

GOSPEL REFLECTION FOR THE MOST HOLY BODY & BLOOD OF CHRIST

More Like Christ

When we are children we don't believe that we will ever grow to be obese, passed our prime or out of condition; it's something that creeps up on us. The extra pounds that pile on around our waistlines are the result of making wrong choices on a daily basis. Just as we can become physically unfit so we can become spiritually unfit. When we are young, we cannot imagine making wrong choices or poor decisions, but compromise, apathy and temptation creeps up on the best of us. We become consumed by things that don't really matter. If we are not careful, God's values can fall by the wayside and we end up feeling weighed down, dissatisfied and unhappy.

On the Solemnity of the Most Holy Body and Blood of Christ, we are reminded that in just the same way as we care for our physical diet, so we need to take care of our spiritual diet. We need to make Jesus part of our spiritual diet both in communion and in our daily choices to live as Christians so that we might be spiritually whole. We are invited to feel alive and rejuvenated and ready to impact the world around us.

When we faithfully participate in the Eucharist, the sacrament has the power to influence us and change us; it joins each of us to Christ and makes us more like him. Today's challenge is to think a little harder about what we are actually doing in participating in the Eucharist, and what we should expect as a result.

The Feast of the Sacred Heart - Friday 12th June

The heart has always been seen as the "centre" or essence of a person ("the heart of the matter", "take it to heart", "you break my heart", "my heart sings", etc). Devotion to the Sacred Heart of Jesus is devotion to Jesus Christ Himself, but in particular it is a chance for us to remember all the manifestations of his love for us.

Friday Abstinence is dispensed on the Feast of the Sacred Heart.

Bitesize - 'Faith sees the invisible, believes the incredible and receives the impossible! Thank God for our physical AND our spiritual nourishment! ~*Christian Cops*.



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.

Permanent Deacons: Revs Martin Sanderson & Richard Jones
(deaconrick@sacredheartdereham.org.uk)

Parish Music team: Judy Reid, Kathleen Edmunds & Paul McIntee.

Parish Safeguarding Representatives: Paul McIntee

Sacred Heart & St Margaret Mary



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Sunday 7th June 2026 – The Most Holy Body and Blood of Christ [Sundays Year A, 10th Week of the Year, Weekdays Year II, Psalter Week 2]

MASSES in the PARISH	
Saturday 6th June	Feria
18.00	Judy Reid (Healing) PG
Sunday 7th June	THE MOST HOLY BODY AND BLOOD OF CHRIST (CORPUS CHRISTI) (Sol)
09.00 MASS	For the People of the Parish
11.00 MASS <i>Live streamed</i>	John Salmon (Healing) (SC)
Monday 8th June	Feria
-	No Mass
Tuesday 9th June	Feria
10.00 MASS	The English Family + (Fdn)
Wednesday 10th June	Feria
10.00 MASS	Mona Murphy + (Fdn)
Thursday 11th June	St Barnabas
10.00 MASS	Albert Foley + (Fdn)
Friday 12th June	THE MOST SACRED HEART OF JESUS (Solemnity)
11.00 MASS	Parish Patronal Feast
Saturday 13th June	The Immaculate Heart of the Blessed Virgin Mary
18.00 <i>First MASS of Sunday</i>	For the People of the Parish
Sunday 14th June	11th Sunday in Ordinary Time
09.00 MASS	Helen Coyne + (Fdn)
11.00 MASS <i>Live streamed</i>	Kathleen & Roger Borthwick + (KE)
SACRAMENT OF RECONCILIATION: Thursday after 10.00 Mass and Saturday at 17.30	
EXPOSITION & BENEDICTION: Thursday after Mass	

Rosary & Morning Prayer are said weekdays before Mass from 09:15.

Please note the 18.00 and 11.00 weekend Masses are normally sung.

For Live Streamed Masses Search for Dereham Catholic Church on YouTube, or use the link on the parish website.

The parish newsletter is available on the parish website from Friday each week.

Anniversaries this week: William Finn, Desirée Jenkins, George Francis Buxton, Mary Horsburgh, Josephine Reeves, Dee Turner, Barry Williams, Francis McCarthy, Arthur & Marguerite Dunkley, Vincent Stewart. *May their souls and the souls of all the faithful departed rest in peace.*


Hospital Visits: If you or any member of your family is admitted to the Norfolk and Norwich Hospital and would like to have a visit from a Catholic Priest, please inform a nurse on the ward and contact will be made through the Chaplaincy. If you are admitted to the Queen Elizabeth Hospital in King's Lynn, please contact Fr. Peter Rollings at the Presbytery on 01553 772220. If you would like to receive the Sacrament of the Sick before going into hospital, please contact Fr. Jay either by phone or by email.

Sick & Housebound [with GDPR Permissions] – Please pray for: Derek Williams, Patsy Gray, William Dunne, Pauline Buckland, Katherine Vella, Frank Vella, Pauline Organ, Pat Grout, George Mealy, Peggy Mealy, Richard Allison, Marion Ring-Davies, Patsy Thompson, Ann McWilliams, Margaret Glendon-Doyle, Mila Kaunaite, Anne Sibley, Hillary Bushell, Ann Williams, Matthew Williams, Ken Wood, Frank Crawley, John Salmon.

Money Matters: Offerings for the week was as follows:
Plate Collection 31st May 2026: £313.72.

Bank Details. Our new banking details are: The Sacred Heart Church, S/C 52-41-29, A/C 44725132. The change-over occurred 1st April 2026. When amending your Standing Order details please use **Offertory** as the only entry in the **Reference** box. Please only use **Stipend** or **Donation** for payments that are extra to your regular offering. Any queries please send to treasurer@sacredheartdereham.org.uk. If a tax payer, please consider Gift Aid (forms at back of church, or contact Rex Baker: Telephone 01362 694801 or email rex baker27@btinternet.com). This will help to maximize donations.

Upcoming Parish events:


Diary for week Sunday 7 June - Saturday 13th June 2026	
Sunday: 1100	Childrens' Liturgy
Monday: 1400 – 1600	Tea Buddies - Monthly get together for a cuppa & a chat (all welcome). Emmaus Room 
Monday: 1900 - 2030	AA Group Meeting - Emmaus Room
Friday: 1915 - 2030	Altar Servers Meeting - Emmaus Room
Parish Garden Club – To volunteer, please contact Sonia on 07985 521578.	

Month of the Sacred Heart

June is traditionally the month when Catholics are urged to show special devotion to the Sacred Heart of Jesus. Devotion to the Sacred Heart is the celebration of God's love for us. The Sacred Heart is the symbol of the eternal love by which "God so loved the world, that He gave His only begotten Son". (Jn 3:16)

Upcoming Church Calendar Events:

First Communion Mass – Sunday 7th June at 11 am



At the 11.00 Mass on the Solemnity of Corpus Christi, William, Chinaza, Andriya, Anviya, Ken, Kuba, Jan, Kevin, Scarlett, Jayden, Yazmin, Kayleigh, Matthew, Rachel and Rayan will be receiving their First Holy Communion. Congratulations to our First Holy Communicants as they receive the Blessed Body and Blood of Christ for the first time. We keep them and their families in your prayers as they continue to grow in faith and love of the Lord.

- **12th June** - The Most Sacred Heart of Jesus, *Parish Patronal Feast*
 - 1100 – Mass
 - 1130 -1215 Adoration
 - 1215 - Lunch - Please bring food to share.
- **26th June** - Diocesan Jubilee Year Celebration - 1130 at St John the Baptist Cathedral, Norwich.

Annual Mission Appeal: 13th - 14th June 2026, Sisters of St Peter Claver

We shall be having a Mission Appeal by the Sisters of St Peter Claver on the 13th - 14th June 2026 in all Masses. If we could give generously to support their community in their mission.

No Mass on 16th and 17th June 2026 - as Fr Jay is away for his holiday.

+ Georgina June Rogers - Funeral Service at Breckland Crematorium, 18th June at 1500. Please pray for the eternal repose of the soul of Georgina, and for the consolation of her family and loved ones in their time of sorrow.

Parish Pastoral Council Formation

The formation of a Parish Pastoral Council (PPC) in every parish of the Diocese has now been established as diocesan policy by the Bishop and the Council of Priests. Accordingly, we shall be forming our PPC in September 2026. In preparation, you are to nominate a capable candidate from within your cultural community whom you believe possesses the commitment and spirit of service needed for this important ministry. We hope to welcome fresh faces and, where possible, ensure that the various nationalities and communities in our parish are represented within the Council, reflecting the rich diversity of our parish family.

Word of Thanks: We thank our community for its prayers, support, and contribution to the success of our Confirmation celebration. We continue to pray for our newly confirmed young people as they grow in the gifts and grace of the Holy Spirit. Special thanks to Robbie, Kate, and Deacon Rick for their dedication and generous service in preparing the candidates to complete their Sacraments of Initiation.