

## 18<sup>th</sup> AUGUST 2024: TWENTIETH SUNDAY (B)

Mass book: p120

1<sup>st</sup> Reading: Proverbs 9: 1-6

2<sup>nd</sup> Reading: Ephesians 5: 15-20

Gospel: John 6: 51-58

11am Hymns	Entrance: 355 Gloria: 489	Gospel Accl. <sup>n</sup> : 710 Communion: 339	Offertory: 329 Post-Communion: 360	Memorial Accl. <sup>n</sup> : <i>We proclaim...</i> Recessional: 356
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### Eat my flesh, drink my blood

Jesus Christ gave his life for us on the cross. Blood is a sign of life and Christ shed it to the last drop. In the Eucharist we receive his life-giving Body and Blood. God's Wisdom invites us to eat and drink the good gifts that God offers, and so to receive life. We are called, in response to Christ's self-giving love, to transform the world around us by the lives we lead.

My flesh is real food and my blood is real drink.

### 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 17 18:30	<i>First Mass of Sunday</i> Intention of Rose Green
Sun 18 09:30 11:00	✠ <b>TWENTIETH SUNDAY(B)</b> Prayer for Peace Wedding Anniversary - Sylvia & George Lakey (72 Years)
Mon 19 09:30	Sr Agnes O'Shea RIP Rosary
Tue 20 09:30	<i>Saint Bernard</i> Marta Maxwell RIP Rosary
Wed 21 09:30	<i>Saint Pius X</i> Teresa Saw Agey RIP Rosary
Thu 22 09:30	<i>The Queenship of the Blessed Virgin Mary</i> Thanksgiving and Wellbeing - Bridie Horgan Rosary
Fri 23 09:30	Wellbeing - Margaret Doherty Exposition
Sat 24 09:30 18:30	<i>Saint † Bartholomew</i> People of the Parish <i>First Mass of Sunday</i> Mass
Sun 25 09:30 11:00	✠ <b>TWENTY-FIRST SUNDAY (B)</b> Thanksgiving for Sr Gianni Marie Savidge of RSM 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](mailto: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 talks about the sumptuous banquet that wisdom offers its devotees. To Jews it would suggest the eschatological banquet promised by Yahweh (Isaiah 25: 6; 55: 1-5). But Christians will see it as a foreshadowing of the Eucharist, and of the heavenly banquet, which the Eucharist anticipates.

**Second Reading** - The wise Christian will make the most of the present time, keeping alert to the will of God, and shaping conduct accordingly.

**Gospel** - The theme is exclusively eucharistic. The language shifts to eating and drinking, to flesh and blood. "Flesh and blood" is a Hebrew idiom for the whole person. The gospel lays down the basic elements that make the Christian eucharist nourishing. In the service of the word we are fed with divine revelation, in the service of the Sacrament we are fed with the flesh and blood of Christ. And so the eucharist is the sacrament of eternal life.

## 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 20<sup>th</sup> 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](mailto: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

## Divine Mercy Music

Martina Keany a Catholic Singer Songwriter from the West of Ireland living in West London will be in our Church on the 24<sup>th</sup>/25<sup>th</sup> of August Promoting her Novena Prayers and Catholic music CDs.

The CDs are £10 each and Martina will leave a donation to the Church. If you don't have a CD player, you can download mp3 files of her albums from her website at

[www.divinemergymusic.com](http://www.divinemergymusic.com).

## Fr Regis' Farewell Celebration

There will be a reception in our church hall on Sunday 29<sup>th</sup> September after 11am Mass, to celebrate Fr Regis' time with us, and to wish him well in his new parish.

We will organise a 'bring & share' with a board going up outside church for those contributing to indicate what they would like to bring.

Last Week

**Offertory:** Gift Aided: £152 Not Gift Aided: 359

**Mass Count:** Sat (39), Sun 09.30 (95), 11.00 (95)

Second Collection

**Last week:** Poor of the Parish (£282)

**This week:** Poor of the Parish (Gift Aid)

**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](http://www.olspn.church)

**Standing Order:** Email Treasurer for details.

**Cheque:** Payable to 'RCAS Sydenham'

Contact

**David Simpson** Treasurer: [sydenhamtreasurer@rcaos.org.uk](mailto:sydenhamtreasurer@rcaos.org.uk)

**Steven Pearce** Secretary: Mon (9<sup>am</sup>-3<sup>pm</sup>), Wed, Thur, Fri (9<sup>am</sup>-12<sup>noon</sup>) [sydenham@rcaos.org.uk](mailto:sydenham@rcaos.org.uk)

**Margaret Doherty** Catholic Club: 07930 889632