



Parish of St Peter and St Paul

ARCHDIOCESE OF WESTMINSTER

THE PRESBYTERY
Fr. Ivano Millico, Parish Priest
5 AMWELL STREET
LONDON EC1R 1UL

PARISH OFFICE
Mon, Tue, Fri: 10AM – 3PM
Tel. 020 7837 2094

email: clerkenwell@rcdow.org.uk

webpage: <https://parish.rcdow.org.uk/clerkenwell/>

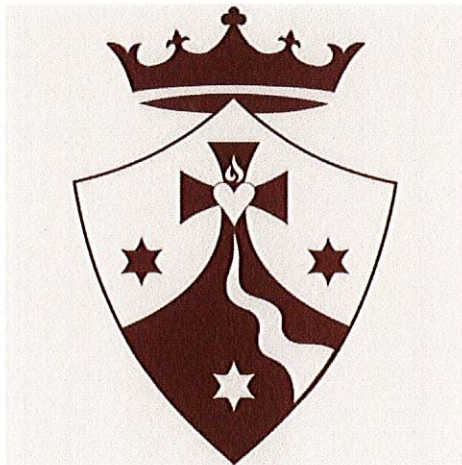
15th SUNDAY in Ordinary Time 14th July 2024

SUNDAY MASS: 9:45am & 12noon

WEEKDAY MASS: Monday & Friday 12.30pm; Tuesday & Wednesday 8am

CONFESSIONS: Mondays 12 - 12:30pm (and on request)

HOLY HOUR: Thursdays 7 - 8pm (animated by HAKUNA)



Tuesday July 16th is the Feast of **Our Lady of Mount Carmel**. Mount Carmel, overlooking the Mediterranean Sea, is considered a symbol of blessing and beauty for its rich vegetation. The Bible tells us of Elijah, the prophet, praying to God on this Mount for rain during a drought and God answered with abundant rain. The cloud that rose from the sea carrying the rain became a symbol for Mary and developed into the title "**Star of the Sea**".

Make your own this prayer,
known as *Flos Carmeli*:

O Most beautiful flower of Mount Carmel, beautiful vine, splendor of heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this my necessity...

O Star of the Sea, help me and show me herein you are my mother.

O Holy Mary, Mother of God, Queen of heaven and earth, I humbly beseech you from the bottom of my heart, to succor me in this my necessity; there are none that can withstand your power.

O show me herein you are my Mother.

O Mary, conceived without sin, pray for us who have recourse.

Sweet Mother, I place this cause in your hands.

STELLA MARIS - SECOND COLLECTION TODAY

Stella Maris is the largest ship-visiting network in the world, improving the lives of seafarers and fishers through a network of local chaplains and seafarer centres, expert information, advocacy, and spiritual support. <https://stellamaris.org.uk/>

Day pilgrimage to **Our Lady of Walsingham** on Saturday 21st September



SCAN to GIVE
You can scan this QR
code for your weekly
Sunday donation.
Thank you.

SAY IT. SEE IT. SORTED.

Have you spotted the difference?

In the London Underground we hear "See it. Say it. Sorted."

In the 'underground' of our spiritual life things are different. We 'see', we gain discernment and wisdom only when we 'say' our thoughts, the inner movements of our heart, to an elder in the faith (a catechist, a Spiritual director, a Priest, we trust).

All our thoughts, 'good' and 'bad' alike, as we only discover the truth about them once we have open up our heart and manifest them. Anthony of Egypt, the father of monasticism, used to say: "I have seen many monks who after hard spiritual work have fallen because they have put their trust in their own judgement forgetting the precept '*Ask you fathers and they will tell you*'. And again, "whenever possible, a monk ought to ask his father as for the number of steps to do in his cell and the number of drops of water to drink, so not to fall into error".

Nothing is more dangerous in the spiritual life and more pleasing to our enemy than to keep our thoughts to ourselves relying on our own judgement instead of bringing them into the light. John Cassian, master of spirituality, says in this regard: "young monks are trained never to keep their immodest thoughts hidden in their hearts because of shame, nor to make their own decisions or judgements about them, but believe them to be sinful or not as decided after discussion with their master. In this way, the enemy can never outwit the young monk through ignorance or inexperience, nor entangle him in his schemes, because he is defended not by his own wisdom but by that of his master. The enemy can in no way trick or deceive the young monk unless he can induce him to draw a veil over his inner thoughts because of shame or pride."

Say it (to your spiritual 'guide'); **See it** (what it is, where it comes from and where it is leading to); **Sorted** (be in the light, free from the deceptions of the enemy, use your freedom).

In hunc.

Father Ivano