



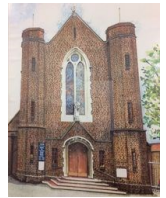
# St Joseph's Catholic Church

Champion Road, Upminster

Parish Priest: Fr Matthew Bemand-Qureshi

Parish Secretary: Rachel Hayward

upminster@brcdt.org / 01708 222432



## PARISH NEWSLETTER

2ND / 3RD MARCH 2024

**THIRD SUNDAY OF LENT (B) - Mass Book Pg 81**

(Exodus 20:1-17, 1 Corinthians 1:22-25, John 2:13-25)

During Lent I am exploring the Our Father, taking each petition in turn. This week we come to the first petition that asks for something tangible: "Give us this day our daily bread" (see Catechism 2828 onwards). Bread is something that is not lavish but a staple food and thus represents the essentials of daily life. The direct request 'give us' expresses simple trust in God as a good father who provides for his children. This accords with the consistent picture of the scriptures, from the provision of many good things to eat in the Garden of Eden, to the Manna given to the never-satisfied Israelites in the desert. The high point of this is God feeding his people as the Word made Flesh, placed in a feeding trough as a prophetic sign of what he came to do. Eating is a central theme of our Lord's ministry: sharing table fellowship with outcasts, feeding the multitudes, and finally giving himself as the food and drink of eternal life at the Last Supper.

In telling us to ask for our daily necessities to be provided, Jesus is not encouraging indolence. A saying attributed to St Ignatius of Loyola is that we should pray as if everything depended on God and work as if everything depended on us. Work is part of our human calling. Even before the fall, our first parents were instructed to care for God's creation, sharing in the work of the Creator himself. In fact, as St Benedict taught his monks, work and prayer go together: work is prayer, and prayer is work. The offertory prayers acknowledge that the bread presented at the altar comes from God, but is also the work of human hands and thus represents something of ourselves.

The petition includes the words 'this day'. We are taught to ask every day for what we need for that day, living in the present without worrying about what tomorrow brings or dwelling on the past. But 'this day', like so much of the Lord's Prayer, has an eternal significance. For we place our trust in Jesus Christ who is the same 'yesterday, today and forever'; whose rising from the dead represented the dawn of a new and eternal day. We look forward to living in that day when God will be everything to us and we have no need of anything else.

This petition awakens our gratitude, and also our concern for those who lack bread and other basic necessities. Gratitude is a sign that what has been given to us has truly been received as gift. Our concern for others should lead to action: to provide whatever practical support we can to those in need, who we recognise as neighbours whether in close proximity or the other side of the world. It is not right for us to accumulate more and more, with no thought for those who have virtually nothing.

But that is not all. During his struggle with the Devil in the desert Jesus quotes the scripture 'man does not live on bread alone'. There is another kind of famine: those who hunger for the Word of God, stuck in a kind of spiritual emptiness without knowing how to satisfy the deepest longings of their hearts. We have a duty to share the Word of God just as much as we have to share food with those in need.

Finally, we can hardly overlook the eucharistic significance. We pray this prayer at Mass each day just before receiving the Bread of Life, Jesus Christ himself, in Holy Communion. Our gathering for Mass on the Lord's Day, the Day of Resurrection, is the high point of the week and our most solemn obligation as Catholics – for our benefit, not Gods. But for those who are in a position to do so, participating in the daily eucharist enables us to be fed by the Lord each day, and go about our daily lives sustained by his presence within us. For the majority who aren't able to attend Mass during the week, at least praying the Our Father every day expresses our communion with those who are able to say this prayer before the altar. This petition thus expresses our desire not only for the satisfaction of our material needs but also for Christ to abide within us each day and sustain us not only physically but spiritually, in readiness for the life of heaven. When we do come to the altar, we should take care to prepare ourselves to receive this great gift, rather than receiving it casually or indifferently. Let us never forget it is the risen Christ himself truly present in the bread of the eucharist. The practice of an hour's fast (rather less onerous than was required in times past) reminds us that our need for holy communion is greater than our need for earthly food. The physical gesture of bowing or genuflecting and our spoken 'Amen' expresses our faith that this really is the Body and Blood of Christ. Our time in prayer afterwards is an opportunity to give thanks for such an incomparable gift.

God bless

Fr Matthew

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**FR JOHN TAYLOR RIP:** We continue to pray for the repose of the soul of our much-loved former parish priest, Fr John, who died on Tuesday 20<sup>th</sup> February at St Michael's Care Home, Clacton-on-Sea. Fr John was born on 24 June 1929 in Walthamstow. Following his ordination on 5 May 1968 by Bishop Wall he served as Assistant Priest at Our Lady of Lourdes & St Joseph, Leigh-on-Sea (1968-1970) and Our Lady Immaculate, Chelmsford (1970-1974). He was appointed as Parish Priest of Our Lady & St Joseph, Stanford-le-Hope (1974-1979); St Edward the Confessor, Romford (1979-1990); Our Lady and St George, Walthamstow (1990-1991) and finally here at St Joseph's from 1991 until his retirement in 2011. There are many personal tributes to him on our parish Facebook page demonstrating how much his kind and generous ministry was appreciated. Details of his funeral, expected to take place in Clacton, will be announced in due course. We hope to arrange a coach for those wishing to attend, and a requiem Mass will also be held here.

**SCRUTINIES:** As part of the Lenten preparation for Baptism at Easter, our two adult baptism candidates Roxanne and Sandra will celebrate the rites known as the 'scrutinies' over the next three weeks. At the Masses where this takes place (after the homily) the year A readings are used rather than the year B readings used at other Masses. Please pray that they may receive the grace of true conversion and openness to the Lord.

**STATIONS OF THE CROSS:** During Lent we share the weekly Stations of the Cross with our neighbours at St Laurence, alternating location. This Friday we will be at St Laurence' Church, beginning at 7.30pm.

**THANKS FROM THE CANTERBURY WALK:** Last week's fundraising event raised £800 which will enable the walk to be accessible by all regardless of financial circumstances, helping with costs such as van and hall hire.

**MORNING PRAYER:** Each weekday those who are present for the morning Mass, and those who are able to pop in just for a short time of prayer, are invited to join in praying Morning Prayer from the Divine Office starting at 9am. Please collect a book and instruction sheet from the front. Also, those who wish to stay for a little longer after Mass or Eucharistic Adoration are invited to join in praying the Rosary – and those who aren't able to stay might like to know that this prayer is happening, for the intentions of the parish.

**TODDLERS' PLAYGROUP:** This group has been reopened with new volunteers. Parents and toddlers are welcome to come along to the Social Centre on Tuesday mornings in term-time from 9am. (NB this is distinct from the Pre-School which is in the adjoining room).

**CALLING ALL YOUNG PEOPLE IN YEAR 7+:** We hope to start a regular youth club evening soon. We are running a survey to see what days/times people prefer and what ideas people have. Please go to <http://tinyurl.com/sjysurvey>



**PRAYER MINISTRY:** Members of our parish prayer ministry team will be available in the side chapels after this weekend's Masses for anyone who would like their help in praying for something.

**ST JOSEPH'S CATHOLIC CLUB:** We have karaoke night for St Patrick's on 15/3, family afternoon from 4pm for St Patrick's on 16/3, wine tasting on 22/3 and a Chaz and Dave tribute night on 19/4 - book all events via this link: <http://eepurl.com/iKtJF/> Please note the Club is closed this Saturday 2nd March for a private hire.

**CWL THANK YOU:** CWL Upminster Section Table Top Sale. Many thanks to everyone who donated gifts and came along on the day. We raised over £200. which will be used to continue our ongoing support of various charities.

**VOCATIONS EVENING FOR ENQUIRERS:** The next "Enquirers' Evening" for those considering or interested in a vocation to the priesthood is on Tuesday 5 March at Brentwood Cathedral. The speaker will be Deacon Frank Westcott. For further information please contact Fr Mark Swires: [vocprom@brcdt.org](mailto:vocprom@brcdt.org)

**LUNCHTIME MUSIC RECITAL BRENTWOOD CATHEDRAL:** Wednesday 13 March Benjamin O'Riordan (Tenor) will be giving a Lunchtime MUSIC Recital accompanied by Sammy Li on the Piano. Programme to be advised.

**CDOT VOICES SPRING CONCERT:** CDOT Voices returns to St Peter's with guests from TOPS Choir. Saturday 23rd March at 7.30pm. Tickets - Adults - £10. Children - £2 under 5s free. Light refreshments and raffle. Tickets from Bernadette on 07825235717 or from the Repository (only 50 tickets on sale initially).

**DOM'S BRITISH SUPPER NIGHT:** 8pm Sat 13 Apr 2024. This is advanced notice with further details in due course. £10 a head. In aid of MEDECINS SANS FRONTIERES UK/Doctors without Borders UK.

# MASS INTENTIONS THIS WEEK

**Sat 2nd March**

**5.30pm—6.15pm**

**6.30pm**

**ADORATION AND CONFESSIONS**

Ronald Robinson's Intentions (Christine)

**Sun 3rd March**

**9.00am**

**11.00am**

**THIRD SUNDAY OF LENT**

People of the parish

Hanna Tarkowska RIP Anniv. (Berry)

**Mon 4th March**

**9.15am**

Patrick Morrisroe RIP (Sullivan)

**Tues 5th March**

**9.15am**

Marie Kiely RIP (Burke) (With our Year 2 children)

**Wed 6th March**

**9.15am**

**12 noon—1pm**

Stephanie Dunn RIP Anniv. (Pavitt)

**ADORATION AND CONFESSIONS**

**Thur 7th March**

**9.15am**

John & Ruth Sparks Intentions (OFS Brentwood)

**Frid 8th March**

**9.15am**

**7.30pm**

Dympna Bowes RIP (Murphy)

Stations of the Cross—**St Laurence' Church**

**Sat 9th March**

**5.30pm—6.15pm**

**6.30pm**

**ADORATION AND CONFESSIONS**

People of the parish

**Sun 10th March**

**9.00am**

**11.00am**

**FOURTH SUNDAY OF LENT**

Fred Regan RIP B'day (Family)

Raymond Delarue & Albert Ward RIP (Delarue-Ward)

## 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).

**Fr Matthew (emergencies—voice only):** 020 3332 0486

**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.

**Facebook:** [stjosephschurchupminster](https://www.facebook.com/stjosephschurchupminster) **Web:** [www.stjosephschurchupminster.com](http://www.stjosephschurchupminster.com)

**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**