



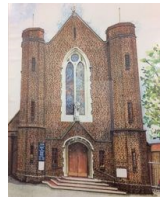
# St Joseph's Catholic Church

Champion Road, Upminster

Parish Priest: Fr Matthew Bemand-Qureshi

Parish Secretary: Rachel Hayward

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## PARISH NEWSLETTER

1ST / 2ND JUNE 2024

**CORPUS CHRISTI (B) - Mass Book Pg 83**

(Exodus 24:3-8, Hebrews 9:11.15, Mark14:12-16.22-26)

Today we celebrate the Solemnity of Corpus Christi, or the Body and Blood of Christ, instituted in the middle ages to recognise with joy and thanksgiving the enormity of this gift to us, which is at the very heart of our Catholic faith.

The Eucharist is inextricably linked to the mystery of Christ's suffering, death and resurrection – the Paschal Mystery – for it was at the Last Supper that Our Lord instituted the Eucharist as a means for believers in every generation to participate in that mystery and receive its fruits. Earlier in his ministry Our Lord declared (following the miracle of the loaves and fishes) 'whoever eats my flesh and drinks my blood has eternal life, and I will raise him up on the last day' – later in the summer we will hear a series of Sunday gospel readings from this powerful sermon.

On the day of resurrection Our Lord revealed himself to two of the disciples in 'the breaking of bread', and the Acts of the Apostles tells us that 'the breaking of bread' – i.e. the eucharist – was a central part of the church's life from the very beginning. The community of faith recognised that Jesus's own words could only be understood as describing his real presence in the bread and wine offered at the altar. Later, St Thomas Aquinas (who played a part in establishing this feast) provided a way for us to speak intelligently of this mystery, and gave us some beautiful hymns which express this crucial aspect of our faith. The *Tantum Ergo* (Therefore we before him bending) is familiar to us from Benediction. A line from another hymn appears high above the altar in our church, and it states 'On the cross his divinity was hidden; here [on the altar] his humanity is hidden as well'. The message is clear – the same Jesus Christ, true God and true man – placed in an animal's feeding trough as a baby, nailed on a cross, risen and ascended, comes to us so that he may share his life with us. And the only evidence we need for this is Jesus' own words; as the hymn puts it 'Truth himself speaks truly, or there's nothing true'.

May I suggest I few 'holy habits' that will reinforce our Eucharistic faith – since good habits can sustain us even at times when our faith is hesitant.

- Fasting from all food and drink (except water and medicine) for an hour before receiving communion helps us to be more intentional about what we are doing.
- Keeping the time before Mass free of unnecessary conversation to preserve an atmosphere of prayer – fellowship with one another is very important, but talk to God before Mass and to each other after Mass!

- Saying 'Amen' at the point we receive communion, as a simple statement of belief (we weren't allowed to do this at the height of the pandemic, and perhaps forgot its significance)
- Spending some time in prayer immediately after communion or after Mass, to say thank you to God for this gift.

Earlier this month approximately 60 children of our parish received Our Lord in holy communion for the very first time. This is always a joyful moment, and their anticipation and delight should teach us all to value this gift more and more. They will come together at the 11am Mass this weekend to give thanks with us. This Mass will conclude with a short eucharistic procession concluding with Benediction outside (weather permitting). We believe Christ is present in the sacrament of the eucharist not only to feed us, but so we can be close to him in prayer and give him due honour and worship. A procession is a sign to the world of our eucharistic faith that the incarnate Son of God is present in our midst to transform the world and lead people to know and accept his message of eternal life.

God bless, Fr Matthew

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**CELEBRATIONS OF SERVICE:** During the months of June and July there will be a series of special Masses to celebrate the different forms of service within our parish community. Each week those involved in a different area will be invited. The Masses are not private, so anyone is welcome to come – perhaps as a gesture of appreciation to those engaged in this service or to find out more about getting involved. If you can't make 'your' Mass, feel free to come to a different one. The first celebration is on Thursday 13<sup>th</sup> June at 7.30pm for all those who make the church a place of welcome and support this behind the scenes: welcomers, cleaners, flower arrangers and those involved with maintenance, counting, finance and administration.

**MASS SETTING:** We are in the process of introducing a new setting for the parts of the Mass, the 'Pershore' Mass. When used, the music can be found in the supplement to the Laudate hymn book at the following numbers: Lord have mercy 523, Gloria 524, Holy, holy, holy 579, Lamb of God 589.

**SECOND COLLECTION—SICK & RETIRED CLERGY:** We will be holding a second collection after all masses this weekend—1st / 2nd June in aid of the Sick and Retired Clergy Fund. If you are a registered gift aider in the parish please use your special collection envelopes.

**RIP NOTICES:** Please pray for the repose of the souls of Eileen McCardle and Daphne Dickens who died recently. Eileen's funeral will be held here on Thursday 6th June at 10.30am. Daphne's funeral will also be here at St Joseph's on Monday 10th June at 11am. May Eileen and Daphne rest in the eternal peace of Christ.

**BAPTISM CONGRATULATIONS:** Congratulations to Sonny Shelts, Chizaram Crystal Godwin-Ike and Keira Rose Hayes who are being received into the church this weekend through the sacrament of baptism.

**ST JOSEPH'S KNITTING & CRAFT GROUP:** Please note that our next meeting due to take place on Monday 10th June has been cancelled due to a funeral in the club. Our next meeting will be on Monday 8th July.

**CHRISTIANS AGAINST POVERTY DEBT HELP:** Lifting the weight of debt. Free debt advice and personal support in your community. If you are feeling weighed down by debt please contact us. You may think your situation is impossible but there is hope. Our friendly team will give you a listening ear in confidential appointments and provide a practical solution to your debt. Our service is completely free as we are a charity and receive donations from churches and individuals who want to help people. Call our new enquiries team free on 0800-328-0006 or visit [capdebthelp.org](http://capdebthelp.org). There are some leaflets at the back of the church if you'd like more information on our service.

**VOCATIONS:** The next "Enquirers' Evening" for those considering or interested in a vocation to the priesthood is on Tuesday 4 June at Brentwood Cathedral. The speaker will be Fr Dan Mason. For further information please contact Fr Mark Swires: [vocprom@brocdt.org](mailto:vocprom@brocdt.org)

**BCYS YOUTH MASS, THURSDAY 6TH JUNE 2024, BRENTWOOD CATHEDRAL:** This may be a busy and stressful time for many of you, particularly those taking exams. The Cathedral and Parish Hall will be open for you to socialise, pray and celebrate Mass with us, or pop in for a break from revision, change of scenery or quiet personal prayer. Pizza from 6pm in the Parish Hall, Mass at 7:30pm in the Cathedral.

**WALSINGHAM HOUSE ANNIVERSARY MASS, 31<sup>ST</sup> AUGUST AT WALSINGHAM HOUSE AT ABBOTSWICK:** We invite anyone who may have been involved with Walsingham House over the years to celebrate 40 years of volunteer teams with us, beginning with Mass celebrated by Bishop Alan at 12pm and followed by celebrations at our beautiful retreat house just outside Brentwood.

**THE GENERAL ELECTION:** This week the Catholic Bishops of England and Wales have launched a set of informative resources to help us think about our election choices. It covers pro-Life issues as well as the criminal justice system, education, poverty, the environment, refugees and migrants. The Bishops remind us: "*We are not merely the passive recipients of politics but active citizens. An election is the best time for us as Christians to speak out, to get involved, and to lead.*" The resources include suggested questions for candidates, links if you want to go deeper, and actions we can take to make a difference. You will find everything at: <https://www.cbcew.org.uk/election24/>

**CATHOLIC SOCIAL TEACHING IN AN ELECTION YEAR:** As the General Election approaches, on Saturday 15th June, Raymond Friel OBE, CEO of Caritas Social Action Network, will speak on Catholic Social Teaching and what the Church says about democracy and voting. The talks will be held at the Catholic Church of Christ the Eternal High Priest, Gidea Park (RM2 6DH). Coffee will be available from 10.30 am and the talks begin at 11 am, and conclude by 2 pm. This is an in-person event, also available online at [www.whatgoodnews.org](http://www.whatgoodnews.org)

**SVP AND CAFOD WORKING TOGETHER IN THE RUN UP TO THE GENERAL ELECTION:** As Catholics, we know that tackling poverty and injustice are among the most important issues politicians should act on. St Vincent de Paul Society and CAFOD have produced a guide for Catholics for the General Election, with suggested questions to ask candidates. Please see [cafod.org.uk/encounter](http://cafod.org.uk/encounter) or [svp.org.uk/encounter](http://svp.org.uk/encounter) for more information.

**SION COMMUNITY:** The next Maranatha event of Mass celebrated by Fr. Paschal Uche, followed by Prayer and Praise, will be held at Sion Community, Sawyers Hall Lane, Brentwood, CM15 9BX on Thursday, 20<sup>th</sup> June at 7pm. All welcome.

# MASS INTENTIONS THIS WEEK

<b>Sat 1st June</b> 5.30pm—6.15pm 6.30pm	<b>ST JUSTIN, M</b> <b>ADORATION AND CONFESSIONS</b> People of the parish
<b>Sun 2nd June</b> 9.00am 11.00am	<b>THE MOST HOLY BODY AND BLOOD OF CHRIST</b> Winifred & Ronald Threadgill RIP (Michael) Len Jones RIP Anniv. (Carter / Jones)
<b>Mon 3rd June</b> 9.15am	<b>ST CHARLES LWANGA &amp; COMPS, MM</b> Lar Fennesy RIP (Louise & Noel McNicholas)
<b>Tues 4th June</b> 9.15am	Noreen Walsh' Intentions
<b>Wed 5th June</b> 9.15am 12 noon—1pm	<b>ST BONIFACE, BP, M</b> Ellen Pritchard RIP (Ridley Family) <b>ADORATION AND CONFESSIONS</b>
<b>Thur 6th June</b> 9.15am 10.30am	Alan Stokes RIP (Diane) Requiem Mass—Eileen McCardle
<b>Frid 7th June</b> 9.15am	<b>THE MOST SACRED HEART OF JESUS</b> Maureen Sammon RIP
<b>Sat 8th June</b> 5.30pm—6.15pm 6.30pm	<b>THE IMMACULATE HEART OF MARY</b> <b>ADORATION AND CONFESSIONS</b> Private Special Intentions
<b>Sun 9th June</b> 9.00am 11.00am	<b>TENTH SUNDAY OF THE YEAR</b> People of the parish Moya Armstrong RIP Anniv. (Goldfinch)

## 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**