

The Little Flower Messenger

Year B – NINETEENTH SUNDAY IN ORDINARY TIME 8th August 2021

Welcome to our Parish Community of St. Theresa of Lisieux

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Gospel: John 6:41-51

'I am the living bread which has come down from heaven'

1st Reading:	<i>1 Kings 19:4-8</i>
Psalm 33:	<i>Taste and see that the Lord is good.</i>
2nd Reading:	<i>Ephesians 4:30 -5:2</i>
Gospel Acclamation:	<i>Alleluia, alleluia! If anyone loves me he will keep my word, and my Father will love him, and we shall come to him. Alleluia!</i>
Communion Antiphon:	<i>O Jerusalem, glorify the Lord, who gives you your fill of finest wheat.</i>

This Week's Good News

Dear Friends,

Today is the nineteenth Sunday of ordinary time. God continues to draw us to himself in order to save, feed and strengthen us on our journey. The readings of this Sunday provide us with another opportunity to continue our reflection on the gift of the Holy Eucharist, the mystery of our faith and the life of the world. In today's first reading, the same Elijah who defeated Ahab, Jezebel and their entire prophets of Baal is afraid and running for his life. He is terrified and discouraged, it seems that God has abandoned him. Just as he has given up, and surrendered himself to sleep and ultimately to death, he receives nourishment and encouragement from God.

In the second reading, Paul reminds us that as children of God, we bear the mark of the Holy Spirit. This is simply, to say that God never leaves us alone in the valley or desert of this life. The Holy Spirit leads us to Christ the living bread who nourishes and equally strengthens us for our journey. So, Paul teaches us how to maintain this relationship with the Holy Spirit. "Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, forgive each other as readily as God forgave you in Christ." We are called to be imitations of Christ.

In today's Gospel Jesus confronts the Jews who refuse to believe in Him. Instead, they looked for means to discredit Christ and his work. However, Christ did not give up. Instead, he remained focused. He insisted: "I am the living bread, which has come down from heaven. Anyone who eats this bread will live forever, and the bread I give is my flesh for the life of the world."

The readings are a source of encouragement to us. Many of us no doubt has felt just as Elijah did in the first reading. If not ourselves, then those we know have felt just as he did. "I cannot go on, I am tired and weary of this life", or perhaps, "Why does God not answer my prayers; Where was He when I needed Him." We may have felt alone and isolated, abandoned and discouraged.



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When we say or hear things like this, we know that we have reached breaking point. The story of Elijah then, is one we can very easily relate to. However, with faith and trust in God, we know that He will not abandon us and will provide us with the encouragement and nourishment to continue. This does not mean that everything will miraculously work out the way we want it, but it does mean that we will have the strength and courage to face the trials and tribulations we encounter, renewed by the promise that God will never abandon us.

The good news today, is that Christ draws us to himself every day through the Eucharistic in order to nourish and strengthen us for our journey. He is the living bread that satisfies our spiritual hunger. He equally fills us with His Spirit who directs us on the right path on our journey. So today, God is saying to us as he said to Elijah in the desert, “arise, eat, drink,” and continue your journey with a new hope, a zeal and a new spirit.

Finally, let us take advantage of this generous gift that God had given us through the Holy Eucharist in order to enrich our lives. We must do what the psalmist tells us today: “Taste and see that the Lord is good.” He is really the living bread of life. He is the Mystery of our faith and the life of the world.

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 weekday masses will recommence this **Monday (9th August)**.

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.



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- 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.

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 reopens 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

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
Monday 9 th August <i>St. Teresa Benedicta of the Cross</i>	Confessions: 9:00 a.m. Mass: 9:30 a.m. <i>Livestreamed</i>	
Tuesday 10 th August <i>St. Lawrence</i>	Confessions: 7:15 p.m. Latin Mass (EF): 8:00 p.m. <i>Livestreamed</i>	For the Intentions of Deacon Des
Wednesday 11 th August <i>St. Clare</i>	Confessions: 12:00 p.m. Mass: 12:30 p.m. <i>Livestreamed</i>	Michael Bambridge (J. Bambridge)
Thursday 12 th August	Confessions: 9:00 a.m. Mass: 9:30 a.m. <i>Livestreamed</i>	Bill Blythe R.I.P. (H. Bennett)
Friday 13 th August	Confessions: 9:00 a.m. Mass: 9:30 a.m. <i>Livestreamed</i> Rosary, Exposition of the Sacrament & Benediction: 7:00 p.m. <i>Livestreamed</i>	
THE ASSUMPTION OF THE BLESSED VIRGIN MARY – Year B		
Saturday 14 th August	Confessions: 5:15 p.m. – 5:45 p.m. Mass: 6:00 p.m. <i>Livestreamed</i>	Mary O'Regan R.I.P (S. O'Regan)
Sunday 15 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 Domenica De Nicolo R.I.P. (The Rava Family)

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



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