

## GOSPEL REFLECTION FOR THE EIGHTEENTH SUNDAY IN ORDINARY TIME



### Enough Is Never Enough

It's tempting for us to think of God as some kind of sugar daddy who might grant us all our materialistic wishes if we just ask nicely enough. Too often we are in danger of praying for a long list of things that we are convinced will make us happy. That money doesn't bring happiness is just a tired old cliché, we remain firmly convinced that a bigger house, a better car and a foreign holiday will make us content. Yet even if God could be persuaded to answer this sort of prayer we would probably still

ask for more. It seems a sad truth that we are always striving for something beyond our reach. Enough it seems is never enough. We only have to look at the lives of the rich and famous, in some cases very tragic lives, to know that material pursuits don't bring happiness. However hard we strive, if material pursuits are our only goal, there will always be a void in our lives. Jesus tells us that only God can fill this void. "Do not work for food that perishes," he tells the Galileans, "but for the food that endures for eternal life."

In today's gospel reading we hear how the crowd followed Jesus because they were impressed that he had fed five thousand with only five loaves and two fishes. They followed him because they wanted more. But Jesus knew that they had missed the point. "You are looking for me not because you saw signs," he says, "but because you ate the loaves and were filled." The true bread, he tells them, is the bread of God, which comes down from heaven and gives life to the world. Then Jesus takes the crowd one step further, he tells them that to share in the bread of eternal life they must believe in the one that God sent.

This must have been hard for the Galileans to take in, but in retrospect easier for us. We look around at those who live by Jesus' teaching, and observe that these people seem content with their lives. ... happy even. In what ways are the rest of us working for the food that endures for eternal life?

**Bitesize** – "Wealth is the slave of a wise man, the master of a fool."

~ Seneca, Roman dramatist, philosopher & politician (5 BC - 65 AD)



**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.

Useful links: Diocesan Safeguarding – <https://www.rcdea.org.uk/safeguarding/>  
Diocesan Website – <http://www.rcdea.org.uk>  
Notre Dame High School, Norwich – <http://www.ndhs.org.uk>  
Daily Liturgy Website – [www.universalis.com](http://www.universalis.com)

## PARISH OF THE SACRED HEART AND ST. MARGARET MARY

[Registered Charity 278742]

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## 5<sup>th</sup> AUGUST 2018 – 18<sup>th</sup> SUNDAY IN ORDINARY TIME

Sunday Masses [Parish Mass Bk. p114]		Intentions
Saturday, 4 <sup>th</sup> August	6.00 pm	Fr. John Warrington (Sanderson)
Sunday, 5 <sup>th</sup> August	9.00 am	Peggy & Gerald Downes
	11.00 am	People of the Parish

**Music for Sunday Masses – Setting:** The Belmont Mass

**Entry:** 6pm – Angelus (said); Hymn 629 – I am the Bread of life ...

**Psalm R:** (11am sung) – The Lord gave them bread from heaven.

**Offertory:** Hymn 646 – Welcome all ye noble saints of old ...

**Communion:** Instrumental interlude/sacred silence

**Recessional:** 11am – Angelus (said); Hymn 955 – O God, our help in ages past ...

## Confession/Reconciliation: Saturday at 5.30pm, or by request/appointment

Weekday Masses 18 <sup>th</sup> Week of year – Psalter Week 2]			Intentions
Mon.	10.00 am	The Transfiguration of the Lord (Feast)	Holy Souls
Tues.	<b>No Mass today</b>		Feria
Weds.	10.00 am	St. Dominic	Donor's Int.
Thurs.	10.00 am	St Teresa Benedicta of the Cross. Patron of Europe (Feast)	Donor's Int.
Fri.	10.00 am	St. Lawrence (Feast)	Donor's Int.
Sat.	<b>No morning Mass</b>		St. Clare
	6.00 pm	19 <sup>th</sup> Sunday in Ord. Time	Ron Thurstance

The parish newsletter (incl. back copies) is available to view on the parish website from Friday onward each week.

**Anniversaries this week:** Patrick Thomas Warden, Pope Paul VI, Peggy Pratt, Harrington Garrett, Jack Filby, Iris Reavey, Sybilla Hopkins, Peggy Malone, Agnes Harmer, Andrew Browne, Frederick Faulkner, Betty Evans and Mark Blows. *May their souls and the souls of all the faithful departed rest in peace.*

**Hospital Visits:** If you or family members are admitted to the Norfolk & Norwich Hospital (NNUH) or Queen Elizabeth II Hospital, King's Lynn (QEII), and would like a visit from the Roman Catholic Chaplain, please call either St. John's Cathedral, Norwich (01603 624615) for visits to NNUH, or Fr. Peter Rollings (01553 772220) for visits to QEII. If you would like to receive the Sacrament or Anointing of the sick before going to hospital, please contact Fr. Brendan on 01326 694066.

**Sick & Housebound** [with GDPR Permissions] – **Please pray for:** David Peek, Janet Yardley, Jenny Rudd, Anna Thompson, Peter Gormans, Sarah Chaudri, Rita Smith, Carol Whitesides, Mabel (Teddy) O'Donnell and Catherine (Kay) Garrard.

**Money Matters:** Thank you for your offering of £451.55 last weekend for the maintenance of our parish.

Diary Dates for this week -		
Mon. 6 <sup>th</sup> Aug.	2.00pm	Mother Teresa's Knitting Group – Emmaus Room
Tues. 7 <sup>th</sup> Aug.	7.30pm	Queen of Peace Prayer Group - Emmaus Room
Sat. 11 <sup>th</sup> Aug.	Saturday Club is on its Summer Break. <i>NB. There is no morning Mass.</i>	

**Welcome to all our visitors during Summer months.** It is always lovely to see and hear from our visitors during the Summer. You are very welcome here at Sacred Heart and I hope that you have a truly enjoyable time in Mid Norfolk. So much to see and enjoy!

**Feast of the Transfiguration, 6th August: Vision and Motivation** - Life without vision is like a ship without a rudder. As Christians we might have a vision of a world without poverty or war ... or simply the vision to improve the life of one other person. Vision is important if we want to stay motivated through life's 'lows'. The Feast of the Transfiguration invites us to stay motivated as disciples in the belief that we will one day enjoy the place God has prepared for each of us.



**St Lawrence's Tears 2018, 10th August** - St Lawrence was a deacon in Rome in the mid Third Century AD. On 6 August 258, he became the senior ranking Church official, following the execution of Pope St Sixtus II. His tenure of this position did not last long. He was commanded to hand over the riches of the church to the Roman authorities. Lawrence had already given away the church's wealth, and arrived with a crowd of the poor, blind, sick and crippled, claiming these to be the church's true riches. St Lawrence was martyred on a griddle. The feast of his martyrdom falls at the time of the Perseid Meteor shower. This spectacular astronomical phenomenon was known in past times as the "burning tears of

St Lawrence". **This year the best nights to view St Lawrence's Tears are on the 12th and 13th August.**

**Norfolk Churches Trust Bike Ride, Walk or Drive 2018** – This year's annual Norfolk Churches Trust Bike Ride, Walk or Drive event will take place on **Saturday, 8<sup>th</sup> September**. See the poster at the back of church for more details.

**Planning Funerals:** Available from the Repository for the princely sum of £1.20 'Instruction for My Funeral Mass'. A very useful document for putting on paper our wishes regarding our funeral. Just fill in the details and leave it with your papers. It gives a guide to choosing things like hymns, flowers or no flowers, burial or cremation, Funeral Mass or Service, etc.

**Pope Francis' Prayer Intention for August 2018: The Treasure of Families** - August is the best month for taking your foot of the 'work pedal' a bit and concentrating on family. Older member families won't be around forever, and if we are not careful we will be left with regrets that we left things un-said. All too quickly our children grown up and leave the nest, and if we are not careful we will have missed out on things we wished we had shared. The 'here and now' is the best time to celebrate family life. Family life is important. It's within our own families that we build each other's sense of value. It's within our own families that we grow stronger. This month we are invited to share Pope Francis' prayer intention, "**... That any far-reaching decisions of economists and politicians may protect the family as one of the treasures of humanity.**"



**Peace Actions for August** - On August 5th 1945, Hiroshima became the first city in the world to suffer a nuclear attack. On August 9th Nagasaki became the second city to be hit by an atomic bomb. The Japanese cities of Hiroshima and Nagasaki commemorate the bombings every year. Use the anniversaries as a focus for prayer reflection and action on behalf of peace and nuclear disarmament. **"To remember the past is to commit oneself to the future. To remember Hiroshima is to abhor nuclear war. To remember Hiroshima is to commit oneself to peace."** Pope John Paul II, Hiroshima, Japan, 1991

### The Angelus

**V.** The Angel of the Lord declared unto Mary. **R.** And she conceived of the Holy Spirit.  
Hail Mary ...  
**V.** Behold the handmaid of the Lord. **R.** Be it done unto me according to thy word.  
Hail Mary ...  
**V.** And the Word was made flesh. **R.** And dwelt among us. Hail Mary ...  
**V.** Pray for us, O holy Mother of God. **R.** That we may be made worth of the promises of Christ.

**Let us pray:** Pour forth, we beseech thee, O Lord, thy grace into our hearts, that we to whom the Incarnation of Christ thy Son was made known by the message of an angel may, by his Passion and Cross, be brought to the glory of his Resurrection, through the same Christ, our Lord. Amen.