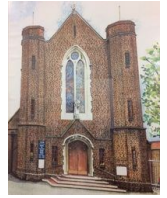




St Joseph's Catholic Church

Champion Road, Upminster

Parish Priest: Fr Matthew Bemand-Qureshi
Parish Secretary: Rachel Hayward
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PARISH NEWSLETTER

6TH / 7TH JUNE 2026

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

(Deuteronomy 8:2-3, 14b-16a, 1 Corinthians 10:16-17, John 6:51-58)

Those who've had the good privilege of going on pilgrimage to Lourdes know how important the processions are. The best known and most photogenic procession is the torchlight Marian procession. But of no less significance is the Blessed Sacrament procession that takes place through the sanctuary every day.

In common with many churches around the world we will have our own Blessed Sacrament procession today to mark the solemnity of Corpus Christi. Even if ours only involves a few metres on the public highway, such processions provide a witness to the world and a reminder to ourselves of the centrality of the Eucharist. The Eucharist is not just the thing we do on a Sunday that makes Catholic worship a bit different from other Christian traditions. It is, to use a phrase coined in the last century, the 'source and summit' of our Christian lives.

It is the summit, in that it is the greatest act of worship we offer to God. The past events of our redemption and our future hope of heaven are caught up in our present moment. We worship God who has made us for communion with him. And everything else flows from this. We go out into the world, fed by him, and our encounter with him shapes us and forms us as disciples.

We might consider the Eucharist under three headings: meal, sacrifice and real presence (I'm summarising the presentation of Bishop Robert Barron in his Word on Fire resources).

It is a meal, though no ordinary meal: a sacred banquet. Recall that sin came into the world through eating the wrong thing. Meals play prominent part in the covenantal relationship between God and his people, preparing the way

for the incarnation: God made man, born in a town called House of Bread, placed in animals feeding trough. Who eats with sinners and the marginalised, who miraculously feeds a vast crowd. And at the climax of his ministry, eats with his disciples and establishes himself as the new Paschal lamb, instituting the Passover meal of a new and eternal covenant.

It is also a sacrifice. In a world gone wrong, worship is costly. It demands something of us. But human offerings are always inadequate. The only sacrifice that can properly heal the wound between God and man, is the sacrifice of Jesus Christ himself, true God and true man, a sacrifice offered once and for all on the cross, but which is part of our present in the Mass, so that we are not simply offering human worship, but the perfect worship provided by God himself, for our benefit.

And it is the real presence of Christ himself. We are not simply carrying a piece of bread in our blessed sacrament procession. Nor do we merely eat and drink bread and wine at communion. Our risen Lord and Saviour Jesus Christ is truly present, body, blood, soul, and divinity. Hidden under the form of ordinary food and wine, but no less present for being perceptible only to the eyes of faith.

When we say Amen at Holy Communion, we are assenting to the truth that this really is Christ. When we kneel before him in Eucharistic adoration or genuflect towards the tabernacle we are truly worshipping God, and not something man-made. If it seems too strange to be true, remember that nothing is impossible to God. Let us place our trust In the one who is truth himself, and whose words have the power to change reality. As Thomas Aquinas put it in one of his hymns, Truth himself speaks truly, or there's nothing true.

God bless, Fr Matthew.

YOUNG PEOPLE'S MUSIC GROUP: Our new group will be supporting the music at the 6.30pm Mass on Saturday 13th June. New members welcome. Meet at 5.30pm in the Youth Room (through the Prayer Garden) and stay for the evening Mass. Come and sing or bring an instrument.

LADIES NIGHT: Thursday 11th June 7.15 PM: Come and join us for an evening where we chat and nibble! If you are new to the parish this is an opportunity to meet new friends. It will be good to see you if you can make it. More info from Bernadette in the Repository or Frances 07765 206738.

RIP: Please pray for the repose of the souls of William Brannen & Margaret Okey who died recently. William's funeral will be held here on Thursday 11th June at 12.30pm and Margaret's will also be held here on Monday 22nd June at 12 noon. May William and Margaret rest in the eternal peace of Christ.

SICK & RETIRED CLERGY FUND: This weekend there will be the annual collection for the Sick & Retired Clergy Fund of the Diocese. Donations can be made in the 2nd Collection, online via the Diocesan Website or using any available Contactless devices, selecting the second collection option, (if applicable). The fund helps Clergy who require assistance in their retirement after years of service, it also helps those who are in ill health at any age. This is also an opportunity to thank parishioners who have bequeathed legacies in their wills and we would welcome any who are about to make, or review existing arrangements, to consider this worthy cause. The Administrators of the fund would also like to express their gratitude to the families of deceased parishioners who have gifted legacies in the past.

JUNE ANNIVERSARIES: Ronald Threadgill, Len Jones, Pauline Duncan, Violet Marsh, Ernest Phillips, Michael Reed, Betty Wellings, Dawn Ney, Mary Singleton, Joseph McConalogue, Teresa Faherty, Laurens Pynenburg, Annie Allen, Kim Bateman, Dan Coakley, Annette Collier, Maureen Lockwood, Eileen Wennell, Francis Hartley, Alfred Allen, Charles Allen, Edward Caldon, Hanna Hale, Dorothy Moss, Patience Jones, James Cantwell, Ron Gillespie, Patrick McDonnell, Peter Casey, Peter Mc Comish, Paddy O'Shea, Robert Steeden, Maria Wayne, Michael Hogan, David Murphy, Patricia Hogg, Bernard Goodall, Kathleen Mansell, Frances Thurgood, Barbara Patullo, Ethel Kirk, Pamela Bailey, Margaret Baker, Patrick O'Shea, Hugh Scullion, Mildred Freel, Ellen Ivens, Anita Wolski, Alfred Best, Clorinda Pesci, Hannah Rynne, Dr Kevin McAndrew, Isabel Coleman, Mary Cooper, James Reid, Cornelius Barrett, Michael Mahoney, Beatrice Jordan, Marion McKenzie, Eileen Geddes, Grace Waterman, John Scanlon, Joy Ramsden, Eddie O'Sullivan, Clive Gleeson, Moya Armstrong, Bishop Wall, Denis O'Connor, Eileen Busby, Meryl Gibbs, Jeanette Cavalier, Anne Tunstill, Betty Moore, Anna Gallagher, Shirley Hartley, Ellen Sharp, Mary Falconer, Sydney Cooper, Catherine Turck, Michael Neary, Joan Heelan, Christina Ritchie, Patrick Monaghan, Christine Mathurin, Eileen James, Margaret Garwood, Nancy Moncriefe, Henry Benjamin, Michael Ferrell, William Cates, Mary Doreen Clark, Rachel Ferrie, Joyce Croly, Patricia Gilbert, James Jinks, Thomas Tinney, Patrick Murray, Roy Hale, John Wooster, Joan Henry, Annie Dawson, Grace Connelley, Tony Nellist, Patsy Fowley, Leonard Tylar, James Cronin, Doris Newman, Kathleen (Kit) Murdock. May they all rest in the eternal peace of Christ.

MASS INTENTIONS THIS WEEK

Sat 6th June

5.30pm—6.15pm ADORATION AND CONFESSIONS

6.30pm People of the parish

Sun 7th June THE MOST HOLY BODY AND BLOOD OF CHRIST

9.00am Kevin Fahy RIP (Paul)

11.00am Simon Murphy RIP (Catton)

Mon 8th June

9.15am Penny Cassidy RIP (Sue Earley & Cathy Hartie)

Tues 9th June

9.15am Dan Coakley RIP Anniv. (Family)

Wed 10th June

9.15am Maureen Oxley RIP (Donoghue)

12 noon—1pm ADORATION AND CONFESSIONS THIS WEEK

Thur 11th June ST BARNABAS, AP

9.15am Declan Hanafin RIP (Ryan) (With our Year 3 children)

12.30pm Funeral service—William Brannen

Frid 12th June THE MOST SACRED HEART OF JESUS

9.15am Maureen Springham RIP (Brian)

Sat 13th June THE IMMACULATE HEART OF MARY

5.30pm—6.15pm ADORATION AND CONFESSIONS

6.30pm People of the parish

Sun 14th June ELEVENTH SUNDAY OF THE YEAR

9.00am Douglas Woulds Snr RIP (Doug)

11.00am James & Andrew Shanahan 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/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**