion cake and we paid for the Confirmation cake this year.

We are very grateful to our dedicated Tea and Coffee Makers.

### ANN JOHNSON, RIP

Please remember Ann Johnson in your prayers. Her funeral will be held on Friday 27 July at 11.30 am. All our sympathy and prayers go to Ann's family.



**Newsletter copy deadline – Thursday midday.**  
Newsletter contact: Suzanne Yates; 01525 840 661;  
[suz\\_yates@btinternet.com](mailto:suz_yates@btinternet.com)

## Information

### CONFESSION

Confession will be at 8.40 am on Sunday and at 9.45 am on Friday.

### PRAYER LINE

Please ring for intercessory prayer on 01525 634 186. We have some wonderful answers to prayers. Be assured of full confidentiality.

### CARDS, GIFTS, etc.

Are available for sale in Sacred Heart church after Mass. All are priced. Please put money in the repository box at the back of the church.

### SAFEGUARDING

For information contact Paula Bates on 07834 715 978 or [safeguarding@sacredheartflitwick.co.uk](mailto:safeguarding@sacredheartflitwick.co.uk)

### CHURCH NEWSLETTER ONLINE

<http://www.sacredheartflitwick.co.uk>

### IN HOSPITAL, SICK OR HOUSEBOUND?

Please let us know of anyone who needs a visit or requires Holy Communion at home.

### THE ST VINCENT DE PAUL GROUP

meet in the church every Monday at 7.30 pm. Members provide help, support and friendship to anyone in need. They offer this support through befriending visits. Call Brendan Spillane on 01525 861 949 to find out more about their work.

### LITTLE 'UNS

Meet every Friday 10.30 am to 11.45 am in term time, in the church hall. This is a group for babies and pre-schoolers. For further information please contact Deacon Philip at [deaconphilip@sacredheartflitwick.co.uk](mailto:deaconphilip@sacredheartflitwick.co.uk)

### MASS INTENTIONS

For Mass Intentions, contact Suzanne Yates who will arrange for Fr. John or another local priest to say a Mass.

Everyone is welcome to come for tea and coffee after Sunday Mass.



Mothers' Prayers will take a break for the summer.

Once more we thank Our Blessed Lord for so many blessings and answered prayers this year. For information ring Sue Barley on 01525 634 186.



The sewing group will meet on **23 July** from 2.00 pm till 4.00 pm. For information contact Clare Bevan 01525 403 589.



### CHARISMATIC PRAYER GROUP

This group will be meet on **1 August**. Please contact Nicky Paterson on 01525 750 654.

