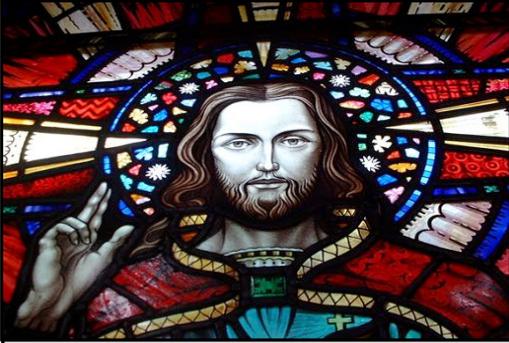


newsletter



29 July 2018

Seventeenth 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



 Follow us on Facebook

Roman Catholic Diocese of Northampton
 Pope Close, Flitwick, MK45 1JP

Contact: 01525 715 109, 07711 953 926, www.sacredheartflitwick.co.uk

Parish Priest, **Father John Danford**

sacredheartlb@btinternet.com, 01525 372 321

Parish Deacon, **Deacon Philip Pugh**

deaconphilip@sacredheartflitwick.co.uk, 07711 953 926

Pastoral Administrator, **Suzanne Yates**

secretary@sacredheartflitwick.co.uk

Thank you for your contribution to the parish. For 22 July, the offertory was £346.98 and standing orders were £623.00. With thanks, the Finance Committee.

August Prayer Time

As we approach the holiday month it is important to plan to take time to relax and recharge our batteries. Part of that R and R needs to be spiritual. We spend every day rushing from A to B, with often little time for our inner selves.

Rather than have an event in August, we have prepared a very simple guide for you to find just the right kind of resource for you to take away on your vacation, or staycation, or simply to focus on in the long summer days. To make it easy to access many of these recommendations are based online, though this may present an issue for some people.

Pray as you go offers you a 10-to 15 minute-time of reflection based on the readings of the days Mass. It is a gem of a time to keep in touch with the Word. It can be played as many times as one wishes in the day. It's free! There is a web version and an app depending, on your preference and access to the net. You can download a podcast as well. You will need to download the days if you are likely to away from the Internet. This can be done at <https://www.pray-as-you-go.org>



Sacred Space this site is provided free by the Jesuit order in Ireland. It too has an app and downloadable resources. Its purpose is to offer a time of prayer for the user each day. The same group operates Pray as You Go so there is a handy link to their site as well. <http://www.sacredspace.ie>

Pathways to Prayer is a Northampton Diocese resource offering a themed prayer resource. Use the link www.formationpathways.co.uk to access the content. The content is available free.

Universalis is the recommended online version of the Prayer of the Church, often called the daily office. There is a one-off fee for accessing the site that allows you to access it on any of your devices one you have signed up. You will be able to access and download to a kindle or phone the Morning and Evening Prayer, and all the other offices as well as the Mass of the day.

<http://www.universalis.com>. Remember this is not a free site.

Meditation can be facilitated through a site a called Insight Timer; <https://insighttimer.com>. This FREE to access site offers a meditation timer function as well as resources. This tool is an ideal way to put into practice the Contemplative Meditation. The Taizé community also offers a daily meditation resource and prayers; <https://www.taize.fr/en>

If the Internet fails or is unavailable then simply take some quite time to sit and offer up your relaxation and the (hopefully) good weather as a thanksgiving to the Lord and listen to the inner voice of the Spirit!

Readers and Eucharistic Ministers

Mass	This Sunday, 29 July	Next Sunday, 5 August
1 st Reading	Alison Braniff	Brendan Spillane
2 nd Reading	Martin Brennan	Noelette Hanley
Eucharistic	Helen Wilson	Maggie Dullaghan
Eucharistic	Myriam Rincon	Carlos Rincon
Driver	C./J. Gallagher	Louis Chadwick

Mass Times at Sacred Heart

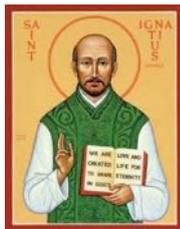
Sunday	29 July	9.00 am	Jay-Jay Gilsean, Recently Deceased, RIP
Tuesday	31 July	9.30 am	In Thanksgiving
Wednesday	1 August	7.30 pm	Service of the Word and Communion with Adoration
Friday	3 August	10.00 am	Private Intentions

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 Ignatius Loyola (1491-1556) – 31 July

Ignatius (or Iñigo) was born in Loyola in the Spanish Basque country. He was a soldier, wounded in the battle of Pamplona against the French at the age of 30. During a long convalescence he read a life of Christ and a collection of lives of the saints, and discovered that his true vocation was to devote his life wholly to God. He was as systematic about this as he had been about his military career; he spent a year's retreat in a Dominican friary, made a pilgrimage to Jerusalem, and then set about learning Latin.



Such enthusiasm in a layman caused grave suspicion in the Spanish authorities, and he was questioned and imprisoned more than once. He moved to Paris in 1528 and continued his studies, then in 1534 Ignatius and six companions bound themselves to become missionaries to the Muslims in Palestine. By the time they were ready to set out, war made the journey impossible so the group (now numbering ten) offered their services to the Pope in any capacity he might choose. A number of them were duly ordained and they were all assigned to various tasks.

Soon it was proposed that they should organise themselves into a traditional religious order, and in 1540 the Society of Jesus (the Jesuits) was formed. Ignatius was the first superior general until his death. Soon after their foundation the Jesuits began to meet the challenge of the Reformation; a tough task given the debilitated state into which the Church had fallen, but one which, as Ignatius said had to be undertaken without hard words or contempt for people's errors.

Ignatius with a gift for inspiring friendship, was the recipient of deep spiritual insight. Soon after his conversion, Ignatius wrote the *Spiritual Exercises*, a systematic step-by-step retreat that can be followed by anyone – and has been followed by many, not all of them Catholics, ever since.

Adapted from Catholic Calendar app by Universalis Publishing

We welcome Rose, the daughter of Claire and Ross Bennett and Ava, the daughter of Rebecca and Connor McMenamín who were baptised into the Catholic community on 21 July.



We ask the parish to pray for them and their families, and we ask for all God's blessings on their journey of faith.

SHARE THE JOURNEY SPONSORED WALK.



Our sponsored walk to launch the Just one House project took place in wonderful warm/hot weather last Saturday. Thirty-one of us, including Fr. John and our organist, Theresa, walked to Eversholt to meet a group from Leighton Buzzard, who then continued on to Leighton Buzzard. We had a short service in the shade of the churchyard in Eversholt to bring to mind the struggles and perils facing refugees on their journey.

Half the Flitwick group then walked back to Flitwick, so that in total our group walked 288 miles towards CAFOD's aim of 24,900 miles around the world. This is all part of CAFOD's campaign to urge world leaders to ensure greater compassion and fairer treatment for migrants and refugees.

We are really grateful to all those who sponsored us for the walk. So far we have collected £970, which will increase to £1,165 with Gift Aid. This is a really brilliant start to our aim of raising £3,600 over the next year.

The next Just One House event is our Summer Brunch after Mass on Sunday 30 September – put the date in your diaries.

Congratulations to Marie Blessing and David Scott who will be married here at Sacred Heart on Friday 3 August.

We wish them every blessing for their lives together.



BOOK CLUB – NEXT MEETING

Thursday, 18 October 2018
at 7.30 pm
in the home of Ros Penn.



The next book we have for you to read is *Martha: A Novel* by Diana Wallis Taylor.

Newsletter copy deadline – Thursday midday.
Newsletter contact: Suzanne Yates; 01525 840 661;
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

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

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 **13 August** 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

