TWENTY-FIRST	SUNDAY IN OR	DINARY TI	ME (B)	
Saturday 21st	Church	6.15 pm	Baby George Thompson & Family	
Sunday 22 nd	Church	$8.00 \ am$	Ezinne Eunice Urewuchi Ibawuchi	
	Church	$10.30 \ \text{am}$	Ints: The Gillen Family	
	Church	$2.00 \; \text{pm}$	Polish Mass	
	Church	6.30 pm	Ints: Tony Grant	
	West Mersea	$8.30 \ \text{am}$	Jan Holden RIP	
	Mile End	9.15 am	Parishioners	
	Monkwick	10.15 am	Private intention	
Monday 23 rd			Feria	
	Church	$9.30 \ \text{am}$	Percy and Mini Floyd RIP	
	Mile End	1.00 pm	FUNERAL MASS: Evelyn Margaret Mackinnon RIP	
Tuesday 24 th			ST BATHOLOMEW, Ap	
	Church	$9.30 \ am$	Danial, Florence + Danny Farrell RIP	
Wednesday 25 th			Feria	
	Church	12.15 pm	Ints: Liesel Rodrigues	
Thursday 26 th			Feria	
	Church	9.30 am	Ints: Desmond, Teresa & Family	
Friday 27th			St Monica	
	Church	9.30 am	Stephen Hilton RIP	
Saturday 28th			St Augustine, Bp, D	
	Church	9.30 am	Ints: Richard Ian	
TWENTY-SECOND SUNDAY IN ORDINARY TIME (B)				
Saturday 28th	Church	6.15 pm	Colin Taylor RIP	
Sunday 29 th	Church	$8.00 \ am$	Ints: Marco Baby	
	Church	$10.30 \ \text{am}$	Ints: Eamon Gillen	
	Church	$2.00 \; pm$	Polish Mass	
	Church	6.30 pm	Patricia Urquhart RIP	
	West Mersea	8.30 am	Nollag Foster RIP	
	Mile End	9.15 am	Parishioners	
	Monkwick	10.15 am	Robert Bradshaw RIP	

- For Baptisms, Weddings and Funerals, please email or contact our parish office.
- Visiting for the Sacrament of the Sick is possible, under certain circumstances.
- Sacrament of Reconciliation (Confession) Saturdays after 10_{am} Mass and 5.30_{pm}-6.00_{pm}
- Mass Intentions. These can be posted through the presbytery letterbox and they will be published in the newsletter (available on the parish website or via Facebook).
- If you are self-isolating and would like to speak to a priest or have any worries, please contact us at the Presbytery on 01206 866317 and we will try to help you.

LIVE STREAM: The Live Streaming of Masses is currently suspended

Please check out our Facebook page for Live Stream Masses and all the latest Parish/Diocese/Vatican news, Clergy/Church photos/videos. Please remember to like & follow our page!

ST. JAMES THE LESS AND ST. HELEN

CATHOLIC CHURCH, COLCHESTER

WITH MERSEA, MILE END AND MONKWICK

1 PARISH, 4 CHURCHES, 1 COMMUNITY



Parish Priest: Mgr. Christopher Brooks Assistant Priest: Fr. Paschal Uche Assistant Priest: Fr. Philip Willenbrock

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St James the Less and St Helen RC Church, Colchester

TWENTY-FIRST SUNDAY IN ORDINARY TIME (B)

Week commencing 22nd August 2021

Jesus stands before his disciples today — you, me, all of us. We look at him and he looks at us and he says to us — he has already said to us in all the passages about the Bread of Life — "I have come from God. I am one with you and I am inviting you to be one with me.

"That means flesh of my flesh, blood of my blood. You must become one with me and one with the Father, and I become one with you. And that's the whole meaning of my call.

"Now come follow me and give yourself to the Kingdom of God. Nothing in life is more important. Your family, your friends, all of the things that you hold near and dear, they are second to the call that you be one in heart, mind, soul with me, as I am with you.

"And the sign of this will be you will eat my flesh and drink my blood, and then you will become the people of God." From the internet.

PLEASE SEE MASS SCHEDULE FOR ALL CHANGES				
DAILY	Morning Prayer	at 9.15 _{am}		
CHRISTIAN MEDITATION	Wednesdays (Cardinal Bourne Hall)	at 8.00 pm		
DAILY	Rosary/Divine Mercy			
2 nd SUNDAY MONTHLY	Eucharistic Adoration	All Temporarily suspended		



THE POPE'S INTENTIONS FOR AUGUST: The Church Let us pray for the Church, that she may receive from the Holy Spirit the grace and strength to reform herself in the light of the Gospel.

Dear Parishioners and Friends.

Relaxation of Covid restrictions: There will no longer be restrictions on group sizes for attending communal worship. Our collective challenge, as restrictions are lifting, is to make sure we all continue to keep ourselves and others as safe as possible. Please note the following changes that will be implemented:-

- There will be an expectation that face coverings are worn in the Church, as per the advice of the Government (unless, of course, a person is exempt from doing so).
- As Social distancing rules have changed there will no longer be Church Stewards at Mass guiding people to their seats, this means that people now have the option of choosing where they wish to sit.
- We will retain a section of the church roped off for those who wish to maintain the 2metre social distancing.
- Weekday Masses have returned to their normal time of 9.30_{am} with Morning Prayer at 9.15_{am}.
- Entrance to Church will be via the main door (no one way system needed)
- The side door will remain open for ventilation and can be used for exiting if wished.
- · Communion will remain under one kind.
- Sign of peace will remain not physical
- For the time being there will be no singing at Mass
- We will continue to supply hand sanitiser stations at entrance and side door.
- An Offertory Collection box will be situated at side door; the donation station in church porch is also useable
- There will be no restrictions on the number allowed to attend Funerals, Baptisms and Weddings

Anyone displaying symptoms of Covid-19, or who has reason to believe that they have been in contact with someone who has, should not attend church or volunteer in any capacity until they have received medical advice that it is safe to do so.

MARRIAGE MATTERS: (Proverbs 9: 1-6 Ephesians 5: 15-20 John 6: 51-58) *Called to nourish each other.* In marriage, we must try to lead intelligent lives as St. Paul reminds us in his letter. No one says you have to be clever, but the wisdom to see through ignorance, folly, thoughtlessness and so on will help us to nourish our love for each other. In this way our marriages will give thanks to God.

PRAYERS FOR THE SICK: We continue to pray for those parishioners we know who are sick and housebound especially Elizabeth Pace, Hilda Morah, Nicollas and Adam Campbell-Vencarto, Jim Lynas. We pray for all persons who have contracted Covid-19 and their families.

FIRST HOLY COMMUNION: The Certificates are ready for all children who celebrated their special day with Fr Chris and Fr Paschal this year. Collection is from the Presbytery.

GIFT AID ENVELOPES: There are still uncollected Gift Aid box sets in porch. Thank you.

CHURCH WELCOMERS: We would like to invite our "Church welcomers" to once again be an active presence at Mass. Please speak to Fr Chris if you are able to assist again. Thank you.

CHURCH CLEANERS: We would like to invite back all the teams for the church cleaning, as we will be restarting the Rota's shortly. **VOLUNTEERS NEEDED:** Can you spare 1-2 hours per month to help clean the Church (dusting, vacuuming, polishing etc.,) If you are able and willing, please contact the Presbytery. Thank you.

CHRISTIAN MEDITATION: The Christian Meditation group will start again on Wednesday 1st September at 8_{pm} in the Cardinal Bourne Hall. Please note the new venue and day. Arrivals from 7.30_{pm} (the Hall doors will be closed from 7.55_{pm}).

Annual Diocesan Mass for Altar Servers at Westminster Cathedral: Archconfraternity of St Stephen, invites all Altar Servers to the annual Diocesan Mass for Altar Servers at Westminster Cathedral on Saturday 2nd October 2021 at 2.30_{pm}. Principal celebrant Rt. Rev. Nicholas Hudson, Auxiliary Bishop of Westminster. Servers from beyond the Westminster Diocese are welcome to this Mass if they can't attend the National Mass on 25th September in Wolverhampton. If MCs and Senior / Altar Servers would like to attend this event, please email johnmccormack528@gmail.com by 18th September 2021. We will need to know how many Altar Servers (& families) will be attending from your Parish, so that accurate numbers can be established.

LANDINGS RETREAT. Please see the poster on the notice board. For more information, please contact the Landings team, (contact details on the flyer) or; Stewart Taylor 07545829333.

MARCH FOR LIFE UK: the Annual March for Life UK event will take place on Sat. 4th September in Central London from Approximately $10_{am}-4.30_{pm}$. A coach will leave from Priory street/East Hill, Colchester at 8am stopping at London road, Colchester, Witham, Chelmsford and Brentwood. The cost will be £20 per person (babies go free). Less if we have a full coach. To ask about coach details or book a seat, please contact Justin Nathan at eph890@gmail.com or on 07540 050814. Please do not leave a voice message but I will respond to text or whatsapp messages. We recently had the highest ever annual abortion figures in the UK (last year saw 210,860 abortions in England and Wales) as well as the introduction of home/DIY abortions. Let's do our part in turning the tide in our nation. More information is available at marchforlife.co.uk or form Isabel on 07773 501721/ izzyys@gmail.com

CYCLING FOR CHARITY ("Pedalling through the Pandemic"). Fr Dominic Howarth, a priest of the Diocese, has been cycling for many months, heading towards 5,000km – and he now has just 500km to go. He is raising money for the Brentwood Catholic Children's Society, Walsingham House, HCPT Easter Lourdes Group 709, and Help Refugees. For more info or to donate https://www.justgiving.com/crowdfunding/frdominic5000at50, Thank you.

PARISH FINANCES: If you wish to make an offering/donation this can be done in various ways:

- By dropping envelope through Presbytery door (please write on envelope Mass Offering or Parish Maintenance) or in the Donation Basket situated at Church entrance & Exit
- Diocesan Online Donation platform (where donations can also be gift aided): St. James the Less & St. Helen https://www.dioceseofbrentwood.net/donations?parish=colchester-b
 St. Theodore of Canterbury: https://www.dioceseofbrentwood.net/donations?parish=colchester-d

Everything that happens in our parish is only possible with your support. Thank you

CHURCH CLEANING TEAM: The new Cleaning Team Rota's are in the Church Porch, please take a copy and Thank you for all you do for our Parish. 23/08/21: **Team 2** (*Francesca* + *Sheila*)