

## GOSPEL REFLECTION FOR THE TRANSFIGURATION OF THE LORD



### How to be a Visionary

Jesus is an excellent life mentor. In today's gospel we see him recognise that Peter James and John were downhearted and in need of some kind of emotional boost. He took them up a high mountain and gave them a glimpse of the glory they would one day share. The vision showed a transfigured Jesus, as dazzling as the sun speaking with Elijah and Moses. Peter, eager to keep hold of the vision suggested erecting three tents! It wasn't such a silly idea, for although three tents could

not hold the vision, Peter recognised the importance of keeping it, even if it was only as a memory. He recognised that the vision could motivate him from then on.

Professional life mentors and 'motivational speakers' could give us a few clues when it comes to staying motivated. The first and single most important factor in staying motivated is to have a vision. Having a vision gives us a reason to act. People on a diet have a vision of themselves three stone lighter. Students struggling to sit at a desk and revise on a hot sunny afternoon motivate themselves with a vision of that much sought after career. As Christ's disciples we might motivate ourselves with a vision of a world without poverty or war, or simply to improve the life of one other person. The second most important piece of advice is to imbue that vision with a passion. It's no good having a lack lustre vision, we need a vision that will make us feel passionate about our goal, something that we can conjure up in our mind's eye and make us leap into action.

We tend to think of visionaries as some kind of mystics, but a visionary is simply a person with original ideas about what the future will or could be like. With God's help, it's in us all!

**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**

## PARISH OF THE SACRED HEART AND ST MARGARET MARY

[Reg. Charity 278742]

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## 6<sup>TH</sup> AUGUST 2017 – THE TRANSFIGURATION OF THE LORD

### Sunday Masses – Page 173 of Parish Mass Book

Saturday	6.00 pm	Int. Holy Souls (Sillince)
Sunday	9.00 am	Int. People of the Parish
	11.00 am	Int. Maria de los Angeles Coto

### Music for Sunday Masses - Setting: Dom Gregory Murray Mass

**Entry** 6pm – *Angelus (said)*; Hymn 720 – Be still, for the presence of the Lord ...

**Offertory** Hymn 959 – All my hope on God is founded ...

**Communion** *Instrumental Interlude/Sacred silence ...*

**Recessional** 11am – *Angelus (said)*; Hymn 880 – Tell out, my soul ...

### CONFESSION/RECONCILIATION: Saturday at 5.30pm, or on request / by appointment

Weekday Mass Times	(18 <sup>th</sup> week in Ordinary Time)	[Psalter Week 2]
Mon. 10.00 am	Feria – Int. Sidney Gledhill (Bussey)	
Tues. <b>No Mass today</b>	St. Dominic	
	7.30 pm	Queen of Peace Prayer Group – in Emmaus Room
Weds. 10.00 am	St. Teresa Benedicta of the Cross (Patron of Europe) – Int. Sidney Gledhill (Cummings)	
Thurs. 10.00 am	St Lawrence – Int. Pamela & John Barnwell	
Fri. 10.00 am	St Clare – Int. Holy Souls	
Sat. <b>No morning Mass</b>	Feria	
	6.00 pm	19 <sup>TH</sup> SUNDAY IN ORDINARY TIME – Int. Ann Glandfield

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

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, 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 (QEII), King's Lynn, 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 of Anointing of the sick before going to hospital, please contact Fr. Brendan on 01362 694066.

**Sick List - Please pray for:** Joan Blakiston, David Peek, Robert Nicol, Shirley Liebenhals, Sarah Chaudri, Anne & Derek Williams, Michelle Smith, Rita Smith, Eileen Brockleby, Kathleen (Jenny) Rudd, Ellen Flood, Margaret Leggett, Peter Brown, James Maxwell, Robert Anderson, Carole Whitesides and Stuart Bell.

**Patricia Howe** - Please remember Patricia Howe who died during the week in your prayers.

**Funeral arrangements for the late Sidney Gledhill.** Sidney's remains will be received into St. John's Cathedral on Tuesday, 8<sup>th</sup> August at 3.00 p.m. and his Requiem Mass will be on Wednesday, 9<sup>th</sup> August at 1.00 p.m. followed by cremation.

**Money Matters** – Thank you for your offering of £438.56 for the maintenance of the parish last weekend. **Next weekend** there will be a retiring collection for Catholic Communications – this was missed at the end of May when we had the visiting Mission.

Diary Dates for this week –	
Mon. 7 Aug.	<b>Please note there is no Mother Teresa Knitting Group meeting this month.</b>
Mon. 7 Aug.	AA Group meeting – 7.30pm in Emmaus Room
Sat. 12 Aug.	Saturday Club is on holiday. <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!

**Union of Catholic Mothers** - A reminder to UCM members that the August meeting is on **Wednesday, 16<sup>th</sup> August** and is the annual garden party being hosted by Anne Sibley at her home, meeting from 2pm with tea at 3pm.

**Parish BBQ** The date for this is **10th September**. Does anyone have a gazebo we can borrow for the day as the one which was used last time has seen better days?

**First Holy Communion 2018** - Application forms are now available from Fr Brendan or Robbie Meehan for the First Holy Communion classes starting in September 2017 on Saturday mornings 11-11.30am following 10.30am Mass. Children must be in year 3 or above, and be at least 8 years old in July 2018. Please return forms as soon as possible.

**Pope Francis's Prayer Intention For August 2017 : 'For Artists'** - Artists help us reach the world around us in a way that words cannot. Art can help us visualise. Art sparks our imaginations and stirs our emotions. This month Pope Francis looks at how artists can comment on creation and asks us to join in his prayer intention **".....That artists of our time, through their ingenuity, may help everyone discover the beauty of creation."**



**St Lawrence's Tears, 10<sup>th</sup>-13th August: Perseid Meteor shower** - The feast of St Lawrence 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", as it coincides with St Lawrence's martyrdom on the 10<sup>th</sup> August. The shower tends to peak around August 9-13. The best time to view the Perseids, and most other meteor showers, is when the sky is the darkest. Most astronomers suggest that depending on the Moon's phase, the best time to view meteor showers is right before dawn.



**Working with Missionaries of the Poor** - Fr Michael Johnstone is again taking a group to Kingston, Jamaica in January to work as Volunteers with the Missionaries of the Poor. Anyone age over 18, male or female is welcome to join the group. Further information from Fr. Michael: email [fr.mcjohnstone@gmail.com](mailto:fr.mcjohnstone@gmail.com) or Tel. 01603 664118.

**Youth 2000 Summer Festival! "Inheritance": 24<sup>th</sup> – 28<sup>th</sup> August 2017** – Looking for something to do this summer? Youth 2000 Summer Festival is a 5-day Prayer Festival packed with DYNAMIC TALKS from international speakers, live band worship, powerful prayer times, fun social activities, creative workshops, in-depth discussions, evening entertainment and loads more. For more info. Contact: [info@youth2000.org](mailto:info@youth2000.org) ; Tel: 020 7221 2124; or [www.youth2000.org](http://www.youth2000.org)

**Bite Size** - "The vision must be followed by the venture. It is not enough to stare up the steps — we must step up the stairs." ~ Vance Havner

#### *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 worthy 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**