

**CATHEDRAL OF ST MARY & ST HELEN  
HOLY CROSS AND ALL SAINTS**

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**EIGHTEENTH SUNDAY IN ORDINARY TIME (B)  
Sunday 4th August 2024**

**Spiritual Reflection:**

Hunger and thirst tune the mind, don't they? Have you ever experienced biting and painful hunger, such that if you don't eat you will literally drop? Our bodies have needs, and satisfying our hunger and thirst is fundamental to living. But the church has always taught we are more than just body; we are body and soul. But how is the soul satisfied?



The soul is fed supremely with the Eucharist. This is Jesus the Bread of Life, the food for the journey, nourishing us and sustaining us in this life and the life to come. Every time we receive the Eucharist we know Communion with the flesh of the risen Christ, a flesh given life and giving life through the Holy Spirit. We cannot grow and mature in the Christian life unless we receive this bread of life. The Catechism expresses this wonderfully: 'This growth in Christian life needs the nourishment of Eucharistic Communion, the bread for our pilgrimage until the moment of death, when it will be given to us as viaticum.'

Spiritual hunger is harder to detect than bodily hunger. But when we do detect it, we become open to the prompting and healing of the Holy Spirit. It is truly a gift of the Holy Spirit to know when we are hungry or thirsty - for God, for his truth, for his love.



This Bread of Life Discourse in St. John's Gospel gives the most wonderful insight into the gift of the Eucharist. Jesus is our life source, he is the meaning of our existence, He is the Bread of Life, sustaining and feeding us. The Eucharist is the key to understanding the mystery of Jesus Christ. What an incredible honour to be invited to the Table of the Lord each week!

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Dear Friends in Jesus Christ,

The month of August is dedicated to the Immaculate Heart. Since the 16th century, Catholic piety has assigned entire months to special devotions. The month of August is traditionally dedicated to the Immaculate Heart of Mary. The physical heart of Mary is venerated (and not adored as the Sacred Heart of Jesus is) because it is united to her person and is the seat of her love (especially for her divine Son), virtue, and inner life. Such devotion is an incentive to a similar love and virtue.

**SOLEMNITY OF THE ASSUMPTION OF THE BLESSED VIRGIN MARY** This is a Holy Day of Obligation and has the same status as a Sunday. There will be three Masses: 7.30 p.m. Vigil Mass on Wednesday 14th August, and 9.15 a.m. & 1.10 p.m. on **Thursday 15th August**. Let us honour Our Blessed Lady by our presence at Holy Mass.



May God Bless You All,

**THE PARISH NEWSLETTER** Where possible, the parish newsletter will be reduced to one page during the summer recess. If you have urgent information you wish to be included, please email or drop off your information no later than Wednesday, as the newsletter is printed on a Thursday morning.

**CATHEDRAL BIG CLEAN** Our next monthly 'Big Clean' will take place **tomorrow, Monday 5th August** at 9.45 a.m. If you can help, even for half an hour, this would be much appreciated.

**PLEASE PRAY** for the repose of the soul of Kenneth Eady, Anthony Bennett and Eileen Browne who died recently; funeral details are as follows:

*Anthony's Requiem Mass will be celebrated in the Cathedral on Monday 5th August at 12 Noon.*

*Eileen's Funeral Service will be celebrated in the Cathedral on Thursday 8th August at 10.30 a.m.*

*Ken's Requiem Mass will be celebrated in the Cathedral on Wednesday 28th August at 10.30 a.m.*

May the souls of the faithful rest in the bosom of all God's saints and one day dwell in the land of the living.

**THE PARISH OFFICE WILL BE CLOSED** on Monday 5th and Thursday 8th August.

**PLEASE NOTE** that summer parish office hours are Tuesday to Thursday from 8.30 a.m. - 3.00 p.m.

**COFFEE AFTER 9.30 MASS** today will be hosted by the Catenians; next week will be the turn of the PACE team.

**VESPERS FOR UKRAINE** On **Friday 23rd August** at 6.00 p.m., the eve of Ukraine's National Day, we will be holding a special Vespers for Ukraine in the Cathedral which will be attended by the Mayor of Brentwood. This will be an opportunity to join in prayer with the Ukrainians who have been welcomed into our town and the people of Ukraine. It will feature Ukrainian and

English music and hymns with a dual language service book available. During the afternoon there will be events in the parish hall hosted by members of the Ukrainian community. These will include examples of Ukrainian crafts and activities for children. Following the service refreshments will be served in the parish hall. Everyone is welcome to this important service. The Ukrainian community values and appreciates all the support we offer them.

**FRIDAY FRIENDSHIP LUNCH** Please note, the Friday Friendship Lunches will resume again in September.

**OUR NEW ASSISTANT PRIEST** Fr Matúš Meleg will arrive at the Cathedral Parish on **Friday 6th September**.

**THE RITE OF CHRISTIAN INITIATION OF ADULTS** An **Information Evening** for the RCIA (Journey of Faith Programme), will commence on **Thursday 12th September** at 7.00 p.m. in Clergy House. For those interested in learning more about Catholicism, possibly with the view of receiving the Easter Sacraments, please contact Fr John as soon as possible: Tel No: 01277 265235 or Frjohnharvey@brcdt.org

**FR GARY DENCH** will be assuming his new assignment as parish Priest of St Joseph the Worker, Hutton, on the 4th September. If you would like to contribute to a farewell gift to Fr Gary, please use the envelopes provided a couple of weeks ago; there are still some spare envelopes available in the Narthex. Fr Gary will return to the Cathedral parish on **Sunday 22nd September** to celebrate the 6.30 p.m. Mass, and there will be a reception in the Parish Hall afterwards. Please drop your gift envelopes off at Clergy House.

**FIRST HOLY COMMUNION PROGRAMME 2024/25** The **Parents' Information Meeting** will take place on **Wednesday 25th September** at 7.00 p.m. in the Cathedral. The pre-requisites for the programme are that you are a registered parishioner at the Cathedral Parish of St Mary & St Helen, and that your child will have commenced Year 4 (8 years old rising 9) at Primary School

in September 2024. If you are a weekly attendee at the Cathedral and live in another parish, as a matter of courtesy, you will need the permission of the Parish Priest for your child to attend our programme. Thank you!

**IMPORTANT INFORMATION - CATHOLIC SCHOOLS APPLICATIONS.** If you are going to apply for a primary or secondary Catholic school with your child starting in September 2025, please make a note of these dates in your diary; at these meetings, Certificate of Catholic Practice forms will be issued to those families who are known in the parish and are regularly practicing their faith. More information will be given in the newsletter in the coming weeks.

**SECONDARY SCHOOL APPLICATIONS**

Wednesday 16th October ~ 4.00 p.m. to 7.00 p.m.

**PRIMARY SCHOOL APPLICATIONS**

Wednesday 13th November ~ 4.00 p.m. to 7.00 p.m.

*Please ensure you make a note of these dates*

**FORWARD PLANNING** At a recent PACE meeting it was agreed that there should be some more social events for the Parish Community. We have agreed, that after the great success of the last Parish Quiz Night, that there will be another Quiz held in February 2025. But before that we have agreed that we should hold a **Parish Bazaar**, in preparation for Christmas. **Saturday 14th December** 11.00 a.m. - 3.00 p.m. I'm not sure how long it is since a Bazaar was held in the Parish, but they are truly wonderful community events. They bring the whole parish community together.



In September there will be a meeting for all those interested in helping with the Bazaar. I would ask each parish organisation to be involved in some way. It can be a wonderful fund-raiser during the winter months, especially to pay the soaring utility costs at the Cathedral. If you're going on holiday, and you can purchase some duty-free alcohol, please keep the Bazaar in

mind. Thank you! I will share more information at the beginning of September.

**PROJECT 58.7 - FEEDING THE HOMELESS** A group from the parish and friends have been providing meals for the homeless (and others living on the edge of society) since the beginning of Covid. We are part of a larger project under Churches Together in Basildon which has been going for 10+ years. We now need a few more volunteers - people that can cook either a main meal or a pudding or provide fruit and yoghurts for up to 25 people. We also particularly need a few more deliverers - to collect the food from the cooks etc and take it to the venue in Basildon. This all happens for us on Mondays, Wednesdays and Thursdays. Other groups in Basildon do this on other days of the week. If you can help or just want more information, please email Maddy on maddy.edwards1@gmail.com.

**REFERENCES FOR WORK AND OTHER POSITIONS** Fr John receives many requests for references which he is happy to write for people that he knows. However, it is not helpful to mention to him in passing that you have given his name as a referee or for him to receive unexpected reference requests. Therefore, before you give his name as a referee, please ensure that you make an appointment to meet with Fr John first to discuss the position you are applying for and the nature of the reference required. Thank you.

**JUST FOR INFORMATION** Clergy days off are Tuesday (Fr John) and Wednesday (Fr Gary); if you need to contact them at these times, please leave a message and they will call you back when they are able.

**CHORAL VESPERS** is celebrated in the Cathedral on Wednesdays and Fridays at 6.00 p.m. (during term time). Everyone welcome.

**THE HOLY HOUR** of prayer and adoration before the Blessed Sacrament takes place on a Monday evening from 6.30 - 7.30 p.m. and will be preceded by the **ROSARY** for Ukraine and peace in our world at 6.10 p.m.

**PLEASE REGISTER TODAY AS A CATHEDRAL PARISHIONER:**

It is very simple. Each adult parishioner should either go to “Parish Census” at [www.cathedralbrentwood.org](http://www.cathedralbrentwood.org) or use the QR code below:



For those of you who cannot complete the registration form online, forms are available in the narthex of the Cathedral. Once you have filled in the form, please return it to Clergy House.

**MASS TIMES** in the Cathedral:

**SATURDAY VIGIL MASS** at 6.30 p.m.

**SUNDAY:** 8.00 a.m. / 9.30 a.m. / 11.30 a.m. & 6.30 p.m.

**WEEKDAY MASSES** Monday to Friday at 9.15 a.m.

**SATURDAY:** 9.15 a.m.

**SICK AND HOUSEBOUND PARISHIONERS** If you know anyone who is unable to come to Mass but would still like to receive Holy Communion in their home, contact Clergy House so we can put them on our Sick Communion list.

**THE ANOINTING OF THE SICK** is available to anyone who is gravely ill or about to have an operation, so if you know someone who should receive this important sacrament then please speak to a member of the clergy or ring the parish office on 265235.

**SACRAMENT OF RECONCILIATION** is available in the Cathedral on Saturdays from 10.00 - 11.00 a.m. Confessions in Italian are also offered.

**PLEASE PRAY FOR OUR SICK** and housebound parishioners and friends, including: Merle Anderson, Alistair Bailey, Yvonne Ball, Hermine Bayley, Madeleine Bevan, Eda Bright, Phil Carr, Roisin

Cassels, Keith Chester, David Cutter, Dermot Dalton, David, Iris Davis, Jenny Dean, Patricia Decup, Charlotte Donnelly, Dympna Doran, Margaret F, Rebecca Florendo, Julian Goode, Deacon Nicholas Holmes, Baby Austin Hughes, Wong Su Hwa, Jess, Brian Kelleher, Lisa Landy, Lawrence, Susan Maskall, Romek Matyszczyk, Tony Maule, John McCarthy, Carmel Micallef, Harry Newman, Barney O'Driscoll, Joe O'Herlihy, Matthew Pegg, Steven Poole, Geraldine Sheehan, Robin Shenton, David Spring, Mary Stretch, Tim, TCT, Siobhan Vaughan and all our sick.

## GENERAL NEWS

**YOUTH 2000 SUMMER FESTIVAL 2024** Our annual youth 2000 summer festival will take place from **Friday 23rd August - Monday 26th August** in the beautiful surroundings of Ampleforth Abbey, North Yorkshire. This festival is an opportunity for young people (aged 16-35) from across the UK to grow in their relationship with God, form friendships and be inspired to live out their faith! The programme will include input from incredible speakers, a wonderful variety of workshops, and loads of opportunities to be with Jesus and encounter His love. Visit [www.youth2000.org/events](http://www.youth2000.org/events) for information and tickets (which include food and accommodation).

**WALSINGHAM HOUSE ANNIVERSARY MASS** This year marks 60 years since the opening of Walsingham House and 40 years since the first volunteer team took residence. There will be a **Mass of Thanksgiving** on **Saturday 31st August** at midday celebrated by Bishop Alan in the grounds of Walsingham House at Abbotwick. Everyone is very welcome to attend with a special invite to those who have been part of the Walsingham House team over the last 40 years. After Mass you are welcome to stay for a picnic in the grounds.

**“ADOREMUS” FESTIVAL** On **Saturday 14th September** at Oscott College in Birmingham, the “Adoremus” National Eucharistic Congress and Pilgrimage is taking place with representatives from dioceses across England and Wales. Our diocese has been allocated 43 places. If you would like to attend, please contact



the Diocesan Co-ordinator, Father Dan Mason at [frdanmason@brcdt.org](mailto:frdanmason@brcdt.org) There will be a coach leaving for the Congress from Brentwood Cathedral at 8.00 a.m. on the day. There is no charge for the coach or attending the Congress but you will need to bring a packed lunch. Parishes are also encouraged to arrange a time for Exposition of the Blessed Sacrament either on the 14th or 15th September. More information about this will be sent out to parishes in the coming months.

**CALLED AND GIFTED TEACHING DAY** On **Saturday 14th September** from 9.00 a.m. to 4.15 p.m. at the Most Holy Redeemer Church in Billericay we will be running a “Called and Gifted” teaching day. “Called and Gifted” is a discernment process developed by the Catherine of Siena Institute which enables everyone to understand the gifts and the charisms that God has given to them so that they are able to share these gifts with others. Those who have taken part in the Called and Gifted process have found that their faith has deepened and that they have been able to discover new ways of serving God in their parish and the wider community. As well as the teaching day, participants are invited to complete an online “Gifts Inventory” prior to the day, as well as having a 1-1 Zoom session with a member of the Called and Gifted team. The total cost of the process including the Teaching Day is £120 which includes online access to the Gifts Inventory as well as a Resource book which will be given out during the Teaching Day. In order to secure your booking please register your interest before Thursday, 1st August by emailing the Billericay Parish Office at [billericay@brcdt.org](mailto:billericay@brcdt.org). If you would like more information about Called & Gifted, please visit their website: <https://www.calledandgifted.org.uk/>

**OPEN HOUSE BILLERICAY** On **Saturday 12th October** the Most Holy Redeemer Church, Billericay will be hosting a day focusing on parish renewal with talks and workshops designed to help parishes transition from maintenance to mission. Bishop Alan will also be presiding at the Midday Mass. Get inspired by priests and parishioners as they share stories of transformation. Hear what they are learning and dream about the change that

could be possible in your own parish. The day will last from 9.30 a.m. to 5.00 p.m. and the cost is £20 per person. In order to attend you will need to register in advance by following this link: <https://divinerenovation.org/events/>

**VACANCY - Walsingham House Retreat Manager:** Walsingham House at Abbotswick, the youth retreat centre for the Diocese of Brentwood, are seeking to appoint a Retreat Manager. The Retreat Manager will work to ensure the smooth and efficient running of retreats, leading and training the volunteer team, and developing the programmes on offer to schools and parishes. Walsingham House has an excellent reputation for the quality of the retreats offered and after a year to rebuild we are keen to develop this further. This is not necessarily a “live-in” role but accommodation can be provided if required. For more information please see: <https://bcys.net/news/vacancies/> Closing date is **Friday 30th August**.

**VACANCY** The Saint Vincent de Paul Society (SVP) is seeking a Membership Support Officer (MSO) to promote volunteer membership development in the Brentwood diocese (in and around East London). The role is part-time and home-based (15 hours per week) and the salary is £11333 pa. The role will involve some local travel in and around East London to support membership recruitment and development. Having your own transport is essential, and travel expenses will be paid. For further information and details how to apply, contact Lance Philpott, Head of Membership at [lancep@svp.org.uk](mailto:lancep@svp.org.uk) Closing date for applications is **Sunday 1st September**.

**INSPIRE, NURTURE AND ACCOMPANY YOUNG PEOPLE** on the edge of East London. The parishes in the Romford Parish Partnership are recruiting a Parish Partnership Youth Coordinator. Salary £30,000/year, start date no later than January 2025. This is a new role, with amazing potential to bring young people into leadership in the Church, and provide a wide range of opportunities for them to live and deepen their faith within a diverse and vibrant part of London. Full details: <https://www.dioceseofbrentwood.net/diocese/working-for-us/>

**Closing date 10th September 2024.**

**VACANCY** Governors are seeking to appoint a dedicated and inspirational Headteacher who is a committed, practising Catholic. Someone who shares our vision and passion and has the leadership and ambition to build on the successes of our school. Our Lady Immaculate Catholic School is a caring, friendly school and community where our Catholic ethos is central to all that we do. Our new Headteacher will work with governors to shape the strategic direction of the school and will be responsible for the day-to-day leadership and management of Our Lady Immaculate School. Our new Headteacher will lead a team that strives together in the best interest of all our children. Deadline for applications: 12:00 noon on **Monday 30th September 2024**. We warmly welcome and encourage applicants to visit our school, please speak with the Admin & Finance Officer, Lindsey Murgatroyd for more information. For an Application Pack please email: [lindseymurgatroyd@ourladyimmaculate.essex.sch.uk](mailto:lindseymurgatroyd@ourladyimmaculate.essex.sch.uk)

**VACANCY** A vacancy has arisen for a part-time Caretaker at The Immaculate Conception, Epping. The post will be part-time (around four hours per week - with a flexible working agreement to be agreed which includes weekends and being on site on a Tuesday). This is a one-year fixed-term contract that may be extended or made permanent. The start date for the role is October and the salary is negotiable depending on skills and experience. Full job description: Caretaker Epping - 2024 If you have any queries or if you would like to apply, please send your CV and cover letter by email to [epping@brcdt.org](mailto:epping@brcdt.org)

**VACANCIES IN DIOCESAN SCHOOLS:**

<https://www.dioceseofbrentwood.net/departments/education/vacancies/school-vacancies/>

**QR CODES and CONTACTLESS GIVING** A new online donation system has been set up so that parishioners and visitors are now able to donate by using a QR code directly to the Parish; donations can be made either with or without gift aid using the QR codes below or by scanning those displayed around the Cathedral:



Please treat as gift aid donation, all qualifying gifts of money made from the date of this declaration. I am a UK taxpayer and understand that, if I pay less Income Tax and/or Capital Gains Tax in the current year than the amount of Gift Aid claimed on all my donations, it is my responsibility to pay any difference.

Donate £3.00	Donate £5.00	Donate £10.00	Donate £20.00

*Donate without Giftpaid-it*

If you are unable to donate with Giftpaid-it then please use the codes below.

Donate £3.00	Donate £5.00	Donate £10.00	Donate £20.00