Sacred Heart Flitwick

The Body and Blood of Christ

7 June 2026

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.

PARISH CATECHESIS FROM FR. JERRY

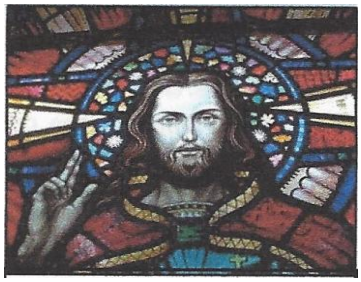
Theme: Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you.

The Church celebrates the Most Body and Blood of Christ as a solemn feast that reminds us of the words of Jesus in the gospel reading, he said, 'Unless you eat the flesh of the Son of Man and drink his blood, you have no life in you.' It is a proclamation of faith that comes with a promise as well; if anyone eats of this bread, he will live forever (John 6: 51). As a doctrine, the Church teaches Jesus Christ is truly, really, and substantially present in the body, blood, soul and divinity in the Eucharist. The Eucharist becomes the source and summit of the Christian life (CCC#1324). The catechism also teaches that the inexhaustible richness of this sacrament is expressed in the different names that the church gives it. For instance, the body and blood of Christ are called the Eucharist because it is an action of thanksgiving to God. The Greek words eucharistean and eulogein recall the Jewish blessings that are proclaimed especially during a meal or God's works like creation, redemption and sanctification (CCC#1328). Other names associated with this sacred meal are the Lord's supper, the holy sacrifice, holy Communion or holy Mass (CCC#1329-1332). The purpose of this sacred meal is to enable Jesus Christ to fulfil his greatest desire: to share intimately in our human lives, especially in a depersonalised society where people suffer from the absence of quality presence. Many people are hungry and thirsty for companionship, love, joy, understanding and respect. Jesus desires to be present with us in all our concerns, as a friend is with a friend. He desires to strengthen our friendship and to be there for us. The catechism reminds us that when nourished by his body in the Eucharist, we already belong to the Body of Christ (CCC #1003). This is reserved for those who have been baptised and more deeply configured to Christ by confirmation (CCC #1322). Therefore, the Eucharist was entrusted to the Church, the beloved spouse, as a sign of unity, a bond of charity, a paschal banquet in which Christ is consumed, the mind is filled with grace, and a pledge of future glory is given to us (CCC#1323). Let us avail ourselves of the opportunity to share in so great an intimacy with Jesus Christ in his Body and Blood, Soul and Divinity during the Eucharist, so that we may have life in its fullness.

CYCLE OF PRAYER FOR JUNE — HUMAN LIFE, THOSE WHO SUFFER PERSECUTION, OPPRESSION OR THE DENIAL OF HUMAN RIGHTS

MASS INTENTIONS

Saturday 6 June	1.00 pm	First Holy Communion
Saturday 6 June	5.00 pm	People of the Parish
Sunday 7 June	9.00 am	In Thanksgiving
Sunday 7 June	11.00 am	Intentions of Lee, Lorraine, Phoebe and Olivia Brown
Tuesday 9 June	**9.30 am**	Intentions of Seamus, James, Sabrina, Molly, Sam Maguire *St Columba, Abbot*
Wednesday 10 June	9.30 am	Pat Turner, RIP
Thursday 11 June	9.30 am	**No Mass**
Friday 12 June	**7.00 pm**	Sheila Latu, Finau Schaff, Koleti Pahulu, RIP ***The Most Sacred Heart of Jesus, Patronal Solemnity*** ***Exposition of the Blessed Sacrament at 10.00 am***



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PRAYER LINE
Please ring 01525 643 186.

SVP
Members provide help to anyone in need. Please call Ann on 01462 239 268

CONFESSIONS
Before Mass on Friday and Saturday or on request.

NEWSLETTER DEADLINE
Wednesday afternoon. Please contact Aggie Keeble.

MASS INTENTIONS
For Mass Intentions, call or email Aggie who will arrange for a Mass to be said. There are special envelopes in the foyer that you can fill in and leave in the sacristy.

DIARY DATES

MASS FOR THE SICK WITH ANOINTING

It will be on Friday **19 June at 2.00 pm at Sacred Heart Flitwick followed by afternoon tea.** Please RSVP to either Ann O'Brien on 07946 565309 or Maureen on 01525 873830.

COME AND SEE

We will gather on **Tuesday 16 June, after the 7.00 pm Mass** in the parish room. Please join us as we come together to pray and worship God.

MOTHERS' PRAYERS

We shall be meeting on **26 June after 10.00 am Mass.** Ring Sue Barley 01525 634186 for information.

TEA, COFFEE AND CHAT

You are welcome to join us for tea, coffee and chat after Mass on **17 July.**

WELCOMERS DAY

The Welcomers' Gathering Day will take place on **Saturday 4 July from 10.00 to 12.00.** If you are already a welcomer, or would like to become one, please save this date in your diary. Further details will follow.

NOVENA TO SACRED HEART

The month of June is dedicated to the Sacred Heart of Jesus. We will pray the **Novena to the Sacred Heart from 2 to 11 June,** 15 minutes before each Mass. All parishioners are warmly invited to join in prayer and devotion.

OTHER NOTICES

LIVE SIMPLY JUNE – LEARNING MORE ABOUT THE WORLD

This month I will live simply by learning more about the world. I promise to find out more about our world and our environment.
Reflection: Every one of us is part of a community and belongs to God's family. *Adapted from Pope Paul VI Populorum Progressio*

TOMBOLA APPEAL

We are looking for small, attractive items to be used as prizes for the tombola at Parish Day. We would be very grateful for any donations.

CHRISTIAN AID COLLECTION

A sincere thank you to everyone who contributed to our Christian Aid collection this year. Thanks to your generosity, we raised £367.11 through the church collection, and a further £524.00. Your support will help Christian Aid continue its work with communities around the world, tackling poverty, responding to emergencies and helping people build brighter futures.

LOST PROPERTY



We have a number of unclaimed items in our lost property collection. These items will be placed in a box in the church porch and will be available for collection from 6 June to 21 June. Please take a moment to check whether any of the items belong to you. After 21 June, any uncollected items will either be donated to charity or disposed of, as appropriate. Thank you for your help in clearing our lost property box.

SACRED HEART MONTH

In 1899, Pope Leo XIII, through his encyclical Annum Sacrum (meaning Holy Year), officially established June as the Month of Sacred Heart. He consecrated the entire human race to the Sacred Heart of Jesus and formally encouraged the universal Church to dedicate the month of June to this devotion. In the 1899 encyclical, Pope Leo XIII stated that(#7), 'For by consecrating ourselves to Jesus Christ we not only declare our open and free acknowledgement and acceptance of His authority over us, but we also testify that if what we offer as a gift were really our own, we would still offer it with our whole heart. We also beg of Him that he would vouchsafe to receive it from us, though clearly his own. Such is the efficacy of the act of which we speak, such is the meaning underlying our words. Furthermore, Pope Leo XIII indicated that since there is in the Sacred Heart a symbol and a sensible image of the infinite love of Jesus Christ which moves us to love one another, therefore is it fit and proper that we should consecrate ourselves to his most Sacred Heart - an act which is nothing else than an offering and a binding of oneself to Jesus Christ, seeing that whatever honour, veneration and love is given to this divine Heart is really and truly given to Christ Himself. In that Sacred Heart all our hopes should be placed, and from it the salvation of humanity is to be confidently besought. At a time when our world is facing threats from all sides - wars in many places that show signs of escalation, dangerous changes to the climate that are already causing irreversible damage to the quality of life for many, and increasingly violent rifts between domestic factions, Pope Francis chose to release an encyclical, *Dilexit nos* (he loved us), to remind us of the unconditional and never-failing love of Christ for all of us. When we open ourselves to this love, he says, we can become the ambassadors of Christ that we are called to be by our baptism, and we can help change our own hearts as well as the hearts of others.



PARISH DAY



The Parish Pastoral Council (PPC) is pleased to announce that we will be holding **a Parish Day on Sunday 5 July.** On this special day, **there will be one Mass at 10.00 am**, followed by refreshments in the garden. There will also be a variety of art and craft activities for children, including face painting. We will have tombola.
It will be a wonderful opportunity for us all to come together as a parish community, spend time with one another and strengthen our shared sense of fellowship. We warmly encourage everyone to attend and be part of this joyful occasion.



MASS OFFERINGS
Standing orders are £860.00 weekly
The collection was £298.60
Thank you very much for you generosity
Finance Committee