

GOSPEL REFLECTION FOR THE 16TH SUNDAY IN ORDINARY TIME

Time Out



The younger generation are very good at telling us to “take a chill pill....” and there’s nothing more infuriating. But funny enough, “taking a chill pill” is something we’re extraordinarily bad at. We are surrounded by twenty first century devices to save us time, such as emails, microwaves and disposable nappies, yet somehow, we don’t end up with hours of free time as a result. Quite the contrary, we work faster, travel faster, eat faster and take on more and more work. We feel that we need

to fill every waking moment with an extra job. Yet sitting still for a moment in silence and solitude whilst the world rushes around us is very important.

Today Jesus understands that his disciples are exhausted by the demands of the crowds and suggests escaping by boat to find a quiet place to rest, recharge and presumably take stock. Unfortunately, the crowds worked out where Jesus was off to and beat him to it. Jesus stepped out of the boat to be greeted by the same crowds he had just left behind. If Jesus felt any exasperation he didn’t show it. Moved by compassion, because the people are like ‘sheep without a shepherd’ Jesus sets about putting their needs before his own. It might appear that Jesus was just about as bad at ‘taking a chill pill’ as the rest of us, but the story simply points to his level of compassion and discernment.

Taking time out to recharge and take stock is often more important than fitting in that extra job. Have you ever got to the end of a very busy day and wondered what you have actually achieved? How much worse to get to the end of one’s life and realise that we have achieved little of real importance. Take a chill pill. Remember to retreat from the world from time to time. Remember to regularly ask yourself those all-important life-enhancing questions.

Bitesize - The time to relax is when you don't have time for it.

~Attributed to both Jim Goodwin and Sydney J. Harris



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 Deacon: Rev. Martin Sanderson

Parish Music team: Judy Reid, Kathleen Edmunds & William Preddy.

Parish Safeguarding Representative: Kathleen Edmunds

kathleenedmunds@yahoo.com

Sacred Heart & St Margaret Mary



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SacredHeartDereham.org.uk

Sunday 21st July 2024 – 16th Sunday in Ordinary Time

[Sundays Year B, 16th Week of the Year, Weekdays Year II, Psalter Week 4]

MASSSES in the PARISH

Saturday 20th July

18.00 *First MASS of Sunday*

For the People of the Parish

Sunday 21st July

09.00 MASS

16th Sunday in Ordinary Time

Special Int. (CP)

11.00 MASS *Live streamed*

McCarthy Family Ints.

Monday 22nd July

10.00 Service of the Word & Holy Communion

St Mary Magdalene

Tuesday 23rd July

10.00 MASS

St Bridget, Patron of Europe

+Aleykutty (LJ)

Wednesday 24th July

10.00 MASS

Feria

+Pat Moore (AM)

Thursday 25th July

10.00 MASS & ADORATION

St James, Apostle

Friday 26th July

- No Mass today

Ss Joachim & Anne, Parents of the BVM

Saturday 27th July

18.00 *First MASS of Sunday*

Feria

For the People of the Parish

Sunday 28th July

09.00 MASS

17th Sunday in Ordinary Time

+John Perkins (CP)

11.00 MASS *Live streamed*

+Martin Barnard (AS)

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.

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: Peter Lindsay, John Davies, Tomasz Wyrwik, Doris Cousal, Emily Veronica (Vera) Noden, Margaret Harlow, Harry Baker, David Thompkins, Elizabeth Sapcote, Errol Alexander Patrick Cowell, Thomas Losco-Bradley, Olga Secker, Doris Webster, Naomi Dance. *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: Shirley Liebenhals, Derek Williams, Patsy Gray, Colette Barrow-Nessian, Betty Reavey, William Dunne, Pauline Buckland, Greta Cummings, Katherine Vella, Pauline Organ, Kevin Pugh, Joy Bussey, Dorothy Edwards, Pat Grout.

Money Matters: Offering for last Sunday: Plate £254.11 and £167.73 for Stella Maris. Thank you.

Gift Aid - Rex is in the process of finalising the parish Gift Aid claim for tax year 6th April 2023 to 5th April 2024 and would be obliged if parishioners who are members of the scheme would let him know if there have been any changes to your personal circumstances regarding the payment of income tax (or change of address). In the absence of any such information it will be assumed that you are still a tax payer and the parish will reclaim tax from HMRC on the offertory donations you have made during this financial year.

If there are any parishioners who pay tax and are not part of the gift aid scheme, please let Rex or Father Jay know. This is a great way for the parish to get additional funds from the tax reclaim benefit, last year the parish reclaimed circa £5000. With this scheme you do not need to commit to a fixed amount as it will be based on your annual contribution. Contact details for Rex Baker are: Telephone 01362 694801 or email rexbaker27@btinternet.com.

For those who would like to make their regular offerings by Standing Order, the information you need is: Account name: **Catholic Church of Dereham**. The Sort Code is: **40-20-08** and the Account number is: **11311115**. If you are a tax payer, please consider Gift Aid. Gift Aid forms are available at the back of church. This will help to maximize our donations in the Parish.

Alive in Faith Refurbishment Works in the Church – The following works will shortly be commencing in the church:

- 2nd Week of August – Church redecoration
- 27th August – Church Heating installation – **No Mass on this day**
- 1st Week of September – Church flooring

Parish Events for the week 20th – 27th July	
Saturday: 11:30	Altar Servers' Mass & BBQ at St John's Cathedral, Norwich.
Children's Sunday Liturgy is now taking a break for the school summer holidays until September.	
Wednesday: 1430	Queen of Peace Prayer Group – Emmaus Room. All welcome.
Altar Servers Group is now on summer holidays until September.	
Garden Club – To volunteer, please contact Sonia on 07985 521578.	


Upcoming Parish Events

- **Saturday 31st August** – Altar Servers' Day Out & Pizza
- **Saturday 7th September** – Parish Yard Sale & fund raising
- **Sunday 8th September** – Parish BBQ & Lunch, after the 1100 Mass

Norfolk Churches Trust (NCT) Bike Ride & Walk 2024: Newsletter – The Summer newsletter from NCT is available on the parish website and on the notice board at church. It gives full details of the results from last year's event. **This year's event will be taking place on Saturday, 14th September.** You can register to take part on the NCT website. Alternative, sponsorship forms are available to pick up at the back of church. It is an excellent and fun way to support churches in the county – including our own. Parish participants last year raised £163.28 for our church funds. For more information, see the posters in church or go to <https://norfolkchurchestrust.org.uk/bike-ride-walk/>.

Retreats 2024: The Annual Publication of the Retreat Association - Going on a retreat is a must for anyone who feels they need to find new energy and focus. Getting away from it all can bring a different perspective to your life and encourage you to make time for the things you love. The Retreat Handbook amongst other things contains information and programmes for over 230 Christian retreat centres in the UK and beyond. For more information visit www.retreats.org.uk.

Ss. Joachim and Ann: "Celebrating Grandparents": 26th July - Whether or not Joachim and Ann are the real names of Mary's parents, this date is a great opportunity to celebrate grandparents everywhere. It reminds grandparents of their responsibility to establish a tone for generations to come and it reminds the younger generation that older people's greater perspective, depth of experience are all part of a wisdom not to be taken lightly or ignored.

	We thank all our many parish volunteers and groups for their help each week in supporting the running and daily and spiritual life of the parish.
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