

GOSPEL REFLECTION FOR THE 16TH SUNDAY IN ORDINARY TIME



Retreat

It's the end of the day and you have been on your feet for the last twelve hours. If one more person makes demands on your good nature you will surely snap. Enough is enough; it's time to retreat. It's when you are feeling this desperate need for your own space that you can perhaps best appreciate the compassion of Jesus in today's gospel.

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 his apostles equal compassion. 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 timesed 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 getaway.

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

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Notre Dame High School, Norwich Website: <http://www.ndhs.org.uk>*

19 JULY 2015 – 16TH SUNDAY IN ORDINARY TIME

Weekend Masses – Page 109 of Parish Mass Book

Saturday	6.00 pm	
Sunday	9.00 am	People of the Parish
	11.00 am	

Music for Sunday Masses - *Setting: Dom Gregory Murray Mass as standard*

ProceSSIONAL: 6pm – *Angelus (said); Hymn 979 - O the Word of My Lord...*

Psalm: Hymn 806 - *The Lord's my Shepherd...*

Offertory: Hymn 967 - *O the love of my Lord...*

Communion: *Instrumental Interlude at player's discretion*

Recessional: 11am – *Angelus (said); Hymn 831- In Christ there is no east or west ...*

CONFESSION/RECONCILIATION - Saturday at 5.30 - 5.55 pm

Mass Times for the Coming Week (16th week in Ordinary Time) [Psalter Week 4]

Mon.	10.00 am	- Feria
Tues.	No Mass today	- Feria
	7.30 pm	Queen of Peace Prayer Group – in Emmaus Room
Weds.	10.00 am	- St Mary Magdalene
Thurs.	10.00 am	- St Bridget (Patron of Europe)
Fri.	10.00 am	Teresa Revell - Feria
Sat.	10.30 am	- St James, Apostle
	6.00 pm	- 17 th Sunday in Ordinary Time

The Parish Newsletter is available to view on the parish website [<http://www.sacredheartdereham.org.uk>] from Friday onward each week; back copies can also be viewed on the website.

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

Money Matters (*O yes, it does!*) – The collection last weekend was £457.61. The collection for the Apostleship of the Sea was £147.08. Thank you very much.

Altar Servers Meeting takes place on Friday at 7.15 p.m.

National Grandparents Pilgrimage - The Catholic Grandparents Association would like to invite all Grandparents, Parents and Grandchildren to celebrate this wonderful memorial day for St Joachim and St Anne, and would be delighted to welcome you all to our National Grandparents Pilgrimage at the RC Shrine of our Lady, Walsingham on 26th July.

Day for Life: 26th July – Next Sunday is the Church's Day for Life celebration. It is a day dedicated to raising awareness about the meaning and value of human life at every stage and in every condition. There will be a collection for the Day for Life in all parishes in England and Wales next Sunday, the proceeds of which will go to assist the work of the Anscombe Bioethics Centre and other life-related activities supported by the Church. There are leaflets at the back of church giving more information – please take one.

Assisted Suicide Bill – On Friday, 11th September the House of Commons will debate and vote on a Bill to legalise assisted suicide. This will put the most vulnerable people in our society at risk. If you haven't already done so, please pick up a copy of the pro forma letter at the back of church to make representations against the Bill to your local MP, together with other information about the Bill or go online at www.catholicnews.org.uk/assisted-suicide.

Hospital Visits – If you or family members are admitted to the Norfolk & Norwich Hospital and would like a visit from the Roman Catholic Chaplain, please call St John's Cathedral, Norwich (01603 624615). 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 submit the names of parishioners who are sick/housebound or in hospital who would like to be remembered on this list.

The Retreat Association Handbook 2015 - Everyone occasionally feels a need for inner rejuvenation. Whether you want simply to reclaim your inner peace in the midst of a hectic life, or do some soul searching over your life directions, or go deeper into your spiritual life, going on retreat can be a perfect solution. More information can be found online at www.retreats.org.uk. The Retreat Association publishes a popular resource

which includes...

- Listings for over 200 retreat centres across the UK and beyond
- Retreats with a theme – painting, music, writing, photography
- Individually guided retreats and quiet days
- Retreats for the beginner
- A broad range of articles covering many aspects of spirituality
- Details of local and national courses, networks and associations promoting spirituality and spiritual direction.

Enough is Enough - The United Nations has confirmed that a staggering four million refugees have now fled Syria since the war began in 2011. The vast majority are living in Lebanon, Jordan, Iraq, Turkey and Egypt, often in makeshift camps, unfinished or derelict buildings, sheds, or even in the open air. A further 7.6 million people who've been forced from their homes are trapped in Syria. Our Catholic aid agencies are working with local Church organisations to deliver life-saving healthcare, as well as food, shelter and emergency supplies to thousands of people who have lost everything. We are reminded that our donations are still urgently needed. Donate online at CAFOD, Trocaire, SCIAF or Christian Aid.

Petition to David Cameron - This online petition was inspired by Pope Francis' seminal encyclical on the environment and the negative impact our current systems are having on the most vulnerable people. 2015 is a critical year, with international talks in July, September and December. Add your name to those who have already taken action. We are calling on David Cameron to show leadership nationally and internationally so that agreements on tackling climate change and poverty are fair and ambitious. <http://www.cafod.org.uk/Campaign/One-Climate-One-World/climate-petition>

St. Mary Magdalene - 22nd July



The story of Mary Magdalene as a prostitute, who is fallen and redeemed..... is it true? Mary Magdalene is mentioned in each of the four gospels in the New Testament, but not once does it mention that she was a prostitute or a sinner. At some point Mary Magdalene became confused with two other women in the Bible: Mary, the sister of Martha and the unnamed sinner from Luke's Gospel (7:36-50) In 1969 the Catholic Church declared that Mary Magdalene was not the penitent sinner of Luke's Gospel.

Bite Size

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