

GOSPEL REFLECTION FOR THE 18th SUNDAY IN ORDINARY TIME

Give Them Food Yourself

We've heard of the miracle of the Feeding of the Five Thousand from childhood and it's a brilliant story, but what is the real point of it. Is the point of it to prove Jesus' divinity and God's great power? Is it to show Jesus' compassion in caring for people even when he was at his most tired? Perhaps the point of the story is Jesus' response in solving the problem of the crowd's hunger. Significantly, Jesus turns to the disciples and says, "Give them food yourselves...." How must the disciples have felt? They were used to Jesus taking charge. How did he expect them to solve a problem of this enormity? But to Jesus there is no problem. He takes what little the disciples have, five loaves and two fishes, sanctifies it and the results are enough to feed five thousand with food left over. As in the feeding of the five thousand, God is asking us to do our bit and he will use whatever small steps we take in ways that might surprise us. From our human perspective, we look at the planet's resources and see scarcity. From God's perspective there is great abundance. Now it's up to us to share our God given resources.

The Transfiguration of the Lord - How to be a Visionary

Jesus is an excellent life mentor. In today's gospel we see him recognise that Peter James and John were downhearted and in need of some kind of emotional boost. He took them up a high mountain and gave them a glimpse of the glory they would one day share. The vision showed a transfigured Jesus, as dazzling as the sun speaking with Elijah and Moses. Peter, eager to keep hold of the vision suggested erecting three tents! It wasn't such a silly idea, for although three tents could not hold the vision, Peter recognised the importance of keeping it, even if it was only as a memory. He recognised that the vision could motivate him from then on. The first and single most important factor in staying motivated is to have a vision. Having a vision gives us a reason to act. As Christ's disciples we might motivate ourselves with a vision of a world without poverty or war, or simply to improve the life of one other person. The second most important piece of advice is to imbue that vision with a passion. It's no good having a lack lustre vision, we need a vision that will make us feel passionate about our goal, something that we can call up in our mind's eye and make us leap into action. With God's help, that vivid vision of our objective is in us all!

Bitesize 'The vision must be followed by the venture. It is not enough to stare up the steps - we must step up the stairs.' ~Vance Havner



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 2nd August 2026 – 18th Sunday in Ordinary Time

[Sundays Year A, 18th Week of the Year, Weekdays Year II, Psalter Week 2]

MASSES in the PARISH

Saturday 1st August 18.00 MASS Sunday 2nd August 09.00 MASS 11.00 MASS <i>Live streamed</i>	St Alphonsus Liguori For the People of the Parish 18th Sunday in Ordinary Time John Latham Sr +
Monday 3rd August - No Mass	Feria
Tuesday 4th August 10.00 MASS	St John Vianney
Wednesday 5th August 10.00 MASS	Feria
Thursday 6th August 10.00 MASS	THE TRANSFIGURATION OF THE LORD (Feast)
Friday 7th August - No Mass	Feria
Saturday 8th August 18.00 <i>First MASS of Sunday</i>	St Dominic For the People of the Parish
Sunday 9th August 09.00 MASS 11.00 MASS <i>Live streamed</i>	19th Sunday in Ordinary Time

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: Joanna Sokalska, Harrington Garrett, Jack Filby, Iris Reavey, Maria Isabel Ferriera, Patrick Thomas Warden, Pope Paul VI, Peggy Pratt, Sybilla Hopkins, Peggy Malone, Agnes Harmer, Andrew Browne. *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, Mad Knight, Paul Holdsworth, Joss Holdsworth, Patsy Tracey.

Money Matters: Offerings for the week was as follows:
Plate Collection 26th July 2026: £327.89.

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 2 nd August - Saturday 8 th August 2026	
Monday: 1900 - 2030	AA Group Meeting - Emmaus Room
Tuesday: 1900	Unwrapping the Feast Days - Old Hall, Dereham
Wednesday: 1900	Parish Family Day Planning Meeting - Emmaus Room
Thursday: 1830	Magnifica Humanitas Discussion - Emmaus Room
Parish Garden Club – To volunteer, please contact Sonia on 07985 521578	

Upcoming Church Calendar Events/ Feasts:

Unwrapping the Feast Days: Come and explore the meaning of key Church Feast Days with Kevin and Rachel at the Old Hall, Dereham (07974 393470). Ring for directions and confirm you are coming. All are welcome. Next meeting is:

- Tue 4 Aug 26 at 7 pm - Unwrapping the Feast of the Transfiguration of the Lord.

Discussion on the Encyclical Letter *Magnifica Humanitas* of Pope Leo:

We are warmly invited to read and reflect on the recent Encyclical Letter *Magnifica Humanitas* of Pope Leo, particularly its reflections on Artificial Intelligence and the future of humanity, this Thursday 6th August at 1830 in the Emmaus Room.

Parish Pastoral Council Update: The formation of the Council is almost complete and the names of the members will be announced in due course. Copies of the Promulgated Diocesan Policy on PPC are available at the back of the Church.

Parish Diocesan 50th Anniversary Celebration Family Day - A Parish Family Day, in celebration of Diocesan Jubilee, will be in early September at the Walsingham Sisters Convent. Details are still fluid and planning is ongoing. The latest provisional details are (*please note the date has changed*):

- **Date** will be Saturday **12th September 2026**.
- Venue will be the **House of the Divine Will**, Neatherd Moor (Convent).
- **Arrival from 2.30pm** to be in place before 3pm.
- At **3pm Sunday Vigil Mass** (followed by availability of Adoration).
- Following Mass, **food**, provided by our own communities (*food contributor volunteer lists will be provided in church*), will be served.
- Then various **fun activities** will proceed until about 7.45pm, when the event will end with a prayer.

Ideas for additional activities most welcome, so please think creatively.

Wedding - Daniel Aidoo and Alexis Pereira will be married on 22nd August at 1400.

Baptism - Arkie Ceto Ramos: We warmly welcome Arkie Ceto Ramos into our Parish family following his Baptism on 1st August. We pray that he will continue to grow in the love of Christ and be blessed throughout his journey of faith.

Mass Coordinators for the Three Sunday Masses:

- Weekday and Saturday 1800 Mass - Theresa Pitcher
- Sunday 0900 Mass - Rex Baker
- Sunday 1100 Mass - Gerry McCarthy

For any queries regarding Mass preparation, including setting up before Mass, tidying and putting things back in order afterwards, ensuring the correct readings are prepared, and coordinating assigned lectors and Extraordinary Ministers of Holy Communion, please liaise with the appropriate Mass Coordinator.

First Holy Communion for 2026/7 - Forms are now available at the back of the church for preparation for the Sacrament of First Holy Communion for 2026/7. Children must be entering Year 3 and above at school. There will be a meeting for parents in September and classes start in October. Please return forms to Fr Jay.

Word of Thanks/ Prayers - We pray for the safety and wellbeing of all members of our Parish who are travelling or enjoying their summer holidays at this time.