



# St Joseph's Catholic Church

Champion Road, Upminster

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## PARISH NEWSLETTER

19TH / 20TH JULY 2025

**SIXTEENTH SUNDAY OF THE YEAR (B) - Mass Book Pg 111**

(Genesis 18:1-10a, Colossians 1:24-28, Luke 10:38-42)

26TH / 27TH JULY 2025

**SEVENTEENTH SUNDAY OF THE YEAR (B) - Mass Book Pg 114**

(Genesis 18:20-32, Colossians 2:12-14, Luke 11:1-13)

This newsletter covers two weeks – for the first weekend, our gospel is the account of Jesus' visit to his good friends Mary and Martha, the sisters who lived in Bethany with their brother Lazarus. Many of us have an instinctive sympathy for Martha. The situation described in today's gospel could easily occur anywhere, at any time, and it probably has in most families at some point or other: one person growing resentful as they end up doing more than their fair share of the work whilst someone else gets away with doing nothing. But this gospel is not a parable about fairness. It's sometimes presented as an illustration of the need for active and contemplative vocations within the life of the church, but that doesn't quite reflect what is going on here either. The simple message that comes from Jesus' own words is that we need to be focused on the one thing that really matters. Martha is so distracted by the serving, that she has forgotten the one necessary thing: God – who just happens to be right there, in her house.

A pragmatic person might say, we can't all just drift through life not doing anything. But that is to miss the point. If our life is about 'one thing' – which is according to one definition, the essence of being a saint – it doesn't mean we ignore all the practicalities of life, but rather it means that the 'one thing' must be uppermost in our minds, and everything we do must be done in the light of that 'one thing.' A life lived for the 'one thing' has an integrity and a clarity that allows the light of Christ to shine through. This is what we are all called to become, and we should take encouragement from the fact that Martha is honoured as a saint with her sister and brother, their feast day occurring later in the fortnight covered by this newsletter. Like here, we are works in progress, and our response to the call to holiness can be thought of as re-focusing our lives so that everything is indeed about Christ, the one thing. Who can rightfully insist on being that one thing are lives are centre on, because he is the Son of God, through whom we have our very being, the one who enables our true flourishing as sons and daughters of God.

am privileged to be spending a week in Lourdes, with over 300 people of all ages from our diocese, who in different ways help each other get the most from the pilgrimage. It is a busy week, especially for those who go in a particular service role. But perhaps in Lourdes more than anywhere else, we can learn the lesson of today's gospel, that serving others can also be a means of being more consciously in the presence of the Lord. By doing all things for love of God and neighbour – last Sunday's gospel – are lives are more completely centred on Christ, who Mary joyfully gives to the world. And so even in the midst of activity, we are able to rest in him, and live in his eternal peace and joy.

The weeks of the summer holiday provide a change of pace for many of us. For some of us that change might be more rather than less frenetic! Let us strive to keep Christ at the centre of everything, business and rest, alike.

Please be assured of my prayers from Lourdes, where I shall leave last year's Paschal candle as a sign of prayer for the parish, along with individual prayer requests.

God bless,  
Fr Matthew

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**SUMMER NEWSLETTERS:** During the summer holiday period the newsletter will appear fortnightly. The next newsletter will be for 2<sup>nd</sup>/3<sup>rd</sup> August.

**SUNDAY COFFEE:** The last Sunday coffee before the holidays will be on Sunday 20<sup>th</sup> (the first Sunday of this newsletter). Thank you to the various parish groups who have hosted coffee between the morning Masses during the year, and to Sinead who organises the coffee rota on our behalf. Sunday coffee will resume in September.

**LOURDES THANK YOU:** On behalf of the young people from our parish travelling to Lourdes, thank you to those who contributed to their travel costs at their recent coffee mornings and cake sales.

**EUCCHARISTIC ADORATION:** Please note there is no eucharistic adoration on Saturday 19<sup>th</sup> July or Wednesday 23<sup>rd</sup> July. If you require the sacrament of reconciliation on Saturday please ask the visiting priest.

**THIS WEEK:** Many thanks to the priests from the Missionaries of La Salette in Goodmayes, the Friars of the Renewal in Canning Town and Fr Gerald Gostling, for celebrating Mass on days when Fr Matthew is away. You might like to follow liturgies from the Diocesan Lourdes pilgrimage online, especially Mass at the Grotto on Wednesday 23<sup>rd</sup> July at 9am BST (10am Lourdes time), the Blessed Sacrament Procession on 22<sup>nd</sup> at 4pm BST and the Torchlight Procession on 23<sup>rd</sup> at 8pm BST: visit <https://www.lourdes-france.com/lourdesplus/>

**FUNERAL ARRANGEMENTS PAT JUDGE:** Pat's funeral will take place on Monday 21<sup>st</sup> July at 12 noon at St Cedd's Church, Goodmayes (IG3 8SH). Burial at Rippleside Cemetery Barking (IG11 9PF). Coach to cemetery for those who wish to attend. Reception 3pm at St Cedd's Social Club. Everybody welcome to attend.

**FLOWER HELPERS:** We are looking for people to join the flowers arrangers in the church. If this is something that you would like to do please contact the presbytery on 01708-222432.

**SCHOOL CAR PARK:** Works being carried out over the summer holidays mean that the car park by the main school entrance (next to the social centre) will be unavailable for Mass during his period.

**USED STAMPS ST FRANCIS HOSPICE:** The hospice continues to collect used stamps to raise funds and has been very grateful to the parishioners of St Joseph's for collecting them for many years. Please continue to save your used stamps and leave them in the porch or give them to Sr Rosemary. When taking the stamps from the envelopes, please leave at least a half inch margin around the stamps. Thank you.

**CWL LUNCH CLUB:** Wednesday 23rd July will be the last lunch club as we break for the summer and a well-deserved rest. We will reopen on Wednesday 10th September.

**KNIGHTS OF SAINT COLUMBA - HOLY RELICS TOUR 2025:** St Margaret of Scotland, St Columba, St Andrew. Tuesday 5th August 12 noon—8pm and Wednesday 6th August 8am—10am Brentwood Cathedral.

**INGATESTONE HALL TEA & TOUR:** Brentwood Catholic Children's Society is excited to invite you to a special day exploring the beautiful Ingatestone Hall! Join us for a private guided tour led by Lord Petre or his son, giving you a rare glimpse into this stunning 16th-century Grade I listed manor house. The tour lasts about 1½ hours, and afterwards, you'll be treated to tea and cake in the parlour — a lovely way to relax and chat! **Date:** Thursday, 11th September. **Times:** 10.30 am and 12.30 pm (two tour options). **Tickets:** £25 per person — you can reserve yours here: <https://eu.jotform.com/form/251772844632361>. **Note: Please be aware that access is limited due to the historic nature of the building, which may not be suitable for individuals with mobility challenges.** If you'd like more info, please get in touch with Julie: Email: [jabbott@bccs.org.uk](mailto:jabbott@bccs.org.uk) / 07912277413 and we look forward to welcoming you to Ingatestone Hall for a day of history, hospitality, and stunning architecture.

**NATIONAL PILGRIMAGE OF REPARATION & PRAYER** for the Sanctity of Life to Walsingham, Saturday 2nd August to be led by Bishop John Keenan of Paisley diocese, Scotland. Everyone is invited to join in this pilgrimage either in person or via the Shrine livestream at <https://www.walsingham.org.uk/live-stream/>. Details of the day and travel arrangements can found at [www.prolifepilgerimage.org](http://www.prolifepilgerimage.org)

#### USEFUL INFORMATION

**EUCCHARISTIC ADORATION & CONFESSIONS:** *Usually* Saturday evening 5.30-6.15pm and Wednesday 12 noon-1pm. Confessions also available on request when Fr Matthew is available or by appointment. Please note variations due to holidays.

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

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

**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)

# MASS INTENTIONS THIS FORTNIGHT

**Sat 19th July**

**5.30pm—6.15pm**

**6.30pm**

**Sun 20th July**

**9.00am**

**11.00am**

**Mon 21st July**

**9.15am**

**Tues 22nd July**

**9.15am**

**Wed 23rd July**

**9.15am**

**12 noon—1pm**

**Thur 24th July**

**9.15am**

**Frid 25th July**

**9.15am**

**Sat 26th July**

**6.30pm**

**Sun 27th July**

**9.00am**

**11.00am**

**Mon 28th July**

**9.15am**

**Tues 29th July**

**9.15am**

**8pm**

**Wed 30th July**

**9.15am**

**Thur 31st July**

**9.15am**

**Frid 1st August**

**9.15am**

**Sat 2nd August**

**5.30pm—6.15pm**

**6.30pm**

**Sun 3rd August**

**9.00am**

**11.00am**

## NO ADORATION AND CONFESSIONS

Maureen Springham RIP B'Day (Brian)

## SIXTEENTH SUNDAY OF THE YEAR

Ivan Cooper RIP Anniv. (Family)

People of the parish

Anne-Marie RIP (Bemand-Qureshi)

## ST MARY MAGDALENE

Florence Alabi's Birthday Intentions (Bridget)

## ST BRIDGET OF SWEDEN, REL.

Nimmy Henry RIP Anniv. (Family)

## NO ADORATION AND CONFESSIONS

Edward & Sheila Willoughby RIP (Mark)

## ST JAMES, AP

Brian & Bryony Sapford's Wedding Anniv. Int. (Duffy)

## ST JOACHIM & ANNE, PARENTS OF BVM

People of the parish

## SEVENTEETH SUNDAY OF THE YEAR

Thanksgiving (Armstrong)

James Loudon RIP (Jill)

Deborah Osho B'day (Bridget)

## SS MARTHA, MARY & LAZARUS

People of the parish

Patsy Fowley RIP Anniv. (Bridget)

Samuel Wingrove RIP B'day (Cunningham)

## ST IGNATIUS OF LOYOLA, PR

Ron Frost RIP Anniv. (Teresa)

## ST ALPHONSUS MARY DE'LIQUORI, BP, D

Private Intention (Medley)

## ADORATION AND CONFESSIONS

People of the parish

## EIGHTEENTH SUNDAY OF THE YEAR

Deceased members of the Mitchell and Maguire Families

Patrick & Mary Anne Brady RIP Anniv. (Margaret)

**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**