30th Sunday in Ordinary Time Page 145
Gloria - Page 9; **Creed** - Page 11; **Preface 1** - Page 66; **Eucharistic Prayer 3** - Page 27

SERVICES & MASS INTENTIONS THIS WEEK

Sat 24 Oct	**Vigil for the Thirtieth Sunday in Ordinary Time**
5.00pm	*Holy Hour*
6.00pm	*Bridgit Jones. Intentions*
Sun 25 Oct	**Thirtieth Sunday in Ordinary Time (A)**
08.00am	*Our Parish Community*
10.30am	*Jack Bernhard Beine. RIP*
Mon 26 Oct	**Ss Cedd & Chad, Bishops**
09.30am	*George King. RIP Anniversary*
Tue 27 Oct	**Tuesday in Ordinary Time**
09.30am	*Helen Mac Mahon. RIP*
Wed 28 Oct	**Ss Simon & Jude, Apostles**
	NO MASS
Thu 29 Oct	**Thursday in Ordinary Time**
09.30am	*Genevieve Quaynor. Thanksgiving*
10.00am	*Holy Hour*
Fri 30 Oct	**Friday in Ordinary Time**
09.30am	*John Dixon. Intention*
Sat 31 Oct	**Vigil for All Saints Day**
5.00pm	*Holy Hour*
6.00pm	*Lilian George. RIP*
Sun 01 Nov	**All Saints Day**
08.00am	*Deceased relatives & Friends of D' Cunha Family. RIP*
10.30am	*Our Parish Community*

This week the Church Porch will remain open for private prayer (except Wednesday) until approx. 5pm.

Adoration & Confessions on Thursday at 10am and Saturday at 5pm

Follow Fr David on Facebook: *stteresasnewburypark*

WHILE YOU ARE VISTING THE CHURCH. PLEASE ENSURE YOUR MOBILE PHONE IS SWITCHED OFF/TURNED TO SILENT. ALSO, THAT YOU ARE AWARE OF THE POSITION OF THE EMERGENCY FIRE EXIT DOORS.

PARISH NEWSLETTER
St Teresa's Catholic Church

The Presbytery, Brook Rd, IG2 7JA
Parish Priest: Rev Fr David Pearce
Tel: 0208 590 2414 Mobile: 07745 914 304
Email: newburypark@brcdt.org
Website: stteresasnewbpark.com
Parish Office Hours: Mon & Tue 10.30am - 2pm; Fri 10am-1pm
Reg Charity 234092



THIRTIETH SUNDAY IN ORDINARY TIME — 25 OCTOBER 2026

Dear All,

A few weeks ago I introduced the acronym "A.C.T.S." to show how we can pray. "A" is for Adoration and last week I talk about Contrition. This week I would like to talk about thanksgiving. Forgive me, but I was quite a self-centred child. I was of the generation where I was made to sit down and write thank you letters after Christmas and birthdays to all of those who had sent me presents. I used to think that there should be a minimum threshold below which a phone call would suffice…! However, as I have got older I have realised that the thank you touches not just those receiving it, but, in a deeper way the one giving it. From the time I first went to seminary I was blessed to have been assigned a spiritual director. Whenever I felt low or abandoned he would counsel me to do a stock take of all of the things I had been given. On one occasion – I cant go into details – he showed me how fortunate indeed I was that certain people had come into my life in the time and way that they did. I was taken aback at first but then got down in my knees in a prayer of thanksgiving.

What do we have to thank God for? However, before you look at any particular instances – or graces in theological terms - you have your very existence to thank him for. As I always say on Trinity Sunday, God wasn't lonely before he created us: God existed as community of persons for all eternity. After our creation, our forefathers fell: can we honestly say we would not have done the same in those circumstances….? We are all united to them in sin. A particularly harrowing reminder for me is in the Good Friday reproaches:-

"O my people, what have I done to thee? Or how have I offended thee?
Answer me. Because I led thee through the desert for forty years:
and fed thee with manna, and brought thee into a land exceeding good:
thou hast prepared a cross for thy Saviour."

From the fall God sowed clothing for our ancestors and then kept his eye on them. He made covenants with Abraham and sent Moses to free his people. The prophets were sent to warn. Despite all of this humanity continued to stumble.. blinded by pride and wilfulness. Eventually God sent his own Son.

God bless,
Fr David

SPIRITUAL COMMUNION

My Jesus, I believe that You are present in the Most Holy Sacrament.
I love You above all things, and I desire to receive You into my soul.
Since I cannot at this moment 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.

PRAYER WHEN YOU ARE UNABLE TO BE AT MASS

Dear Guardian Angel, go for me to the church, there kneel down at Mass for me. At the Offertory, take me to God, and offer Him my service: What I am, what I have, offer as my gift. At the Consecration, with your seraphic strength, adore my Saviour truly present, praying for those who have loved me, for those who have offended me, and for those now deceased, that the blood of Jesus may purify them all. During Holy Communion, bring to me the Body and Blood of Jesus uniting Him with me in spirit, so that my heart may become His dwelling place. Plead with Him, that through His sacrifice all people throughout the world may be saved. When the Mass ends, bring home to me and to every home, the Lord's blessing. Amen.

CHURCH ROTAS

This Week		31Oct- 01Nov			
			6pm	8am	10.30am
Cleaning Team	D				
Altar Linen	Ginny	**Readers**	Mary	Atilla	Edna
Offertory Counters	Jane & Steve	**Eucharistic Ministers**	Raleen	Atilla	Edna
		Flowers	Fay, Ching & Florida		

ANNIVERSARIES FOR OCTOBER Subagini De-Silva, Mark Fletcher, Andrew Fontanelle, Sheila Guise, Pat Hall, Mary Harley, Dennis Halligan, Patrick Kelleher, Margaret Linehan, John Luby, William Mc Mahon, Jose Mira, Maura Morgan, Michael Murphy, Judith Opok, Joseph Palumbo, Cathy Rabbitt, Bernard Raj and Protasio Soares.

PRAYERS FOR THE SICK Please pray for those in our community who are sick and housebound, especially all the patients in Goodmayes, King George's and Queen's Hospitals and all the sick Priests of the Diocese. If you would like a sick family member or friend to be included in the "Prayers for the Sick", please speak to Fr David or contact the Parish Office.

SICK AT HOME OR IN HOSPITAL If anyone is seriously ill at home or is in hospital, it is vitally important to let Fr David 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 435000; at Whipps Cross Hospital, 8520 5877).

JULIA BEINE RIP Please continue to pray for the repose of the soul of Julia Beine, for the comfort of her family and all who mourn her passing. Her funeral will take place here ***on Monday, 16 November at 11.00am with the committal at Forest Park at 12.30pm***. *May her soul and the souls of all the faithful departed rest in peace. Amen.*

REFRESHMENTS AFTER 10.30am SUNDAY MASS Tea & coffee organised by the members of St Teresa's Ladies Guild will be available in the Hall immediately after the 10.30 Mass ***this Sunday.*** Everyone is welcome and all proceeds will go to charitable causes.

WORLD MISSION SUNDAY The retiring collection last weekend for **MISSIO** ***totalled £243.88 and a further £73.29 was raised*** through the sale of refreshments after the 10.30am Mass. Many thanks for your support and generosity.

MISSIO RED BOX HOLDERS Thank you so much for supporting the World Mission Sunday. Gentle reminder to bring your Red boxes to church to be emptied. Please collect your new Missio Red Box for next Year's charitable mission

SANCTUARY LAMP ***This coming week*** the Sanctuary Lamp will be burning in memory of the deceased relatives and friends of the D'Cunha family. If you would like to offer a candle to be placed in the Sanctuary Lamp for your own private and personal intentions, please put your donation (£2.50 min) in an envelope marked "Sanctuary Lamp" and the intention and place it in the Repository Box marked "Candles" at the back of the Church.

NOVEMBER BLESSING OF GRAVES Fr David will be blessing graves at Forest Park Cemetery from ***1.30pm on Sunday, 01 November***. Please meet him at the main entrance. At 3:00pm we will have the usual rosary at Longwood Gardens cemetery in Barkingside, together with the priests and parishioners of St Cedd's.

DATE FOR YOUR DIARY There will be a special Mass ***at 7.00pm on Friday, 13 November*** for the repose of the souls of all of those who have passed away this year. Fr David will read out the names of those who have died and anyone who has lost someone is welcome to come forward and light a candle. If no-one comes forward, Fr David will light the candle himself. Even if you have not lost anyone it would be wonderful to come and support those who have.

CHILDREN'S LITURGY GROUP We will continue to hold the Children's Liturgy Group on the First Sunday of the month at 10:30am. We are going to expand the age range so that anyone still in primary school is welcome. We will leave it up to individual's parents to decide whether their child would benefit from attending the full mass. For one weekend we will trial the group at both the the other weekend Masses. So, on ***Saturday, 21 November*** at 6:00pm Mass and ***Sunday, 22 November*** the 8:00am Mass, we will be inviting all children of primary school age to try out the Children's Liturgy Group.

THE CALL TO BE HUMAN: Is love all you need? A talk to be given by Fr Martin Boland **on** ***Wednesday, 28 October 7.00 – 8.00pm*** in the Parish Centre of Our Lady of Lourdes, Wanstead. All welcome. www.ourladyoflourdes.com

CONCELEBRATED REQUIEM MASS The B-Annual Concelebrated Requiem Mass at St Patrick's Cemetery, Leytonstone E11 4HL will take place ***on Monday, 09 November at 11.3am.***

CARITAS BRENTWOOD Join Caritas Brentwood ***on Saturday 14 November*** at St Anne Line, South Woodford for the remaining special gathering across the Diocese exploring Catholic Social Teaching in action. Hear from inspiring speakers, connect with other parishioners and discover how local parishes are living out our faith. To register, and find out more go to: https://www.eventbrite.com/cc/caritas-brentwood-events-4458423

FOOD DONATIONS We are once again appealing for donations of food - ideally of the long-life variety. Your donations should be placed in the box at the back of the church and periodically will be taken to the Ilford Drop-in Centre hosted at the Cardinal Heenan Centre in Ss Peter and Paul Church, Ilford.

SUPPORTING YOUR CHURCH Provided your circumstances allow it, please try to support the parish financially even if you are unable to attend Mass. Your continued generosity is much needed and, of course, greatly appreciated. Ideally, we would prefer all donations to be made by Standing Order. This is by far the best way for the parish to receive your offering as well as providing a steady income as there are no cash handling fees and we still receive your donation should you be on holiday or miss Mass. Also, please *Gift Aid* your donation if you are able to. If you have any queries about the *Gift Aid* scheme, then please contact Pat Callaghan our *Gift Aid* Organiser on 020 8220 0306 or email patjcallaghan@gmail.com

VOLUNTEERING OPPORTUNITIES The Church has always depended on the goodwill of those who give up their time and talents to help in the running of a Parish and there are a lot of "volunteering" opportunities to choose from. These range from being a Welcomer or Reader at Mass, presenting the Offertory Gifts, being an Offertory Collector or Counter or, if you can sing, becoming a member of the Choir. You could join one of the Cleaner Teams (either laundering the Small Altar Linen or cleaning the Church itself) or perhaps become a member of the Social & Fundraising Group. For the more green-fingered, you might think about joining the Flower Arrangers Group or perhaps help to keep the parish gardens and grounds in good order. You might also be able to help with the general maintenance of our buildings and site. If you would like to know more or would like to volunteer your services for any of the Parish groups etc, please speak to Fr David or email him at ***newburypark@brcdt.org*** and he will pass your name to the person in charge of the group that is of interest to you. Importantly, a parish can only continue to flourish and thrive when parishioners say, in their own different ways, "I can help. I can make a difference."

DIRECTORY OF PROFESSIONS A number of our young parishioners may well be struggling to make a decision about their future and would very much welcome the advice and personal insights of the many diverse professionals in our parish on how best to proceed in determining a possible career path. No matter what your trade or profession is, or was, you will have undoubtedly learned much in your work experience with which you could usefully share with someone preparing to start out on their working life. If you would be willing to give a few words of advice to anyone if asked, please speak or email Fr David and let him have your contact details. Hopefully, we might then be able to put together and publish a Contact Directory.

PARISH REGISTRATION FORM A few occasions have recently arisen when we have needed to contact individual parishioners only to discover that they hadn't completed a Parish Registration Form and consequently we did not have any contact details for them. So, if you haven't so far registered your family details (especially if you are new to the parish), you are urged to do so as soon as possible – Registration Forms can be found in one of the racks in the Porch. Also, if you have already registered your family details, please remember to phone or email the Parish Office to let them know of any contact changes; for more material changes please complete a new Form. And please rest assured that your details will be kept confidential.

MASS REQUESTS Please note that if you want a Mass said on a particular day then do make this clear on the Mass Request envelope and enter your contact details **so you can be advised if your requested date is not available.** Also, the Parish Office is occasionally asked if there is a set fee for the priest to offer Mass for a particular intention. The simple answer is that there isn't, but the diocesan guidelines currently suggest that a donation of £10 would be appropriate. However, if you cannot afford this, please do not be put off from asking for a Mass to be celebrated.

PARISH BANKING DETAILS The key details for direct payments to the parish bank account are Account Name: Catholic Church, Newbury Park; Sort Code: 40-13-22; Account No: 71019716**. If you use this method, please put your Surname and First name as a reference.** If you are part of the Gift Aid scheme, then please also add your Gift Aid number. Please remember too that all cheques should be made payable to "St Teresa's Catholic Church".

DONATION ENVELOPES If you are in the envelope scheme, please make sure that the number on the envelope you use is the same one which has been allocated to you for this financial year. A reminder too that if you do 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.

NEW ALTAR SERVERS If you have made your First Communion and wish to start training as an altar server, please speak to Fr David.

70TH ANNIVERSARY YEAR HISTORY of St Edward the Confessor Catholic Church, Romford**.** This new booklet is full of facts and insights about one of the oldest parish churches in the Diocese. The cost is £7 including postage. If you would like a copy please email romford@brcdt.org

BECOMING A SCHOOL GOVERNOR Catholic schools rely heavily on good governance, and we are asking if you, or anyone you know, may be able to support our schools by becoming a foundation governor. There are leaflets at the back of the church. Please contact sandramoss@brcdt.org if you would like to have a conversation about becoming a school governor.

BRENTWOOD CATHOLIC YOUTH SERVICE The BCYS offers retreats, events and pilgrimages for young people throughout the Diocese of Brentwood. If you'd like to get involved, you can find out more at **www.bcys.net** or follow **@BrentwoodCYS** on social media.

FOSTERING IN REDBRIDGE The Council is always looking for foster carers who would like to care for children who are disabled or have additional needs. There are many different care packages offered to support the child and foster carers fully, along with additional allowances for foster carers, and comprehensive training. If you are considering fostering and would like to know more, please visit https://www.redbridge.gov.uk/fosteringfaith or call us on 020 8708 6068 to book a place at one of our information sessions.

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

KIDS BULLETIN A children's version of the gospel is available weekly. This can be accessed on the following website www.thekidsbulletin.com and is aimed at primary school children. It can be downloaded and printed out.

LIFTS TO CHURCH For some people getting to church, whatever the weather, is a genuine concern. It may be that some of you are in a position to offer a lift or would very much like a lift to church, particularly when the weather is bad. This is also a good way of getting to know others in the parish. Whilst those who can walk to church are generally encouraged to do so, if coming by car means you can bring someone else who can't so easily get here then it would be very commendable to do so. If you are able to offer a lift to someone on a regular basis, or if you could really do with a lift to church, please contact the Parish Office. If we can find a suitable match, we will then facilitate an introduction

HOLY SOULS The practice of offering the holy Mass for the repose of the souls of our departed relatives and friends originates in the early church and is deeply rooted in our catholic culture. Both as an act of charity and as a practical act of mercy, we might also care to remember in this way all the forgotten souls in purgatory. The Donations box on the counter at the back of the church by the Repository has a section that is marked for the "Holy Souls". All the donations put into that part of the box are used exclusively for Masses to be said for the Holy Souls here in St Teresa's or, are sent to Missio, for the Masses to be said in a mission diocese overseas.

HELP FOR THOSE IN NEED If any families or individuals in our parish community are experiencing serious hardship at present, please contact Fr David in confidence: thanks to the donations accumulated over time specifically for those in need, he may be in a position to offer some support.

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.

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 Khulekani Dube.

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 then please let Fr David or the Parish Secretary know either directly, or by email to ***newburypark@brcdt.org.*** Suggestions will be considered and prioritised according to urgency and available funds.

CAR PARKING Please park responsibly and take care not to obstruct emergency access to the church.

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.

PARISH HALL All enquiries about the booking arrangements for and conditions of hiring the Parish Hall should be addressed to Sid James, the Hall Manager. He can be contacted on 07887983310 or by email at ***cfj65@btinternet.com***

PARISH WEBSITE The website is an ideal medium for sharing with fellow parishioners' photos of various Parish events. So, if you have organised or attended a parish event and have some great pictures, please send them to ***newburypark@brcdt.org*** and we'll try and put them on the website for everyone to see and enjoy. Also, if you would like a copy of any of the photos on the website then please email ***newburypark@brcdt.org***

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 taxpayer and would like to "Gift Aid" your Offertory donation, then please use one of the special blue general purpose "Gift Aid" envelopes which you will find at the back of the Church.

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

VOTIVE CANDLES Please be extremely careful when lighting votive candles and only use those provided on the stand.

MOBILE PHONES Please ensure that your mobile phone is switched off/turned to silent while you are visiting the church (especially during the Celebration of the Mass).

NEWSLETTER ITEMS If you have any items for inclusion in the weekly Newsletter then please email them to ***newburypark@brcdt.org The copy deadline for including items in the Newsletter is Tuesday, 12noon.***

JOB OPPORTUNITIES

PA TO THE PARISH PRIEST- OUR LADY OF LOURDES- WANSTEAD. The role is to provide administrative support to the Parish Priest by implementing and maintaining office systems, processes and procedures and delivering a welcoming, appropriate service to those making enquiries or attending the parish office. All applicants should have good administrative, social and technical skills. The post will be part-time working 30 hours per week – (working pattern tbc).The salary is £15.45 per hour ***The closing date for applications is Tuesday, 10 November and suitable applicants will be invited to attend an interview on Wednesday, 18 November***. If you have any queries or if you would like to apply, please send your CV to wanstead@brcdt.org

SCHOOL VACANCIES All Brentwood Diocesan Catholic School Vacancies (of which the Education Services Department are aware) are posted on the Diocesan website- *https://www.dioceseofbrentwood.net/departments/education/vacancies/school-vacancies/*