

GOSPEL REFLECTION FOR THE SIXTEENTH SUNDAY IN ORDINARY TIME

Retreat

Exhausted by the demands of the crowds, Jesus and his apostles escaped by boat to find a quiet place to rest. Unfortunately, the crowds worked out where Jesus was off to and beat him to it. Jesus stepped out of the boat to be greeted by the same crowd he had just left behind. He might have been forgiven at this point for snapping, for showing complete



exasperation. Instead, Jesus is moved by pity because 'they are like sheep without a shepherd.' These are people who long to be taught, or long to find cures for loved ones. These are people who have no one else to turn to but Jesus, and so Jesus sets about putting their needs before his own.

Jesus is not promoting a work-until-you-drop ethic here. It's important to remember in this story that Jesus was showing equal compassion to his apostles. The apostles had just returned from their mission to evangelise. They had travelled many miles, and spent many hours in preaching and in driving out unclean spirits. Jesus' ministry had been multiplied by twelve and it didn't take a genius to guess that the small party of men, would suddenly be swamped by excited crowds making hungry demands. Jesus clearly saw that his apostles needed rest and it was for this reason he suggested they make a get-away.

We live a lifestyle nowadays where time has become telescoped. We are surrounded by devices and modes of transport designed to save us time, yet we are left with a horrible feeling that somehow, instead of creating more time we have simply ended up living in a fast lane. We work faster, travel faster and eat faster. We rush to fill our lives with more work and yet more work still. We take work home with us from the office and even take our work on holiday with us. Retreating from the world is more important now than ever. We all need time to recharge our batteries both physically and spiritually. We all need time to slow down and decide where our priorities really lie.



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 [Registered Charity 278742]

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18TH JULY 2021 – 16TH SUNDAY IN ORDINARY TIME – Year B

[16th Week of the Year, Weekday Year I, Psalter Week 4]

Mass Times for the Week			Intentions
Sat. 17 July	6.00 pm	16 th Sunday in Ordinary Time	Harris Family – Thanksgiving The People of the Parish Lilbeth & Alan Theedom
Sun. 18 July	9.00 am 11.00 am		
Mon. 19 July	10.00 am	Feria	Calvin & Becky Cummings
Tues. 20 July	-	Feria	No Mass today
Weds. 21 July	10.00 am	Feria	Thomas Larkin
Thurs. 22 July	10.00 am	St Mary Magdalene	Holy Souls
Fri. 23 July	10.00 am	St Bridget, Patron of Europe	Brian Eldred (Borthwick)
Sat. 24 July	-	Feria	No morning Mass
Sun. 25 July	6.00 pm 9.00 am 11.00 am	17 th Sunday in Ordinary Time	Teresa Revell The People of the Parish First Holy Communions

**Exposition of the Blessed Sacrament - from 9.25 a.m. – 9.55 a.m.
before each weekday Mass.**

The Church is open daily until 6:00pm

Anniversaries this week: Peter Lindsay, John Davies, Tomasz Wyrwik, Doris Cousal, Emily Veronica (Vera) Noden, Margaret Harlow. *May their souls and the souls of all the faithful departed rest in peace.*

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

ALL MASSES ARE LIVE STREAMED ON YouTube –

Search for **Dereham Catholic Church** on YouTube, or use the following link:

<https://www.youtube.com/channel/UCR-qWs-B40VTvbezZ83MxQ/videos?view=2&flow=grid>

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

Hospital Visits: If you or any member of your family is admitted to the Norfolk and Norwich Hospital and would like to have a visit from a Catholic Priest, please inform a nurse on the ward and contact will be made through the Chaplaincy. If you are admitted to the Queen Elizabeth Hospital in King's Lynn, please contact Fr. Peter Rollings at the Presbytery on 01553 772220. If you would like to receive the Sacrament of the Sick before going into hospital, please contact Fr. Brendan either by phone or by email.

Sick & Housebound [with GDPR Permissions] – Please pray for: Carol Whitesides, Shirley Liebenhals, Frances Saville King, Derek Williams, Greta Cummings, Patsy Gray, Allan Michael Howard, Collette Barrow-Nessian.

Money Matters: Thank you for your offerings for the day-to-day support of our parish. On July 4th you gave £289.95 and on July 11th you gave £206.62 on the plate. The collection for the Apostleship of the Sea, Stella Maris came to £170.26. Thank you also for your donations by Standing Order in June 2021 which amounted to £1,253.00.

For those who would like to make their regular offerings by Standing Order, the information you need is: Account name: **Catholic Church of Dereham**. The Sort Code is: **40-20-08** and the Account number is: **11311115**. If you are a tax payer, please also consider **Gift Aid**. This is a great way for the parish to get additional funds from the tax reclaim benefits scheme; with this scheme you do not need to commit to a fixed amount as it will just be based on your total annual contribution. Let Fr. Brendan know if you would like to sign up to Gift Aid.



Newsletter by Email - Please let Fr. Brendan know if you would like to receive the parish's weekly bulletin by email. We have a GDPR compliant list of names for this purpose.

Covid-19 Regulations Update – The Catholic Bishops' Conference of England and Wales has issued new Guidance for the safe use of our churches beyond 19th July, together with a Statement on the Sunday Obligation to attend Mass. The emphasis now is that responsibility is held at the local level, understanding the local situation with the virus and its transmission and a risk assessment built around these principles. Accordingly, we will be proceeding with caution. There will continue to be hand sanitising liquid provided at the entrance to the church for the foreseeable future. After 19th July, people are encouraged to continue to wear face masks in church. Social distancing will be maintained for the present but singing may be resumed. I would like to express my appreciation to our musicians for providing us with instrumental music, which has made a great addition to our liturgy. Rotas for Readers will need to be set up again and the Offertory Procession restored. The Sign of Peace will have to wait a while longer. I will keep you informed of developments as they happen. **A copy of the new Guidance and the Bishops' Statement has been placed on the church notice-board and can also be found on the parish website.**

Last Day to Book for England's Way! A trip like no other for 16 to 30-year-olds - walking and camping from Ely to Walsingham, England's Nazareth. Wednesday 28th July- Saturday 1st August. Sign up for just £50 (plus booking fee). For info and booking visit

www.englishway.org. Booking closes Sunday 18th July at 11:59pm. Organised by the Diocesan Youth Service and Radio Maria England.

CAFOD News – CAFOD offers resources to the whole Catholic community through its website. These include:

- **Family Prayer Resources for Summer:** offering a prayer focus for each week of the summer holidays with some simple ideas, designed to help parents explore faith with their children, in solidarity with our global family. Available from mid-July at <https://cafod.org.uk/Pray/Prayer-resources>;
- Resources for the **Season of Creation and Harvest Fast Day** (Friday 1st October) will feature some of CAFOD's partners' work in the Amazon and will be available from September at <https://cafod.org.uk/Pray?prayer-resources>. Join CAFOD in praying the joyful mysteries of the Holy Rosary as we seek to nourish our commitment to care for the earth.

Norfolk Churches Trust Bike Ride News 2021 – Last year the Bike Ride exceeded all possible expectations and produced a record-breaking result. An extraordinary total of £174,382 was raised by 831 participants. This represented an amazing increase of around £80,000 on the previous year and a 45% increase in people taking part. The number of places of worship receiving cheques increased from 293 to 331. We would like to pass on an enormous thank you to everybody who took part either cycling, walking, driving or manning the churches. You make a great contribution to the church of your choice and enabled the Trust to continue to give grants last year as almost all other fund-raising activities were cancelled. We have lost the Stately Car Boot sale again this year so we are hoping that people enjoyed last year and will want to get out and explore the county's magnificent churches by bicycling, walking or driving in this year's Bike Ride (taking place on **Saturday, 11th September 2021**). The Trust is again offering a £1,000 prize for the most improved church. In other words, the church which shows the most improvement in its Bike Ride fund-raising compared to last year. This is an opportunity to make a substantial difference to your church's finances. The Trust has a new website and a new facility to register for the Bike Ride online. You will also find the Church and Chapel Open List online which will be kept updated. See the website for more details. www.norfolkchurchestrust.org.uk.



Bitesize – “We live in a very tense society. We are pulled apart... and we all need to learn how to pull ourselves together.... I think that at least part of the answer lies in solitude.”

~ Helen Hayes

Prayer for the Election of a Bishop

O God, eternal shepherd, who govern your flock with unfailing care, grant in your boundless fatherly love a pastor for your Church who will please you by his holiness and to us show watchful care. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God forever and ever. Amen.