

GOSPEL REFLECTION FOR THE SIXTEENTH SUNDAY IN ORDINARY TIME



Time Out

The younger generation are very good at telling us to “take a chill pill....” and there’s nothing more infuriating. But funny enough, “taking a chill pill” is something we’re extraordinarily bad at. We are surrounded by twenty first century devices to save us time, such as emails, microwaves and disposable nappies, yet somehow, we don’t end up with hours of free time as a result. Quite the contrary, we work faster, travel faster, eat faster and take on more and more work. We feel that we need to fill every waking moment with an extra job. Yet sitting still for a moment in silence and solitude whilst the world rushes around us is very important.

Today Jesus understands that his disciples are exhausted by the demands of the crowds and suggests escaping by boat to find a quiet place to rest, recharge and presumably take stock. 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 crowds he had just left behind. If Jesus felt any exasperation he didn’t show it. Moved by compassion, because the people are like ‘sheep without a shepherd’ Jesus sets about putting their needs before his own. It might appear that Jesus was just about as bad at ‘taking a chill pill’ as the rest of us, but the story simply points to his level of compassion and discernment.

Taking time out to recharge and take stock is often more important than fitting in that extra job. Have you ever got to the end of a very busy day and wondered what you have actually achieved? How much worse to get to the end of one’s life and realise that we have achieved little of real importance. Take a chill pill. Remember to retreat from the world from time to time. Remember to regularly ask yourself those all-important life-enhancing questions.

Bitesize - “The time to relax is when you don't have time for it.” ~ *Attributed to both Jim Goodwin and Sydney J. Harris*



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

PARISH OF THE SACRED HEART AND ST MARGARET MARY
 [Reg. Charity 278742]

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Parish Music Leader: Michael King – email: michaeljwking@gmail.com

Parish Safeguarding Representative: Kathleen Edmunds –
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22 JULY 2018 – 16TH SUNDAY IN ORDINARY TIME

Sunday Masses [Parish Mass Book p109]		Intentions
Saturday, 21 st July	6.00 pm	Fr. John Warrington
Sunday, 22 nd July	9.00 am	Fr. John Warrington
	11.00 am	People of the Parish

Music for Sunday Masses - *Setting: The Belmont Mass*
Entry: 6pm – *Angelus (said)*. Hymn 804 – The King of love my shepherd is ...
Psalm R.: 11am sung – *Shepherd me, O God, beyond my wants, beyond my fears, from death into life.*
Offertory: Hymn 801 – Love divine, all loves excelling ...
Recessional: 11am – *Angelus (said)*. Hymn 810 – There’s a wideness in God’s mercy

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

Weekday Masses [16 th week of year - Psalter Week 4]			Intentions
Mon.	10.00 am	ST BRIDGET, Patron of Europe. Feast.	Colin Cummings
Tues.	No Mass today	Feria	
Weds.	10.00 am	ST. JAMES, Apostle. Feast	Teresa Revell
Thurs.	10.00 am	SS Joachim & Anne, parents of the BVM	Margaret Hughes
Fri.	10.00 am	Feria	Becky Cummings
Sat.	No morning Mass	Feria	
	6.00 pm	17 th Sunday in Ord. Time	Dina Paialo

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

Anniversaries this week: John Davies, Tomasz Wyrwik, Doris Cousal, Emily Veronica (Vera) Noden, Margaret Harlow, David Thompkins, Elizabeth Sapcote, Errol Alexander Patrick Cowell, Thomas Losco-Bradley, Olga Secker, Doris Webster, Naomi Dance nd Margaret Leonard. *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 [with GDPR Permissions] - Please pray for: David Peek, Janet Yardley, Jenny Rudd, Anna Thompson, Peter Gormans, Sarah Chaudri, Rita Smith, Carol Whitesides and Mrs. O’Donnell.

Money Matters – The collection last weekend for the maintenance of our parish amounted to. Thank you very much.

Diary Dates for this week –		
Sun. 22 nd July	National Grandparents Pilgrimage - Shrine of Our Lady of Walsingham, Sunday, 22 nd July 2018, led by Bishop Alan Hopes. See the poster at the back of church for more details.	
Tues. 24 th July	7.30pm	Queen of Peace Prayer Group, in Emmaus Room
Saturday Club is on summer break. <i>NB. No morning Mass.</i>		

Ss. Joachim and Ann, 26th July: "Celebrating Grandparents" - Whether or not Joachim and Ann are the real names of Mary's parents, this date is a good opportunity to celebrate grandparents everywhere. It reminds grandparents of their responsibility to establish a tone for generations to come and it reminds the younger generation that older people’s greater perspective, depth of experience and appreciation of life’s profound rhythms are all part of a wisdom not to be taken lightly or ignored.

Pilgrims: Pilgrims from Slovakia on their way to Walsingham will be stopping overnight at Sacred Heart. They will arrive at about 8.00pm on Friday evening and leave on Saturday morning after breakfast. They are delightful young people and it is a joy to welcome them to rest here on their journey. They were here last year.

Fr. John Warrington, a priest of our diocese, has been critically ill recently. He is making a good recovery. I saw him at Clare Priory during the week and he is now out of hospital and recuperating. I intend to go over to Ipswich on Saturday and join in his Siler Jubilee of Ordination celebrations.

Walsingham, 4th August 2018 - To mark the 480th Anniversary of the Dissolution of Walsingham Priory there is to be a Lecture given by Fr Michael Rear in the Church of the Annunciation, Walsingham, at 2pm on Saturday 4th August - '*Walsingham's Darkest Hour: The King's pleasure is that the Priory of Walsingham shall be dissolved*' - followed by Vespers for the Feast of the Compassion of Our Lady from the 15th century Walsingham Breviary sung in the Abbey Grounds at 3:30pm. Everyone is invited.

CAFOD Refugee Week Update - In response to Pope Francis calling everyone to act in solidarity with refugees and migrants, we are grateful to the thousands who have taken part in *Share the Journey* walks. Many parishes and schools invited refugees, community leaders and members of parliament to walk with them in solidarity with people who are forced to flee from their homes. The miles covered by our walkers across England and Wales have lapped the earth - and more! May the Holy Spirit continue to inspire them in acts of love and justice.

Retreats 2018 - The Annual Publication of the Retreat Association - Going on a retreat is a must for anyone who feels they need to find new energy and focus. Getting away from it all can bring a different perspective to your life and encourage you to make time for the things you love. The Retreat Handbook amongst other things contains information and programmes for over 230 Christian retreat centres in the UK and beyond. For more information visit www.retreats.org.uk

The Angelus
<p>☩. The Angel of the Lord declared unto Mary. R. <i>And she conceived of the Holy Spirit.</i> Hail Mary ...</p> <p>☩. Behold the handmaid of the Lord. R. <i>Be it done unto me according to thy word.</i> Hail Mary ...</p> <p>☩. And the Word was made Flesh. R. <i>And dwelt among us.</i> Hail Mary ...</p> <p>☩. Pray for us, O holy Mother of God. R. <i>That we may be made worthy of the promises of Christ.</i> LET US PRAY: <i>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.</i></p>