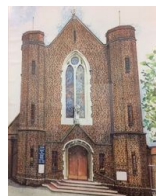




# St Joseph's Catholic Church

Champion Road, Upminster

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



## PARISH NEWSLETTER

**1ST / 2ND AUGUST 2026**

**EIGHTEENTH SUNDAY OF THE YEAR Pg 111**

(Isaiah 55:1-3, Romans 8:35, 37-39, Matthew 14:13-21)

**8TH / 9TH AUGUST 2026**

**NINETEENTH SUNDAY OF THE YEAR Pg 114**

(1 Kings 19:9a, 11-13a, Romans 9:1-5, Matthew 14:22-33)

After a joyful (but not entirely restful) week in Lourdes, I am about to fulfil the canonical requirement of an annual spiritual retreat. The gospels for the two Sundays covered by this double newsletter tell of the feeding of the five thousand, and Peter and Our Lord walking on the surface of the sea of Galilee. In between, we celebrate the feast of the Transfiguration of the Lord. These are not merely 'party tricks' but signs of God restoring the proper order of creation. And they begin with Jesus himself seeking a 'lonely place' where he can spend time in prayer. Our relationship with God is the foundation upon which everything else is built, and, as with the new parish centre we are aiming to build, without a good foundation everything else will be out of kilter.

In the gospel for the second week, it is not only Our Lord who walks on water. Peter also desires to do the same, and can do so at first. But suddenly he panics, as he realises what he is doing, and taking his eyes off the Lord he begins to sink, until he is rescued. That is a lesson for us. We bear the name 'Christian' because we are called to be like Christ, anointed ones who have been filled with the Holy Spirit. All things are possible to God, so all things are possible for us, provided we are following the Lord not our own way, and provided we trust in him completely rather than our own strength.

In the gospel of the feeding of the five thousand, we encounter Christ as the compassionate shepherd, who recognises the needs of his people and provides for them. But there is more to this. Reestablishing God's kingdom of justice, love and peace, is not simply a matter of ensuring the hungry are fed. It is also a matter of restoring communion between God and his people: the communion that was lost through an act of disobedience, eating the one thing

God had warned them not to eat. Communion is restored as God feeds his people, not only with miraculously multiplied loaves and fish, but with his own body and blood, the gift of the eucharist which prepares us for the eternal wedding feast of the Lamb. And hearing this gospel, we can hardly miss the connection.

The life of the Church on earth is centred on this meeting, week by week and even day by day, with the one who shares his life with us in the Mass. In the eucharist, we are not only fed, but lifted up to heaven, joined with Christ in his supreme offering of worship to the Father. Our Church building, consecrated for this purpose, is a visible sign of his presence among us. Everything else flows from this. But the life of the church, called on mission, also involves outreach to the community, in service and in proclaiming the good news, as well as activities which build up the communion of the faithful and equip us for service. Activities which may well include offering food! This is the motivation behind our new building project, providing a suitable home for these activities for now and for future generations. I hope we can all get behind this project – please see the update and invitation below.

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**PARISH CENTRE UPDATE:** The working party for the new Parish Centre has had another productive meeting with our architects and planning consultants. We now have a design that meets all our requirements as well as the constraints we have to work with, following feedback from a pre-application meeting with Havering planners. There is a little more work to be done over the summer, but we hope a full planning application will be submitted by the end of September. We are holding an open evening in the present Social Centre when these plans will be available to view, and members of the working party will be on hand to answer questions. This is open to the local community as well as parishioners. The open evening will take place on Monday 14<sup>th</sup> September, from 6pm-8pm, with refreshments. Additionally, parishioners will be able to view plans during Sunday coffee at the weekends either side of this.

**ST PETER'S CRANHAM UPDATE:** As we move closer to the legal completion of the sale of St Peter's to the Romford Elim Pentecostal Church, we will be clearing unwanted items on the morning of Wednesday 12<sup>th</sup> August (from 10am). Any volunteers welcome. If you have access to a van, please contact Fr Matthew. If you have any personal or shared items stored at St Peter's they **must** be removed prior to this date; please make arrangements with the Parish Office, otherwise they will likely end up in a skip.

**THIS WEEK:** Thank you to Fr Gerald Gostling for celebrating Mass on weekdays while Fr Matthew is on retreat. Please note there is no Holy Hour on Wednesday 5<sup>th</sup> August. If you need a priest in an emergency please try one of our neighbouring parishes, e.g. Hornchurch or Rainham. There is always a chaplain on-call for Queen's Hospital, who can be contacted via the ward staff.

**TRAVELLING, SUNDAYS AND HOLY COMMUNION:** Holidays are an opportunity to experience the diversity and unity of the Catholic Church expressed in different languages and cultures. The website Universalis.com may help when participating in Mass in another language. The Sunday obligation is only fulfilled in Catholic Churches, however if we are visiting a place where there is no Catholic Church within reasonable distance, the obligation does not apply; in this case it is commendable to spend extra time in prayer, and read the Sunday Mass readings, to mark the Lord's Day. If attending a non-Catholic church, it is not appropriate to receive communion even if invited, as that would imply a degree of unity and interchangeability that does not exist. Instead we might pray asking for the grace we would have received in holy communion, and pray for the unity of all Christians.

**RAINHAM FOODBANK:** During the months of June and July you have donated **121kg of groceries and toiletries**. A big thank you! It really makes a difference to those who receive them. As always, a reminder for future donations that items should be non-perishable, in date, and unopened. We can't take baby foods or alcohol. Many thanks. Margaret Holden.

#### **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* **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**

# MASS INTENTIONS FOR THIS FORTNIGHT

Sat 1st August  
5.30pm—6.15pm  
6.30pm

**ST ALPHONSUS MARY DE'LIGUORI, Bp, D**  
**ADORATION AND CONFESSIONS**  
Betty Byrne RIP (Larner)

Sun 2nd August  
9.00am  
11.00am

**EIGHTEENTH SUNDAY OF THE YEAR**  
People of the parish  
James Charles Loudon RIP (Louden)

Mon 3rd August  
8.45am

Rachel O'Donnell RIP (Talbot)

Tues 4th August  
9.15am

**ST JOHN VIANNEY, Pr**  
Edward Powell RIP (Margaret)

Wed 5th August  
9.15am

Carmel Armstrong RIP 1st Anniv.

12 noon—1pm  
Thur 6th August  
9.15am

**NO ADORATION AND CONFESSIONS**  
**THE TRANSFIGURATION OF THE LORD**  
Irene & Ronald Robinson's Intentions (Christine)

Frid 7th August  
9.15am

Joe Castello RIP (Rudgeley)

Sat 8th August  
5.30pm—6.15pm  
6.30pm

**ST DOMINIC, Pr**  
**ADORATION AND CONFESSIONS**  
People of the parish

Sun 9th August  
9.00am  
11.00am

**NINETEETH SUNDY OF THE YEAR**  
Margaret O'Sullivan RIP (Dennehy)  
Michael McEneaney RIP Birthday (Family)

Mon 10th August  
9.15am

**ST LAWRENCE, Dc, M**  
Laura Mulcahy RIP (Bragg)

Tues 11th August  
9.15am

**ST CLARE, V**  
Clare Argent-Hall RIP (Dominic)

Wed 12th August  
9.15am

Pauline Clark & Walter Enns RIP (Margaret)

12 noon—1pm  
Thur 13th August  
9.15am

**ADORATION AND CONFESSIONS**  
Blanche Lobo RIP (Hewitt)

Frid 14th August  
9.15am

**ST MAXIMILLIAN KOLBE, Pr, M**  
Sue Kelly RIP (Rudgeley)

Sat 15th August  
5.30pm—6.15pm  
6.30pm

**ADORATION AND CONFESSIONS**  
People of the parish

Sun 16th August  
9.00am  
11.00am

**ASSUMPTION OF THE BLESSED VIRGIN MARY**  
Rachel O'Donnell RIP (Pavitt)  
Catherine Joyce RIP (O'Donnell Family)