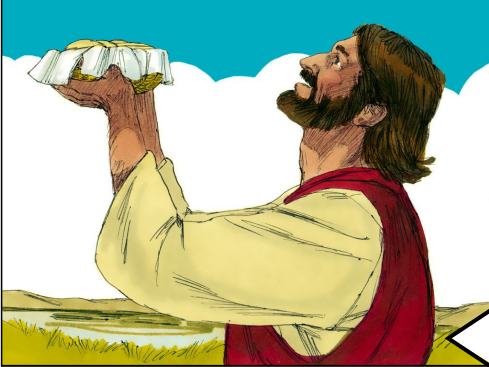


11th AUGUST 2024: NINETEENTH SUNDAY (B)

Mass book: p117 1st Reading: 1 Kings 19: 4-8 2nd Reading: Ephesians 4: 30 - 5: 2 Gospel: John 6: 41-51

11am Hymns	Entrance: 717 Gloria: 998	Gospel Accl. ⁿ : 710 Communion: 874	Offertory: 803 Post-Communion: <i>Hymn Sheet</i>	Memorial Accl. ⁿ : <i>We proclaim...</i> Recessional: 316
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Living bread

Christ is the living bread come down from heaven. Anyone who eats this bread will live for ever. Just as Elijah the prophet was strengthened by the food given to him by God, so we too are sustained by the Eucharist as we continue our pilgrimage back to the Father. In the strength of his food, we are called to love as Christ loved us.

I am the living bread which has come down from heaven.

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 10 18:30	<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
Mon 12 09.30	Eufrasia and Sylvester Rubaya RIP Rosary
Tue 13 09.30	Intention of the O'Driscoll family Rosary
Wed 14 09.30	<i>Saint Maximilian Mary Kolbe</i> Thomas P. Keogh RIP Rosary
Thu 15 09.30	THE ASSUMPTION OF THE BLESSED VIRGIN MARY (Holyday of Obligation) Rita Fahy RIP Rosary
20: 00	Mass
Fri 16 09.30	Kayshia Gordon RIP Exposition
Sat 17 09.30 18:30	People of the Parish <i>First Mass of Sunday</i> Intention of Rose Green
Sun 18 09.30 11.00	✠ TWENTIETH SUNDAY (B) Prayer for Peace Mass

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

This reading gives us a glimpse into the heart of a prophet, and we see how very human he is. In his zeal for Yahweh, Elijah had confronted and defeated the prophets of Baal at Mount Carmel, and had the who company of them put to death. This brought the wrath of Ahab's queen, Jezebel, down on him. She vowed to have the prophet's life. Elijah flees to the desert, a broken and dispirited man. He can take no more, and just wants to die. And like the Israelites of the Exodus, in the desert, he is fed with bread from heaven and so strengthened by the food he was able to continue his journey to Mount Horeb where he encountered God. Elijah foreshadowed the bread from heaven that Jesus gives.

Second Reading

The Christian life is a demanding one. There is no place for bitterness. Christians must forgive one another as readily as God forgave them in Christ. They must follow Christ by loving as he loved.

Gospel

Jesus declares that he is "the bread that has come down from heaven." The bread in question is primarily the revelation given to people in and through Jesus. Only at a secondary level does it envisage the Eucharist. The fundamental reaction called for is one of belief, or of "coming to him". Even though faith is a gift from God, it does demand openness on our part. Jesus is the source of eternal life for those who believe in him. He is the manna from heaven. Those who eat this food will live forever.

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 21 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

Last Week

Offertory: Gift Aided: £215 Not Gift Aided: £446

Mass Count: Sat (37), Sun 09.30 (90), 11.00 (137)

Second Collection

Last week: None

This week: Poor of the Parish (Gift Aid)

Next Week: Poor of the Parish (Gift Aid)

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