

MASS INTENTIONS THIS WEEK

Sat 10th June	
5.30pm—6.15pm	EUCCHARISTIC ADORATION AND CONFESSIONS
6.30pm	Martin Blewitt RIP (Connaghan)
Sun 11th June	THE BODY & BLOOD OF CHRIST
9.00am	People of the parish
11.00am	James Shanahan RIP (Goldfinch)
Mon 12th June	
09.15am	Eva Dearson RIP (Marion & Frank Dearson)
4pm	Reception of the body of Sheila Barnett
Tues 13th June	ST ANTHONY OF PADUA, PR, D
9.15am	Anne-Marie Roberts RIP. B'day (Tsocos) (with year 6 children)
12 noon	Funeral mass—Sheila Barnett
Wed 14th June	
9.15am	Anne Hartnett's Intentions (Hartnett)
12 noon—1pm	EUCCHARISTIC ADORATION AND CONFESSIONS
Thur 15th June	
9.15am	Private Intention RIP (Bemand-Qureshi)
11am	Funeral mass—Ann Nash
7.30pm	Area mass for Upminster South
Frid 16th June	THE MOST SACRED HEART OF JESUS
9.15am	For the intentions of Jeanette and deceased family members)
Sat 17th June	THE IMMACULATE HEART OF MARY
5.30pm—6.15pm	EUCCHARISTIC ADORATION AND CONFESSIONS
6.30pm	Henry (Chris) Nye RIP. B'day. (Family)
Sun 18th June	ELEVETH SUNDAY OF THE YEAR
9.00am	People of the parish
11.00am	Ronald Robinson's Intentions (Robinson)

USEFUL INFORMATION

EUCCHARISTIC ADORATION & CONFESSIONS: Saturday evening 5.30-6.15pm and Wednesday 12 noon-1pm. Confessions also available on request when Fr Matthew is available or by appointment.

PARISH OFFICE HOURS: Mon-Fri 9am-12.30pm (except Wednesdays).

St Joseph's School - School office 01708-220277

Sacred Heart of Mary School - School office 01708-222660

Baptisms & weddings - please speak to Fr Matthew after Mass

Repository: Saturdays before & after Mass, and Sundays after the 9am Mass until 10.55am

Queen's Hospital: If someone staying in the hospital would like Holy Communion, please contact the lay chaplaincy coordinator Helen Miranda on 01708 477890. In an emergency ask the ward staff to request the on-call Catholic priest via switchboard.

PLEASE ENSURE YOU ARE AWARE OF THE POSITION OF THE EMERGENCY FIRE EXIT DOORS IN THE CHURCH, AND PLEASE ENSURE THAT ALL MOBILE TELEPHONES ARE SILENCED BEFORE THE SERVICE BEGINS



St Joseph's Catholic Church

Champion Road, Upminster

Parish Priest: Fr Matthew Bemand-Qureshi

Parish Secretary: Rachel Hayward

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PARISH NEWSLETTER

10TH / 11TH JUNE 2023

THE BODY & BLOOD OF CHRIST (A) - Mass Book Pg 28

(Deuteronomy 8:2-3, 14-16, 1 Corinthians 10:16-17, John 6:51-58)

Our church dedicated to St Joseph was built for one purpose: the celebration of the Mass. With rare exceptions, Mass is celebrated here every day. One of the reasons I hope we can install a bell as part of our centenary legacy is to let the world outside know this it is taking place. At any given moment in time we can be quite certain that the Mass is being celebrated somewhere around the world - in this way the prophecy of Malachi 1.11, echoed in the third Eucharistic Prayer, is clearly fulfilled: "from the rising of the sun to its setting my name will be great among the nations, and in every place incense will be offered to my name, and a pure offering."

On the feast of Corpus Christi which we celebrate today we have an opportunity to renew our gratitude for this incomparable gift. We must start by reminding ourselves what this gift – *who* this gift – really is. When we truly believe with all our hearts that the consecrated host and the consecrated wine in the chalice are Jesus himself – his living body, blood, soul and divinity truly present though hidden from our senses – then we will naturally want to participate in the Mass as attentively as possible and to approach holy communion with the utmost reverence. How do we know that this is really so? We know well enough that things are not always as they seem according to outward appearance and sometimes we have to take things on trust – and that is the case here. We believe that the bread and wine offered on the altar become something else despite their outward appearance remaining the same because Jesus himself tells us. As St Thomas Aquinas tells us in one of the hymns he composed for this feast "Truth himself speaks truly, or there's nothing true." In other words if we can't take Jesus's word for it – the one who is the incarnate Word of God, the Word through whom all things came into being – then who *can* we believe?

This weekend and next, 65 children of our parish will receive Our Lord in the Holy Communion for the very first time. The care with which they have been prepared for this moment, and their joy as they do so, remind us how special every holy communion is, no less than the first. Let us take this opportunity to renew our appreciation of this great gift and remind ourselves that it truly is Jesus we come to meet whenever we come to Mass. We can reinforce our own faith and communicate this faith to others by simple acts of reverence towards our eucharistic Lord. The first thing is to make sure we do come to church week by week unless prevented by

sickness or other good reason, making it our first priority over other activities at the weekend. Although we use the word 'obligation', let us remember that the weekly eucharist is God's gift to us. Every time we come into the presence of the Blessed Sacrament reserved in the tabernacle or placed on the altar it is our custom to genuflect (kneel on one knee) if we are able to, or bow if not. Ideally we should aim to be here for Mass early enough to spend a little time in prayer, rather than arriving late and flustered. Our preparation begins even before we come to church by intentionally observing the hour's fast (from everything except water and necessary medicine) before receiving Holy Communion. Our preparation also includes regular reflection on our lives and the choices we make, so that we can acknowledge our need of God's help and mercy, and if we are aware of more serious sins ask for the forgiveness we are promised by going to confession. During Mass let us be as prayerful and engaged as possible, and try and redirect our thoughts when distractions come (as they do!). When it is time for Holy Communion, let us approach the altar with our thoughts focused on this intimate encounter with Our Lord that is about to occur. It is customary to honour our Lord by genuflecting or bowing or making the sign of the cross as we approach, let us make sure that whether we receive standing or kneeling, on the tongue or in the hand, we do so with great reverence and care. If we receive in the hand, it is important that we consume the host straight away and ensure there are no fragments of the host left, for Christ is present even in the smallest piece of the consecrated host. Then let us spend some time in thanksgiving as a return to our place, mindful of what has just taken place. Those who are not able to receive Holy Communion (which includes those who are not Catholic or haven't yet been prepared for Holy Communion, as well as those prevented by some other reason) are encouraged to spend some time in prayer asking the Lord to feed us spiritually and help us grow closer to him, and are also invited to come forward for a blessing.

Finally, it is good for us to spend time praying in the presence of the Blessed Sacrament whenever we have the opportunity to do so outside of the Mass. The times when the Blessed Sacrament is exposed on the altar, Wednesday lunchtime and before Mass on Saturday evening, are a special time to do this, but he is always there in the tabernacle and the church is open during the day for those who want to pop in even just for a few minutes before or after school or work. Let us give thanks for this great gift of the eucharist which is truly the source and summit of our faith and life.

God bless, Fr Matthew.

BENEDICTION OF THE BLESSED SACRAMENT: To mark the Solemnity of Corpus Christi, the 9am and 11am Mass on Sunday morning will conclude with a brief period of silent eucharistic adoration, followed by the singing of the Tantum Ergo (number 656 in the hymn book) and a blessing given silently with the consecrated host in the monstrance – a blessing from Our Lord himself. The 6.30pm Mass on Saturday will be preceded by a holy hour as usual, concluding with Benediction at 6.15pm.

BAPTISM COURSE VOUNTEERS NEEDED: We would like to expand our team of baptism course leaders. If you would be interested in helping families prepare for the celebration of baptism, please contact the parish office or speak to Fr Matthew.

AREA MASSES: This summer there will be a series of evening Masses and social gatherings designed for people living in the different parts of our parish. Each week there will be Mass in Church at 7.30pm, with refreshments and conversation in the Social Centre afterwards. If you can't make the week for your area, or live outside the parish boundaries, feel free to come any week. Please take some of the invitation cards and use them to invite neighbours to come along, especially anyone you haven't seen in church for a while. The second of these gatherings takes place **this Thursday (15th June)** aimed at those living in the area we have termed **Upminster South** – everywhere that is south of the railway line and east of Station Rd/Corbets Tey Rd as far as Wantz Bridge. This area includes, for example, Howard Road, Sunnyside Gardens, Springfield Gardens and Park Drive. Other dates are **Tuesday 20th June – Upminster North** (everywhere north of the railway line that isn't Cranham); **Wednesday 28th June – Cranham**; **Wednesday 5th July – Upminster East & West Horndon** (St Mary's Lane east of Wantz bridge, West Horndon, North Ockendon and Bulphan).

FOOD BANK: We have been supporting the Canning Town Food Bank for a number of years; getting items to the food bank is however proving increasingly difficult. Therefore we have taken the decision from now on to take food and other donated goods to one of the food banks linked to parishes in Havering, where there is need closer to home. Cash donations will however be forwarded to Canning Town, allowing them to respond to particular requests. Both forms of support are greatly appreciated.

CENTENARY APPEAL UPDATE: This appeal is intended to mark our centenary year in a tangible way with two projects: the installation of a bell in one of the turrets to chime the angelus, invite people to Mass and announce the consecration; and a prayer garden and statue of Our Lady to be used by the school and parish community. More information can be found in the appeal leaflet (copies in the porch) and online. So far we have raised £2800 including £800 from the recent CDOT Voices Concert. Together with an unallocated legacy of £5000, we are able to go ahead with the prayer garden during the summer holidays. I hope that we will be able proceed with the bell as well in due course, and any contributions big or small are most welcome.

CDOT VOICES CONCERT: We would like to thank everyone who came to the concert and those who gave such generous donations. It was a wonderful evening which raised £800 towards the statue of Our Lady. As usual we were given such a warm welcome and are looking forward to returning in December for our second Christmas concert.

ST. PETER'S TREES: Many of the trees donated by the 'I Dig Campaign' are now ready for planting. We are looking for volunteers to plant the saplings over the next few weeks. Like last year you will need to bring your own tools. Please contact Bernadette on 07825235717 or in the Repository if you are able to help.

CWL: On Wednesday 5th July, the NHS is celebrating 75 years. The CWL will be holding a coffee morning to commemorate this great occasion. Everyone is welcome to join us in the social centre from 9.30am and are more than welcome to stay for lunch.