



**NINETEENTH SUNDAY IN ORDINARY TIME**  
**SUNDAY 8TH AUGUST 2021**

**I am the Bread of Life**

The Letter to the Ephesians seems to provide a marked contrast to the other two readings today. Paul continues his exhortation to live as new people, marked by the seal of the Holy Spirit (probably a reference to Baptism). Particularly actions and attitudes, such as bitterness, anger, and slander, are unworthy of such people. On the other hand, kindness and forgiveness are to be encouraged, even expected. For the Ephesians, the best and only example of love and forgiveness was Jesus.

Two phrases from the other two readings might give clues as to how the Ephesians and the other members of the early Church were supposed to persevere in their spiritual transformation. In the First Reading, the Lord provides Ezekiel with food and drink in the wilderness. The first time, God simply commands Ezekiel to eat. The second time, God adds the single phrase, “else the journey will be too long for you”. While the reference to Ezekiel’s trip to Horeb is clear, the idea of a journey can apply also to the process of renewal – spiritual journey – apparent in Ephesians. The lesson seems clear. Eat the food that God provides and you will have strength for the journey.

John’s account again identifies Jesus as the “living bread that came down from heaven”. John adds, “Whoever eats this bread will live forever”. Belief in Jesus yields eternal life. Belief is the fundamental, life-changing event. If the command of God in Ezekiel is to eat, the command of Jesus in John is to eat this bread from heaven and live forever. In Baptism, the Ephesians inherit both messages. Jesus is the food they must eat for the journey. In their love and forgiveness, they reflect the eternal life Jesus gave them through his own death on the cross. The Gospel according to John and the Letter to the Ephesians form interwoven pictures of a faith that leads to life and the discipleship that springs from that faith. Belief in Jesus Christ, as Paul is fond of saying, means the Christian is no longer a slave to sin but free to choose a different kind of life – one of kindness and love.

In what sense is faith in Jesus a gift of God? In what way do we have to work at it?



Sunday 8 <sup>th</sup> August	10.00 am	Rev Fr Patrick Okayo – RIP (donor – Greta Street)
	12.00 pm	Pat Wilson – RIP (donor – Maria Harris)
Monday 9 <sup>th</sup> August	9.30 am	
Tuesday 10 <sup>th</sup> August		
Wednesday 11 <sup>th</sup> August		
Thursday 12 <sup>th</sup> August	9.30 am	Jennie Guthrie-Stevens – Birthday (donor – Georgina Nestle)
Friday 13 <sup>th</sup> August	9.30 am	
Saturday 14 <sup>th</sup> August	9.30 am	
Sunday 15 <sup>th</sup> August	10.00 am	Mollie Cummins – RIP (donor – Greta Street)
	12.00 pm	Sr Elizabeth Murphy – RIP (donor – Margo Fuller)

## Parish Notice Board

### Returning to Normal

From Sunday 8<sup>th</sup> August, one half of the church will be changed back to full capacity to allow more parishioners to return for live Mass. The other side will remain restricted for those who feel more comfortable being socially distanced still.

There will no longer be a requirement to give contact details to the steward when attending Mass. The QR code will remain available and parishioners are encouraged to continue to use it.

From the first Sunday in September it is intended that live streaming of Mass will cease and we will return to normal Mass times.

Many thanks for your continued support to English Martyrs in helping the parish return to as near a normal as possible.

### Baptisms will return to Saturdays with immediate effect

### 'Together Again' Parish Event

We are hoping to organise an open-air mass and picnic at 12pm on Sunday (5th) or 12th September in the English Martyrs Presbytery Garden. Bring your own picnic plus food for sharing. Volunteers will be needed to prepare the garden or the church and hall, dependent on the weather. Please contact the church either by email. [hornchurchem@dioceseofbrentwood.org](mailto:hornchurchem@dioceseofbrentwood.org) or telephone 01708 507020 if you are willing to help.

### English Martyrs Donations/Financial Support for your Parish

We wish to thank those who have been most generous in your contributions to the parish finance. Those who have not yet thought about giving, you have the option of either donating on line, information below or simply pop your envelope through the Presbytery letterbox.

For those who wish to pay direct from your bank account to the Parish funds, you can now use the following Bank details in future:

### HSBC UK

Account No. 11019198

Sorting Code 40 13 22

Kindly make your monetary contributions by cheque in the following way:

1. For 'Mass intentions' to the parish, please make your cheques payable to 'English Martyrs Stipend' account only.
2. For all other donations and contributions to the Parish, please make your cheques payable to 'English Martyrs Catholic Church'.
3. Any personal remuneration for Father should be payable to 'Fr. Belevendran'.

Many thanks

#### Parish Finance

Sunday 25 <sup>th</sup> July 2021	Gift Aid £ 40.00	£85.61	Total	£125.61
Sunday 1 <sup>st</sup> August 2021	Gift Aid £110.00	£48.00	Total	£158.00

Please Pray for the Sick and Housebound in our Parish: David Calder, Kathleen Clifford, Anna Heneghan, Paul Hogan, Pat Lark, George Malaj, Sheila McCurdy, Sheila Murphy, Don Muscat, Rachel, Mary Scully, Mary Thurgood, Mary Wright. Rose Yates and Claire Ryan in Emerson Court.

#### Communication Desk

##### The Cry Of Creation – A Study Day On Laudato Si

As the United Nations Climate Change Conference (COP 26), to be held in Glasgow in November, draws nearer, and at a time of unprecedented danger for the world, the 2015 encyclical of Pope Francis, *Laudato si'*, on care for our 'common home', could not be more relevant. Fr Ashley Beck, priest of the archdiocese of Southwark and associate professor at St Mary's University, Twickenham specialising in Catholic Social Teaching, will explore its contents and explain its crucial relevance. To access this free live event go to [www.whatgoodnews.org](http://www.whatgoodnews.org) – the event is scheduled for 11.00 to 12.30 BST on Saturday 4<sup>th</sup> September. No registration is needed. The talks will be available subsequently on the same website.

##### Living *Laudato Si'* – Online Retreat – 15<sup>th</sup> – 18<sup>th</sup> October 2021

Open to all, this retreat will help personal prayer and reflection, and parish action, on the critical issue of care for God's creation. Bishop Alan will open the retreat, which will be led by expert speakers. For more information see the poster at the back of church or email [laudatosi@dioceseofbrentwood.org](mailto:laudatosi@dioceseofbrentwood.org)

##### The Gospel Of Mark

"On Most Sundays Of 2021 we shall be reading from the Gospel according to Mark. In two new video presentations Fr Adrian Graffy, parish priest and member of the Pontifical Biblical Commission, demonstrates the skill with which Mark put his gospel together, and how Mark's material was used by later evangelists. The talks are accessible free of charge from the home page of [www.whatgoodnews.org](http://www.whatgoodnews.org) and also on the page entitled 'Faith Talks'.

##### Liturgy Of The Word

Apps to access readings for Mass: Daily Readings for Catholics, and Laudate. You can also access the readings by going to the website [www.universalis.com](http://www.universalis.com)

##### Job vacancy – Cook & Kitchen supervisor at Walsingham House Abbotswick

We are looking to recruit a cook and kitchen supervisor at Walsingham House at Abbotswick (15 hours/week, 39 weeks – Saturday 10.30am – 6.30pm; Sunday 10.00am – 1.30pm & Monday 10.00am – 1.30pm, with the potential for occasional overtime on

weekdays), starting at the end of September 2021. If you or any of your family and friends are interested in this role further information and a full job description can found on our website, [www.bcys.net](http://www.bcys.net) or by emailing [clairebailey@dioceseofbrentwood.org](mailto:clairebailey@dioceseofbrentwood.org). The closing date is midday on 29<sup>th</sup> August.

### **USEFUL WEBSITES**

For those who have access to a computer, you may find the following websites of help in keeping up to date with developments:

<https://www.cbcew.org.uk>

<https://www.dioceseofbrentwood.net>

<http://walsingham.org.uk> (For Live stream masses)

<b>Parish Priest : Fr Britto Belevendran, (01708 507020)</b>
<b>Parish Administrator : Daphne Thomas, Mon, Tues, Thurs &amp; Fri (11am-2pm) (01708 507020)</b>
<b>Diocesan Safeguarding Representative : Katie Nash (07825293308)</b>
<b>Finance : Mr Graham Daniels (01708 452406)</b>
<b>Parish Gift Aid Organiser : Dr Steve Pinder (01708 445443)</b>
<b>Hall &amp; Lounge Bookings : English Martyrs Parish Office (01708 507020)</b>

### **The English Martyrs Catholic Church (Diocese of Brentwood)**

**Parish address: 240 Alma Avenue, Hornchurch, Essex RM12 6BJ**

**Parish tel no: 01708 507020**

**Parish email: [hornchurchem@dioceseofbrentwood.org](mailto:hornchurchem@dioceseofbrentwood.org)**

**Parish website: <http://englishmartyrshx.weebly.com/>**

**Founded 1955**

**Diocese of Brentwood**

**Registered Charity No. 23409**