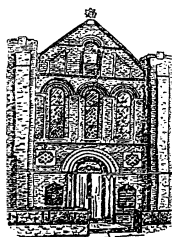


ST. JAMES THE LESS AND ST. HELEN CATHOLIC CHURCH, COLCHESTER WITH MERSEA, MILE END AND MONKWICK



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EIGHTEENTH SUNDAY OF THE YEAR
July 31st 2011

My dear friends,

My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as if You have already come, and unite myself wholly to You. Never permit me to be separated from You. Amen. (St Aphonsus Ligouri).

Blessed John Paul II in tells us that we should “cultivate in our hearts a constant desire for the sacrament of the Eucharist. This was the origin of the practice of ‘Spiritual Communion’, which has happily been established in the Church for centuries and recommended by saints who were masters of the spiritual life”. (*Ecclesia de Eucharistia* #34)

St. Thomas Aquinas calls a Spiritual Communion “an ardent desire to receive Jesus in the Most Holy Sacrament and lovingly embracing Him as if we had actually received Him.” It is a source of grace and it helps us to keep in the presence of Christ throughout the day. Why not call in to church during the week and make a Spiritual Communion before the Blessed Sacrament?

There is a practical dimension too. For those who genuinely cannot get to Mass every Sunday and Holy Day of Obligation, it is a way of uniting ourselves to Christ and the Church. (But if we’ve just decided to go to the garden centre instead of Mass, it won’t do!) If we have a mortal sin on our conscience, and so are unable to receive Holy Communion until we get to Confession, or if we have broken the 1-hour Eucharistic fast, then a Spiritual Communion is an excellent way of telling God that we want to be united with Him.

Fr Neil Brett

DAILY: Morning Prayer 8:15am; Rosary/Divine Mercy 8:35am. [Wed. 11:15am]
PRAYER GROUP Mondays @ 8pm in the Crypt
MEDITATION GROUP: Tuesdays @ 8pm in the Crypt
EXPOSITION Saturdays at 9:45-10:30am

EVENTS THIS WEEK

Please check Mass Schedule for any changes

Saturday 6th August	2pm	J&P Meeting	Crypt
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SICK: Please remember in your prayers May Banks, June Bickersteth, Joan Boyden, Frank Campbell, Nancy Drummond, Charlie George, Maurice Highfield, Cara Maude, Bridie Murphy, Paula Nash, Casiano Pasumbal, Leah Patterson, Hector Silva, Ellen Woodley.

CONGRATULATIONS: to Lisa and Adam married here on Friday.

RECENTLY DECEASED: Please pray for the repose of the soul of William Turnbull who has recently died. May he rest in peace. William’s funeral will take place here at Priory Street on the 11th August at 11am.

DAY FOR LIFE TODAY – The day in the Church’s year dedicated to celebrating the dignity of life from conception to natural death will, this year, focus on what it means to live a full and happy life. It takes as its starting point the words of Pope Benedict during his recent visit to Britain, when he said: “*Happiness is something we all want, but one of the great tragedies in this world is that so many people never find it, because they look for it in the wrong places. The key to it is very simple – true happiness is to be found in God. We need to have the courage to place our deepest hopes in god alone, not in money, in a career, in worldly success, or in our relationships with others, but in God. Only he can satisfy the deepest needs of our hearts*”.

MISSION APPEAL 6TH/7TH AUGUST: This year’s Mission Appeal will be held in the Parish next weekend on behalf of *St Martin’s Missions* – a part of the Dominican Order. We welcome Fr Simon and Fr Benedict who between them will be preaching at all Masses.

EVANGELIUM CONFERENCE: It is still possible to book places at the [Evangelium Conference](#) taking place at the Oratory School near Reading, 5th – 7th August 2011, for young adults (18-35). Price: £95 (full board). Further information from Fr Neil or Email: evangeliumproject@gmail.com

THANK YOU: For another very generous donation, this time from a Monkwick parishioner, towards the cost of new Missals in the Parish.

MERSEA NEWS: The next Coffee Morning takes place on Tuesday, August 9th

at the home of Margaret Brooks, 71 Queen Anne Road. All most welcome.

THE GOOD COUNSEL NETWORK: Each month The Good Counsel Network calls for a National day of prayer and fasting for the end of Abortion and Euthanasia. This month's day is Saturday 13th August which is chosen in honour of the feast of St James the Apostle. Please pray and fast on this day. If you are not able to fast completely please consider giving up something that you can, for instance, television, alcohol or cigarettes. For more information please see www.goodcounselnetwork.com or call 0207 723 1740 and speak to Conor or Stuart.

FEAST OF THE ASSUMPTION – SUNDAY AUGUST 14th: The usual Polish Mass which takes place on the second Sunday of each month at 2pm will, this month, be preceded by a Procession in honour of Our Lady.

SOCIAL COMMITTEE'S CHRISTMAS MARKET PLANNING MEETING: Takes place on August 14th [time following 10:30 Mass to be confirmed] in the Cardinal Bourne Hall at the bar end. As you saw from the recent Financial Report, the Parish's financial state is a great cause of concern for our Priests. The Christmas Market is the largest fundraising Parish event of the year, and this year we hope to top 2010's total of £4100. We are pleading to all Parish Groups, and to parishioners in general, for their help, support and ideas to join us in this and subsequent planning meetings. We look forward to seeing you there. Thank you. Frances 364568. Norah 503410.

CELEBRATING SACRAMENTS IN A CONSUMERIST CULTURE: Inviting all Catechists to an evening with Rev Dr Niall Coll at the Cathedral Conference Centre on Thursday 29th September 7.30pm-9.30pm. **Advance booking is essential.** Please contact the Adult Rel. Education office on 01277 265255 or Sr Nuala on 01277 265219. email are&fm@dioceseofbrentwood.org Primary School Head teachers RE Co-ordinators, Secondary Heads of RE and Chaplains are invited to a session with Fr Coll on the morning of **Friday 30th 9.15am-12.30pm** at the Cathedral Conference Centre. **For booking**, please contact the BRES secretary on 01277 265285 or email marycronin@dioceseofbrentwood.org

HEALTH AND SAFETY: Please note that scaffolding will be in place outside St James the Less from Monday August 8th for one week.

PAN-AFRICAN ANNUAL MASS-2011: The Pan-African Annual Mass will held on Sunday 18th September 2011 at 3pm at St George's Catholic Church, 132 Shernhall Street, Walthamstow, London E17 9HU. For further details, contact: Deacon Joseph Baffour-Awuah: Tel.: 020-8521 2359 africath@clara.co.uk

MOVING?: If you are moving, please let the parish office know. If you are newly arrived, please complete a registration form, which are in the porch. For inclusions on the parish website: admin@stjamesthelessandsthelen.org

CLEANING TEAM ROTA: Thursday, August 4th. Team 2.

LITURGY FOR THE EIGHTEENTH SUNDAY OF THE YEAR [A] 31st July 2011 – Day for Life

Saturday July 30th	6:15 pm	Bartholomew & Sarah Hourihan RIP
Sunday July 31st	8:00 am	Canon John Bloomfield RIP
	10:30 am	Julia Lacey RIP
	6:30 pm	Holy Souls RIP
<i>Mersea</i>	8:30 am	Intention: Mrs Knowles
<i>Mile End</i>	9:15 am	Alfredo Sagnella RIP
<i>Monkwick</i>	10:15 am	Parishioners

Monday Aug 1st	St Alphonsus Liguori, Bp.D
<i>Church</i>	7:30 am Intentions: Tim Young
<i>Church</i>	9:15 am Stephen Hilton RIP

Tuesday 2nd	Feria
<i>Church</i>	9:15 am Patrick Quinlivan RIP [ER]

Wednesday 3rd	Feria
<i>Church</i>	7:30 am Helen and Martin Lydon RIP
<i>Church</i>	12:15 pm Colin Walker RIP

Thursday 4th	St John Mary Vianney [Curé d'Ars], Pr
<i>Church</i>	7:30 pm Sr Margaret Carolan RIP
<i>Church</i>	9:15 am Priests of the Diocese

Friday 5th	Feria
<i>Church</i>	9:15 am Margaret Wright RIP
	N O 6:30 PM MASS

Saturday 6th	TRANSFIGURATION OF THE LORD
<i>Church</i>	9:15 am Frederick, Elizabeth & Angelo Lucas RIP
<i>Church</i>	3:00 pm WEDDING – PENNY AND IAN

LITURGY FOR THE NINETEENTH SUNDAY OF THE YEAR [A] August 7th 2011

Saturday August 6th	6:15 pm	D/Rels:Byrne & Welham Families RIP
Sunday August 7th	8:00 am	John Lorimer RIP [Mick M]
	10:30am	Intentions: Miss Ria and Family
	6:30 pm	Holy Souls RIP
<i>West Mersea</i>	8:30 am	Parishioners
<i>Mile End</i>	9:15 am	Peggy Burke RIP
<i>Monkwick</i>	10:15am	Canon Rev. Richard Smith RIP [MM]

SACRAMENT OF RECONCILIATION	Saturday 9:45-10:30am and 5:30-6:00pm
SACRAMENT OF BAPTISM	Baptismal Courses arranged as per Newsletter
SACRAMENT OF MARRIAGE	At least six months notice is required
SCHOOLS St Thomas More	Head: Bridget Harris [865722]
St Benedict's	Acting: Head: Peter Johnson [549222]
www.marriagecare.org.uk	or 0800 389 3801.
	www.brentwoodvocations.org

The Brentwood Diocesan Trust – Registered Charity No. 234092