



Parish of the Sacred Heart

SUNDAY 2ND AUGUST

PSALTER 2

Year A 2

Eighteenth Week in Ordinary Time

Response to Psalm: *You open wide your hand, O Lord; you grant our desires*

Confession Times

9.30am - Wednesdays

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5.00pm - Saturdays

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By appointment

Date	Time	Service	Intentions	Fr Kieran's Intentions
Sun 2nd Aug	9.15am	Holy Mass	People & Parish	People and Parish
	11.15am	Holy Mass	Private Intention	
Mon 3rd Aug	10.00am	Holy Mass	Thanksgiving for recovery of Edward, the support of his parents & grandparents Colin and Jenifer	Holy Souls
Tues 4th Aug	10.00am	Holy Mass - <i>St John Mary Vianney</i>	Catherine Hammond (Sick)	Private Intention
Wed 5th Aug	10.00am	Holy Mass	Private Intention	Private Intention
Thur 6th Aug	10.00am	Holy Mass <i>The Feast of the transfiguration of the Lord</i>	Private Intention	Private Intention
Fri 7th Aug	10.00am	No Mass		Private Intention
Sat 8th Aug	5.30pm	First Mass of Sunday <i>St Dominic</i>	Private Intention	Private Intention

Dear Friends.

I thought I would update you as to my progress.

Well, I am certainly on a roller coaster. Physically it is steady progress. However, the operation of course and the long spell in hospital had an effect psychologically. I have now been diagnosed with Postoperative depression. This is very common apparently when one has a major operation and a long stay in hospital. How has this manifested itself; I feel depleted and emotionally exhausted.

Having this though, has given me great empathy with all those who are suffering because of the lockdown. We need to keep them in our prayers.

Hopefully I will return soon, my strength is in the Lord Jesus. It is a joy celebrating a house Mass everyday, with Angel in the congregation. The Bishop visited last Sunday and gave me permission to reserve the Blessed Sacrament in my little oratory. Such a comfort when things are not so good.

Please continue to pray for me and please God I will return soon.

With every blessing

Fr Kieran

This weeks scripture references

Isaiah 55:1-3

Psalms 144

Romans 8:35. 37-39

Matthew 14:13-21

COME AND EAT:THE LIFE OF SHARING

The first reading today from the prophet Isaiah is very captivating. It has an inviting theme: 'come and eat'. In my culture, it is the invitation you get as soon as you are in any family at the hour of meal. Meals are cooked with some additions because visitors may come in at any time. Once, you are at the time of meal, you must certainly receive the invitation from any member of the family thus: 'come and eat'. In my culture, it is a blessing for people to join at meal hours because it is believed that meals shared give more satisfaction and joy than meals taken alone in isolation.

Today, God is giving us that invitation: 'come and eat'. He says: 'everyone who is thirsty, come to the waters; and he who has no money, come, buy and eat! Come, buy wine and milk without money and without price' (Isaiah 55:1)

Out of love for all his creature, God is ever ready to share with all of us, ready to make an everlasting covenant with everyone. Everything we have and are come from him. He generously gives and provides all our needs even without demanding any payment for them. Hence the psalmist addressing God says: the eye of all creature look to you and you give them their food in due season. You open wide your hand and satisfy the desire of every creature. (Psalm 145: 15). This is how God cares, providing all our needs. Do we care? Do we share?

The life of sharing is what Jesus is pushing through to all of us in the gospel. When the disciples brought the idea of sending the people away to go and look for food, he asked them to give them something to eat. What they brought, five loaves and two fish were multiplied by Jesus to feed thousands of men and women and children. Besides, what even remained after the miracle of Jesus is greater in both quantity and quality of what was multiplied. And to teach them all more the life of sharing in love, Jesus handed over the loaves and fish to them after prayers on them to share to everyone present.

My dear friends, the life of sharing with the poor, the homeless, the weak and aged and children can make a difference in the world. Generous gifts no matter how small can be life changing to thousands of people as we have witnessed in the gospel. The Bible says: the Lord loves a cheerful and generous giver. If the bread and the fish were not provided, perhaps thousand would not have been fed.

When you share, what is shared goes a long way in giving joy and satisfaction to others. And whatever charity you do has a grace and reward from the Lord. A seed when sowed, brings multiple reward to the sower. Likewise the seed of charity can never be quantified. The Bible says: share your bread with the hungry and bring the homeless poor into your house' (Is 58:7-8) and your good works will go before you and your light shall shine like the dawn before the Lord. St Basils the great often reminds his faithful that one day we shall leave our wealth behind whether we like it or not but will be taking with us to the Lord the credit obtained for our good works.

I will never forget the story of a selfish man who came home one day while he was very hungry. His food was served to him by the family. And while he was about to eat, a friend knocked at the door. He felt that the food would not be enough to share with anybody. He immediately took the plate of food away and horridly dropped it where he is not supposed to drop it and went to receive his friend at the door. By the time they could finish their discussion, the dog has helped herself out and finished the meal where he dropped it. When the man came back for the meal, it was all over. He then realized how foolish he was in hiding the food from his visitor and lost the whole thing. We should not behave that way for love shared is love multiplied. We should share our wealth with others as Jesus has taught us.



Universal prayer intention -

The Maritime World

We pray for all those who work and live from the sea, among them sailors, fishermen and their families.

Dial a Mass 01642 130120

The Middlesbrough diocese in conjunction with the Knights of St Columba have began "Dial a Mass", for those without internet. For the cost of a local call Mass will be able to be heard from 12noon on the Sunday until 11.59 the following Sunday. Mass will last approx. 45minutes.

Youth Events in the Diocese

September 26th There will be workshops for young people to discuss the future of our planet and ways we can teach others to look after it. Workshops will be offered through ZOOM. We plan to share a prayer service at St Peters, Crownhill later that day. Bookings will be taken in September.

In October there will be a series of 5 sessions, exploring Faith, Music and Creativity. One Hope Project will lead 3 of the discussions. These are aimed at young people aged 13-21.

Lastly, I am looking for young people across the diocese to help put together a short film of prayer and reflection. We are looking for people to sing as well as those that will share thoughts, reflections and read prayers. The theme will be; My spiritual journey, living through COVID 19.

If you are interested in either of these events or any future events, please email: youth@prcdtr.org

Wednesday Word Summer Break

Because of various holidays and much needed time for rest and refreshment, we have decided to cancel Wednesday Word for the month of August. We will continue to meet weekly again at 2:00, in September, from September 2nd. We will be in touch with you at the end of August to send you the new zoom link.

Wednesday Word online

Please remember that you can continue to access Wednesday Word via their website: <http://www.wednesdayword.org/parish/index.htm>

We hope you have a relaxing August and that you stay safe and well. We look forward to seeing you next week as normal and then on the 2nd September.

Getting in Touch with Patients in the Royal Devon & Exeter Hospital

The Chaplaincy Team is very aware that, with visiting restrictions, it is much harder to get messages of love and prayer through to friends and other parishioners in hospital. So, please leave a message on 01392 402024 and one of the Chaplaincy team will aim to write your message onto a card and deliver it to the patient. Simply say your name and contact number, the full name of the patient (and the ward they are on, if you know it) and a message you wish to be written in the card.

Sacrament of Reconciliation/Confession

Many of you may be worrying a little that you have not been able to get to the Sacrament of Confession/Reconciliation for a while, and there may be matters on your conscience that you wish to have dealt with.

May I assure you that since you are at present unable to receive this Sacrament directly from a priest, the Church, in Her wisdom has already dealt with this matter a long time ago through what is known as **Perfect Act of Contrition** which will remove **all our sins**.

Any Grievous/Mortal sin can then be mentioned when you next go to see the priest in the sacrament.

Perfect contrition is true and real sorrow for our sins, which is created when we realise the immense love God has for each one of us.

We express this contrition when we realise how we offend God but our sinful words, deeds and omissions, in contrast to the immeasurable love and mercy that He continually shows us.

This requires us to be contrite of heart for what we have done, know and be overwhelmed by the love and mercy of God for His children, and to approach this grace with humility and resolution not to sin again.

An Act of Contrition

My God, I am sorry for my sins with all my heart.

In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Saviour Jesus Christ suffered and died for us. In His name, my God, have mercy.

Spiritual Communion

Prayer of St Alphonsus

(Can be prayed at Holy Communion whilst watching Holy Mass)

My Jesus, I believe that you are present in this Holy Sacrament of the Altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you Sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.

Track and Trace

It is a requirement that we are able to track and trace everyone who comes to Mass.

With the newsletter there is a simple pro-forma that you need to complete and bring to Mass with you.

This needs to be done every time you come to Mass. The forms will be kept for 21 days and then destroyed.

If you do not have a printer, there will be copies of the form at the Church.

Face coverings

Face coverings are now mandatory on public transport and in shops and supermarkets. The government strongly encourages people to use face coverings in enclosed spaces where there are people they would not normally meet, ie Churches.

It was rumoured that the government were going to make masks compulsory in Churches - so we prepared and ordered some. Therefore, if you would like to help yourself to a mask please do so, if you want to make a donation please put in the collection box.

Online donations

It is now possible to make your weekly loose plate offering and other donations on-line. ****All donations are anonymous.****

Please use this link to make your online donation;

<https://givealittle.co/campaigns/f94e8739-d2fd-4ce6-9fca-60470ef39403>

Alternatively, you can go to the website; **<https://www.sacredheartexeter.org/>**
Scroll down to the 'Parish News' section and click the highlighted 'Donate Here' text.

There is also a link on our Facebook Page; **<https://www.facebook.com/Sacred-Heart-Catholic-Church-Exeter-422138011310698>**

If you need further guidance please email the Church Office.



Bedtime Chats

Please see the Sacred Heart website for the latest sheet.

Contact Details

Parish of the Sacred Heart

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