Sacred Heart Flitwick

14 Sunday in Ordinary Time

5 July 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: 'Come to me, all who labour and are heavy laden, and I will give you rest.'

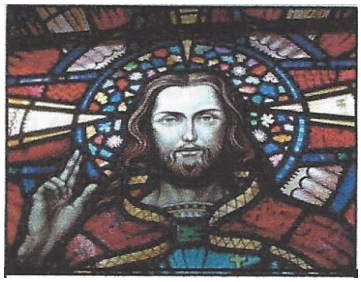
The Gospel reading begins with a passionate prayer of Jesus to the Father of heaven and earth. By calling God 'Father', the language of faith indicates two main things: that God is the first origin of everything and the transcendent authority. Secondly, it means God is the source of goodness and loving care for all his children. God's parental tenderness can also be expressed by the image of motherhood (CCC#239). We also reflect on this as a prayer of gratitude that blesses the Father for revealing the mysteries of the kingdom to babes and the simple, while hiding them from the learned and the clever. Jesus Christ came to do the Father's will. The least characteristics of Jesus certainly manifest God's love among us (CCC#516). The whole life of Christ, from the swaddling clothes of his birth to the vinegar of his Passion and the shroud of his resurrection, was a sign of his mystery. His deeds, miracles and words all revealed that in him the whole fullness of deity dwells bodily. His humanity appeared as a 'sacrament', that is, the sign and instrument of his divinity and of the salvation he brings. Therefore, what was visible in his earthly life leads to the invisible mystery of his divine sonship and redemptive mission for us(CCC#515). Why does God always reveal himself to the simple, babes and to people who are ready to receive him?

Apart from the self-revelation of the Father by Jesus, Christ is compassionate towards those who suffer and carry a heavy heart. Those under heavy loads of life are assured of peace and serenity. One finds peace and rest in Jesus by obeying the laws as Jesus expounds them. We are to shoulder his yoke and learn from him. The catechism reminds us to learn from the life of Jesus. In all his life, Jesus presents himself as our model. He is 'the perfect man'. He invites us to become his disciples and follow him. In humbling himself, he has given us an example to imitate; through his prayers, he draws us to pray, and by his poverty, he calls us to accept freely the privations and persecutions that may come our way (CCC #520). Jesus encourages us to take the 'yoke', which refers to Jesus' interpretation of the law. If a person does not accept Jesus' interpretation of the law and is not a lifelong learner, keeping the law will become a burden or bondage. Jesus' yoke is easy; 'his commandments of love are not difficult'. Let us welcome everyone at the 'door' of our home, the domestic church, and of the great family, which is the Church, a home for everyone, especially those who labour and are heavy laden (CCC#1658).

CYCLE OF PRAYER FOR JULY — SEAFARERS, EUROPE

MASS INTENTIONS

Saturday 4 July	5.00 pm	Edward and Louise Smith and the Deceased Family Members, RIP
Sunday 5 July	**10.00 am**	People of the Parish
Tuesday 7 July	**7.00 pm**	Thanksgiving and Private Intentions of the Lewis, Tong and Yong Families *Patronage of St Thomas of Canterbury*
Wednesday 8 July	9.30 am	Special Intentions - Healing **Eucharistic Adoration after Mass**
Thursday 9 July	9.30 am	John and Johanna Ryan and the Deceased Family Members, RIP *St Augustine Zhao Rong and the Martyrs of China*
Friday 10 July	**7.00 pm**	**Mass for the Conferring of Confirmation**



PRIEST IN CHARGE
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HOSPITAL CONTACTS
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Luton – Fr. Ugo Nnaji
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PRAYER LINE
Please ring 01525 643186.

SVP
Members provide help to anyone in need. Please call Ann on 01462 239268

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

MOTHERS' PRAYERS

We shall be meeting on **10 and 24 July after 10.00 am Mass.** Ring Sue Barley 01525 634186 for information. **There will be no meetings in August.**

TEA, COFFEE AND CHAT

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

STELLA MARIS COLLECTION

There will be a retiring collection after all Masses on 11 and 12 July in support of Stella Maris, the Catholic charity that provides pastoral care and practical support to seafarers and fishers around the world.

NYMO D-SUMMER – COURAGE

Join people from across the diocese for a residential weekend of games, discussions, activities, socialising and prayer. Come meet new people, reconnect with old friends, and escape everyday life for a bit. **Buckden Towers, St Neots, from 17 to 19 July, ages 11-18. Please see the link:** https://nymo.org/d-summer/

PILGRIMAGE TO ST FRANCIS IN SHEFFORD

As we celebrate the Year of St Francis, we are planning a parish pilgrimage to St Francis, Shefford, on 17 October, together with the parish of Sacred Heart, Leighton Buzzard. If you are interested in joining this pilgrimage, please add your name to the sign-up sheet in the porch. This will help us gauge numbers and make the necessary arrangements. Further details will be available in September.

OTHER NOTICES

LIVE SIMPLY JUNE – NOT WASTING WATER

I promise to help the environment by having a shower instead of a bath and turning the tap off when I clean my teeth. Reflection: Everything we have now is thanks to people who lived before us. We must work together to look after the world for the children who are born after us. Adapted from Pope Paul VI *Populorum Progressio*

CONGRATULATIONS TO CATHERINE DAVIES



We are pleased to congratulate our parishioner and baptism catechist, Catherine Davies, on receiving the In Fidelis Servitio Award for Service to Catholic Education in the diocese. Catherine has dedicated many years to supporting Catholic education through her leadership in academy trusts. She served as an Academy Director and Vice Chair of St Albans Catholic Academy Trust before becoming Chair of St Thomas Catholic Academies Trust in 2020. Catherine faithfully serves our parish by preparing parents for the baptism of their children. Congratulations on this well-deserved recognition!

DIOCESAN NEWS

Pope Leo XIV has appointed Archbishop Richard Moth as Apostolic Administrator of the diocese of Northampton. This is a temporary appointment made by the Holy See to ensure the diocese continues to be led and cared for while the diocesan bishop is unable to carry out his duties. During this time, Archbishop Moth will remain resident in Westminster whilst he is responsible for the pastoral leadership and governance of our diocese.

CAFOD VENEZUELA EARTHQUAKE APPEAL

All the proceeds from the Parish Day tombola will go the CAFOD Venezuela Earthquake Appeal to help our neighbours with emergency shelter, food and water. Thank you for your generosity.



PARISH DAY

Please join us in celebration on Sunday 5 July. We will have Mass at 10.00 am followed by refreshments and fun activities for children in the parish garden.



CAKE DONATIONS WELCOME

We would be very grateful for any cake donations on the day**. Please do not include nuts in any cakes or bakes.** To help us manage allergies and dietary requirements, **please attach a piece of paper listing all ingredients used**. Thank you for your support!

PARKING

To help ensure that parking is available for those who need it most, **we kindly ask that the church car park be used only by parishioners with mobility difficulties or those with very young children.** There is ample parking available **at Flitwick Lower School.** Please note, however, that access to and from the school car park will be via the front gate only. For safety and security reasons, it will not be possible to cross the school field to use the gate on Dunstable Road.

MASS OFFERINGS
Standing orders are £860.00 weekly
The collection was £350.20
Thank you very much for you generosity
Finance Committee