

newsletter



1 September 2019

22nd Sunday of Ordinary Time, Year C



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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 Pastoral Administrator, **Suzanne Yates** secretary@sacredheartflitwick.co.uk

Thank you for your contribution to the parish. For 25 August was £286.40 standing orders were £750.00. With thanks, Finance Committee

CARE FOR OUR COMMON HOME – SEPTEMBER – USE GREENER CLEANERS

As lives become busier and more stressful, it is easy to gravitate towards the latest products that promise to make annoying chores even easier. Need a bathroom cleaner? On your next trip to the supermarket, you grab one of the many bright and colourful bottles promising to be a quick fix. But did you ever think about what's in that container? Most are made up of harsh cocktails of chemicals, which can be bad for your health and your children's health. As people rethink what they are bringing into their homes, they're looking for greener solutions.

Two experts Leslie Reichert, author of *Joy of Green Cleaning*, and Sara Snow, author of *Sara Snow's Fresh Living*, share the reasons why people should make the switch to green cleaning products.

- 1. Healthier Home.** If you go green, 'No longer will there be chemicals absorbed into the skin or breathed in by the person cleaning', Reichert says. Health benefits extend to family members who are no longer breathing in cleaners lingering in the air and sitting on surfaces. Studies have shown that using a household cleaning spray, even as little as once a week, raises the risk of developing asthma.
- 2. Purer Environment.** When you use many cleaning products, 'harmful chemicals are being released into the environment', says Reichert. Not great for you and the people around you to breathe in. Changing to greener methods, 'helps reduce pollution to our waterways and the air and it minimizes your impact on ozone depletion and global climate change with fewer smog-producing chemicals', advises Snow.
- 3. Safer Products.** Conventional cleaning products pose risks such as chemical burns to the cleaner's skin and eyes. Green cleaners are not corrosive and meet strict standards regarding inhalation toxicity, combustibility and skin absorption.
- 4. Better Air Quality.** As with most people, Snow cannot stand the 'stench of strong chemical odours'. Many green cleaning products, including store bought and ones you can make at home include pleasant natural essential oils. Reichert even refers to cleaning with these products as her aromatherapy.
- 5. Less Expensive.** 'For home cleaning, vinegar, olive oil, lemon juice, etc. can do the trick for pennies on the dollar, compared to buying conventional cleaning products', Snow says. Why go out and buy products when you can use things you already have in your cupboard?



Investing in green products also makes sense for companies. The cost of environmentally friendly cleaning products has become much more competitive.

- 6. Knowledge of Ingredients.** As concerns for health become more prevalent and people become more aware of the harsh effects cleaning chemicals are having, they're going back to basics and looking for greener ways to clean.

Adapted from <https://www.care.com/>

Readers and Eucharistic Ministers		
Mass	This Sunday, 1 September	Next Sunday, 8 September
1 st Reading	Pauline Rowntree	Una McAlinden
2 nd Reading	Pat Crowe	Suzanne Yates
Eucharistic	Helen Wilson	Nicky Paterson
Eucharistic	Maggie Dullaghan	Noreen Weighell
Driver	David Toland	Kate Mansford

Mass Times at Sacred Heart			
Sunday	1 September	9.00 am	Liam Spillane, Anniversary, RIP Thomas Traynor, Anniversary, RIP
Tuesday	3 September	9.30 am	Service of the Word and Communion
Wednesday	4 September	9.30 am	Service of the Word and Communion
Friday	6 September	10.00 am	Service of the Word and Communion
Friday	6 September	7.30 pm	Intentions of Clare and Alan Bevan, and Carmel and John Gallagher

CIRCLE OF PRAYER FOR SEPTEMBER TEACHERS, PUPILS AND EDUCATORS

Lord, in your wisdom and love you surround us with the mysteries of the universe. You sent us your Son to teach us that true wisdom comes from you alone. Send your Spirit upon pupils, teachers and educators and fill them with your wisdom and blessings. Grant that they may devote themselves to their studies and share what they have learnt.

CARE FOR OUR COMMON HOME – AUGUST

Pope Francis suggests that for September we should try to use greener cleaners.



Discerning The Way

A day of prayer and reflection focused on following The Way. Throughout the story of faith, the image and reality of discerning the path of the disciple has been expressed in art, literature and catechesis.



In liturgy, a prayer walk and times of quiet and reflection we will all discover our personal map of faith.

The Parish Retreat, Buckden Towers
14 September 2019

9.30 am to 3.00 pm

(concluding with Mass)

Please bring something to share for lunch. Tea and coffee provided, all day!

BOOK NOW TO AVOID DISAPPOINTMENT
Complete a booking form and return to Deacon Philip.

TICKETS £10

SVP APPEAL

This year our SVP members will be appealing for your support on Sunday 15 September. As usual, they will present their annual report, sharing what has been done during the past twelve months and outlining plans. There will be a retiring collection to support their work.



Please see the noticeboard *Love your Neighbour* for the national SVP appeal.

We welcome Monty, son of Victoria and Henry Thompson, who will be baptised into the Catholic community next



Saturday, 7 September.

We ask the parish to pray for him and his family on this special day, and wish Monty and his family all God's blessings on their journey of faith.

DATE FOR YOUR DIARY

Macmillan Coffee Morning at Sacred Heart church

Friday **27 September**, immediately after 10.00 am Mass.

If you can help with cakes etc., or raffle prizes please contact Suzanne Yates.



Pray and Play at Sacred Heart



We are going to trial a special group once a month on a Sunday afternoon, for families with children up to the age of Year 6.

Sessions will start at 2.00 pm for one hour, with activities suitable for the children on the theme of the session, as well as prayers in the church.

CHILDREN MUST BE ACCOMPANIED BY AN ADULT

The dates for this trial are

- 15 September – New Beginnings
- 13 October – Changing Seasons
- 17 November – Remembrance
- 8 December – Advent

We look forward to meeting as many can attend on 15 September.

50 years of marriage

On Friday, 6 September there will be Mass at Sacred Heart, Flitwick at 7.30 pm to celebrate the 50th wedding anniversaries of Clare and Alan Bevan, and Carmel and John Gallagher. All parishioners are welcome to attend this Mass.

PRAYER MINISTRY

There is an opportunity for **prayer ministry** straight after Mass **this weekend**. Please come forward to bring to the Lord your needs, and the team will pray with you, always confidential. 'Before they finish praying to me I will answer their prayers' (Isaiah 65:24).

CATECHESIS PROGRAMME 2019/2020

Our catechesis programme will start in the Autumn, with preparation for children



- in Year 3 and above for reconciliation and First Holy Communion.
- in Year 8 and above for Confirmation.

If you have a child in these age groups please register at sacraments@sacredheartflitwick.co.uk

INFORMATION

CONFESSION

Confession will be at 8.30 am on Sundays and at 9.30 am on Fridays.

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 at 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 John Flanagan, 01525 406 810 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 next meet on **Monday 2 September** at 7.30 pm at 80 George Street, Maulden.

You are very welcome to join us to pray for your family Intentions, in full confidentiality. Ring Sue Barley on 01525 634186. We meet fortnightly.



The sewing group will meet on **9 September** from 2.00 pm till 4.00 pm. Contact Clare Bevan 01525 403 589.



CHARISMATIC PRAYER GROUP

This group will meet again on **4 September**. Please contact Nicky Paterson on 01525 750 654.



Newsletter copy deadline – Thursday midday.

Newsletter contact: Suzanne Yates; 01525 840 661;