



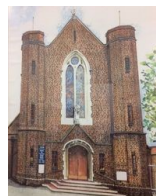
St Joseph's Catholic Church

Champion Road, Upminster

Parish Priest: Fr Matthew Bemand-Qureshi

Parish Secretary: Rachel Hayward

upminster@brcdt.org / 01708 222432



PARISH NEWSLETTER

4TH / 5TH JULY 2026

FOURTEENTH SUNDAY OF THE YEAR pg 99

(Zechariah 9.9-10, Romans 8.9-13, Matthew 11.25-30)

GK Chesterton (author of Father Brown) tells a story about a young man sharing a train compartment with an older man, on a journey through France. The old man was quietly praying the rosary. The younger man mocked him for his superstition and told him that science had rendered religious belief irrelevant. The old man was curious about what had made him think this, and the younger man offered to send some literature through the post. Asked for his address, the old man handed over a business card that said 'Louis Pasteur, Institute of Scientific Research, Paris'. In later life, this giant of microbiology stated that 'the more I know, the more does my faith approach that of the Breton peasant'.

The age-old, alleged opposition between science and religion, or faith and reason, rests on a fundamental misunderstanding. That adherence to religious belief requires unthinking acceptance of irrational ideas. That science has the answer to everything. The use of reason is in fact part of our God given human nature. Scientific enquiry enlarges our understanding of the universe, but not everything is reducible to scientific categories. Religion is not a matter of filling in the gaps in our understanding of how things work, until a better explanation comes along, but exploring questions about meaning and purpose which fall outside the remit of scientific inquiry.

We are encouraged to think, to question, to seek greater understanding. But we are also encouraged to adopt a position of childlike trust in relation to the God who has revealed himself as a good and loving father, rather than adult cynicism. Today's gospel is certainly not to be taken as support for the view Christianity is for the naive and credulous, those who can't think for themselves. As children, we are invited to trust that God wants what is good for us, and so rest in him. Not simply the rest of inactivity, but the rest of a child held secure in the loving embrace of a parent. Paradoxically, resting contentedly and trustfully in God, means also bearing his yoke. A yoke is something which we associate with slavery, or heavy labour. If we read this passage in context (the previous section would have been read last week, if it was a green Sunday) it is clear that the only burden Christ asks his disciples

to carry is the cross. Something which represents sacrifice and love. And in doing so we fulfil that meaning of our existence which only faith can unlock: to become more and more like the God who is love. This is the mystery which the followers of Christ must wrestle with. But this burden is also light, because Christ carries it with us, and for us. It is 'light' in another sense, though unfortunately this does not work so well in the original New Testament Greek, which uses a different word for light vs heavy and light vs dark. But nevertheless, carrying that burden of generous, sacrificial love in union with Christ, allows us to remain in the light of his love. and attain the everlasting light of a share in his divine glory.

God bless, Fr Matthew.

RIP: Please pray for the repose of the souls of Rachel O'Donnell, Angela Podmore, Mary Walsh, Mary Teresa Stedmon and Brian Crawley who died recently. Rachel's funeral will be held here on Monday 6th July at 11.30am. Angela's funeral will be held here on Monday 13th July at 11am. Mary Stedmon's funeral will be held here on Tuesday 28th July at 1pm. May they all rest in the eternal peace of Christ. Please pray for also their families.

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

LADIES NIGHT: THURSDAY 9TH JULY 7.15 PM: Come and join us in the social centre 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!

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-josephs-upminster.net/vacancies/> or email personnel@st-josephs.havering.sch.uk

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

MARRIAGE IN A RUT? Or need help with deeper issues: Retrouvaille has helped thousands of couples find hope and healing in their marriage. Next dates: 2nd - 4th Oct. www.retrouvaille.org.uk/info Tel: 0788 7296983

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

DIOCESAN APPOINTMENTS: Fr Michael Barwick (assistant in Chelmsford) has been appointed as Parish Priest of Braintree; Fr Paschal Uche (assistant in Grays) as Parish Priest of Canvey Island; Fr Jude Kurumeh (assistant at St Mary's Hornchurch) as Priest in Charge of East Ham. Fr Eamonn Power (Canvey Island) is to be resident chaplain at the Marillac, and Canon Bob Hamill (East Ham) is retiring. Frs Anthony, Csicso, Illieş and Marie are to serve as assistant priests at Chelmsford (x2), Walthamstow and Hornchurch respectively. Please also pray for Deacon Jonathan Burden, recently ordained to the transitional diaconate, and Fr Andrei Ilieş, ordained as priest this weekend. Appointments take effect from September.

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 – apply this week.

JULY ANNIVERSARIES: Rosa McEnnerney, Robert Burge, Billy French, Sarah Murphy, Kathleen Rumsey, Frank Hennin, Alan Yamamoto, James Lee, Fr Curran, Andrew Pinder, Ivy Dimmock, Rose Cates, Paul Conboy, William Mansell, Mark Darby, Ronald Parkins, Henry Dickens, Margaret O'Brien, Patricia Sullivan, Norah Driscoll, Dorothy Houghton, David Allen, Sister Paschal, Hugh O'Neill, Timothy Clarke, Ronald Stevens, Thomas Dixon, Francis Spring, Anastasia Jackson, Mike Ney, Stanley Welton, Margaret Warwick, Margaret McAndrew, Kathy Dunn, Flora Fitzpatrick, Sylvia Silver, Frank Millward, Eileen McCabe, Eileen Fox, Peter Hercoz, Kathleen Thompson, Pasqualina Cush, Zenon Tkaczyk, James Carney, Michael Rogers, Francis Murphy, Rosina Taiani, Leonard Orme, Margaret Spaan, Doug Hayward, Charles Taylor, Peter Graham, Finola Jones, Finola Jones, Mary Carver, Edwin Whetton, Betty Harper, John Lyons, Lilian Stephens, Kathleen Baker, Kathleen Moran, Nora Moss, Christopher Dolby, Mary Januszk, Kathleen Keyes, Catherine Armstrong, Violet Keefe, Ivan Cooper, Joseph Ritchie, Mary Teresa Fielder, Peter McEvoy, Annie Avery, Jonathan Green, Emma Gregory, Patrick Headd, Fr Harding, Jack Crowley, Mary Payne, Thomas Nickelson, George Soutter, Violet Cavalier, Kathleen Jackson, Anthony Picchi and Ronald Frost. May they all rest in the eternal peace of Christ.

MASS INTENTIONS THIS WEEK

Sat 4th July

5.30pm—6.15pm ADORATION AND CONFESSIONS

6.30pm People of the parish

Sun 5th July

FOURTEENTH SUNDAY OF THE YEAR

9.00am Joe Lacey's 90th Birthday Intentions (Maria & Helen)

11.00am Margaret O'Neill RIP Anniv. (Pavitt)

Mon 6th July

9.15am Jenny Maplesden RIP (Maplesden)

11.30am Funeral Mass—Rachel O'Donnell

Tues 7th July

9.15am Patsy Flatley's 80th Birthday Intentions (Fowley)

Wed 8th July

9.15am Eileen Furzer RIP B'Day (Ferreira)

12 noon—1pm ADORATION AND CONFESSIONS

Thur 9th July

9.15am William Brannan RIP (London)

Frid 10th July

8pm Jim Dallas RIP (Bemand-Qureshi)

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

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

**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**