

The Little Flower Messenger

Year B – EIGHTEENTH SUNDAY IN ORDINARY TIME 1st August 2021

Welcome to our Parish Community of St. Theresa of Lisieux

The Presbytery, High Lane, Stansted Mountfitchet, CM24 8LQ

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Gospel: John 6:24-35

'He who comes to me will never be hungry; he who believes in me will never thirst'

1st Reading:	<i>Exodus 16:2-4, 12-15</i>
Psalm 77:	<i>The Lord gave them bread from heaven.</i>
2nd Reading:	<i>Ephesians 4:17, 20-24</i>
Gospel Acclamation:	<i>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!</i>
Communion Antiphon:	<i>You have given us, O Lord, bread from heaven, endowed with all delights and sweetness in every taste.</i>

This Week's Good News

Dear Friends,

Today's scriptural readings teach us the importance of always seeking spiritual nourishment rather than from physical food. We do this by regularly listening to the word of God and by receiving the Holy Eucharist – Bread from Heaven. It is only through God that we can satisfy our spiritual hunger and needs. However, God also provides for our physical needs, and this is seen in the first reading where God provides the Israelites in the desert with manna and quail. The Israelites were provided for, and this shows us to always trust in God for help in satisfying the physical needs we have in order to survive. The response to today's Psalm refers to manna as "heavenly bread" and the 'bread of angels' which God provided for Israel and provides for us today.

St. Paul, in the second reading, tells the Ephesians that they must turn away from their former lives and begin to lead renewed lives of love, kindness, compassion and forgiveness. If we acknowledge that Jesus is the source of our lives and provides genuine nourishment for our souls, we can experience a complete transformation.

The Gospel passage today is from the 'Bread of Life' discourse in John's Gospel. Jesus tells the people to not long for food that does not last but rather look for the food that endures for eternal life. The people ask Jesus to give them the bread he speaks of always. Jesus tells them, "I am the Bread of Life; whoever comes to me will never hunger, and whoever believes in me will never thirst." This passage reveals to us that Jesus not only gives the Bread of Life, but He is the Bread of Life. Jesus provides us with the spiritual nourishment we need to carry out his work here on earth and which will last forever in Heaven.



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We believe that the Eucharist is “the source and summit of the Christian Life” because it contains the whole spiritual good of the Church. Jesus Christ, born, lived, suffered and died, and rose again to bring us salvation. (Lumen Gentium – Vatican II).

The Bread of Life, IS the risen Christ himself. It is not merely a symbol of remembrance using human bread. It is the Body of our Lord Jesus Christ, which sustains us, nourishes us, provides us with strength and courage, and the grace to overcome temptation and sin and to love others unconditionally. “Give us this day our daily bread”, are the words we say during the Lord’s prayer and before we come forward to receive the risen Lord in the Blessed Sacrament. When we say these words, let us remember that we are praying to receive food for our souls.

Deacon Des

Making an Act of Spiritual Communion

My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.


Parish News

Weekday Masses: Please note there will be no weekday Masses next week whilst Fr. Lee has his summer break. Weekday masses will recommence on **Monday 9th August**. Weekend Masses will continue as normal during this time.

COVID Guidance: From Monday 19th July many of the legal restrictions around measures to prevent the spread of COVID -19 were lifted in England. This does not mean that coronavirus has gone away. We will have to learn to live with COVID -19 for the foreseeable future, managing the risk for ourselves and others.

The guidance issued by the Bishops’ Conference, whilst encouraging, enables us to move forward with a cautious approach, allowing us to take local infection rates etc. into consideration when keeping/removing certain restrictions.

The following guidance is in place at St. Theresa’s for the time being:

- Holy Water Stoups are still not permitted.
 - Holy Communion will continue to be under one kind and Fr. Lee/Deacon Des will continue to sanitise their hands beforehand. Communion is recommended to be distributed in the hand but those who wish to receive on the tongue may do so.
 - The wearing of face coverings in church will be down to personal choice and is no longer required by law. We would encourage the continuation of masks if desirable.
 - Benches will, for the time, being remain socially distanced with a view to moving everything back to normal in September 2021.
 - We shall continue to provide hand sanitiser at the entrances/exit and encourage people to continue using them.
 - We shall endeavour to keep the large front doors open to ensure some ventilation in church.
 - We shall continue to clean the church, paying particular attention to common touch points such as door handles.
 - Our QR Code will remain visible for those who wish to scan it via the NHS App.
 - We ask anyone feeling unwell or anyone who tests positive for COVID to please stay at home.
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At present it is the intention of the Catholic Bishops of England and Wales, to reintroduce the Obligation to be at Mass on Sundays and Holy Days of Obligation from the 1st Sunday of Advent (28th November 2021), until that time, it remains suspended.

We shall look to slowly reintroduce those things that have been suspended due to COVID over the next few months and will of course communicate these with you. We will continue to follow the guidance issued and take local information into consideration to keep everybody as safe as we can. Thank you.

Living Laudato Si – Online Retreat – 15th – 18th October 2021: Open to all, this retreat will help personal prayer and reflection, and parish action, on the critical issue of care for God’s creation. Bishop Alan will open the retreat, which will be led by expert speakers. For more information see the poster at the church entrance or email laudatosi@dioceseofbrentwood.org

Baptism Courses: There will be no course during the month of August, the next will be Wednesday 15th September at 7:00 p.m. To enrol on the course please e-mail the Parish Office stansted@dioceseofbrentwood.org Thank you.

Sacrament of Marriage: Catholics must approach Fr. Lee / Deacon Des, at least 6 months prior to their intended wedding, and before setting a wedding date.

Parish Office: Please note that the Parish Office is currently closed and will reopen on Tuesday 10th August 2021. Thank you.

Cashless Donations: We are pleased to confirm that we are now able to offer you the option of making cashless donations via our new QR codes system. The codes have been placed by the exit of the church, next to the donation baskets. This system allows you to make payments via your mobile phone directly into our account for one of the set amounts or an amount of your choice. Please remember to gift aid the payment if you are eligible, it can make a big difference to the parish. Thank you.

Welcome to our Parish: We would like to take this opportunity to welcome new Parishioners to our Parish. Anyone who has not yet contacted us about registration to the Parish please do so via email to stansted@diocesofbrentwood.org or contact Clair via the Parish Office numbers above.



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Mass Times and Intentions

EIGHTEENTH SUNDAY IN ORDINARY TIME – Year B		
Saturday 31 st July	Confessions: 5:15 p.m. – 5:45 p.m. Mass: 6:00 p.m. <i>Livestreamed</i>	James Braeckman R.I.P. (F. Braeckman)
Sunday 1 st August	Mass: 8:30 a.m. <i>Livestreamed</i> Confessions: 9:15 a.m. – 9:45 a.m. Mass: 10:00 a.m. <i>Livestreamed</i> Latin Mass (EF): 12:00 p.m. <i>Livestreamed</i>	People of the Parish Michael Bambridge (J. Bambridge) Gregory Barker (L. Barker)
Monday 2 nd August	No Mass	
Tuesday 3 rd August	No Mass	
Wednesday 4 th August <i>St. John Mary Vianney</i>	No Mass	
Thursday 5 th August	No Mass	
Friday 6 th August <i>Transfiguration of the Lord</i>	Funeral Service: 2:00 p.m. Rosary, Exposition of the Sacrament & Benediction: 7:00 p.m. <i>Livestreamed</i>	Jim Tisdall R.I.P.
NINETEENTH SUNDAY IN ORDINARY TIME – Year B		
Saturday 7 th August	Confessions: 5:15 p.m. – 5:45 p.m. Mass: 6:00 p.m. <i>Livestreamed</i>	Annie & Edward Tarrant R.I.P. (M&T Rhead)
Sunday 8 th August	Mass: 8:30 a.m. <i>Livestreamed</i> Confessions: 9:15 a.m. – 9:45 a.m. Mass: 10:00 a.m. <i>Livestreamed</i>	People of the Parish

PLEASE TAKE THIS NEWSLETTER HOME WITH YOU AND DISPOSE OF IT RESPONSIBLY. THANK YOU.



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