

**MASS TIMES AND MASS INTENTIONS**  
**Saturday 3rd August - Sunday 11th August**

**Sat 3rd August**

(MHR) 6.30pm:

**Sun 4th August**

(StD) 9am:

(MHR) 11am:

**Mon 5th August**

(MHR) 9.30am:

**Tues 6th August**

(StD) 9.30am:

**Wed 7th August**

(MHR) 9.30am:

**Thurs 8th August**

(Std) 9.30am:

**Fri 9th August**

(MHR) 9.30am:

**Sat 10th August**

(MHR) 6.30pm:

**Sun 11th August**

(StD) 9am:

(MHR) 11am:

**MORNING PRAYER** : Before Mass 9.15am on Mon - Fri

**ROSARY** : after Morning Mass Mon & Fri (MHR), after Morning Mass Tues and Thurs (StD)

**Confession: at MHR ( By Request )**

**PRAY FOR THE SICK OF THE PARISH AND HOUSEBOUND**

Brian Angel, Jason Angel, Rita Bracher, Christine, Deborah DiMoriaku, Stacey Doyle, Mary Eckett, Louise Flores, G. Golding, Tania Kavanagh, Daniel Keller, Karen Kennedy, Billy Koseda, Luke, Madeleine, Charlotte Massey, Eileen McGeown, Graham McGeown, Geraldine McStravick, Susan Newman, Elsie Pridemore, Dee Skene, William Taylor, Tony Tyres, June Warrington, Eileen Lacey, Andrew White, Lynsey Mitchell, John Barry, Trish Connolly, Fran Manderson, Veronica & John Campling, Sarah Harding, Claire Monkcom, Andy & Doreen, Nadia Bolton, Donna McKearney, Tina Perotti, Brenda White, Ann Carr, Janet O'Brien, Jacqueline Pears and Steve Stripe, Paul Singleton, Mary Boyle, Tom Green, Val Kelleher, Nicky Burgess, Eve Lawrence, Sue Edwards, Stephanie Bedding, Ken Page, Sheila Murphy, Patricia Motha, Baby Emily, Hilda Leeward, Lydia Luke, Neil Humphries, Pat Humphries, Joseph Exley, Wayne Mead, Caitlin, C. Suzanne Bonelli, Elizabeth Yee, Margaret T, Francis and Shaun, Rose Louise McDonagh, Amie Hughes, Will Manderson.

**ANNIVERSARIES OCCURRING ABOUT THIS TIME.**

John & Margaret Dunford, John Gildea, Ernest Smith, Hilda Leaver, Michael O'Dea, Daniel Riordan, Fr Tom Jordan, Margaret Walsh, John McCormack, Pope Paul V1, John Nichols, Fr. Henry Tilley, Fr. David Coughlan, Fr. Hugh Verity, Mrs Dean, Jim Gogan, John Parish, Mr & Mrs P J Dillon, Herbert William Hyde, John Keating, Andrés Naveda, Doreen Pittaway, Joseph Synpas, John O'Connor, John Michael Brady, Doris Patmore, Michael Flynn.

**MAY THEY REST IN PEACE.**

**The Most Holy Redeemer Catholic Church**  
**and**  
**St Dominic's Catholic Church**



Most Holy Redeemer  
Petersfield Ave  
Harold Hill  
Romford  
Essex RM3 9PB

Parish Priest: Fr Joseph Tan  
Tel: 01708 343492  
Email : [haroldhillmhr@brcdt.org](mailto:haroldhillmhr@brcdt.org)  
Facebook Page: [MostHolyRedeemerHaroldHill&St.Dominic's Church](https://www.facebook.com/MostHolyRedeemerHaroldHill&St.Dominic'sChurch)



Diocesan Website :  
[www.mostholyredeemerharoldhill.org.uk](http://www.mostholyredeemerharoldhill.org.uk)



St Dominic's  
281 Straight Rd  
Harold Hill  
Romford  
Essex RM3 7JS

**EIGHTEENTH SUNDAY IN ORDINARY TIMES (B)**

**4th August 2024**

**First Reading**: Exodus 16:2-4, 12-15 **Second Reading**: Ephesians 4:17,20– 24 **Gospel**: John 6:24-35

Growing up, did the adults in your life tell you any stories about food?

- \* Eating carrots helps you see in the dark.
- \* Spinach makes you strong.
- \* An apple a day keeps the doctor away.
- \* Crusts will make your hair curly.

These wise old saying, passed down through the generations, were employed to encourage us to eat certain foods, mainly healthy fruit and vegetable. Some even had an element of truth. Nowadays we can establish the accuracy of such claims at the touch of a button, but many parents still find themselves trotting out these nuggets of wisdom. Behind it all is a desire to see children grow up as strong, healthy and happy as possible.

There is a huge focus these days on healthy eating and having a physically healthy lifestyle. Mental health is also being spoken about more and more. Nourishing one's mind and keeping it healthy is just as important as fuelling the body. Both of these are essential long-term projects, the work of a lifetime.

Life is hard. It is busy and distracting, disconcerting and frightening, fraught with tensions and conflict and worry. Whether the Israelite in the desert or the modern man or woman navigating work and family life, we are bound to get caught up in the trappings.

When it comes to the life beyond this one, Jesus talks about a different type of food-food that endures to eternal life. It is this bread, Jesus himself, that gives meaning to our work and our struggles here on earth. As Jesus tells us today Gospel: " Do not work for food that cannot last, but work for food that endures to eternal life.' Let us not forget to nourish our Spiritual life.

**UPDATED NEW PARISH MASS BOOKS.** - Beginning on the First Sunday of Advent 2024 Catholic Parishes across England, Wales, Scotland will adopt new Parish Mass Books. As part of this transition we will require new Parish Mass books for Most Holy Redeemer and St. Dominic's. If you would like to contribute towards the Parish Mass books for both Parishes, please consider making a donation. If you would like to by cheque please make cheque payable to Most Holy Redeemer or St. Dominic's. Please see Fr. Joseph or alternatively contact the Parish office on 01708 343492 or email haroldhillmhr@brcdt.org. Thank you for your support and generosity.

**BIG HEARTFELT THANKS** - A big thank you to all Parishioners who have contributed to the new Lectionaries for Most Holy Redeemer Church and St. Dominic's Church. Your generosity is greatly appreciated and your support.

**BIG THANK YOU** - Big thank you to John Muffet for his generous donation of £300 towards the upkeep of St. Dominic's Parish. Thank You and God Bless You.

**CONGRATULATIONS** - Congratulations to **Mma Ezugwu** graduating with **MPharm (Hons) Pharmacy**. This is a remarkable achievement and a testament to your hard work and dedication. Wishing you continued success in all your future endeavours.

**CONGRATULATIONS** - Congratulations to **Ezinne Ezugwu** graduating with **BA (Hons) in Law with Spanish and Spanish Law**. This is remarkable achievement and a testament to your hard work and dedication. Wishing you continued success in all your future endeavours.

**CONGRATULATIONS** - Congratulations to **Alexandra Ukah** graduating with **LLB (Hons) in Law**. This is a remarkable achievement and a testament to your hard work and dedication. Wishing you continued success in all your future endeavours.

**PARISH BEREAVEMENT GROUP** - Come along to find comfort, support and understanding at our welcoming and informal bereavement support group. Sheila Delander and Liz Hill will lead the group. We invite you to join us as we navigate through grief together. Our next meeting will be held **Wednesday 7th August at 2pm** in St. Anthony's Hall at the Most Holy Redeemer Church, Harold Hill.

**SOLEMNITY OF THE ASSUMPTION:** We celebrate this great feast of Our Lady on Thursday 15th August. Masses will be at 9.30am Std and 7.30pm Mhr.

**CHILDREN'S LITURGY.** Please be aware there is **NO** children's Liturgy during the 9am Mass at St. Dominic's and 11am Mass at Most Holy Redeemer until **Sunday 15th September.**

**SUMMER FUN ARTS AND CRAFTS FOR CHILDREN** - Join us for a fun filled Arts and Crafts session on Monday 12th August from 10am to 12pm at St. George's Hall, Most Holy Redeemer. **All children must be ACCOMPANIED** by Parent's and Carers. Parent's and Carers **MUST STAY** for the session.

**NEXT SESSION - ARTS & CRAFTS PLUS BOUNCY CASTLE** on Wednesday 21st August from 10am to 12pm at St. George's Hall, Most Holy Redeemer Church. **All children must be ACCOMPANIED** by Parent's and Carers. Parents and Carers **MUST STAY** for the session. **Please come along all are welcome.** Light Refreshments will be provided. For further details please see Theresa.

**SICK AND HOUSEBOUND PARISHIONERS.** - If you know anyone who is unable to come to Mass but would still like to receive Holy Communion in their home, ring the Parish Office on 01708 343492 or email [haroldhillmhr@brcdt.org](mailto:haroldhillmhr@brcdt.org).

**THE ANOINTING OF THE SICK** - is available to anyone who is gravely ill or about to have an operation, so if you know someone who should receive this important sacrament then please speak to Fr. Joseph or ring the parish office on 01708 343492.

**COME TO ST URSULA'S CATHOLIC SCHOOL!** - St Ursula's is an oversubscribed Catholic Primary school; however, it is at this time of the year when we are informed by families that they are moving out of the area and their children will not be returning in September. Therefore, we want to make you aware that, if you have a child who is a baptised Catholic and who is currently attending another school, you can apply for a place at St Ursula's Catholic Primary School. As a baptised catholic, your child will be given preference when a space becomes available. At this time of the year, it is highly likely that there will be spaces for the start of September 2024. \*We also have a Nursery with some places left for September. If your child is a baptised Catholic and you are considering changing school, then please contact our school office to arrange a tour. Tel: 01708 345200

**THE DIVINE APOSTOLATE** - The Divine Mercy Apostolate, London is holding a Celebration of St Faustina Birthday at Aylesford Priory, Aylesford, Kent on **Bank Holiday Monday 26 August 2024** from 10 am to 4:30 pm. The reflection day will include teachings on the Message of Divine Mercy, Holy Mass, Hour of Mercy with Stations of the Cross, Adoration and Benediction and Veneration of the Image of Merciful Jesus. All welcome. Call millie on [07957594646](tel:07957594646) for more information. Coaches from Ealing Broadway and Victoria.

**WALSINGHAM HOUSE ANNIVERSARY MASS** -This year marks 60 years since the opening of Walsingham House and 40 years since the first volunteer team took residence. There will be a Mass of Thanksgiving on Saturday 31st August at midday celebrated by Bishop Alan in the grounds of Walsingham House at Abbotwick. Everyone is very welcome to attend with a special invite to those who have been part of the Walsingham House team over the last 40 years. After Mass you are welcome to stay for a picnic in the grounds.

**VACANCY PARISH PARTNERSHIP YOUTH CO-ORDINATOR.** Inspire, nurture and accompany young people on the edge of East London. The parishes in the Romford Parish Partnership are recruiting a **Parish Partnership Youth Coordinator**. Salary £30,000/year, **closing date September 10th, 2024, start date no later than January 2025.** This is a new role, with amazing potential to bring young people into leadership in the Church and provide a wide range of opportunities for them to live and deepen their faith within a diverse and vibrant part of London. Full details: <https://www.dioceseofbrentwood.net/diocese/working-for-us/>

**CALLED AND GIFTED TEACHING DAY** - On Saturday 14th September from 9.00 a.m. to 4.15 p.m. at the Most Holy Redeemer Church in Billericay we will be running a "Called and Gifted" teaching day. "Called and Gifted" is a discernment process developed by the Catherine of Siena Institute which enables everyone to understand the gifts and the charisms that God has given to them so that they are able to share these gifts with others. Those who have taken part in the Called and Gifted process have found that their faith has deepened and that they have been able to discover new ways of serving God in their parish and the wider community. As well as the teaching day, participants are invited to complete an online "Gifts Inventory" prior to the day, as well as having a 1-1 Zoom session with a member of the Called and Gifted team. The total cost of the process including the Teaching Day is £120 which includes online access to the Gifts Inventory as well as a Resource book which will be given out during the Teaching Day. In order to secure your booking please register your interest before Thursday, 1st August by emailing the Billericay Parish Office at [billericay@brcdt.org](mailto:billericay@brcdt.org). If you would like more information about Called & Gifted, please visit their website: <https://www.calledandgifted.org.uk/>

### **LOTTERY BONUS BALL**

**Wed 31st July 2024 Bonus Ball No: 37 Winner: 'Sue Edwards' £25**  
**Congratulations to winner and thank you for supporting your Parishes**