

OUR LADY OF LOURDES THE BODY AND BLOOD OF CHRIST

Sunday 19th June 2022



"They all ate as much as they wanted"

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WEEKDAY / SUNDAY MASS TIMES & INTENTIONS

THE BODY AND BLOOD OF CHRIST (C) HOLY DAY OF OBLIGATION

SUNDAY	9.30am	MASS - Michael Cain RIP
19 th June	11.30am	MASS - Mrs Malar Poovilingham RIP
	6.30pm	MASS - Frances Davis RIP

FERIA

MONDAY	8.30am	Morning Prayer and Adoration
20 th June	9.00am	MASS - Florian Nowak RIP

ST ALOYSIUS GONZAGA

TUESDAY	8.30am	Morning Prayer and Adoration
21 st June	9.00am	MASS - Danny Doyle RIP

SS JOHN FISHER and THOMAS MOORE

WEDNESDAY	8.30am	Morning Prayer and Adoration
22 nd June	9.00am	MASS - James Howard RIP

NATIVITY OF ST JOHN THE BAPTIST

THURSDAY	8.30am	Morning Prayer and Adoration
23 rd June	9.00am	MASS - Holy Souls

THE MOST SACRED HEART OF JESUS

FRIDAY	8.30am	Morning Prayer and Adoration
24 th June	9.00am	MASS - Roy Davis and Elizabeth Tirado RIP

THE IMMACULATE HEART OF MARY

SATURDAY	8.30am	Morning Prayer and Adoration
25 th June	9.00am	MASS - Alan Bacon and Family RIP
	6.30pm	MASS - Private Int Ann Silcock

THIRTEENTH SUNDAY IN ORDINARY TIME

SUNDAY	9.30am	MASS - Des Donohue & the Mackey Family, Decd.
26 th June	11.30am	MASS - Paul Flynn RIP
	6.30pm	MASS - People of Parish

Pastoral Team - Reverend Patrick J. Sammon, Adrian Lowe
 Pastoral Assistants - Carmel Docherty, Frank Adesegha.
 Eileen Crotty - Parish Secretary
 Chair of Parish Council - Fiona Christison
 OLOL Site Manager - Bernie Dando
 Pastoral Centre Caretaker - Camille Mouquet
 Catechetical Co-ordinator - Michaela Mouquet
 Headteacher OLOL School - Ruth Boon

Dear Parishioners,

Some of you will have heard of, or read books by, the great spiritual writer, Thomas Merton. He was a Trappist monk in America. He wrote many books, the most well known was entitled *The Seven Storey Mountain*. It is an account of his search for God and later on, his conversion to Catholicism.

Thomas Merton was at first a journalist and in New York, at lunch time, he observed people every day going into a basement building. One day he got so curious, he decided to investigate and to his surprise, he discovered that the building was, in fact, a Catholic Church where people went to Mass. He joined the people and their Silent Adoration of the Blessed Sacrament. He was present in that chapel on the day World War II began. As Mass began, Thomas Merton was startled to hear the priest saying in Latin, "let us give thanks to the Lord our God." A war was beginning, yet here was the Church going on as usual in the good and bad times, praising, praying and thanking God, "whoever eats this bread will draw life from me."

Today, Corpus Christi, is a day of thanksgiving for the gift of the Eucharist. Thomas Merton reminds us, the Mass is always there, it is constant, faithful, strong. It is exactly the same, it has the same effect. Millions of people, in fact, over one billion Catholics, are invited to the Eucharist, one Body, one faith, one Lord, weekly.

Today, on Corpus Christi, we Catholics give thanks for the Mass. The thought of Christ within us, the real presence should fill us with gratitude and amazement. Pope St John Paul said, "in the Mass, as we draw life from Jesus, our friend, let us thank God for the awesome gift of the Blessed Sacrament."

Sadly, since the pandemic, our Mass attendance has dropped by almost 1,000. Why have you and your family decided not to come back to the Mass? Is it laziness, indifference, carelessness, whatever? Why deny bringing your children to Mass? I strongly exhort and encourage you to come back to Sunday Mass. The Mass is the source and summit of our Catholic faith. For the Catholic, it is the Mass that matters.

Also, I ask parishioners to consider giving some time to Adoration of the Blessed Sacrament on Fridays. There are two slots, 9.30am-12noon and 7pm-9pm.

God Bless you and yours.

Fr Pat

PARISH FINANCES - PAYMENT METHOD

Contributions to the parish can be made online via the Diocesan website at:

www.dioceseofbrentwood.net/donations/?parish=wanstead or by

scanning the QR code shown here with your smartphone and selecting "General Offertory". You can, if you prefer, make a

payment directly into the parish bank account using online banking. You will need to set up the OLOL Wanstead Parish as a

payee on your online banking app or internet page. The Parish Bank

details are as follows - Bank: HSBC - Account Name: Catholic Church Wanstead Our Lady of Lourdes - Account number: 71018973 Sort Code: 40-13-22. You can also use contactless

giving using your phone's QR reader and the QR codes shown on posters in the Parish Centre and also on the OLOL website which provides further detail.

<http://www.ourladyoflourdeswanstead.com/offertory-donations>



WHAT'S ON THIS WEEK / DATES FOR THE DIARY	
Monday 20 th June	4.15pm - 6.00pm Tutor Group
Tuesday 21 st June	11.00am - 12noon Meditation Group (Hall)
	4.15pm - 6.30pm Tutor Groups
	1.00pm - 3.00pm Under Fives (Hall)
	7.30pm - Divine Mercy Group (Booker Room)
Wednesday 22 nd June	Teas after 9.00am Mass
	1.30pm - 3.00pm Sheila Lovell Club (Hall)
	7.00pm-9.00pm Pilates (Hall)
Thursday 23 rd June	3.00pm - 7.00pm Perform (Hall)
Friday 24 th June	3.00pm - 6.00pm Perform (Hall)
	8.00pm - Life in Spirit Group (Hall)

BAPTISM PREPARATION

The Baptism Preparation Course comprises of two sessions held in the Pastoral Centre Hall at 7.45pm on Thursday evenings every second month as detailed below:

July 7th and 21st

September 8th and 15th

November 3rd and 17th

CHORAL DIRECTOR VACANCY – The Diocese of Brentwood Schools Singing

Programme - We are seeking to appoint a Choral Director, this is a new and exciting post which is part of the National School Singing Programme.

Further information about the role can be found on the website

<https://www.dioceseofbrentwood.net/wp-content/uploads/2022/06/NSSP-Choral-Director-Application-Pack-002.pdf> Closing date is 12 noon on Monday 4 July 2022.

UNDER FIVES GROUP - TUESDAYS 1-3PM FROM 21ST JUNE 2022

We are happy to announce that the Under Fives Group will be reopening in the Pastoral Centre on Tuesdays. Please come along with your under age schoolchildren for them to play in a safe environment while parents/carers can enjoy refreshments with other adults. Please contact Michaela if this would be of interest to you as either a user or an organiser/helper.

michaelaolcc@gmail.com



WEDNESDAY TEAS - Come and join us for tea and biscuits every Wednesday after the 9am Mass. We look forward to seeing you there.

TRINITY CATHOLIC HIGH SCHOOL VACANCIES

- SEN TA, 30 & 31 hours, Permanent – Sept 22 start
- Art Technician, 13 hours, Permanent – Sept 22 start
- Teacher of Theology & Philosophy, Full/Part time, Sept 22 start

Please visit the school website for more details

The Society of Friends of Westminster Cathedral is seeking a part-time Co-ordinator to assume responsibility for the day-to-day running of the charity. Full details at <https://westminstercathedral.org.uk/the-friends-see-an-organising-secretary/>

Just finished A-levels or Uni? Aged 18-22? Interested in working with young people? Join the Walsingham House Team 2022/23 for an amazing Gap Year opportunity starting September 2022. Details on www.bcys.net or contact Joseph Beattie – phone 01277 373959 or email josephbeattie@dioceseofbrentwood.org

ADORATION OF THE BLESSED SACRAMENT

Adoration of the Blessed Sacrament takes place Monday to Saturday at 8:20am and on Fridays from 9:30am to 1pm and from 7pm to 9pm. All are welcome to come and pray and spend some time in the presence of the Lord.

FATHER'S DAY

Today is Father's Day. We pray for all fathers, living and dead.

IMPORTANT FEAST DAYS

Friday 24th June – The Most Sacred Heart of Jesus

Saturday 25th June – The Immaculate Heart of Mary

NEW ALTAR SERVERS - We usually begin our training of new altar servers after they receive First Holy Communion. Those boys and girls who received First Holy Communion for the first time are welcome to start the training. Please speak to Fr Pat, Fr Adrian, Catherine Burns or Frank Adesegha about this.

RIP

Please pray for the soul of Jenny Richmond, former head teacher at St Georges Parish, Walthamstow. May she Rest in Peace.

PRAY FOR THE SICK & HOUSEBOUND

Robert Britt-Hazard, Steve Britt-Hazard, Justina Paul, Ann Silcock, Bridie Connolly, Glafira D'Souza, Bridie Halligan, Mikey McDonagh, Sandra Samler, Jane O'Halloran, Caroline Sarpong, Thelma, Mr. Lanre Falano, Vivian Bazuaye, Gemma Fishman, Julia Shearman, Grace Harding, Charlie O'Donnell, Edward Burns, Gerald Clarke, Len Spiller, Nenad Ivanovic (known as Len) Sister Marian, Patricia (Pat) Hallahan. *{If you wish to include the name of someone for prayers, please contact the parish office}*

ANNIVERSARIES

Gertrude Grisdale, Peter Macken, Trung Kien Ninh, Joan Marjorie Lampard, Patrick Cotter, Philip Moore, Catherine Woodcock, Maria Manuela de Almedia Rocas, Jean Mary O'Boyle, John Duffy, Mary Ellis, Nora O'Shea, William Power, Mary Ashplant, Joseph Hobson, James Hildeth Leonce, Matthew Ryan, Bina Bray, Simone Victorine, Yvonne Moody, Eric Arthur Church, Terence Nazareth, Elaine Rose Thomas, Leo Gobell, Edward McCutcheon, Theresa Andre, Hugh McGrath, Martin Mulrooney, Olga Rossi, Betty Ellen Meeks, Michael Dooley, Catherine O'Connell, Sean Hickey, Cardinal Basil Hume, Desmond Donoghue, Michael Cain, Keturah Warrington, Elwin Joseph, Timothy Joseph Murphy, William McCarthy

GIFT AID When you donate to the Church through Gift Aid, we can reclaim 25p in every £1 donated so for all collections, donations, masses etc. please Gift Aid your donation. If you have any queries please contact Bob on wansteadchurch@gmail.com



Congratulations to Chris and Val Buck who recently celebrated The Golden Jubilee of their Wedding.

YEAR OF THE FAMILY

The 10th World Meeting of Families is taking place in Rome this coming week, with a programme of talks and liturgies which will be live-streamed via Vatican media channels. Our Diocese is marking the close of the Year of the Family at the annual Mass for Marriage and Family Life in July, which Bishop Alan will offer for the intentions of all families in the Diocese. If you would like a particular intention to be placed before the altar at this Mass, please complete the prayer request form which can be found on the new Marriage and Family Life pages of the Diocesan website, where you will also find more information about the World Meeting of Families:

<https://www.dioceseofbrentwood.net/departments/marriage-family-life>



CAFOD 'S NEW CAMPAIGN: FIX THE FOOD SYSTEM

Over 800 million people go hungry each day. Yet the world produces over 4 billion tonnes of food and we only need 3.7 billion tonnes to feed everyone, a third is wasted. Clearly, the current global food system is not working, but as Pope Francis said, "Each of us has a role to play in transforming food systems for the benefit of people and the planet." Let's respond to his call! A few giant corporations put profits before people, and millions of small farmers who grow our food are kept in poverty. This system is bad for the climate too.

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Let's respond to his call! A few giant corporations put profits before people, and millions of small farmers who grow our food are kept in poverty. This system is bad for the climate too. Together we can play our part in re-thinking it, and challenging the imbalance of power so that it works for everyone. Alternatives already exist and communities who work with CAFOD are leading the way, growing food in ways that are good for people and the planet.

Will you email Liz Truss today? The UK government must implement its COP26 commitments and support agricultural systems that tackle the climate crisis and put local communities first. Use the ready made online form at <https://cafod.org.uk/Campaign/Fix-the-food-system> to send your email.



SOCIAL MEDIA - the parish has a growing presence on social media please like or follow us by searching @olol_e11 on Facebook & Twitter or @LOL_E11 on Instagram.

Five Ways to Practice Gratitude

Finding one simple thing to give thanks for and writing it down, started a chain reaction. I found another and another. I wrote each one down, in a numbered list. I began, inch by inch, to move away from the void and into a place of relative OK-ness, then hope and finally joy.

Gratitude, celebration, giving thanks – even for the smallest of gifts – became a new way of living for me, a kind of oxygen I couldn't get enough of, a transformative way of being. I filled my first "gratitude journal" and kept going.

Here are my five ways to practice gratitude:

1. Set time aside each day to make a list of what you are thankful for. Start with the tiniest details and write down even just one thing. On days when you're feeling empty – or just wanting an excuse to smile – go back and read some of your list. Ann Voskamp says it best: "When I give thanks for the seemingly microscopic, I make a place for God to grow within me."
2. Tell other people, "thank you" when they do something kind for you, no matter how small the deed.
3. Don't allow other people's bitterness or negativity or any other outward circumstance to influence your inner peace. Look for the best in everyone and believe in everyone and believe and say the best about them.
4. Anger, disappointment, failure and frustration are parts of life, but don't let them become your default emotions. Don't be complacent and resign yourself to victimhood. Choosing to live from a place of gratitude brings peace.
5. Build gratitude around you with small, daily unexpected, underserved acts of love, compassion, grace and forgiveness.

NORANN VOLL