

GOSPEL REFLECTION FOR THE TWENTIETH SUNDAY IN ORDINARY TIME

Wisdom’s Banquet.



Wisdom and Folly are personified in the book of Proverbs. Each lay on a banquet and we are invited to choose which to attend. Those who share the bread and wine offered at Wisdom’s banquet will learn from the Lord and gain wisdom and life. Those who choose Folly’s banquet will learn nothing more than to live by one’s own thoughts and desires. The drama provides a backdrop for today’s gospel reading.

“Whoever eats my flesh and drinks my blood remains in me and I in him.”

Jesus is describing a spiritual diet in which we can achieve a union with him. We are what we consume. If we consume a diet of pulp fiction, junk television, consumer catalogues and gossip, our heads will end up full of trivia and poor priorities. If we consume a diet of thoughtful conversation, prayer selective reading and action based on faith we will be worthier people as a result. So too when we celebrate the Eucharist, we become what we consume. We become God’s people.

The invitation to eat Jesus’ flesh and drink his blood was too much for some of Jesus’ earliest disciples. They turned their backs and walked away. Today we are given the same choice. The banquet is set and the guests are invited. We can choose between Wisdom and Folly. We can accept the invitation to spiritual nourishment through the Eucharist, or we can find our sustenance elsewhere.

Bitesize – “We are made wise not by the recollection of our past, but by the responsibility for our future.” ~ George Bernard Shaw



PARISH PRAYER – Father, pour out your Spirit upon our parish. Grant us a new vision of your glory, a new faithfulness to your Word and a new consecration to your service, that your love might grow among us and your kingdom come, through Christ our Lord, Amen.

Useful links: Diocesan Safeguarding – <https://www.rcdea.org.uk/safeguarding/>
 Diocesan Website – <http://www.rcdea.org.uk>
 Notre Dame High School, Norwich – <http://www.ndhs.org.uk>
 Daily Liturgy Website – www.universalis.com

PARISH OF THE SACRED HEART AND ST. MARGARET MARY

[Registered Charity 278742]

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19TH AUGUST 2018 – 20TH SUNDAY IN ORDINARY TIME

Sunday Masses [Parish Mass Book p120]		Intentions
Saturday, 18 th August	6.00 pm	Fr. John Warrington
Sunday, 19 th August	9.00 am	Nora Ryan
	11.00 am	People of the Parish

Music for Sunday Masses – Setting: The Belmont Mass

Entry: 6pm – Angelus (said); Hymn 725 – Immortal, invisible, God only wise ...

Psalm R: 11am sung – *Taste and see that the Lord is good.*

Offertory: Hymn 609 – In bread we bring you, Lord, our bodies’ labour ...

Communion: *Instrumental interlude/sacred silence*

Recessional: 11am – Angelus (said); Hymn 960 – Guide me, O thou great Redeemer, ...

Confession/Reconciliation: Saturday at 5.30pm, or by request/appointment

Weekday Masses [20th Wk. of year – Psalter Wk. 4]			Intentions
Mon.	10.00 am	St. Bernard	Donor’s Int.
	11.30 am	Funeral Service for Flora Booth.	
Tues.	No Mass today	St. Pius X	
Weds.	10.00 am	The Queenship of the BVM	Donor’s Int.
Thurs.	10.00 am	Feria	Donor’s Int.
Fri.	10.00 am	St. Bartholomew. Feast.	Donor’s Int.
Sat.	No morning Mass	Feria	
	6.00 pm	21 st Sunday in Ord. Time	Kathleen & Michael Carroll

The parish newsletter (incl. back copies) is available to view on the parish website from Friday onward each week.

Anniversaries this week: Mary Porter, Richard Burrows, Adrian Sheath, Damian Ring-Davies, Mary Hayter and John McGowan. *May their souls and the souls of all the faithful departed rest in peace.*

Hospital Visits: If you or family members are admitted to the Norfolk & Norwich Hospital (NNUH) or Queen Elizabeth II Hospital, King's Lynn (QEII), and would like a visit from the Roman Catholic Chaplain, please call either St. John's Cathedral, Norwich (01603 624615) for visits to NNUH, or call the NNUH Hospital Chaplaincy direct on 01603 287470 for people needing urgent spiritual attention, or for visits to QEII Hospital, call Fr. Peter Rollings on 01553 772220. If you would like to receive the Sacrament or Anointing of the sick before going to hospital, please contact Fr. Brendan on 01326 694066.

Sick & Housebound [with GDPR Permissions] – Please pray for: David Peek, Janet Yardley, Jenny Rudd, Anna Thompson, Peter Gormans, Sarah Chaudri, Rita Smith, Carol Whitesides, Mabel (Teddy) O'Donnell and Catherine (Kay) Garrard.

Money Matters: Thank you for your offering of £486.99 for the day-to-day maintenance of our parish last weekend. Also, thank you to those who contributed £467.00 by Direct Debit/Standing Order to the parish in July.

Diary Dates for this week -		
Tues. 21 st July	7.30pm	Queen of Peace Prayer Group - Emmaus Room
Sat. 25 th July	Saturday Club is on Summer holiday. <i>NB. There is no Saturday morning Mass during school holidays.</i>	

Welcome – A warm welcome to our Summer visitors here at Sacred Heart. We hope that you are enjoying your stay in this lovely county of Norfolk.

Parish BBQ - Sunday 2nd September, in the parish garden after 11am Mass. Tickets £3.00 per person, £10 per family, to include BBQ, desserts and squash. Please bring anything else you want to drink. Tickets on sale from this Sunday after Masses. A raffle will be done on the day to kickstart the Cambodia twinning which Fr. Brendan mentioned at the Parish Open Meeting.

Exam Results - For those of our young parishioners who have just received exam results or are just about to receive them, remember that our prayers are with you now. For those who feel they could have done a little better, take heart from the life and words of Sir John Lubbock. Sir John Lubbock was a wise and tender-hearted man whose works and ideas have had profound effects on education through his scientific discoveries and through the textbooks that he wrote. He was also keen to challenge people to better themselves and to help shape a better society. His words of advice to you right now would be to remember **“Those who have not distinguished themselves at school need not on that account be discouraged. The greatest minds do not necessarily ripen the quickest.”**



International Day for the Remembrance of the Slave Trade and its Abolition, 23rd August - Slavery Remembrance Day is important because it helps us to commemorate the lives and deaths of millions of enslaved Africans and their descendants

who were central to the rise of Britain as an industrial power. We are asked to remember that slavery is not something for the history books. Slavery still exists today. Modern day slaves are not free to come and go. Many are chained or kept in locked rooms. They are forced to work without pay and are deprived of basic human rights. They have been kidnapped, sold or tricked into a life of suffering and deprivation. Modern day slaves are bought and sold as ‘possessions’ and are often abused and mistreated by their ‘owners’.

How Is Your Marriage? - August is traditionally the month for weddings, but it's also a good time for us all to give our relationships a ‘spring clean’. Marriage Care UK tell us families are often physically together but they are not really focused or paying attention to each other. Research in recent years has shown that the average person can spend up to 8 hours and 41 minutes on electronic devices and that we spend more time with our phones than our partners! The August ‘Marriage Care’ challenge is to leave the mobile devices at home and go out for the weekend. Visit www.marriagecare.org.uk for ideas.

Gap Year - Sometimes when things don't go quite as planned, a gap year is the best decision you could make. Whatever your age, if you want to carry out work that will make a lasting difference, whether abroad or in this country or if you want to challenge yourself, meet like-minded people, or if you are passionately concerned about the world and issues facing it, a gap year might be for you. **Here are some starting points:** www.lattitude.org.uk; www.gap-year.com; www.habitatforhumanity.org.uk; www.vso.org.uk; or www.fco.gov.uk

The Angelus

☩. The Angel of the Lord declared unto Mary. **R.** *And she conceived of the Holy Spirit.*
Hail Mary ...

☩. Behold the handmaid of the Lord. **R.** *Be it done unto me according to thy word.*
Hail Mary ...

☩. And the Word was made flesh. **R.** *And dwelt among us.* Hail Mary ...

☩. Pray for us, O holy Mother of God. **R.** *That we may be made worth of the promises of Christ.*

Let us pray: Pour forth, we beseech thee, O Lord, thy grace into our hearts, that we to whom the Incarnation of Christ thy Son was made known by the message of an angel may, by his Passion and Cross, be brought to the glory of his Resurrection, through the same Christ, our Lord. Amen.