**St Columba’s Church, Selsdon**

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**1ST AUGUST 2021 - 18th SUNDAY IN ORDINARY TIME (YEAR B)**

**COVID PRECAUTIONS: SEE OVERLEAF FOR WHAT HAS - AND HASN’T - CHANGED**

**THIS SUNDAY’S MASS READINGS**

**Entrance Antiphon:** O God, come to my assistance; O Lord, make haste to help me! You are my rescuer, my help; O Lord, do not delay.

**A reading from the book of Exodus: 16:2-4. 12-15**

**Responsorial Psalm PS 77:3-4. 23-25. 54. Rv.24:** The Lord gave them bread from heaven.

**2nd Reading: A reading from the letter of St Paul to the Ephesians: 4:17. 20-24**

**Gospel Acclamation:** Alleluia, Alleluia! I am the Way, the Truth and the Life, says the Lord; no one can come to the Father except through me. Alleluia!

**Gospel: John 6:24-35**

**Communion Antiphon:** You have given us, bread from heaven, endowed with all delights and sweetness in every taste.

**JOIN OUR SUMMER FAMILY RAMBLE**

Don’t miss the summer family ramble being held on Saturday August 7. All are welcome.

The meeting place is the car park at the entrance to Selsdon Wood nature reserve, postcode CR2 8QF.

Meet at 10.15am for a prompt departure at 10:30am.

The walk is a short, only around 5.5km, and there will be no pub lunch.

If you have any questions ring Mike on 07764 666 764. Organisers are Churches Together in Selsdon & Addington. We look forward to seeing you.

**Finding the happiness that lasts?**

We are meant to enjoy this world that God has made. We live in this world of good things but we have to realise that nothing in this world satisfies the deepest longing of our heart. The real hunger of our heart is somethings that transcends the world. For this reason, we should not be drawn into the goods of this world. Our experience tells us that any form of satisfaction that this world give us is short lived. Come to think of the best moments in life no matter how glorious they are they slowly fade away.

For example, we work so hard during the year and we reward ourselves of an exotic holiday. The excitement of the experience will be there but there is no guarantee that it will last. It will not be long for us to realise that the satisfaction will be gone soon. Just like food, it is meant to satisfy our taste but the satisfaction is gone shortly. This is so because food is not designed to satisfy the deepest longing of our heart. Everything in this world is evanescent. It fades away before we even realise it. All forms of satisfactions directly linked with this world are not meant to satisfy the deepest longing of our heart. This includes relationships because beautiful and best moments of life are limited and they end when we die. Hence, everything in this world is superficial.

Having said all these, we have to be clear that it does not mean that we have to avoid all these forms happiness. They are legitimate and valid form of happiness. The downside of this attitude is making them as the sole object of our earthly existence. We have to rise above this because we are destined for a higher form of happiness. We do live in this fault line, we are all meant to experience the joy of honours, families, drink and life but there is something in us that pushes us beyond anything this world can offer.

This point lead us to the gospel today “Jesus said you are looking for me not because you see the sign, but because you ate the loaves and were filled, do not work for the food that perishes but for the food that endures for eternal life which the son of man will give you.”

Jesus is talking about eucharist. As Aquinas said the Eucharist is “Ipsus Christus” (Christ himself). Christ himself is the only good that can satisfy us. Eucharist is an anticipation of heaven. An anticipation of the satisfaction that we will find in the presence of God. Anticipating the only food that can satisfy us. Eucharist is the only food that can satisfy the deepest hunger of our heart. Second Vatican council insists that the eucharist is the source and summit of Christian life. The tragedy of our generation is that so many of us stay away from the mass because we are busy chasing all the good things in this life that cannot satisfy us.

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| **LITURGICAL CALENDAR OF THE WEEK** |
| Sat 31th  | St Ignatius of Loyola, Priest |
| Sun 1st  | 18th Sunday in Ordinary Time |
| Mon 2nd  | Weekday in Ordinary Time or St Eusebius of Vercelli, Bishop; St Peter Julian Eymard, Priest |
| Tues 3rd  | Weekday in Ordinary Time or St Germanus of Auxerre, Bishop (W) |
| Wed 4th  | St John Mary Vianney, Priest |
| Thurs 5th  | Weekday in Ordinary Time or The Dedication of the Basilica of Saint Mary |
| Fri 6th  | The Transfiguration of the Lord |
| Sat 7th  | Weekday in Ordinary Time or St Sixtus II, Pope, and Companions, Martyrs; St Cajetan, Priest |
| Sun 8th  | 19th Sunday in Ordinary Time |

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| **MASS INTENTIONS FOR THE WEEK** |
| Sat 31st  | 6.30pm | Nuala Maguire, RIP |
| Sun 1st  | 8.00am | Giuseppe Sarracino, RIP |
| Sun 1st  | 10.00am | Sheila Wheaton, RIP |
| Sun 1st  | 6.30am | Pro Populo |
| Mon 2nd  | 10.00am | Baby Jamie |
| Mon 2nd  | 12.15pm | Funeral Mass for Elizabeth ‘Betty’ Fennell, RIP |
| Tues 3rd  | 10.00am | Lily Wei |
| Wed 4th  | 10.00am | Margaret O’Brien, wellbeing |
| Thurs 5th  | 10.00am | Imogen Fernando, RIP |
| Fri 6th  | 10.00am | Intention of the Alvarez Family |
| Sat 7th  | 6.30pm | Felix O'Neill, RIP |
| Sun 8th  | 8.00am | Sarah Alvarez, wellbeing |
| Sun 8th  | 10.00am | Pro Populo |
| Sun 8th  | 6.30pm | Intention of the Alvarez Family |

**Due to holidays, if you could submit your Mass intentions for the next 3 week as soon as possible it would be much appreciated.**

***COVID PRECAUTIONS: SEE WHAT HAS - AND HASN’T - CHANGED***

Despite the removal of legal restrictions on July 19, Archbishop John strongly urges us, in the interests of health and safety, to continue to take precautions when coming to Mass. So please continue to:

* Remember to bring and wear a face mask covering the nose as well as the mouth
* Meet Track-and-Trace requirements by providing a written note every time you come to church of your name and contact details plus the date and, if relevant, Mass time. To save queuing and filling out a form, send an email to selsdon@rcaos.org.uk
* Use hand sanitizer, provided, both when entering and leaving the church.
* Take a paper marker (during the week, not at the weekend) and leave it on your seat so that the stewards know where to sanitize.
* Bring your own Mass or prayer book – there are no shared items available in church.
* Ensure plenty of social distancing in the church and in the benches unless you are in a family group.

Other changes include the return of the Offertory collection during Mass and, once the choir returns, congregational singing at 10am Mass.

In addition, Holy Communion is once again being distributed (although still only under one kind) before the end of Mass rather than afterwards. We shall still refrain from exchanging the Sign of Peace and Stewards will continue to sanitize the seating after each Mass.

**REMEMBER THE SICK AND NEEDY**

Please pray for all those who are sick or in need at this time including: Elena Sandland, Anne McDonagh, Martin McDonagh, Martin Reilly, Lily Wei, Douglas & Yvonne Bruce, Mike Bond, Thelma Benn, Cora Litchfield, Joan Cunningham, Solveya La Marina, Chris Jones, Maria Reece, Margaret Bolton, Eddie Aldridge, Ellis Warburton, Mary Marks, Jean-Claude Anthony, Ellen Everett, Maureen Coffey, Elizabeth Sensano, Patrick Acholonu, Kate Acholonu, Christopher Onyeachom and sick residents at the four residential homes usually, in better times, visited by the parish St Vincent de Paul group.

**WANT TO GO TO CONFESSION?**

Well you can – and at the same time be confident that you are safe from Covid. Simply give Fr Roy a ring and make an appointment. He will hear your confession in private in the hall.

**THINK YOU HAVE A VOCATION?**

The Beda College in Rome is running a discernment weekend for men between the ages of 30 and 55 from September 3-5. It takes place at St Beuno’s Spirituality Centre in North Wales. The weekend is a first step for those who may be exploring the possibility of priestly vocation in later life.

Information and registration forms are at: <https://www.pathwaystogod.org/courses-events-retreats/discernment-weekend-older-men-1>

***SHOP ONLINE AND HELP ST COLUMBA’S***

Thinking of buying something online? Anything? A new washing machine or any other white goods?

Or perhaps you need a new vacuum cleaner or intend ordering a book or dvd or other items.

If you do it online you can help St Columba’s finances, depleted by the lockdown, at the same time and at no cost to yourself.

More and more parishioners are signing up for this scheme. It means that you can turn your everyday online shopping into free donations to our parish.

It’s simple. It’s straightforward. And it will cost you nothing.

All you have to do is to logon to the following website [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk), register (which is quick and easy) and then go shopping online at whichever retailer you choose. Then, in future, every time you buy something – anything – a small donation is made to St Columba’s.

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| There are more than 4,000 retailers to choose from including lots of big names such as Argos, John Lewis, Amazon, M&S and Sainsbury’s. Shopping, Online, E-Commerce, FashionHave a look at this link to find out more: [https://www.easyfundraising.org.uk/causes/stcolumbasldn/?invite=ZTUSO0%26referral-campaign=c2s%26utm\_campaign=admin-trigger%26utm\_content=nst](http://t.e.easyfundraising.org.uk/r/?id=h2ef6bab4,257a256b,25302fff&utm_source=adobecampaign&utm_medium=email&utm_campaign=referral-2018&utm_content=trigger-supp-referee-raised-2018&origin=RTNS2&p1=stcolumbasldn&p2=ZTUSO0) **ANNUAL MARRIAGE MASS**Are you celebrating your 1st, 10th, 25th, 40th, 50th, 60th or any later wedding anniversary this year? Or did you last year? If so, Archbishop John invites you to join him in celebrating a Mass for married couples at noon on Saturday October 9 at St George’s Cathedral. You need to book in advance and by doing so you will then receive a personal written invitation from Archbishop John. To book or for more details email mflsw@rcaos.org.uk**SO WHAT’S YOUR VERDICT?****On our newsletter, that is. Your comments, thoughts, suggestions, ideas and contributions would be most welcome.** **They will also enable us to know whether this newsletter is considered helpful and useful – or not. Email Deacon Philip – the deadline for each weekend’s newsletter is the Wednesday before.**  |  |  |

**GOT YOUR GIFT AID ENVELOPES?**

**There are still plenty waiting to be collected… All members of the Gift Aid scheme are invited this weekend to collect their boxes of envelopes for the coming year.**

**The boxes, with your names on, can be collected at the entrance to the sacristy in the Sacred Heart chapel after all Masses. Don’t forget to take yours…**

**KNOW OF ANYONE IN NEED?**

Are you aware of any parishioners living alone or in need? If so, as well as phoning them yourself occasionally to see if they need anything, let Fr Roy or Deacon Philip know of their situation.

That way, we can work together to support and help them at this difficult time.

***GOING INTO HOSPITAL? TELL US***

If you or a member of your family go into hospital, ask the Ward Sister or Staff Nurse to notify the hospital’s Roman Catholic hospital chaplain direct.

That will make it much more likely that you have the opportunity of receiving Holy Communion (or any other sacraments) while in hospital.

Make sure also to let Fr Roy or Deacon Philip know beforehand if possible of your admission or that of a family member into hospital. We can then keep you in our prayers.

**HAVE YOU LOST A LOVED ONE?**

‘Grief and Loss, Hope in Christ’ is the title of a weekend for those who have lost a loved one through death. The weekend provides a time to mourn and share with others. The venue: Aylesford Priory. Date: October 8-10. For more information phone 01622 717272 or email enquery@thefriars.org.uk

***KNOW YOUR FAITH BETTER***

The Archbishop’s Certificate (ArchCert) is an online course for all in Southwark who wish to know their Catholic faith more deeply.

Participants will take a two-year journey through the Church’s teaching to understand their faith in a more

profound way and be able to share it with confidence and joy.

The course will commence in October 2021 and the cost will be £365 per year.  Registration must be completed in advance.  Further details can be found here: [https://aec.rcaos.org.uk/archcert](https://rcsouthwark.us11.list-manage.com/track/click?u=a40ab1a35eac7236d856fe882&id=60d238c547&e=7d4ac57aff)

**SUMMERTIME IS BACK**

Following last year's cancellation, this annual activity for altar servers, boys and girls aged 10 - 15 within Southwark diocese, will take place from August 3-6.

The venue is the Oratory School in Reading, Berkshire and the event opens with Mass celebrated by Archbishop John.

Activities will include talks, discussions, prayer and daily Mass as well as sport, a trip to Thorpe Park and swimming.

For more details phone 01322 220075 or email dartford@rcaos.org.uk

**MARCH FOR LIFE**

The next March for Life will take place on September 4: please save the date.

Posters and more details are available from [http://www.marchforlife.co.uk/](https://rcsouthwark.us11.list-manage.com/track/click?u=a40ab1a35eac7236d856fe882&id=c89fd441d0&e=7d4ac57aff)

**GUILD OF ST STEPHEN**

The Guild will be holding its annual rally for altar servers, their 43rd, on September 18 at Aylesford Priory. For more details email the Guild’s chairman at john.bonnici@btopenworld.com

***PRAYERS FOR THE SICK***

We have a prayer list of names of those who are sick which appears in the newsletter every week.

If you know of anyone, a parishioner or family member, you would like to be included, please let Fr Roy or Deacon Philip know.

If you previously asked for someone to be included in the list but who is now recovered, do let us know.

**Offertory**

The Offertory collections on 18/7/21 and 25/7/21 amounted to £1,073.46 (including Repository monies and Hall Hire) in total.

The Offertory collection of 18/7/21 totalled £500.47 of which £261 was Gift Aided and £239.47 not.

The Offertory collection of 25/7/21 totalled £477.79 of which £225.20 was Gift Aided and £252.59 not.

In addition £65.20 was received in Repository monies and £30 for Hall Hire.

Thank you for your contributions.