



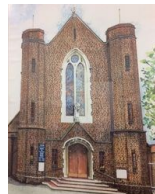
St Joseph's Catholic Church

Champion Road, Upminster

Parish Priest: Fr Matthew Bemand-Qureshi

Parish Secretary: Rachel Hayward

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PARISH NEWSLETTER

11TH / 12TH JULY 2026

FIFTEENTH SUNDAY OF THE YEAR, APP Pg 102

(Isaiah 55:10-11, Romans 8:18-23, Matthew 13:1-23)

The parable of the sower which we hear in this week's gospel is so familiar that the explanation seems self-evident. Yet it is a rare instance where Jesus gives a detailed explanation because the disciples clearly haven't got it. It also demonstrates that, contrary to what we might suppose, parables weren't necessarily about making Jesus' teaching easier. Rather, they are meant to draw us in to a deeper engagement with the mysteries of the kingdom, by requiring us to think and reflect.

This parable might indeed prompt some self-reflection. What in my life hinders the gospel taking root and bearing rich fruit? Have I not fully appreciated what discipleship involves? Do I let other things get in the way and crowd out the practice of my faith?

Then we might consider ourselves in the place of the sower. Someone who has received the word and allowed it to take root in their heart bears fruit for the Lord by sharing that faith. Do I hold back from sowing seeds of the gospel because I fear rejection? Am I willing to sow seeds whose fruit may not be apparent for years to come, and which I may never know of? Do I also try and cultivate the best possible conditions for the seed, for example by really living and prioritising the faith within my family?

As a parish priest I am well aware that for every parent who seeks baptism, first communion, Catholic schooling, confirmation etc for their children from a place of deep rooted faith already lived out in the family, there are others for whom the word has not quite taken root, and such moments are an opportunity to sow the seed afresh and help cultivate suitable ground to receive it. As deanery clergy we have been discussing how best to support those who come back to the church seeking one of those specific things so that they can also receive the Word of God in such a way that bears fruit for

themselves and their families. One way we have agreed to support each other in this is to ask for a letter of support from the parish where you live if you want to join a sacramental programme in another parish (unless you have clearly adopted that parish as your 'home'). We will introduce this when registration for the new first communion programme begins in September. We have also agreed as far possible to ensure the same expectations of mass attendance and commitment to the preparation sessions apply in each parish. None of this is about creating barriers to the sacraments, but to help children receive them in the most beneficial way, and this certainly shouldn't cause any problems to those who are already keen to cultivate these conditions in their own hearts and homes. One thing I will encourage parents to do – and you can start now – is to visit the website **wednesdayword.org** each week and look at the family worksheet for the coming Sunday's gospel (not necessarily on Wednesday, but the middle of the week might be a good time!).

God bless, Fr Matthew.

THIS WEEK: Please note Wednesday's Mass will be at the later time of 7pm, and there will not be a lunchtime holy hour that day. Also there is no holy hour next Saturday (18th) or the following Wednesday (22nd).

NEWSLETTER BY EMAIL: We have had to switch to a new mailing list service, having reached the number of subscribers that we could have on the free tier. We are now using EmailOctopus. Newsletter emails will come from the address newsletter@stjosephschurchupminster.com, but please do not use this address to contact the parish: continue to use upminster@brcdt.org. Apologies for any glitches in the transfer process. If you wish to subscribe to our email newsletter service, visit stjosephschurchupminster.com/newsletter.

LOURDES PRAYER INTENTIONS: Fr Matthew, together with a number of parishioners, will be travelling to Lourdes next week as part of the diocesan and BCYS pilgrimage group. Any prayer intentions for the grotto can be put through the presbytery door by Thursday. Last year's paschal candle will be lit near the grotto for all our intentions, but Fr Matthew is happy to light individual candles (suggestion donation £5-10 for the sanctuary).

MOTHERS PRAYERS GROUP: Our last meeting before the summer break will be on Tuesday 14th July. We will meet again on Tuesday 9th September please feel free to join us in the social centre.

SECOND COLLECTION: Please note that there will be a second collection after all Masses this weekend in aid of Stella Maris (Sea Sunday).

CWL WEDNESDAY LUNCH CLUB: The Wednesday lunch club will be closing for the summer holidays on 22nd July. We will re-open on Wednesday 9th September. The CWL wish everyone a safe and happy holiday season.

ST JOSEPH'S PRIMARY ADMISSIONS: There are a small number of places available for new pupils to join St Joseph's in year 2 from September, as well as a small number of places remaining for the new reception cohort. Please contact admissions@st-josephs.havering.sch.uk

ST JOSEPH'S CATHOLIC PRIMARY SCHOOL HEADTEACHER

VACANCY: Please use the following link for the advert and supporting documentation for the above post. <https://st-josephs-upminster.net/vacancies/>

FOUNDATION GOVERNOR OPPORTUNITY: St Joseph's School invites applications for a Foundation Governor. No professional background in education is needed; full training is provided. A rewarding opportunity to serve the Church and support Catholic education, with the chance to take on wider board leadership responsibilities in time. We welcome applications from committed Catholics in the parish and wider community. To support independent governance and long-term board succession, we would particularly encourage those without children currently at the school to apply. DBS check and Diocesan approval required. More info at <https://st-josephsupminster.net/vacancies/> or email personnel@st-josephs.havering.sch.uk

ST JOSEPH'S CATHOLIC CLUB: Please note the Club is not open after 6:30pm Mass this week as there is a private hire in the Club taking place in the early evening; the club is not open to members.

MISSIO If you have not yet returned your Missio box, could you please do so before the end of August, to the presbytery. Thank you

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 this 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

FRIDAY 14TH AUGUST, FEAST OF ST MAXIMILIAN KOLBE: St Edward the Confessor, 5 Park End Road, Romford RM1 4AT. Morning Mass at 10am. Later in the day a vivid and significant new film of Kolbe's life, *Triumph of the Heart*, will be shown in the parish hall at 2.30 and 7pm. English with Polish Subtitles. Age 13+. £5 entry. Contact St Edwards parish to book. All welcome.

MASS INTENTIONS THIS WEEK

Sat 11th July	ST BENEDICT, Ab
5.30pm—6.15pm	ADORATION AND CONFESSIONS
6.30pm	Edward Horigan RIP Anniv. (Family)
Sun 12th July	FIFTEENTH SUNDAY OF THE YEAR
9.00am	Rachel O'Donnell RIP (Hayward)
11.00am	People of the parish
Mon 13th July	
9.15am	Fr James Hawes RIP (Bridget)
11am	Funeral Mass Angela Podmore
Tues 14th July	
9.15am	Fr Matthew & Lucy's 25th Wedding Anniversary Intentions
Wed 15th July	ST BONAVENTURE, Bp, D
7pm	Bridie Rabbitt RIP (Fowley)
12 noon—1pm	NO ADORATION AND CONFESSIONS
Thur 16th July	
9.15am	Douglas Hayward RIP Anniv. (Hayward)
Frid 17th July	
9.15am	Maureen Springham RIP B'day (Brian)
Sat 18th July	
5.30pm—6.15pm	NO ADORATION AND CONFESSIONS
6.30pm	Ambrose Alabi RIP B'day (Bridget & Family)
Sun 19th July	SIXTEENTH SUNDAY OF THE YEAR
9.00am	Ivan Cooper RIP Anniv. (Family)
11.00am	People of the parish

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**