

Services During the Week

(Morning Prayer - 20 mins prior to each weekday Mass)

Sat 07 Sep 6.00 pm	Vigil for the 23rd Sunday in Ordinary Time <i>Mass Maureen Jones. Intentions</i>
Sun 08 Sep 08.00 am 10.30 am	The 23rd Sunday in Ordinary Time <i>Mass Jane & Tom Cleese. Intentions</i> <i>Mass Our Parish Community</i>
Mon 09 Sep 09.30 am	St Peter Claver, Priest <i>Mass Pauline Perera. RIP Anniversary</i>
Tues 10 Sep 11.00 am	Weekday in Ordinary Time <i>Funeral Mass for Agnes D'Cunha. RIP</i>
Wed 11 Sep 09.30 am	Weekday in Ordinary Time <i>Mass Leonida Magsino. RIP Anniversary</i>
Thur 12 Sep 09.30 am	Most Holy Name of Mary <i>Mass Winifred Wholey. RIP Anniversary</i>
Frid 13 Sep 09.30 am	St John Chrysostom, Bishop, Doctor of the Church <i>Mass Frank M'Carthy. RIP</i>
Sat 14 Sep 5.30 pm	The Exaltation of the Holy Cross <i>Confessions (NO HOLY HOUR)</i>
Sat 14 Sep 6.00 pm	Vigil for the 24th Sunday in Ordinary Time <i>Mass John O'Gara. RIP</i>
Sun 15 Sep 08.00 am 10.30 am	The 24th Sunday in Ordinary Time <i>Mass Our Parish Community</i> <i>Mass Molly Leahy. RIP Anniversary</i>

RECONCILIATION (CONFESSION) AND EUCHARISTIC ADORATION:

Unless otherwise stated, there is a Holy Hour every Saturday from 5 pm, during which time the priest will be available in the Reconciliation Room to hear confessions. Confessions are also available on request after weekday Masses or whenever Fr Matthew is in the Presbytery, or by appointment at any time.

PARISH NEWSLETTER



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Parish Priest: Rev Fr Matthew Bemand-Qureshi



THE 23RD SUNDAY IN ORDINARY TIME (YEAR C) - 08 SEPTEMBER 2019

In the middle of September (14th), the church celebrates the feast of the exaltation of the Holy Cross, commemorating the discovery of the true cross by St Helena, the mother of Emperor Constantine, and the consecration of the great church Constantine had built on the site of Calvary and the holy sepulchre. It may seem a strange thing to many that we should glory in an instrument of torture and death, the means by which our founder was executed, For us, however, the cross has been transformed from a thing of shame to the means of our salvation and the sign of a great victory. It is true that on the cross Christ does something *for us* that we cannot do for ourselves, namely reconcile us to his Father. Nevertheless, the cross can never be something external and apart from a Christian person. In baptism, we are joined to Christ, made members of his body, inseparable from the head. We are united to him in his death in order that we may also be united to him in his resurrection. The cross is central to a Christian response to the mystery of suffering. On the cross we see that God himself does not stand aloof from human suffering. We also come to see that our acceptance of suffering here and now can bring us closer to Christ and free us from attachment to earthly things so that we may be more fully prepared for the life of heaven, where suffering and death are no more.

In our gospel today we are told that in order to be a disciple of Christ each of us must take up our cross and follow him. This reminds us of the need to accept all the sufferings and difficulties of life as a means of drawing close to Christ, but it also reminds us that if we are close to Christ in his suffering, he is also close to us in ours; its not just any cross we carry but the cross of Christ. Once we understand that we also see that there is another element to this instruction. The cross is the supreme demonstration of divine love, and so in bidding us to take up our cross Christ is calling us anew to that fundamental vocation and task given to everyone: to love, that is, to give ourselves entirely to seeking

the good of the other. True love is selfless and sacrificial; it is demanding and difficult, sometimes painful and costly, but it is also the way – the only way – that leads to the eternal joys of heaven. If by God’s grace we can love him and our neighbour with all our hearts, seeking God’s will above all things, then we shall indeed have taken up Christ’s cross and his victory shall be ours. For only in the cross of Christ is victory assured. Only through the cross can we triumph over all that would come between us and God.

Fr Matthew

Parish Celebration

As part of our annual celebration of our patron St Teresa and the anniversary of the consecration of the church, which both occur on 01 October, there will be a barbecue and family fun afternoon (for all families and the whole parish family) organised by the Knights of St Columba **on the following Sunday, (06 October)**. Further details available soon, for now please put the date in your diary

Church Rotas

This Week: Cleaning - Team D.

Next Weekend:

Readers - 6.00 pm: Sini. 08.00 am: Kevin. 10.30 am: Julia, Pam.

Eucharistic Ministers - 6.00 pm: Catherine, Wilma. 08.00 am: Francis, Michael N. 10.30 am: Mercedes, Tarlach, Ann W, Sylvia, Edna.

Small Linen Laundry - Monica. **Flowers** - Ching, Fay.

PLEASE ENSURE YOU ARE AWARE OF THE POSITION OF THE EMERGENCY FIRE EXIT DOORS IN THE CHURCH

Parish - Regular Notices

SICK AT HOME OR IN HOSPITAL If anyone is seriously ill at home or is in hospital, it is most important to let Fr Matthew know so that the sick person may receive the spiritual help of the sacraments. Relatives or friends should also inform the Catholic Chaplain of the hospital concerned (*at King George Hospital, 8590 9026; at Queen’s Hospital, 01708 447761; at Whipps Cross Hospital, 8520 5877*).

PRAYERS FOR THE SICK Please pray for those in our community who are sick and housebound as well as the patients in Goodmayes, King George’s and Queen’s Hospitals. Also, the sick Priests of the Diocese - Frs Tom Jordan & Martin Nott.

ANNIVERSARIES IN SEPTEMBER Frs Pat Cavanagh & Conrad Smith, Win Dean, Michael Derra, Sean Dorr, Frank George, Freda Godfrey, Joan Hall, Roy Hazeldene, Victor Higgins, Tim Kelly, Violet Long, Bridget McCabe, Eileen O’Neill, Joanna Oliver, Maria Grazia Palumbo, Kenneth Pogu, Adriana Spiers, Fiona Ward and Winifred Wholey.

BAPTISM PREPARATION If you are expecting a baby or have a baby for baptism in the next couple of months, please speak to Fr Matthew in the first instance who will help you make the appropriate arrangements.

MASS REQUESTS Special envelopes for this purpose are available at the back of Church. Please use one for each request and place your donation within it.

CHURCH HALL The Church Hall is available for bookings by Parishioners. Please contact Sid on 07887983310 for bookings and conditions.

CHURCH CAR PARK Please remember it is essential that emergency vehicles have clear access to the Church at all times. During the week, please do not park in front of the Hall gate and remember to leave your details at the Parish Office if you are leaving your car here outside Mass times.

CHURCH GROUNDS Please remember to do what you can to keep the church grounds tidy - if you see some litter and it is safe to do so, please pick it up and put it in one of the two bins provided.

REFRESHMENTS AFTER 10.30 AM MASS ON SUNDAY Tea & coffee will once again be available in the Hall **this week** after Mass.

NEW PARISHIONERS You are very welcome here. Please make yourselves known to Fr Matthew and complete one of the Parish Registration Forms as soon as possible.

Meetings this Week

Sunday: KSC in the Pastoral Centre at 09.00 am
Monday: Ladies Guild in the Pastoral Centre at 7.30 pm.
Tuesday: Legion of Mary in the Pastoral Centre at 7.30 pm
Prayer Group in the Church at 7.30 pm.

Parish - In & Around

AGNES D'CUNHA, RIP Please continue to pray for the repose of the soul of Agnes D'Cunha. Her funeral Mass will take place here **at 11.00 am on this coming Tuesday, (10 September)**, and her body will be received into church at 5 pm the evening before. Please also pray for Stephen, Attila and Edna and all who mourn her. May her soul and the souls of all the faithful departed rest in peace. Amen.

OUR LADY'S BIRTHDAY The feast of the Nativity of Our Lady takes place on 08 September. However, since it is of a lower rank compared with other Marian feasts such as the Assumption and the Immaculate Conception, it is superseded by the Sunday celebration. Nevertheless, we shall mark the day by singing hymns in honour of Our Lady at each Mass this weekend.

HOLY HOUR Please note there will **not** be a holy hour **next Saturday, (14th September)** as Fr Matthew will be giving a lecture at the Maryvale Institute in Birmingham

OFFERTORY COLLECTION The Offertory collection (inc. Standing Orders) for last weekend amounted to **£915.76, of which 56% was "Gift Aided"**. Thank you all for your continued generosity and support.

RETIRING COLLECTION THIS WEEKEND Each year, the Catholic Church in England & Wales celebrates Education Sunday, when we give thanks to Almighty God for the work of our Catholic schools and ask for His blessing on them for the coming year. There will be a retiring collection at all Masses **this weekend** to support the work of the Catholic Education Service (CES), which is the main advisory body on all matters regarding Catholic Education in England and Wales. Donations may be "Gift Aided", so those in the "Gift Aid" scheme, please remember to use one of your "Special Collection" envelopes for your donation and the fund will benefit by a further 25%. If you have run out of these or don't belong to the envelope scheme but are nevertheless a taxpayer, then please use one of the special light blue "Gift Aid" envelopes which you will find at the back of the Church.

RETIRING COLLECTION NEXT WEEKEND *Next Sunday is Home Mission Sunday.* On this day the Bishops of England and Wales invite us to pray for and support the work of evangelisation close to home through having a retiring collection. All the money raised will go towards funding a number of national projects, including the development of resources to support ministry and outreach to non-churchgoing (lapsed) Catholics. There are around 4 million baptised in our countries who never or rarely attend church. Please do help the bishops to resource this important work. Donations may be "Gift Aided", so please do so if you can.

DONATION ENVELOPES A reminder that if you do have need to use one of the light blue general "Gift Aid" donation envelopes from the back of the Church, then you must enter either your Contributor Number or your full name and address on the envelope otherwise we cannot claim any "Gift Aid" on your donation. **Please do not use these envelopes** if you cannot "Gift Aid" your donation.

ST TERESA'S LADIES GUILD The Guild will meet again after its summer break **at 7.30 pm in the Pastoral Centre on this coming Monday, (09 September)**. New members are most welcome

FIRST HOLY COMMUNION Children who are in Year 3 or above and regularly attend Mass with their parents are invited to join the First Holy Communion group. Parents should complete the form available at the back of church or send details (name, address, phone number) by email to the Parish Office as soon as possible. There will be an initial meeting for parents and children **at 7 pm on Thursday, 19 September**. The programme will be delivered on eleven Thursday evenings between now and May when the first communion Mass will be celebrated.

CONFIRMATION We are expecting Bishop Alan to visit the parish and celebrate the sacrament of confirmation next Autumn (2020). Any young person who will be 14 or above by then is encouraged to give serious thought to joining the confirmation group which will begin shortly after Christmas. Watch this space for further details. Anyone who is going to be confirmed will be expected to be take a full part in the life of the church and commit to Sunday Masses as well as the programme of preparation.

NEW READERS ROTA A new rota for Readers is currently being prepared by Gerry Gillan and he would be extremely grateful if everyone on the current rota would please let him know of any weekends in the 3-month period (October-December) **when they will not be available** to undertake their ministry. You can email Gerry at gerrygillan5@gmmail.com or call him on 020 8599 0013.

BECOMING A CATHOLIC If you are thinking about being received into the Catholic Church through baptism and confirmation at Easter, or completing your initiation with confirmation if already baptised, now is the time to make contact with Fr Matthew to begin the preparations. Please speak to him after Mass or get in touch by email or telephone as soon as possible

CHURCH CLEANING A reminder that we are still looking for offers of help to undertake a more regular clean of the church brass etc. If you would think you could help out on this important task or would like more details, please speak to Fr Matthew.

THE LEGION OF MARY welcome all to join them in celebrating the Inaugural Mass of the Brentwood Regia (new and extended governing body for the Legion of Mary based in the Diocese of Brentwood) on **Saturday, 28 September** at Brentwood Cathedral. Prayers, including the holy rosary, at 11.30 am followed by Holy Mass at 12.00 noon celebrated by Bishop Alan. If you would like to go to support the local Legion in your parish, please let one of the members know!

MESSAGE FROM JOSEPH LEE I will be going on pilgrimage to the Shrines of France in early October. The pilgrimage includes Lisieux, Paray-le-Monial (the city of the Sacred Heart of Jesus) and Lourdes. I would be happy to carry personal petitions from fellow parishioners for any or all of the destinations. For those who wish to do so, please enclose your written petition in a sealed envelope marked "Petition" also indicating the shrine for which it is intended. If the petitions are put through the door of the Presbytery **no later than 01 October**, I will collect from Fr Matthew and do the needful.

POOR BOX The Donations box on the counter at the back of the church by the Repository has a section that is marked for the "Poor". All the donations put into that part of the box are used exclusively to help those in need especially those who occasionally call at the Presbytery seeking assistance. Any contributions would, of course, be most welcome and gratefully received.

MAINTENANCE MATTERS If parishioners have any suggestions for works/defects which they think need attention either in the Church, Parish Hall, Pastoral Centre or grounds please let the Fr Matthew. or the Parish Secretary, know either in person, or by email to stteresas.np@gmail.com. Suggestions will be considered and prioritised according to urgency and available funds.

TALKING BEFORE MASS A reminder of this comment from Pope Francis: *'When we go to Mass, maybe we arrive five minutes before, and we start to chit-chat with those around us. However, it is not a moment for chit-chat. It is a moment of silence for preparing ourselves, a time for the heart to*

collect itself in order to prepare for the encounter with Jesus. Silence is so important.' Please bear the Holy Father's teaching in mind, in order to show respect for the Blessed Sacrament, and for our fellow parishioners who are praying. Please show a good example to those around you.

CHURCH WINDOWS If you feel the need to open a Church window at any time, please do so **but do remember to close it on leaving the Church or arrange for someone else to do so on your behalf.** Also, if you attend the 10.30 am Mass on Sunday and, on leaving, see that the windows are still open, then please consider offering to help close them. The Window Pole can be found in the recess behind the Repository cabinet.

KNIGHTS OF ST COLUMBA A reminder that our parish Knights of St Columba continue to collect old spectacles and used postage stamps and there are separate boxes in the Porch for your donations. All your old spectacles are sent to Fr Perera in Kandy, Sri Lanka who then passes them to the needy in his parish. The postage stamps are to help fund charitable work for the relief of bone cancer (linked with the Newbury Park Health Centre). Two very worthy causes then both deserving of your support.

TWIN PARISH: Please continue to pray for our brothers and sisters in the parish of Sacred Heart, Pomeroy, in the Diocese of Dundee, South Africa, with whom we are twinned and their parish priest, Fr Mandla Makhanya.

VISITORS If you are a visitor to St Teresa's then you are most welcome, and we very much hope you enjoy the service you are attending. If you are a tax payer and would like to "Gift Aid " your Offertory donation, then please use one of the special "Gift Aid" envelopes which you will find at the back of the Church.



DIOCESE OF BRENTWOOD WEBSITE Visit www.dioceseofbrentwood.net and update yourself on all information on the life of the Diocese.

ILFORD SUNDAY DROP-IN CENTRE Established by the Diocese more than 27 years ago for the homeless, the Centre runs each Sunday in the Small Hall at Ss Peter & Pauls. If you can help out once a month, please get in touch. We offer a hot meal and sandwiches for people to take away for later every week thanks to the support of local community groups. Please remember us in your thoughts and prayers and remember too that we welcome donations however small so we can keep helping those in need. Contact Wendy Taylor wendytaylor99@gmail.com

BRENTWOOD CATHOLIC CHILDREN'S SOCIETY Families, please do come and join us at the Barleylands Fun Walk **this Sunday, (08 September)** to increase awareness of our work. This is a great fun, family event with a choice of walks on the Barleylands site in Billericay, the longest being more than 2 miles and a shorter walk which is suitable for children & toddlers. There will be stalls serving cakes/biscuits and ice-cream available from 12 pm and the community walk will start at 12.45 pm and finish around 2 pm. This is an ideal opportunity for families or parish groups to get together & have a fun afternoon while raising much needed funds for 'BCCS'. For a sponsorship form and more information, please go to <https://www.bccs.org.uk/fundraising-andevents> or contact Julie on jabbott@bccs.org.uk. Look out for our 'BCCS' pitch at the start line and come and say hello!

REDBRIDGE FAITH FORUM Please do keep **next Sunday, 15 September (1.00 pm - 4.30 pm)** free to join us on our walk this year which has the theme "Caring for Creation". We will assemble in the Holocaust Memorial Garden (accessed via Cranbrook Road entrance) in Valentines Park to hear from a Jewish perspective. We will then proceed to visit the Buddhist Vihara, Hindu Temple, Ilford Islamic Community Centre, St Albans Church and culminate in a visit to the Karamsar Gurdwara (400 High Road). Refreshments will be provided en route and the Gurdwara extend an invitation to all to enjoy the Langar (vegetarian meal).

RECOLLECTION FOR WOMEN: The next Recollection evening will take place **from 6.45 pm to 9 pm on Tuesday, 17 September** at St Augustine's Church, Barkingside and all are welcome.

CATHOLIC HISTORY WALKS The following walks are planned in the coming weeks - "*Westminster*" **on Monday, 23 September, at 6.30 pm.** We'll explore St James Park, Westminster and Whitehall: monks and mysteries and a leper hospital. Meet on the steps of Westminster Cathedral. Nearest Tube: Victoria. "*Chelsea*" **on Tuesday, 24 & Friday, 27 September, at 6.30 pm.** The story of heroic St Thomas More, as we walk around his Chelsea Estate. Meet at Holy Redeemer Church, Cheyne Row SW3 5HS. Nearest Tube: Sloane Square.

DIVINE MERCY DAY OF PRAYER The day of prayer invoking the intercession of Our Lady of Walsingham will be held at Westminster Cathedral **on Saturday, 28 September from 9.30 am to 4.30 pm.** The day will be led by Bishop John Keenan of Diocese of Paisley and Fr Dominic Allain, Pastoral Director of 'From Grief to Grace' and others. Bishop John will lead the central Communal Act of Reparation and Fr Dominic will give two powerful talks. For the full programme of the day contact Antonia at

antonia@walsingham.org.uk

STUDY DAY ON THE BOOK OF GENESIS To open the 'Year of the God who Speaks' Fr Adrian Graffy will lead a study day entitled '*Beginning with Genesis*' **on Saturday, 12 October** at the Catholic Church of Christ the Eternal High Priest in Gidea Park (RM2 6DH). The day will begin at 10.30 am. with the formal opening of the Year by Bishop Alan Williams. This will be followed by the launch of our evangelisation website. Coffee will be available from 10 am. Please bring your own lunch. The study day will end at 3 p.m. Admission is free but please make your booking by email to GPstudydays@gmail.com Plentiful parking space at the church, and easy access to Gidea Park by train or bus.

SILENT WEEKEND RETREAT The retreat led by Canon David Oakley, Rector of Oscott Seminary, will take place **over the weekend of 11 - 13 October** at the Sion Community, Brentwood. Our theme flows from the Bishops of England and Wales announcing 2020 as a year of celebrating, living and sharing God's word in celebration of two important anniversaries in the life of the Church this coming year. This silent weekend retreat offers us the opportunity to spend time with the Lord in quiet prayer and reflection. 40 hours of continuous adoration, guidance & ministry included. For more information or to book, email allegra.mutanda@gmail.com or call 0790 3648639. Alternatively, e-mail admin@sioncommunity.org.uk or call 01277 215011.

COME AND SING COMPLINE BY CANDLELIGHT A candlelit service of music and prayers on the Feast of St Luke based on the liturgy used for centuries by monastic communities. A serene and contemplative end to the bustle of the day in psalmody and hymnody at Corpus Christi Church, Collier Row, RM5 2AP **on Friday, 18 October.** Come and sing with us (Rehearsal time 7.30 pm) or join us for the service (9 pm.) Musical director James Davy Retiring Collection. For further information or to book if singing please contact Shirley Timmins by email to shirleytimmins@btinternet.com or leave a message on the answerphone 01277 233302.

BCYS YOUTH GATHER The Youth Gather will take place on Mersea Island, **26-27 October (half term weekend)** and is for anyone in school year 9-13, and includes a mix of inspiring speakers, reflection and prayer, together with outward bound activities like zip wires, high ropes and climbing walls. The cost of £50 includes coach from Stratford, Romford, Basildon, Brentwood, Chelmsford or Southend, as well as all meals and activities. For more details and online booking please go to <https://bcys.net/events/youth-gather-2019/>

BEGINNING EXPERIENCE WEEKEND A healing weekend for men and women who are separated, divorced or widowed will be held from **18 to 20 October** at the Domus Mariae Centre, Chigwell, Essex. For more details please contact Freda 01322-838415 or Maura 01322-551503 or email johnbrotherton@hotmail.co.uk

CALAIS LIGHT CONVOY: Ever wanted to help the refugees in Calais but unsure how? We run weekend convoys from Brentwood to volunteer with refugee charities there. Never mind the reasons WHY migrants are in Calais - the fact is they're there - without resources, hungry, struggling. We feel strongly that part of our Christian mission is to support them. Please think about this & volunteer. **Next Trips: 22 - 24 November & 31 January - 02 February.** Sign up for a convoy or donate with compassion at www.calaislight.com

CHAIR-BASED EXERCISE FOR THE OVER 50'S The sessions are held at Ss Peter & Paul's Parish Centre Small Hall **on Wednesday afternoons, from 12.30 pm to 1.30 pm.** The exercises aim to improve *Postural Stability* and *Falls Prevention*. Our Instructor is excellent, very experienced and caring. The cost is £30 for 10 sessions. (Compare that to the cost of one session with a private physiotherapist). You may like to tell friends about this opportunity. Just come along.

ST CEDD'S YOUTH CLUB is a Youth Club based in the middle hall of St Cedd's Church in Blythswood Road, Goodmayes. For Years 5, 6 and 7, it opens from 6 pm to 8 pm and the Senior Youth Club (for all in Year 8 & upwards), runs from 8 pm to 10 pm. Bring a friend on your first night and you can both join for free. Any questions please ring John on 07803116729.

THE PENSIONERS ADVICE SERVICE The Service continues to provide an East London Pensioners Advice Service **every Thursday from 10.00 am until 1 pm** at Durning Hall Community Centre, Earlham Grove, Forest Gate, E7 9AB. Durning Hall is 2 minutes from Forest Gate Rail station and is disabled accessible. For more information please contact Sally Mulready on 0207 428 0471.

THE CATENIAN ASSOCIATION is an association of catholic business and professional men. The nearest Circle meets in Gants Hill each month. If you would like more information, please contact Howard Banks by telephone on 020 8505 2012 or email howardbanks@btinternet.com

NEWSLETTER ITEMS If you have any items for inclusion in the weekly Newsletter then please email them to stteresas.np@gmail.com The copy deadline for including items in the Newsletter **is Thursday 12 noon.** Unfortunately, we cannot guarantee to include all requests we receive in

the paper edition but we will make every effort to accommodate articles and insertion requests in the on-line edition including job vacancies.

Job Opportunities

HEALTH & SAFETY ADVISOR The Diocese is seeking to recruit an experienced, qualified and proactive health and safety practitioner to promote a culture of ownership of health and safety and risk management throughout the Diocese. A full job description of this full-time permanent post can be obtained by contacting leighbuckley@dioceseofbrentwood.org Application is by CV and covering letter to leighbuckley@dioceseofbrentwood.org Applications for this role should be received no later than **this Sunday, (08 September).**