

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

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THE NINETEENTH SUNDAY IN ORDINARY TIME (A) Sunday, 9 August 2026

Spiritual Reflection:

After feeding the crowds, Jesus goes up the mountain alone to pray. Before He works another miracle, He first seeks the quiet presence of His Father. This reminds us that prayer is not an escape from life's demands but the source of strength to meet them. If Jesus needed moments of silence with the Father, how much more do we?

Meanwhile, the disciples struggle against the wind and waves. It is in the darkest part of the night that Jesus comes to them, walking across the sea. Often, when we feel overwhelmed by fear, uncertainty, or suffering, the Lord seems absent. Yet today's Gospel assures us that He is closer than we realise, coming to us with the comforting words: "Take courage! It is I. Do not be afraid."



Peter's experience is our own. As long as his eyes remain fixed on Jesus, he walks on the water. The moment he focuses on the storm, he begins to sink. Faith does not remove every difficulty, but it teaches us where to look in the midst of them. Even when our faith falters, Jesus immediately reaches out His hand to save us.

May we learn each day to seek the Lord in prayer, trust Him in the storms of life, and, with the disciples, proclaim from our hearts: "Truly, you are the Son of God."

Dear Friends in Christ,



RITE OF CHRISTIAN INITIATION FOR ADULTS - JOURNEY OF FAITH PROGRAMME:

Will commence at the beginning of September. If anyone is interested in learning more about the Roman Catholic Faith, possibly with the intention of being received into full communion with the faith at the Easter Vigil next year 2027, please contact Fr John (Tel No: 01277 265235). He will be only too willing to explain the whole process to you. I know there are many spouses who attend Mass on a regular basis, who may not necessarily be Roman Catholic. Please consider joining our programme. The RCIA Programme will commence of *Thursday, 17th September at 7.00pm at Clergy House.*

WORLD APOSTOLATE OF FATIMA: On *Saturday, 12th September* the Diocese of Brentwood will host the Visitation of the National Pilgrim Statue of Our Lady of Fatima and the relics of Saints Jacinta & Francisco. This will be a Day of Prayer & Devotions, with the opportunity for the veneration of the relics. Bishop Alan accompanied by Priests of the Diocese will concelebrate Holy Mass, this will be followed by the Consecration Prayer of the Diocese to the Immaculate Heart of Mary by Bishop Alan.



As this is a Day of Prayer, we ask all those participating to bring a packed lunch, teas and coffees will be available in the Parish Hall. Following lunch, there will be a Holy Hour with Exposition of the Blessed Sacrament, with recitation of the Chaplet of Adoration and Reparation. Communal Recitation and reflection on the Joyful Mysteries of the Holy Rosary. The Divine Mercy Chaplet will be prayed, and then a Docu-film and Talk in the Parish Hall on "Fatima Message for the World." Finally, the Enrolment and Investiture of the Brown Scapular will be facilitated in the Parish Hall. I encourage our parishioners to participate in this wonderful and unique day of prayer here at the Cathedral.

THE SOLEMNITY OF THE ASSUMPTION OF OUR BLESSED LADY: Next *Sunday, 16TH August*, we celebrate the great Solemnity of the Assumption of Our Blessed Lady into Heaven. This is a Universal

Solemnity of the Church and proclaims that, at the end of her natural life, God assumed Mary Body & Soul into heaven never allowing corruption to touch her body.

CATECHISTS FOR THE FIRST HOLY COMMUNION PROGRAMME. I would first and foremost like to thank those who have volunteered their time and their service to help our children prepare for the sacraments of Reconciliation and the Holy Eucharist. In September, we will have a preliminary meeting to plan the programme ahead.



FIRST HOLY COMMUNION PROGRAMME 2026-2027: Once again, we begin to prepare for the next First Holy Communion Programme. If your child is eligible to receive the Sacraments of Reconciliation and the Holy Eucharist (Year 4 as of September 2025), please seriously think about this next step in their spiritual formation. The prerequisites are that you are practicing Roman Catholics attending weekly Sunday Mass, and that you live in the Cathedral Parish. Parents' Information Evening will take place on *Tuesday, 6th October at 7.00pm in the Cathedral.*

PARISH CONFIRMATION PROGRAMME: Fr Matus & the Catechists have had the initial meeting with the prospective candidates and all the information has been distributed. The return of the Registration Form, Retreat Registration and the Questionnaire, plus the £150 for the Residential Retreat at Abbotswick, Friday 27th - Sunday 29th November. Monies should have been returned with the Registration Forms. Your Mass Registration Card was effective from *Sunday, 5 July*, and should be signed by one of the priests or deacons weekly. Weekly practice of the faith is compulsory not optional. The first formal Session will be on *Sunday, 15th November at 4.00pm in the Parish Hall.*



CATHEDRAL PARISH BAZAAR: SATURDAY, 5TH DECEMBER 11.00AM - 3.00PM I know this is only the middle of the summer, but forward planning is extremely important. I have set a date for a Bazaar Committee Meeting for *Friday, 18th September 2026 at 7.30pm in*

the Small Hall. We had a truly wonderful and successful Bazaar last year - a real family occasion for the whole parish community. If you're going away on holiday, and thinking about bringing a bottle or two back, please consider the Bazaar. Thank you! All are welcome to join us at the meeting, especially if you would like to help with the Bazaar this year.

COFFEE AFTER 9.30 MASS TODAY: will be hosted by Missio. Next week will be the turn of the Catenians. All are welcome, so please do join us!

PARISH OFFICE - will be closed from this *Friday, 14th August until Sunday, 23rd August* inclusive. Re-opening on *Monday, 24th August*.

VESPERS FOR PEACE IN UKRAINE, 4.00PM ON SUNDAY, 23RD AUGUST

Everyone is warmly invited to a special Vespers to celebrate Ukrainian Independence Day with members of the Ukrainian community who have made their home locally. There will be English and Ukrainian music as well as familiar hymns. The short service will be followed by refreshments and entertainment reflecting Ukrainian culture and heritage in the Parish Hall.

HOLY HOUR/EXPOSITION/CONFESSIONS - There will not be any Holy Hour/Exposition/Confessions this *Monday, 10th August*.

SICK & HOUSEBOUND PARISHIONERS: If there are any sick or housebound parishioners that would like a visit from one of the priests please contact Clergy House Tel No: 01277 265 235. We can also arrange for Holy Communion to be brought to your homes on a regular basis.

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 01277 265 235.

PILGRIMS OF HOPE PRAYER GROUP: Why not join the parish Pilgrims of Hope prayer group? It couldn't be easier. The group pray *every Monday evening at 8.00pm*. Prayers and reflections are shared on a WhatsApp group with each person praying privately wherever they find themselves. If you'd like to join the WhatsApp group, please give your details to the parish secretary.

MASS TIMES in the Cathedral:

SATURDAY VIGIL MASS at 6.30pm

SUNDAY: 8.00am / 9.30am / 11.30am & 6.30pm

WEEKDAY MASSES Monday to Friday at 9.15am

SATURDAY: 9.15am

PLEASE PRAY FOR OUR SICK and housebound parishioners and friends, including: Sylvia Allum, Merle Anderson, Suzie Anderson, Alistair Bailey, Yvonne Ball, Hermine Bayley, Heidi Brenke, Eda Bright, Roisin Cassels, Esmeralda Chester, Keith Chester, Dermot Dalton, David, Iris Davis, Patricia Decup, Sheila Deed, Maureen Duane, Margaret F,

Rebecca Florendo, Angela Gavin, Brian Hodgkins, Deacon Nicholas Holmes, Wong Su Hwa, Jess, Lisa Landy, Suzie Law, Lawrence, Peter Madden, Romek Matyszczyk, Tony Maule, John McCarthy, Carmel Micallef, Stephanie Murray, Harry Newman, Barney O'Driscoll, Joe O'Herlihy, Liam O'Herlihy, Steven Poole, Margaret Ross, Geraldine Sheehan, Robin Shenton, David Spring, Mary Stretch, Tim, TCT, Siobhan Vaughan, Michael Wilson, Kalcho Yankov and all our sick.

MISSIO If you have not yet returned your Missio box, please do so before the end of August, either to the Narthex or Clergy House. Thank you. Replacement boxes are available for collection from the Narthex.

EUGENE O' O'RIORDAN - SANTIAGO DE COMPOSTELLA On 1st September, Eugene and his son's father-in-law, Kevin will be setting off to travel to St. Jean pied de Port to complete the Santiago de Compostella. It's their intention to walk to Compostella, 790km, and then on to Cape Finisterre, a further 93km, to the coast. This was originally intended as a Pilgrimage/walk of remembrance for family members/friends no longer with us, but after a conversation with Canon John, it's an opportunity to raise some funds to support the felling of the diseased trees in the Cathedral cemetery, and to plant new ones to replace them.

So, when they leave on 1st September, a donation box will be placed in the Cathedral for parishioners who would like to make a donation.

GENERAL NEWS

ST JOSEPH'S CATHOLIC PRIMARY SCHOOL, UPMINSTER - HEADTEACHER Required from 1st January 2027. Further information and an application pack are available from the school website: <https://st-josephs-upminster.net>. Closing date: 5pm on Wednesday, 2nd September. Interviews (provisionally) on Wednesday, 16th September.

STOP ASSISTED SUICIDE BEING LEGALISED - Assisted suicide campaigners have sadly brought back the Leadbeater Bill. This can be stopped if MPs vote down the Bill on 11 September.

Right To Life UK has launched an EasyAction tool to help you email your MP to ask them to vote NO to assisted suicide in the vote in the House of Commons on 11 September. Please take 30 seconds to email your MP today to ask them to vote NO to assisted suicide: <https://righttolife.org.uk/Sept11vote>

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:

giftaid it

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 Giftaid-it

If you are unable to donate with Giftaid-It then please use the codes below.

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

Brentwood Diocesan Trust – Registered Charity No. 234092