

4th AUGUST 2024: EIGHTEENTH SUNDAY (B)

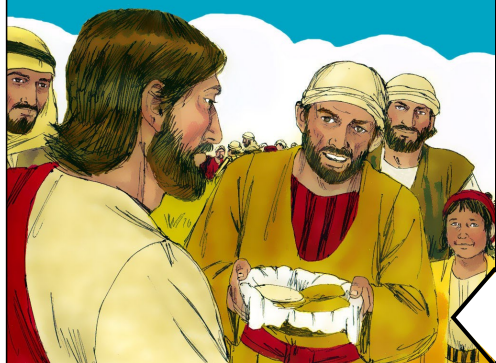
Mass book: p114

1st Reading: Exodus 16: 2-4, 12-15

2nd Reading: Ephesians 4: 17, 20-24

Gospel: John 6: 24-35

11am Hymns	Entrance: 673 Gloria: 489	Gospel Accl. ⁿ : 710 Communion: 989	Offertory: 644 Post-Communion: 662	Memorial Accl. ⁿ : <i>We proclaim...</i> Recessional: 874
------------	------------------------------	---	---------------------------------------	---



Christ the bread of life

We do not live on bread alone. It is only Christ who can satisfy the hunger that we all feel for God. The Lord feeds us with the Eucharist, just as in times past he fed the people of Israel with manna from heaven. Through this act of God's love we can learn that the Lord is indeed our God.

He who come to me will never be hungry; he who believes in me will never thirst.

The Holy Father's Prayer Intention - For Political Leaders

Let us pray that political leaders be at the service of their own people, working for integral human development and the common good, taking caring of those who have lost their jobs and giving priority to the poor.

Mass Times, Intentions & Feast Days

Sat 03 18:30	<i>First Mass of Sunday</i> Bridie, Joe, Steven & Trish Murrey RIP
Sun 04 09:30 11:00	✠ EIGHTEENTH SUNDAY(B) Wellbeing - Priscilla Rosemonde & Pierre Marie Thanksgiving & Remembrance - Loyola College, Ibadan, Nigeria, old boys association.
Mon 05 09:30	Domenico De Masi RIP (Birthday Anniversary) Rosary
Tue 06 09:30	<i>The Transfiguration of The Lord</i> Wellbeing - Shania Clover Rosary
Wed 07 09:30	Robbie Baylis RIP Rosary
Thu 08 09:30	<i>Saint Dominic</i> Patricia Stewart RIP Rosary
Fri 09 09:30	<i>Saint Teresa Benedicta of the Cross [Edith Stein]</i> Canon Ernest Roux RIP Exposition
Sat 10 09:30 18:30	People of the Parish <i>First Mass of Sunday</i> Annie, William, Liz Doran RIP
Sun 11 09:30 11:00	✠ NINETEENTH SUNDAY (B) Bernadette Maher RIP Bob Gray RIP

Prayer Requests

If you request for yourself or an immediate family member to be listed in the Parish Newsletter. Please send an email to: regisrubaya@rcaos.org.uk.

Please Pray for the wellbeing of:

Margaret Doherty, Fr Peter Mansfield, Kathleen Edkins, Pat Travers, Patrick Watts, Tony Rawsthorne, Elisabetta de Masi, Patrick and Maria Momah

Sharing the Word

First Reading

The Israelites complained to Moses and Aaron that they had led them into the desert only for them to die of hunger. God heard their complaint and sent them manna and quails. Memory of the food, found and eaten occasionally in the desert, became for the Jews the classic example of God's care for his people.

Second Reading

Paul has already reminded his largely Gentile readers that, in Christ, they have become co-heirs with the Jews to God's promises. He urges them to live accordingly.

Gospel

Jesus fed people with bread from heaven of which the manna provided by Moses was but a foreshadowing. But Jesus did not come on earth merely to satisfy physical hunger. He came to give heavenly bread that people will eat and never become hungry. To avail of this bread, one has to have faith in Jesus as the one God has sent.

Confirmation and First Holy Communion 2025

Application forms for Confirmation and First Holy Communion are now available. You will find the forms in a black folder which is on the table which is at the back of the church.

Confirmation and First Holy Communion 2024

Photographs from these celebrations are now available. Please see Fr Regis, or call in at the parish office when the secretary is available.

Sick & Housebound

If your neighbour or anyone you know is unable to attend mass because they are in poor health, please let Fr Regis know and he will take them Holy Communion.

Parish Retreat



We are organising a one day parish retreat to Worth Abbey in Crawley, West Sussex on Friday 20th September 2024. <https://worthabbey.net/visiting/retreats/>, for up to 30 people. The day's programme is:

7-9am	Travel to Worth Abbey
9-9:45am	Arrive - Welcome, Coffee, Introductions & Orientation
9:45-10:15am	Opening Worship
10:15-11:30	Time for personal reflection / walk to Quiet Garden
11:30-12:30	Session 1
12:30-1pm	Personal prayer (Abbey Church) then Midday Prayer at 1pm
1:15-2:30pm	Lunch
2:30-3:30pm	Session 2
3:30-4:15pm	Tea
4:30-5:00pm	Closing Prayer then time for personal reflection
5:30pm	Mass in the Abbey Church
6:15pm	Travel

To register your interest please let Fr Regis know or alternatively, email the secretary on: sydenham@rcaos.org.uk

Please do register your interest as soon as possible as there are only 24 places left.

The Divine Mercy Apostolate, London

We are holding a Celebration of St Faustina Birthday at Aylesford Priory, Aylesford, Kent on Bank Holiday Monday 26 August 2024 from 10 am to 4:30 pm.

The reflection day will include teachings on the Message of Divine Mercy, Holy Mass, Hour of Mercy with Stations of the Cross, Adoration and Benediction and Veneration of the Image of Merciful Jesus. All welcome.

Call Millie on 07957594646 for more information.
Coaches from Ealing Broadway and Victoria

Coffee Morning

Our next coffee morning in the parish house will be after 9.30am Mass on 6th October.

Catholic Women Praying Together

We would like to invite you to join us in the 9-day Novena leading up to the Feast of Assumption on the 15th of August.

The Novena starts on 6th until the 14th August.

Please pick up the leaflets and pray with us wherever you are.

Last Week

Offertory: Gift Aided: £214 Not Gift Aided: £357

Mass Count: Sat (48), Sun 09.30 (95), 11.00 (92)

Second Collection

Last week: None

This week: None

Next Week: None

Donate

Gift Aid: Tax payers, please sign up, using the white envelopes at the back of the church, so we can claim 25p for every £1 donated.

Card: Card Machine in Church Foyer or www.olspn.church

Standing Order: Email Treasurer for details.

Cheque: Payable to 'RCAS Sydenham'

Contact

David Simpson Treasurer: sydenhamtreasurer@rcaos.org.uk

Steven Pearce Secretary: Mon (9^{am}-3^{pm}), Wed, Thur, Fri (9^{am}-12^{noon}) sydenham@rcaos.org.uk

Margaret Doherty Catholic Club: 07930 889632