



# ST ALBAN

Parish Newsletter – 8<sup>th</sup> August 2021  
+ 19<sup>th</sup> SUNDAY IN ORDINARY TIME

## MASS TIMES W/C 8<sup>TH</sup> AUGUST

**Sunday:** 9am & 11am  
**Monday:** NO MASS  
**Tuesday:** NO MASS  
**Wednesday:** NO MASS  
**Thursday:** NO MASS  
**Friday:** NO MASS  
**Saturday:** 6pm-

## CONTACT INFORMATION

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## PARISH WEBSITE

Visit our website  
[parish.rcdow.org.uk/finchleynorth](http://parish.rcdow.org.uk/finchleynorth)  
for all weekly updates and  
**Children's Liturgy Lessons.**

## NEWSLETTER

If you wish to receive a copy of our weekly newsletter by email, please sign up by using the website **e-Alert** or email the parish office to request.

**First reading:** 1 Kings 19: 4-8  
**Psalm:** *Taste and see that the Lord is good.*  
**Second reading:** Ephesians 4:30 – 5:2  
**Gospel:** John 6: 41-51

The Letter to the Ephesians seems to provide a marked contrast to the other two readings today. Paul continues his exhortation to live as new people, marked by the seal of the Holy Spirit (probably a reference to Baptism). Particular actions and attitudes, such as bitterness, anger and slander, are unworthy of such people. On the other hand, kindness and forgiveness are to be encouraged, even expected. For the Ephesians, the best and only example of love and forgiveness was Jesus.

The phases for the other two readings might give clues as to how the Ephesians and the other members of the early Church were supposed to persevere in the spiritual transformation. In the First Reading, the Lord provides Ezekiel with food and drink in the wilderness. The first time, God simply commands Ezekiel to eat. The second time, God adds the single phrase, "else the journey will be too long for you." While the reference to Ezekiel's trip to Horeb is clear, the idea of a journey can apply also to the process or renewal-spiritual journey-apparent in Ephesians. The lesson seems clear. Eat the food that God provides and you will have strength for the journey.

John's account again identifies Jesus as the 'living bread that came down from heaven.' John adds, "whoever eats this bread will live forever." Belief in Jesus yields eternal life. Belief in the fundamental, life-changing event. If the command of God in Ezekiel is to eat, the command of Jesus in John is to eat this bread from heaven and live forever. In Baptism, the Ephesians inherit both messages. Jesus is the food they must eat for the journey. In their love and forgiveness, they reflect the eternal life Jesus gave them through his own death on the cross. The Gospel according to John and the Letter to the Ephesians form interwoven pictures of a faith that leads to life and the discipleship that springs from that faith. Belief in Jesus Christ, as Paul is fond of saying, means the Christian is no longer a slave to sin but free to choose a different kind of life-one of kindness and love.

In what sense is faith in Jesus a gift of God? In what way do we have to work at it?

## FIRST HOLY COMMUNION 2021-2022

In our Parish, baptised children attending non-Catholic schools (as well as unbaptised children), need to register for a Foundation Course in the Catholic Faith before they can be admitted to First Holy Communion preparation. This Foundation Course is for children in **Year 3** and above and takes place on Saturday mornings at 10am, beginning on 18<sup>th</sup> September 2021.

If your child attends a non-Catholic school (or has never been baptised), you should complete the application form which is on our website and is in the church porch and return it by 5<sup>th</sup> September 2021 by email or by posting the completed application form through the presbytery door.

## CHANGES TO WEEKDAY MASSES DURING HOLIDAY PERIOD

Fr. Dermot will be away on holidays for a few weeks. As supply priests are getting more scarce, there will not be Mass every weekday during that time. Please keep an eye on the website or notice board for Mass times here. On days there is no mass here, St. Philips in Finchley Church End has Mass every weekday at 10.00am, except Wednesday. St. Mary Magdalen in Whetstone has a Mass every weekday until August 13<sup>th</sup> at 9.30am.

## Parish QR code

For online donations



### SACRAMENTS

#### Baptisms:

To arrange a baptism please contact Fr Dermot.

#### Funerals:

It is the normal procedure to first contact your chosen Funeral Director. They will liaise with Fr Dermot.

**Weddings:** Preparation for marriage: Six months' notice is required. Please contact Fr Dermot.

### REGISTRATION IN THE PARISH

Registration forms are available from the porch. Complete and return to the Presbytery. Thank you.

### ST BANABAS FOODBANK

Accepts donations of food each Saturday between 9.30 & 12.30. They are open for those in need on Monday's 12.30-2pm.  
913 High Road, North Finchley.



### HELP REQUIRED AT FOODBANK

Would you be able to help at the foodbank for the summer? If you are 18+ and are able to help out on either Saturdays 11am – 2pm or Tuesdays 1-4pm, Wednesdays 9.45am-1pm, Thursdays 10am-1pm or Fridays 1.45-7pm. If you are able to help please contact [finchleyeast@rcdow.org.uk](mailto:finchleyeast@rcdow.org.uk) and your details will be forwarded to the relevant people. Thank you.

### UPDATE ON SAFETY GUIDELINES IN CHURCH

We are required to continue to wear masks, (unless you have a medical reason not to), keep a safe distance, especially when joining others to sit on a bench. Please sanitize your hands on entering and leaving the church and before coming to receive Holy Communion. We are obliged to continue to take details of those entering the church for track and trace purposes. All benches in the center part of the church are now available to use. The side benches however, will continue to have 1m distance applied. To that end, I once again thank our volunteer stewards who have been so generous with their time and energy over the past year.

### COME AND SEE

Would you like to know more about the Catholic Church and its Teachings? Perhaps you might be thinking of becoming a Catholic and want to know how? St Alban's Church, North Finchley, has a group for adults which meets every **Wednesday evening** at 8.00pm in the Presbytery beginning on **Wednesday 15th September**. Why not come along to find out more? In the meantime, just phone or email the parish to let us know you're interested and if you wish, we can put you in touch with someone who can tell you what to expect and answer your questions. You will be made very welcome.

### DONATE TO THE CHURCH

Thank you to all who have converted their weekly contribution to Direct Debit. This has been a great asset to us. If you wish to join the planned giving scheme in our Parish, please contact the Parish office by email, if possible or visit our website for more information. Alternatively, simply set up a direct debit:  
A/c name: WRCDT St Alban North Finchley-  
Sort code: 40-05-20  
A/c No: 51094491  
Reference: Your name/donation

### MASS INTENTIONS AND PRAYERS

<b>Sunday 8<sup>th</sup> August</b>	<b>9am</b>	Paul Geraerts	RIP
	<b>11am</b>	Leon Viher	RIP
<b>Monday 9<sup>th</sup> August</b>	<b>9.30am</b>	NO MASS	
<b>Tuesday 10<sup>th</sup> August</b>	<b>9.30am</b>	NO MASS	
<b>Wednesday 11<sup>th</sup> August</b>	<b>9.30am</b>	NO MASS	
<b>Thursday 12<sup>th</sup> August</b>	<b>9.30am</b>	NO MASS	
<b>Friday 13<sup>th</sup> August</b>	<b>9.30am</b>	NO MASS	
<b>Saturday 14<sup>th</sup> August</b>	<b>6pm</b>	Maria Franco	RIP

#### Please remember in your prayers the sick:

Therese Jones, John Came, Tina Florio  
John Foran

#### all the recently departed and their loved ones

David Schild

#### and the faithful departed whose anniversaries occur at about this time:

Bruno & Celeste Inzani, Kathy Gude, Paul Geraerts, Maria Franco

