

SUNDAY READINGS & PRAYERS

Entrance Antiphon *Ps 81 (80): 17*

He fed them with the finest wheat and satisfied them with honey from the rock.

Collect

O God, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption.

Who live and reign with God the Father in the unity of the Holy Spirit, God, for ever and ever.

First Reading: *Deuteronomy 8:2-3,14-16*

Moses said to the people: Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart - whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery; who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.

The word of the Lord.

Responsorial psalm: 147

R./ O praise the Lord, Jerusalem!

1. O praise the Lord, Jerusalem!

Zion, praise your God!

He has strengthened the bars of your gates, he has blessed the children within you. *R./*

2. He established peace on your borders,

he feeds you with finest wheat.

He sends out his word to the earth and swiftly runs his command. *R./*

3. He makes his word known to Jacob,

to Israel his laws and decrees.

He has not dealt thus with other nations;

he has not taught them his decrees. Alleluia! *R./*

Second Reading: *1 Corinthians 10:16-17*

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

The word of the Lord.

Gospel Acclamation

Alleluia, Alleluia!

I am the living bread which has come down from heaven, says the Lord. Anyone who eats this bread will live for ever. Alleluia!

Gospel: *John 6:51-58*

Jesus said to the Jews:

'I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you.

Anyone who does eat my flesh and drink my blood has eternal life,

and I shall raise him up on the last day.

For my flesh is real food and my blood is real drink.

He who eats my flesh and drinks my blood lives in me

and I live in him.

As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me.

This is the bread come down from heaven; not like the bread our ancestors ate: they are dead,

but anyone who eats this bread will live for ever.'

Prayer over the Offerings

Grant your Church, O Lord, we pray, the gifts of unity and peace, whose signs are to be seen in mystery in the offerings we here present. Through Christ our Lord.

Communion Antiphon *John 6: 57*

Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.

Prayer after Communion

Grant, O Lord, we pray, that we may delight for all eternity in that share in your divine life, which is foreshadowed in the present age by our reception of your precious Body and Blood. Who live and reign for ever and ever.

ST. GEORGE'S CATHOLIC CHURCH, SUBBURY

Sunday 11th June 2023 *The Feast of the Body and Blood of Christ*

CORPUS ET SANGUIS CHRISTI

Welcome to all at Mass today and especially anyone who is new. Please take this Newsletter home with you. You may wish to share it with family and friends. This newsletter can also be found via our website. We ask God's blessing on you and your loved ones this week and know that we pray for you all each day.

Sunday Cycle
Readings Year A

Weekday Readings
Week 10 year 1

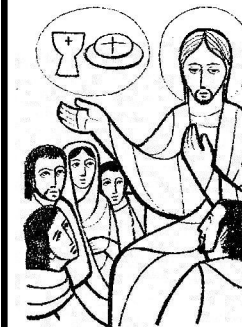
Divine Office
Week 10 psalms week 2

For children,
download a weekly sheet:
<http://www.sdc.me.uk/sundayliturgy/>

THIS WEEK

Sun 11 June 6.15pm (vigil) 8.30am 9.45am 11.15am 5.30pm	CORPUS CHRISTI Patsy Donoghue RIP Des Carmody RIP Christina Darcy RIP Maria Encrnacao Abreu THE PEOPLE OF THE PARISH
Mon 12 June 9.30am	feria Veronica Foley
Tues 13 June 9.30am	S. Anthony of Padua Reparation of sins
Weds 14 June 9.30am	feria Sean Prunty RIP
Thurs 15 June 9.30am	feria Francis Callery RIP
Fri 16 June 9.30am	THE SACRED HEART OF JESUS Douglas Reul Stonehouse RIP
Sat 17 June 9.30am	The Immaculate heart of the Blessed Virgin Mary Fr Chang Tave RIP
Sun 18 June 6.15pm (vigil) 8.30am 9.45am 11.15am 5.30pm	11th SUNDAY OF THE YEAR Rhoda Moroney RIP John Walsh RIP Agnelo Rocha RIP Francis Waddington RIP THE PEOPLE OF THE PARISH

TODAY'S MASS



Having seen Jesus multiply the loaves and fishes, the crowd pursues him, perhaps seeking more food but also looking for another sign. Jesus tells the crowd that he is the bread of life. He explains that just as God gave the Israelites manna to sustain them in the desert, so now God has sent new manna that will give eternal life. It is in this context that Jesus repeats those words in today's Gospel and tells them again that he is the living bread that came down from heaven.

First Reading: *Deuteronomy 8:2-3,14b-16a*

Moses tells the people to remember how God delivered them from slavery in Egypt.

Responsorial Psalm: *Psalms 147:12-15,19-20*

Praise God, Jerusalem!

Second Reading: *1 Corinthians 10:16-17*

Though many, we are one body when we partake of the Body and Blood of Christ.

Gospel Reading: *John 6:51-58*

Jesus says, "I am the living bread."

SPIRITUAL QUOTE OF THE WEEK

"Let us ask our Lord then to make us souls devoted to the blessed Eucharist, so that our relationship with him brings forth joy and serenity and a desire for justice. In this way we will make it easier for others to recognize Christ; we will put Christ at the centre of all human activities."

Saint Josemaria Escriva

MAKING CONTACT AT ST. GEORGE'S

Parish Priest: Mgr. Jeremy Fairhead jeremyfairhead@rcdow.org.uk

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Middlesex, HA0 2QE

Telephone: 020 8904 2552. Phone Options: 1. Mass Times; 2. Parish Office/ SVF

Information 3. Mgr Jeremy; 4. Fr. Mike; 5. Catechetical Coordinator.

Charity No: 233699

Email: sudbury@rcdow.org.uk Website: parish.rcdow.org.uk/sudbury

GOSPEL REFLECTION

DAILY MASS TIMES

SUNDAY MASS: 6.15pm (Saturday Vigil), 8.30am, 9.45am (Family) & 11.15am (Solemn), 5.30pm.

WEEKDAY MASS: Monday – Saturday 9.30am.

HOLYDAYS OF OBLIGATION: 9.30am, 8.00pm.

EUCCHARISTIC ADORATION: Friday 9.00-9.30am, Saturday 5.15-6.00pm.

CONFESSIONS: Saturday 5.15pm -6.00pm. *and any time by appointment.*

DIVINE MERCY: Tuesday 10.30am.

ROSARY: Daily after Mass.

FOR YOUR PRAYERS

SICK & HOUSEBOUND: *Marie Rego, Eileen Kidd, SMR, Christopher Browne, Noel Gill, Dee Auriol, Allan Noronha, Fiona Power, Aaran Thayaparan, Jocalyn Almeida, John Rowland Watts, Shaun Scoon and Helen Jordan, Sean Marren, George Beel, Anne McShine-Jones, Marian Lynch, Shane & Paul, Martha Conway, Jean Lurshay, Patrick, Gerry & Corrine Gilbert, Edward Granger, Chris Sweeney, Marjorie Horeau, Catherine Corcoran.*

RECENTLY BAPTISED & CONFIRMED: *Monika Rymuszka, Linda Abuka, Rafael de Oliveria Serafini, Megan Claridge*

RECEPTION & CONFIRMATION: *Bart Kroese*

CONFIRMATION: *Kelly Shungu*

RECENTLY DEPARTED: *Llewellyn Trinidad, Timothy Keane, John Wier*

ANNIVERSARIES OF THE DEPARTED: *Emmeline Lynam*

BLESSED SACRAMENT LAMP

Thanksgiving

LAMP AT THE ALTAR OF OUR LADY OF WALSINGHAM

Thanksgiving

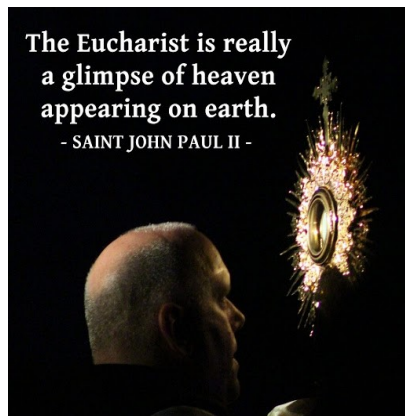
POPE FRANCIS' INTENTIONS for June 2023

For the abolition of torture

We pray that the international community may commit in a concrete way to ensuring the abolition of torture and guarantee support to victims and their families.

The Eucharist is really a glimpse of heaven appearing on earth.

- SAINT JOHN PAUL II -



Today is one of the great feasts of the year, 'Corpus Christi', when we give thanks for the wonderful gift of Jesus in the Eucharist. When The Israelites celebrated the first Passover in Egypt the Lord ordered that they should celebrate it every year and that they should explain to their children and to their children's children, from generation to generation, what this Passover signifies (Ex 12:25-27). The awareness of what it is, is absolutely necessary for appreciating this celebration and for celebrating it as it should be celebrated. The same applies to the Eucharist, the Passover of the New Testament.

Jesus celebrated the first Passover of the New Testament, when at the Last Supper he changed bread and wine into his Body and Blood and gave them to his Apostles as food and drink, and then dying on the cross he offered himself as victim to his Father. In the Holy Mass, Jesus is offering himself, in the form of bread and wine, through the ministry of the priest, to God the Father, reminding us of his death and resurrection.

The Eucharist is the real 'manna', Jesus had promised his listeners in the desert in today's Gospel. From the very beginning, the Church believed these truths and taught them and upheld them against all errors and heresies. St Thomas Aquinas, expressed beautifully the Eucharistic faith of the Church in the hymn "Adoro te devote" (I devoutly adore you), which he composed for the Solemnity of Corpus Christi. Along with him let us also say: 'We cannot know you through seeing or touching or tasting, but we believe in you through hearing what you have said. We believe whatever you have said, for nothing is more true than your word. On the cross only your divinity was hidden, but here in the Eucharist also, your humanity is hidden. But we believe and proclaim both, i.e., that both your divinity and humanity are present in the Eucharist, and we make the same request of you as the penitent thief.'

If the sacrifice of the Mass is the same as the sacrifice of Calvary, but offered in an un-bloody manner, how devoutly should we celebrate it or participate in it? In the early Church, public sinners and non-Christians were not admitted to the Eucharist. The faithful were taught, that to be able to receive communion worthily and to benefit from it, one must be free from grave sin. St Paul had given a warning: You must examine yourselves before you receive the Body and Blood of the Lord. If one receives the Eucharist unworthily, one is bringing judgment upon oneself (1 Cor 11:27-29). Today let us resolve to worship the Lord in the holy Eucharist and never to offend and dishonour him.

God alone can satisfy all the longing and hunger of our hearts, because He alone can give us the bread of eternal life. Without it we would not have the strength to follow Christ. By receiving the Eucharist, we are nourished, and enabled to nourish others as Jesus does. Let us thank God for this wonderful gift!

NEWS UPDATE



Switch mobile phones off or to silent

WELCOME to all at Mass today and a big welcome to anyone who is new or a visitor.

TODAY is the great Feast of CORPUS CHRISTI. There will be a procession of the Blessed Sacrament at the end of the 11.15am Mass. Please take a leaflet so that you can join in.

FUNERAL MASS of Llewellyn Trinidad on Monday 19th June at 11.00am followed by burial in Alperton Cemetery. May he rest in peace.

WE NEED YOUR HELP for Welcomers (6.15pm Vigil Mass, 9.45am and 5.30pm) and Collectors (6.15pm and 5.30pm). If you could help, please let us know.



KNIGHTS OF ST. COLUMBA MAGICAL MYSTERY COACH TOUR has returned and will take place on Saturday 17th June, leaving here at 8am sharp. Price per person is £23. **ONLY A FEW TICKETS LEFT.** Please contact the Parish Office to book your seat.

CHILDREN 4-9 YEARS OLD please take one of our new sheets called "LOOK" to help you understand the Gospel message of the day. Parents, please make sure your children don't waste these sheets and take them home after Mass. And please put the Crayons back. It may be also important for Children to concentrate on the Mass, especially if they are preparing for or already have had the First Communion in which case take these sheets home and get them to do them there.

FIRST HOLY COMMUNION - This Sunday this year's FHC Programme concludes with the Celebration Mass & Party. May we take this opportunity to thank everyone for their support. If you might consider helping with next year's FHC Programme, starting in September, please contact our Catechetical Coordinator, Mr. Peter Kingsley, at peterkingsley@rcdow.org.uk.

CONFIRMATION - This Sunday this year's Confirmation Programme concludes with the Going-Forth Mass, as the newly confirmed continue their journey of faith sealed with the gift of the Holy Spirit. May we take this opportunity to thank everyone for their support. If you might consider helping with next year's Confirmation Programme, starting in December/January, please contact our Catechetical Coordinator, Mr. Peter Kingsley, at peterkingsley@rcdow.org.uk.

CHILDREN'S LITURGY HELPERS AT 9.45 FAMILY MASS - We are seeking new volunteers to help the younger children (4-7yr) reflect on Sunday's Gospel during Mass in a fun, creative & simple way. If you might consider helping once every six weeks, joining an established group of experienced Catechists, please contact Una Moran una@bfmconsult.co.uk. Thank you.

CAN YOU SING? We really need you to help with our music at the 9.45am & 11.15am Masses on Sunday. Please do think about this carefully. St Augustine re-

minds us that *the one who sings prays twice!* Please don't leave this important ministry to others.

ROSARY AT HOME If you'd like to be part of our prayer network, or know more please simply contact Cheryl on 07941002161.

CHURCH LAMPS: If you would like to sponsor the blessed sacrament lamp or the lamp by the altar of Our Lady of Walsingham with a particular intention, the cost is £10 for the week - Please see Toni in the Parish Office.

THE KNIGHTS of St COLUMBA have organised a tour of the relics of St Edmund Camplon to England. St Edmund was a famous Jesuit at the time of the persecution of Catholics in England during the reformation and beyond. He was eventually martyred for his Catholic faith. His relics will come to St George's on THURSDAY 6th JULY when there will be a special Mass in his honour at 9.30am.

ARE YOU DOING EXAMS? We have prayer cards for you at the back of church so why not take one and use the prayer. The great saint who helps us in Exam is Saint Giuseppe (Joseph) of Cupertino. He asked for help in his exams and it was given because he was prayerful and believed in God's Providence.

URGENTLY REQUIRED: Parishioner requires 2 bedroom home, preferably in walking distance of St George's School. Please contact Sharone on 075327214111

MARCH FOR LIFE, SATURDAY 2 SEPTEMBER: Put the date in your diary to join this important act of witness by Catholics and others of good will. This year's theme is 'Freedom to Live'. "Many are concerned about restrictions on freedoms but it's not until these restrictions affect us personally that we speak up. Sadly, those who have their most fundamental freedom taken from them, by abortion, cannot speak for themselves - this is why we march. For our nation to be truly free, no one can be denied the number one freedom, the freedom to live!" 10:30am: Mass at Westminster Cathedral; 10:30am-1pm: Events/Stalls/Talks/Testimonies at The Emmanuel Centre 1:30pm: March for Life (Emmanuel Centre to Parliament Square). Web: www.marchforlife.co.uk.

NATIONAL GALLERY EXHIBITION ON ST FRANCIS: The National Gallery, Trafalgar Square, is holding an exhibition from 6 May to 30 July exploring the life and legacy of St Francis of Assisi. The exhibition includes paintings by Botticelli, Sassetta, Caravaggio, Murillo, El Greco, and Antony Gormley as well as a new commission from Richard Long. Admission is free and likely to be very popular. More info at the exhibition's website at <https://www.nationalgallery.org.uk/exhibitions/saint-francis-of-assisii>.

PILGRIMAGE TO LOURDES 21-28 JULY: Cardinal Nichols will lead the annual Diocesan Pilgrimage to Lourdes from 21 - 28 July. People are encouraged to book now via the Tangney Tours portal at: <https://www.tangneytours.com/pilgrimages/lourdes/westminster-lourdes> to avoid disappointment as places are limited. If people have previously indicated 'St Frai Pilgrim' on an Expression of Interest Form, or you know of someone with significant medical and mobility needs who intends to come to Lourdes, then contact the Pilgrimage Office on 0207 798 9173 immediately, so the Medical Team can look into assisting with requirements and care. Similarly, any individuals or groups wishing to travel independently to join Westminster in Lourdes, by making their own travel and accommodation arrangement, must confirm this in writing to the Pilgrimage Office by 30th

April 2023 as well as submitting payment towards the Pilgrimage.

NEWS FROM CARITAS WESTMINSTER: POVERTY CHALLENGE - SEE, JUDGE, ACT: Following the Pandemic many households face new hardships as prices rise. Caritas Social Action Network (CSAN) the Catholic agency addressing poverty and injustice in England and Wales has released a new booklet to increase awareness of Catholic Social Teaching on poverty. This can be downloaded at www.csan.org.uk

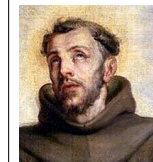
COST OF LIVING HUB: The Mayor of London has launched a new Cost of Living Hub to help people access information, support and advice about claiming benefits, dealing with debts, financial management and mental health support. Visit <https://www.london.gov.uk/cost-living-hub>

GRANTS TO HELP WITH ENERGY DEBTS: Possible help from a charitable trust plus lines to other advice providers at <https://fuelpoverty.org.uk/focus-on/fuel-debt-and-trust-funds/>

INTRODUCING CATHOLIC LISTENERS: Catholic Listeners; Diocese of Westminster, a new confidential listening helpline has been set up for those who are returning to the faith. The number is 0800 448 0704. This service is based on the Landings ethos of compassionate listening. Although not a counselling service, they have a professional team trained on signposting to other services and agencies. They aim to help those in need of a safe space to talk. For further information please contact Ade at Catholiclisteners@gmail.com

DO YOU KNOW SOMEONE WHO IS CONSIDERING BECOMING A CATHOLIC THROUGH THE RCIA PROGRAMME? This means: Adults who are not Baptised at all and who wish to become Catholics: Adults who are baptised into another Christian denomination, but wish to become Catholics, and Adults who wish to become FULL members of the Roman Catholic Church (i.e., those who have been baptised but may not have received the Sacraments of Confirmation and Eucharist). If this is you or someone you know please appointment to talk with one of the priests to discuss what all this means.

DIOCESAN PILGRIMAGE TO THE HOLY LAND 19-27 NOVEMBER: The annual Pilgrimage to the Holy Land will take place from Sunday 19th Nov to Monday 27th Nov, led by Bishop John Sherrington and Fr John Farrell OP. You can book online at <http://www.tangney-tours.com/WHL> or call Gill at Tangney Tours 01732 886666 or Elizabeth at the Pilgrimage office 0207 798 9173! It will include visits to Galilee, Jerusalem and Bethlehem. Flights will be from Heathrow. Costs are £2265 per person sharing, £682 single room supplement; travel insurance essential.



PARISH PILGRIMAGE TO ITALY

20-26th May 2024

visiting the Holy House of Loreto (Our Blessed Lady), Assisi (St. Francis), Padua (St. Anthony) and Venice (St. Mark). Expanded and detailed Itinerary and prices **Available now. Approx cost is put at £1450.**

We will be combining this pilgrimage with the Parish of St Mary Magdalene, Willesden—so a chance also to share and make new friends too!