



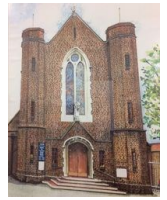
St Joseph's Catholic Church

Champion Road, Upminster

Parish Priest: Fr Matthew Bemand-Qureshi

Parish Secretary: Rachel Hayward

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PARISH NEWSLETTER

13TH / 14TH JUNE 2026

ELEVENTH SUNDAY OF THE YEAR (A) - Mass Book Pg 91

(Exodus 19:2-6a, Romans 5:6-11, Matthew 9:36-10:8)

The month dedicated to Mary is followed by a month dedicated to the Sacred Heart of her son. The solemnity of the Sacred Heart is always celebrated on a Friday – the day of our Lord's passion and death – the Friday that falls in the week following Corpus Christi, i.e, the Friday just before this newsletter. The feast day itself can easily be overshadowed by Corpus Christi, especially as that feast is now celebrated on a Sunday, but since we have a whole month, we can spend a little more time contemplating the significance of this devotion. For it is indeed a popular one: we have an image of the Sacred Heart in church, where many people light candles and leave prayer requests (these requests, by the way, are all collected by our parish prayer group, and offered up in their weekly meeting). We may also have a picture or statue of the Sacred Heart in our homes.

To some, it may seem a strange image: a heart appearing on the outside of Jesus's robes. And yet he points to his heart, showing it to us – or alternatively, opens wide his arms in a gesture of welcome and embrace – so that we may draw closer to him, and find in his heart a place of peace and comfort. We know that the heart is an essential organ for the functioning of our bodies, and for that reason is seen as symbolic of much more than a means of circulating blood around our bodies. It is traditionally regarded as the centre of our emotions, our capacity for love and our inner, spiritual life. We use the word 'heart' also to refer to what is most essential and fundamental to something, as well as a shorthand for love.

Focusing on the 'organ' of love, this devotion naturally leads us to meditate upon the immense and overflowing love which our Saviour has for us at the core of his being, love which is his driving force. As a physical organ of his human body, we meditate on the fact that out of love for us, Jesus, who is God, became one of us precisely so that he could share our humanity in every respect, including suffering, in order to heal and transform it.

His love for us is manifested concretely in his suffering. His victory over death is real, and the sure basis for our hope, but the suffering and death which preceded it was also very real. He was moved to tears at the pain death

inflicts on his people. His soul was filled with sorrow on the eve of his passion. On the cross he felt abandoned by his Father, and his heart was literally pierced for our sake on the cross. In the end the only Christian response to all the unfairness of life, the innocent suffering and bitterness of grief, is to be found in Saviour's readiness to go through all the pains that his people suffer. This is true compassion - suffering with us. His suffering is also for us, in that it accomplished something extraordinary: we who are united with him in his human vulnerability are also able to share his divine glory. His heart's desire is that we should be one with him, our hearts ablaze with love, for he has shown us that it is in giving and receiving love that we are most human; and love always makes us vulnerable even as it makes us more alive.

There are many prayers which take up the theme of Our Lord's Sacred Heart. Pope Leo has published a new prayer for this month which we might use:

*Lord, I come to your tender heart today,
to you who have words that set my heart ablaze,
to you who pour out compassion on the little ones and the poor,
on those who suffer, and on all human miseries.*

*I desire to know you more, to contemplate you in the Gospel,
to be with you and learn from you
and from the charity with which you allowed yourself
to be touched by all forms of poverty.*

*You showed us the Father's love by loving us without measure
with your divine and human heart.*

*Grant all your children the grace of encountering you.
Change, shape, and transform our plans,
so that we seek only you in every circumstance:
in prayer, in work, in encounters, and in our daily routine.*

*From this encounter, send us out on mission,
a mission of compassion for the world
in which you are the source from which all consolation flows.*

Amen.

God bless, Fr Matthew.

RIP: Please pray for the repose of the souls of Margaret Okey and Rachel O'Donnell who died recently. Margaret's funeral will also be held here on Monday 22nd June at 12 noon. The details for Rachel's funeral will be published once confirmed. May Margaret and Rachel rest in the eternal peace of Christ. Please pray for their families.

SECOND COLLECTION: There will be a second collection after all masses next weekend 20th / 21st June in aid of Day for Life.

PARISH LUNCH: There will be a bring and share lunch from 1pm on Sunday 5th July at St Peter's Centre on Front Lane to give thanks for our use of this building and bid farewell to it, as ownership passes to the Romford Elim Church.

5TH UPMINSTER (ST JOSEPH'S) GUIDES: Were you a member of the 5th Upminster (St. Joseph's) Guides or a helper? Then please join us for a grand reunion at St. Peters on Sunday the 12th July from 2-4pm. It is a "bring and share afternoon," i.e. bring some food, photos and memories to share!!! Thank -you. Dianeconsultants@gmail.com

THE HOLY LAND: GIFT OR ENTITLEMENT? – TALK AT GIDEA PARK: For decades the struggle over the Land has led to conflict in the Middle East. How should believers interpret the biblical texts related to the Land? Our renowned speaker, Fr John Deehan, is a Scripture scholar, who taught for many years at Allen Hall Seminary. Fr John will speak on Saturday 4th July from 11 am until 1 pm, with break for lunch, at Christ the Eternal High Priest Catholic Church, Gidea Park, RM2 6DH. Admission free. Coffee from 10.30. The event will also be available via live stream on www.whatgoodnews.org

ST JOHN BOSCO CHILDREN'S CAMP, SUMMER 2026 – PLACES FILLING FAST: Applications are open for children currently in school year 5 – 7 (i.e. aged 9-12 in August 2026) to spend a week at camp. 25th July – 1st August or 1st – 8th August. Activities include archery, fishing, Aqua Park visit, football, kayaking and much more. The camp is especially for children who may not otherwise have a summer holiday. Suggested donation £200, but full bursaries are available. All application details and full information are at www.boscocamp.co.uk. Places are going quickly – you are encouraged to apply this week.

BIG COMMUNITY TABLETOP SALE: Join us after the 11am Mass on Sunday 28th June at Most Holy Redeemer Church, Harold Hill in St. George's Hall for our tabletop sale! All money raised will go towards a new cellar door in the Parish Hall. For further details, please contact Theresa on 01708 343492. All are very welcome!

BRENTWOOD URSULINE - MUSICAL APTITUDE ASSESSMENTS FOR MUSIC SCHOLARSHIPS & PLACES - YEAR 7 ADMISSION SEPTEMBER 2027: Is offering 17 of the Year 7 places for admission in September 2027, on the basis of musical aptitude. Parents wishing to apply should submit the appropriate form (available to download from the website www.brentwoodursuline.co.uk or direct from the school). Completed forms must be sent to the school by Friday, 17th July 2026. For further information, please do not hesitate to contact the school.

CAMPION SCHOOL OPEN EVENING – YEAR 5 STUDENTS: The Campion School warmly invites parents/carers and year 5 boys to an Open Evening on Thursday, 25th June from 4.30 pm to 7 pm. Headteacher's talk will be at 4.30pm and 6.30pm. Please visit school website for more details www.thecampionschool.org.uk

MASS INTENTIONS THIS WEEK

Sat 13th June 5.30pm—6.15pm 6.30pm	THE IMMACULATE HEART OF MARY ADORATION AND CONFESSIONS People of the parish
Sun 14th June 9.00am 11.00am	ELEVENTH SUNDAY OF THE YEAR Douglas Woulds Snr RIP (Doug) James & Andrew Shanahan RIP Anniv. (Goldfinch)
Mon 15th June 9.15am	Anne-Marie Roberts RIP B'Day (Bernadette)
Tues 16th June 9.15am	Hanna Hale RIP Anniv. (Maguire)
Wed 17th June 9.15am 12 noon—1pm	Henry Christopher Nye RIP Anniv. (Family) ADORATION AND CONFESSIONS
Thur 18th June 9.15am	Lucian Vasile RIP (Tan) (With our Year 2 children)
Frid 19th June 9.15am	Rachel O'Donnell RIP (Tsocos)
Sat 20th June 5.30pm—6.15pm 6.30pm	ADORATION AND CONFESSIONS Joan Keegan RIP 100th Birthday (Marion)
Sun 21st June 9.00am 11.00am	TWELFTH SUNDAY OF THE YEAR People of the parish Ronald Robinson's Intentions (Christine)

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/pastoral need): 07356 292542

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.

St Joseph's Pre-School - (available 7.30am-6pm) 07983-859090 / 07807-700900

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**