

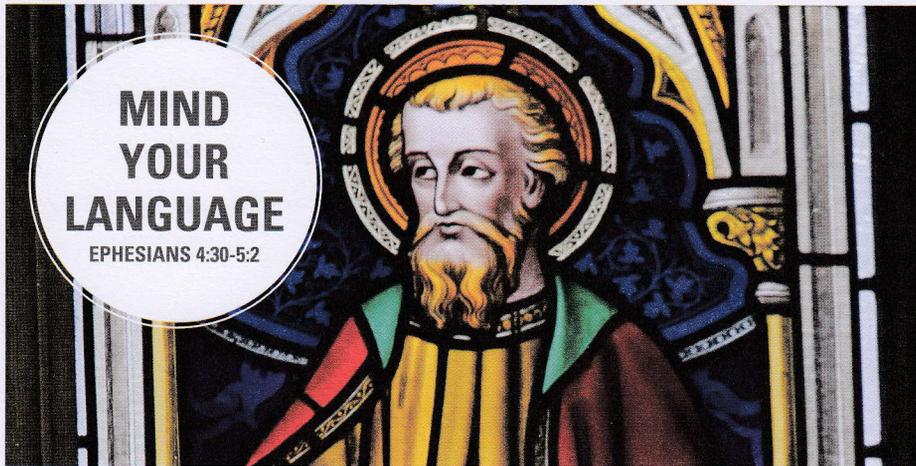
8 AUGUST 2021

Sunday Message

19TH SUNDAY IN ORDINARY TIME

THE WORD

Year B • Psalter Week 3



Stained glass window depicting St Paul in the Cathedral of Ghent, Flanders, Belgium

In today's second reading, St Paul offers clear instructions for how the followers of Jesus should live. Some divisions or tensions must have been surfacing among the members of the church in Ephesus, and Paul is anxious to address them.

So he warns them to never hold grudges against others, or lose their temper, or raise their voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with each other and kind, he tells them, forgiving each other as readily as God has forgiven them. They must follow Christ by loving each other as Christ has loved them.

Paul's message to the Christian community is about respect, tolerance, gentleness, love. His words are as relevant for us today as when he wrote them almost two thousand years ago. ■

SAY

"Lord, let the words that I speak always give honour to your name. Amen."

DO

Think about your use of language. Do you always respect the Lord's name? Do you use words that are sexist or racist or homophobic? Are you rude or uncouth or demeaning in what you say or how you talk to people?

LEARN

Integrity is at core of our Christian faith. It is about having a moral centre that shapes and guides everything we say and do. Jesus was a person of integrity because he was true to himself whatever happened. His dedication to living truthfully, to standing up for what he believed in, to treating people with love and respect, meant that he did not back down before evil, but went all the way to the cross. For the Christian, to be a person of integrity means following the example of Jesus.

REFLECT

We are all familiar with the old expression: "Sticks and stones may break my bones but words will never hurt me." But we know that it is simply not true. Words have extraordinary power and can do enormous damage. They can scar for life; they can destroy. And the world wide web and modern means of communication mean that words have a greater capacity to hurt than ever before. Think of the internet bullies, who, often under the cloak of anonymity, use Facebook or Twitter or online forums to abuse and smear and ridicule those they don't like or with whom they disagree. And think of the victims whose lives have been damaged or even ended by such abuse.

Words have enormous power and can inflict enormous harm. As people of the word, Christians need to be conscious of the words we use, and ensure that what we say and how we say it always gives glory to God.

One way to try to do just that is by living according to what I like to call the three Cs:

The first C: be clean. The words I use should be wholesome and pure, never coarse or crude. We tend to use bad language for emphasis, for effect, but bad language is so commonplace today that we can become immune to it. We may not even be aware of the extent to which we use it casually ourselves. The English language contains more than one million words; there are plenty of ways we can express ourselves colourfully and with emphasis, without the need for vulgar talk.

The second C: be courteous. Our aim should be to talk to and about others the way we would like them to talk to and about us. Whether it's on social media or on the road or street or the sports field, we know that common courtesy is becoming less common, that we are becoming more rude and less civil. Think of the amount of online trolling that is taking place and how road-rage incidents are growing in frequency. Whenever or wherever we encounter people, no matter how trying or testing the situation, no matter how angry we may become, we

are called to be courteous and considerate in how we communicate with them.

The third C: be constructive. We should always use words that build up not knock down, that encourage not destroy. Sometimes it's necessary to challenge or criticise another but we should do it in a way that is positive and gentle and that honours the other by treating him or her with respect. We should never use words to humiliate or diminish another human being. Pope Francis has spoken frequently about the harmful nature of gossip, which he has described as a plague worse than COVID-19. We know what it's like to be gossiped about; we also know how easy it is to indulge in gossip. We should always talk to or about others in a helpful, generous manner.

Christians are people of the word. As St Paul reminds us, we must use the gift of language in such a way that it lifts people up rather than knocks people down. To be clean, courteous and constructive is to build God's kingdom and give God glory. ■

ENTRANCE ANTIPHON

Look to your covenant, O Lord,
and forget not the life of your poor ones for
ever.

Arise, O God, and defend your cause,
and forget not the cries of those who seek
you.

GLORIA

Glory to God in the highest,
and on earth peace to people of good will.

We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.

COLLECT

Almighty ever-living God,
whom, taught by the Holy Spirit,
we dare to call our Father,
bring, we pray, to perfection in our hearts
the spirit of adoption as your sons and
daughters,
that we may merit to enter into the
inheritance
which you have promised.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of
the Holy Spirit,
God, for ever and ever.
Amen.

FIRST READING

1 Kings 19:4-8

A reading from the first book of Kings.
Elijah went into the wilderness, a day's
journey, and sitting under a furze bush
wished he were dead. "Lord," he said "I have
had enough. Take my life; I am no better than
my ancestors." Then he lay down and went
to sleep. But an angel touched him and said,
"Get up and eat." He looked round, and there
at his head was a scone baked on hot stones,
and a jar of water. He ate and drank and then
lay down again. But the angel of the Lord
came back a second time and touched him
and said, "Get up and eat, or the journey will
be too long for you." So he got up and ate
and drank, and strengthened by that food he
walked for forty days and forty nights until he
reached Horeb, the mountain of God.

The word of the Lord.
Thanks be to God.

PSALM

Psalm 33

Response:

Taste and see that the Lord is good.

- I will bless the Lord at all times,
his praise always on my lips;
in the Lord my soul shall make its boast.
The humble shall hear and be glad. (R.)
- Glorify the Lord with me.
Together let us praise his name.
I sought the Lord and he answered me;
from all my terrors he set me free. (R.)
- Look towards him and be radiant;
let your faces not be abashed.
This poor man called; the Lord heard him
and rescued him from all his distress. (R.)
- The angel of the Lord is encamped
around those who revere him, to rescue
them.
Taste and see that the Lord is good.
He is happy who seeks refuge in him. (R.)

SECOND READING Ephesians 4:30-5:2

A reading from the letter of St Paul to the
Ephesians.

Do not grieve the Holy Spirit of God who
has marked you with his seal for you to
be set free when the day comes. Never
have grudges against others, or lose your
temper, or raise your voice to anybody, or
call each other names, or allow any sort of
spitefulness. Be friends with one another, and
kind, forgiving each other as readily as God
forgave you in Christ.

Try, then, to imitate God, as children of his
that he loves, and follow Christ by loving as
he loved you, giving himself up in our place
as a fragrant offering and a sacrifice to God.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!

If anyone loves me he will keep my word,
and my Father will love him,
and we shall come to him.
Alleluia!

GOSPEL

John 6:41-51

A reading from the holy Gospel according to
John.

The Jews were complaining to each other
about Jesus, because he had said, "I am the
bread that came down from heaven." "Surely
this is Jesus son of Joseph" they said. "We
know his father and mother. How can he now
say, 'I have come down from heaven?'" Jesus
said in reply, "Stop complaining to each
other.

"No one can come to me
unless he is drawn by the Father who sent
me,
and I will raise him up at the last day.
It is written in the prophets:
They will all be taught by God,
and to hear the teaching of the Father,
and learn from it,
is to come to me.

Not that anybody has seen the Father,
except the one who comes from God:
he has seen the Father.
I tell you most solemnly,
everybody who believes has eternal life.
I am the bread of life.
Your fathers ate the manna in the desert
and they are dead;

but this is the bread that comes down from
heaven,
so that a man may eat it and not die.
I am the living bread which has come down
from heaven.
Anyone who eats this bread will live for
ever;
and the bread that I shall give
is my flesh, for the life of the world."

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PROFESSION OF FAITH

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with
the Father;

through him all things were made.

For us men and for our salvation
he came down from heaven,

(all bow during the next three lines)

and by the Holy Spirit was incarnate of the
Virgin Mary,
and became man.

For our sake he was crucified under
Pontius Pilate,

he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.

He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord,
the giver of life,

who proceeds from the Father and the Son,
who with the Father and the Son is adored
and glorified,

who has spoken through the prophets.

I believe in one, holy, catholic and
apostolic Church.

I confess one Baptism for the forgiveness
of sins
and I look forward to the resurrection of the
dead
and the life of the world to come. Amen.

PRAYER OVER THE OFFERINGS

Be pleased, O Lord, to accept the offerings of
your Church,
for in your mercy you have given them to be
offered
and by your power you transform them
into the mystery of our salvation.
Through Christ our Lord.
Amen.

COMMUNION ANTIPHON

O Jerusalem, glorify the Lord,
who gives you your fill of finest wheat.

PRAYER AFTER COMMUNION

May the communion in your Sacrament
that we have consumed, save us, O Lord,
and confirm us in the light of your truth.
Through Christ our Lord.
Amen.

Our Lady & St Edmund of Abingdon ***1 Radley Rd, Abingdon on Thames, Oxon, OX14 3PL***

We are a **LiveSimply** parish aiming to live Simply, Sustainably and in Solidarity with the Poor

Parish Priest: Fr. Jamie McGrath Tel: 01235 520375
Parish Secretary: Lisa Paterson Tel: 01235 520375
Office Hours: 10.30am-12.30pm Tuesday to Friday
Office Email: abingdon@portsmouthdiocese.org.uk

We live stream all services

Safeguarding Team: Tel. 07572 935 230
Visits at JR Hospital: Priest/Chaplain 01865 221732
Visits and Help: Society of Vincent de Paul Group, contact via Parish Office
Parish Website: www.ourladyandstedmund.org.uk
Primary School: St. Edmund's School, Radley Road, Abingdon, OX14 3PP Tel 521558



Roman Catholic Diocese of Portsmouth Reg. Charity No 246871

www.portsmouthdiocese.org.uk

Confessions: Saturdays 11.00 – 11.30am or by appointment

PARISH OFFICE

Please see the current opening hours above, and note that the parish office will be closed from Friday 30th July and reopens on Tuesday 17th August.

MASSES:

Please note that, in consideration for others, the government strongly recommends that face masks/coverings continue to be worn in indoor public spaces. Thank you for helping to keep each other safe by doing this, for sanitising your hands as you enter the church, and for maintaining a reasonable distance from others where feasible.

NEWSLETTERS

Items for the newsletter should be sent to the parish office by the Wednesday of each week please.

Please do not return newsletters to the basket or table in the church, or leave them on the benches – kindly take them home with you. Thank you.



BABY & TODDLER GROUP

We are hoping to restart our St Edmund's *Baby and Toddler Group* on Friday mornings in the parish centre in September and we are in desperate need of volunteers. We especially need help setting up before the sessions start at 9.30am. It would not be every Friday as it is in term time only. Please contact Karen on 01235 555167 or email kazy@sky.com if you can help or would like to know more.

19th Week of Ordinary Time (Year B)

Sunday 8 August

8.45am Mass (Daniel & Mary Quigley intentions)
10.15am Mass (Wells family intentions)
2.00pm Mass in Polish
6.30pm Mass (Frank Conway, RIP)

Monday 9 August *St Teresa Benedicta of the Cross*

8.30am Rosary
9am Mass (Anthony O'Riordan, RIP)

Tuesday 10 August *St Laurence*

NO Mass See: www.ourladyandstedmund.org.uk/english-martyrs-vale-of-white-horse for other Masses

Wednesday 11 August *St Clare*

6.30pm Rosary
7pm Mass (Roisin Prasad intentions)

Thursday 12 August

9.00am Rosary
9.30am Mass (Winifred Parry, RIP)

Friday 13 August

6.30pm Rosary
7pm Mass (All priests)

Saturday 14 August *St Maximilian Maria Kolbe*

11am Adoration of the Blessed Sacrament
11-11.30am Confessions
12pm Mass (*Special intention*)

NEW TO THE PARISH?

We warmly welcome all new parishioners who have joined our parish in the last year. Please do make yourselves known if you have not already done so, and also let us know if you would like to contribute to parish life in any way. You can use the form on our website to register:
www.ourladyandstedmund.org.uk/register

GRANDPARENTS ASSOCIATION

There has been some interest in the formation of a Parish branch of the *Catholic Grandparents Association*. **Regular meetings provide an opportunity for members to socialise and share experiences.** To register an interest **please** send your contact details to delanypeter@btinternet.com or by leaving them at the Parish Office.



RCIA / JOURNEY IN FAITH SESSIONS

What is Love? What is Happiness? What is the meaning of my Life? Who is Jesus?

Who do they say that I am? I am with you always. Peace be with you. Do not be afraid. Come and see. A friend to those in need. A Comforter to those who ask. A healer to the sick. A helper to those in need. Love one another as I have loved you. **The Son of God. "This is My Beloved Son"**

You might wish to find out more about Jesus, would like to receive baptism, become a Catholic, or you may be a Catholic but not confirmed? If so, RCIA/Journey in Faith could be for you.

"Come and See" introduction to RCIA Tuesday 7th September at 7.30pm

Sessions begin on 21st September.

Please contact Pauline Hanley email: pehanley@hotmail.com or tel: 07506 753085 for further details.

DONATIONS TO THE FOODBANK

Still urgently needed are:

- Long life cow's milk - semi skimmed or whole
- Sugar
- Tinned meat for hot meals (mince, stews, meatballs)
- Dried chick peas and couscous
- Instant coffee
- Bottles of squash
- Small (500g) bags of sugar
- Cleaning spray
- J cloths (other brands are available)
- Bleach

Donations can be dropped off at the Foodbank on Northcourt Road

CAFOD THANKS YOU

Thanks to your donations, CAFOD has been helping people in Syria since the crisis began 10 years ago. Over 12 million people have left their homes, 5.6 million are refugees in neighbouring countries and within Syria, 13 million people need help. At the beginning, our focus was on delivering food and blankets through our local church partners. Then we started providing education, health and legal services, and helping people earn a living. Our latest projects are supporting children, lonely elderly people, helping women learn to read, and helping people restart their small businesses. We've always planned for the long term, standing alongside people who lost everything. None of this work would have been possible without your support of CAFOD. Thank you.

CHURCH GROUPS

Our parish website is currently being updated. **Please** could you have a look at all the entries in the *Groups* section, especially if you are a representative for any of the groups, and let us know of any necessary changes **as soon as possible**. If you are part of a group which is missing, or you would like to start a group, please could you also get in touch and let us know. Please use the email: contact@ourladyandstedmund.org.uk. Thank you.

SAVE THE DATE

DATE FOR YOUR DIARY

Our **Parish Day**, which had to be postponed, is now planned for **Sunday 12th September**, all being well. This will be a wonderful opportunity to welcome and meet new parishioners and to re-establish contact with existing ones after this long pandemic period. We pray that plans for this day will be fruitful. More information will be given nearer the time.



JOURNEYING TOGETHER IN FAITH (JTIF)

We will be starting a new programme on **Monday 6th September**. All sessions take place in the Parish Centre on Mondays from 7.30pm to 9pm. These sessions are suitable for any adult with an enquiring mind who wishes to journey further in their faith. It is also suitable for anyone who has completed the RCIA course. **Everyone is welcome to attend any or all of the sessions.** The sessions will comprise of a video, reflection, discussion, prayer, and a chance to socialise, with refreshments. Please feel free to invite others to these sessions. The full programme can be viewed on our parish website in the *News* section or in the *Groups* section/*Faith Development*.