



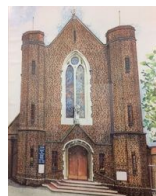
St Joseph's Catholic Church

Champion Road, Upminster

Parish Priest: Fr Matthew Bemand-Qureshi

Parish Secretary: Rachel Hayward

upminster@brcdt.org / 01708 222432



PARISH NEWSLETTER

21ST / 22ND JUNE 2025

THE MOST HOLY BODY & BLOOD OF CHRIST (C) - Mass Book Pg 83

(Genesis 14:18-20, 1 Corinthians 11:23-26, Luke 9:11b-17)

Last month 67 children from our parish received Our Lord in Holy Communion for the very first time, in the presence of family and friends. Without except, each child smiled as they approached the altar for this special encounter with the Lord. Their joy is infectious. Sometimes for us, coming to Mass and even receiving holy communion can feel a bit routine; we go through the motions, distracted by many other things in our lives, and forget that we are not simply going up for a bit of wafer and a sip of wine. Today, as we celebrate the Solemnity of Corpus Christi – the Body and Blood of Christ – we have an opportunity to remind ourselves why our children were so eager to receive Holy Communion, and rekindle our own joy and delight in this wondrous gift.



Once again we contemplate a mystery – something too wonderful and inexhaustible in its splendour for us to explain fully, yet something that is accessible to us because God has made it so. Last week we contemplated God himself in his Trinitarian existence. A perfect, eternal communion of persons, in whose image and likeness we are made, and whose life we are made to share for eternity.

Our relationship to God is expressed in our worship, by which we are fully aligned with him. But in a world out of kilter with God's good purposes this realignment can be difficult, as it meets our resistance. Jesus Christ, who is true God and true man, is able to offer perfect worship on our behalf – he is both priest and victim on the cross. We, as members of his body, are intimately joined to his perfect offering. The evening before he was to make this offering, at supper with his disciples, he gave them – and us – a means of making this offering our own, and bringing it into our present. The eucharist is this gift. As we gather here week by week or even day by day, we are able to worship God as we are meant to, carried up to heaven

by the one who comes down from heaven to feed us with himself, as surely as he came down from heaven to share our humanity, placed in an animal's feeding trough.

It is an extraordinary thing to contemplate, that one who the heavens cannot contain is content to be present as a tiny baby, and then to make himself smaller still, a tiny disc of bread, small enough to be placed in our hands or on our tongues. This is the great mystery we profess: that through the words of the Word, spoken anew by his priest, bread and wine become the body, blood, soul and divinity of our crucified and risen saviour, the second person of the blessed Trinity. Incredible, yet entirely fitting: we are saved by one who shared our humanity completely, and who comes to us now in a way which accords with our material nature, allowing us to feed on him in such a way that doesn't offend our senses. We believe this, because it is precisely what Our Lord has told us. When many people walked away, appalled by his graphic language the disciples said, 'where else can we go? YOU have the words of eternal life!'. Eternal life is what is shared with us through this wonderful gift we celebrate today.

God bless, Fr Matthew

THE DIOCESAN LOURDES PILGRIMAGE 2025: Join Bishop Alan Lourdes from **Friday 18th to Friday 25th July**. We can support those with medical needs. For further information, please 'phone Tangney Tours on 01732 886666 or book online: tangney-tours.com/brentwood

SECOND COLLECTION: Please note that there will be a second collection after all masses this weekend in aid of the Retired and Sick Clergy and another next weekend in aid of Peters Pence.

FEEDING OUR FAITH: Our next parish faith formation evening, accompanied by a shared supper, is on Tuesday 1st July in the Social Centre from 7pm. Fr Matthew will help us to better understand the Nicene Creed which we recite at Mass each week, in this 1700th anniversary year of the council it emerged from.

CHRIS & JOAN ALLEN GARDEN OPEN: Please note that Chris and Joan will be opening their garden on 6th July from 1pm—5pm for charity. Address; 12 Cedar Avenue, Upminster, RM14 2LW. Tea, coffee and cake available - music by Jacques Allen.

ST JOSEPH'S CATHOLIC CLUB: Membership renewals have now begun. Please renew online at: <https://membermojo.co.uk/stjosephscc/> - just £10 per adult for the year. New members are always welcome, and there are events for all the family. Open Thurs, Fri, Sat and Sun evenings.

VACANCIES IN DIOCESAN SCHOOLS: <https://www.dioceseofbrentwood.net/departments/education/vacancies/school-vacancies/>

SOCIAL CENTRE: Please have a look at the initial proposed floor plans for our hoped-for new Social Centre, and share your views using the online survey – see noticeboard in the church porch.

EUCCHARISTIC ADORATION: This is a regular feature of our parish life, taking place most days. At the end of each Mass this weekend there will be a short period of eucharistic adoration, when we pray silently in the real presence of our Lord, concluding with the blessing of our Lord himself in the Blessed Sacrament (known as Benediction). At the 11am Mass this will take place in the school playground following a procession in which our first communion children will be taking part.

ALTAR LINENS: If you are in a position to help washing and ironing the small cloths used at Mass, that would be greatly appreciated: please leave your details at the parish office.

SUPPORT LOURDES PILGRIMS WITH ADDITIONAL NEEDS: For many years Fr Bob's Group of men and women with additional needs have been a key part of our Diocesan Lourdes Pilgrimage. They are looking for additional funding, and have set up a fundraising page <https://gofund.me/30c3681c>

CELEBRATING NICEA: To celebrate 1700 years since the Council of Nicaea, Deacon Ken Carleton recently gave a study day entitled 'Consubstantial with the Father: Creed, Church and Constantine'. The statement of faith it produced became the basis of the Creed we recite at Mass on Sundays. A fully edited version of the study day is now available free of charge on www.whatgoodnews.org

SVP BRENTWOOD CENTRAL COUNCIL FESTIVAL: The festival will take place on Saturday 12th July 2025, from 1:00 PM – 3:30 PM at Brentwood Cathedral. It is a free event that celebrates the work of SVP volunteers across Essex and East London, and invites parishioners and the wider community to come together, learn about our mission, and see how they can get involved.

ST JOHN BOSCO CHILDREN'S CAMP 2025: For children aged 9-12 years old (school years 5-7), a week of great fun, activities including climbing wall and zip wire, fishing, football, archery and much more, all in a beautiful setting. The Camp has a Catholic ethos, and exists to give children a magnificent holiday. **26th July – 2nd August.** For more details, and application information: www.boscocamp.co.uk. The Camp is a special work of Caritas Diocese of Brentwood.

SACRED HEART OF MARY GIRLS' SCHOOL, UPMINSTER

VACANCIES: are seeking Learning support Assistants- (2 posts) - APTC points 3 - 4 (£27,729 -£28,125 pro rata) (£19,310 - £19,586 Actual). For more information about the post or to arrange a visit to the school, please contact the SENCO, Ms Dosoo, on 01708 222660. Applications for this post will be accepted via QuickApply. Closing date: Friday 27th June.

MASS INTENTIONS THIS WEEK

Sat 21st June	ST ALOYSIUS GONZAGA, REL
5.30pm—6.15pm	NO ADORATION AND CONFESSIONS THIS WEEK
6.30pm	John, Delia and Brendan Sammon & Linda Travell RIP
Sun 22nd June	THE MOST HOLY BODY & BLOOD OF CHRIST
9.00am	Isabelle Marie Tierney's Intentions (Bemand-Qureshi)
11.00am	People of the parish
Mon 23rd June	
9.15am	Hanna Hale RIP Anniv. (5th) (Maguire)
Tues 24th June	NATIVITY OF ST JOHN THE BAPTIST
9.15am	Teresa Brown's Intentions (McEneaney) (With our Year 5 children)
Wed 25th June	
9.15am	John & Elsie Ayers Intentions (Bemand-Qureshi)
12 noon—1pm	ADORATION AND CONFESSIONS
Thur 26th June	
9.15am	Joyce Jones RIP B'Day (Carter / Jones)
Frid 27th June	THE MOST SACRED HEART OF JESUS
9.15am	Margaret Marshall RIP (St Joseph's SVP)
Sat 28th June	ST IREANAEUS, B D M
5.30pm—6.15pm	ADORATION AND CONFESSIONS
6.30pm	Paul & Valerie Bemand-Qureshi RIP Anniv. (Bemand-Qureshi)
Sun 29th June	SS PETER & PAUL, APP
9.00am	People of the parish
11.00am	Charles Cantwell RIP Anniv. (Pauline)

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

**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**