SUNDAY READINGS & PRAYERS

Entrance Antiphon: Cf. Ps 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, 14b-16a

Moses spoke to the people: You shall remember the whole way that the LORD your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments or not. And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD.

Do not forget the LORD your God, who brought you out of the land of Egypt, out of the house of slavery, who led you through the great and terrifying wilderness, with its fiery serpents and scorpions and thirsty ground where there was no water, who brought you water out of the flinty rock, who fed you in the wilderness with manna that your fathers did not know.

Responsorial Psalm: Ps 147: 12-15. 19-20.
O Jerusalem, glorify the LORD!

O Jerusalem, glorify the LORD!
O Sion, praise your God!
He has strengthened the bars of your gates;
he has blessed your children within you.

O Jerusalem, glorify the LORD!

He established peace on your borders;
he gives you your fill of finest wheat.
He sends out his word to the earth,
and swiftly runs his command.

O Jerusalem, glorify the LORD!

He reveals his word to Jacob;
to Israel, his decrees and judgements.
He has not dealt thus with other nations;
he has not taught them his judgements.

O Jerusalem, glorify the LORD!

Second reading: 1 Corinthians 10:16-17

Brothers and Sisters: The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread.

Gospel Acclamation: John 6:51

Allelula, allelula.
I am the living bread that came down from heaven, says the Lord.
If anyone eats of this bread, he will live for ever.
Allelula.

Gospel: John 6:51-58
At that time: Jesus said to the Jews:-
'I am the living bread that came down from heaven.
If anyone eats of this bread, he will live for ever.
And the bread that I will give for the life of the world is my flesh.
The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?'

So Jesus said to them,

'Truly, truly, I say to you,
unless you eat the flesh of the Son of Man
and drink his blood,
you have no life in you.
Whoever feeds on my flesh and drinks my blood has eternal life,
and I will raise him up on the last day.
For my flesh is true food,
and my blood is true drink.
Whoever feeds on my flesh and drinks my blood abides in me,
and I in him.
As the living Father sent me,
and I live because of the Father,
so whoever feeds on me, he also will live because of me.
This is the bread that came down from heaven,
not like the bread the fathers ate, and died.
Whoever feeds on 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: Jn 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.

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ST. GEORGE'S CATHOLIC CHURCH, SUDBURY

Sunday 7th June 2026 ***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 Mass Readings
Ordinary TimeWeek 10
Divine Office ***Week 2***

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

Masses and Intentions THIS WEEK

Sun 7 June	**CORPUS CHRISTI**
6.15pm *Sat Vigil*	PEOPLE OF THE PARISH
8.30am	Mary McLaughlin RIP
9.45am	Dee Kelly Loader RIP
11.15am	Paddy Sheedy Get Well Intentions
5:30pm	Ann Gallagher RIP
Mon 8 June	**Feria**
9:30am	Ann McGovern RIP
Tues 9 June	**S. Ephrem**
9.30am	Marie McAdam RIP
Weds 10 June	**Feria**
9.30am	Sebita Luis RIP
Thurs 11 June	**S. Barnabas**
9.30am	Nimal Perera RIP
Fri 12 June	**THE MOST SACRED HEART OF JESUS**
9:30am	Jim O'Connell RIP
Sat 13 June	**The Immaculate Heart of Mary**
9:30am	Reparation of Sins
Sun 14 June	**11TH SUNDAY IN ORDINARY TIME**
6.15pm *Sat Vigil*	Rajiv Dubey & Family Intentions
8.30am	McDermott, Fee & Bonner Families RIP
9.45am	Maureen Ranyard RIP
11.15am	Francis Waddington RIP
5:30pm	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: ***Psalm 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
Assistant Priest: Fr Jude Awata judeawata@rcdow.org.uk
Catechetical Coordinator: Mr. Peter Kingsley peterkingsley@rcdow.org.uk
Secretary: Mrs. Mary Walsh sudbury@rcdow.org.uk
Director of Music: Mr. Scott Price scottprice@rcdow.org.uk
Safeguarding Rep: Hanna Gorgis sudburysg2@safeguardrcdow.org.uk
Tel 07751804978
Address: The Presbytery, 970 Harrow Road, Sudbury, Wembley, Middlesex, HA0 2QE
Telephone: 020 8904 2552. Phone Options: 1. Mass Times; 2. Parish Office/ SVP Information 3. Mgr Jeremy; 4. Fr Jude; 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.
EUCHARISTIC 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, Dee Auriol, Christopher Browne, John, Aaran Thayaparan, Shaun Scoon and Helen Jordan, Sean Marren, George Beel, Marian Lynch, Shane & Paul, Patrick, Gerry & Corrine Gilbert, Martha Conway, Edward Granger, Ciara I, Mary O'Connell, Leslie De Lima, Paul Pereira, Nora Hunt, Mario, Maureen Chick, Ramzan, Larry Sicat, Andras Nagy, Sheena Chambers, Tony Eivers*

RECENTLY BAPTISED: *Zephora Raffaele Azavedo, Sofia Rose Centra*

RECENTLY DEPARTED: *Fiona Power*

RECENTLY MARRIED:- *Frazer & Pansy*

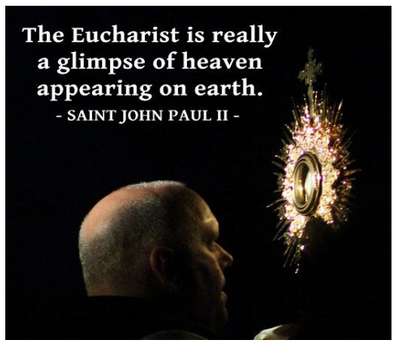
RECENTLY CONFIRMED:

ANNIVERSARIES OF THE DEPARTED: -*Dee Kelly Loader, Francis Waddington (5th), Ann Neylon (1st)*

BLESSED SACRAMENT LAMP
In Memory of Marjory Hoareau

LAMP AT THE ALTAR OF OUR LADY OF WALSINGHAM
In Memory of Nimal Perera

THE POPE'S INTENTIONS for June
For the value of sports
Let us pray that sports may be an instrument of peace, encounter, and dialogue among cultures and nations, and that they promote values such as respect, solidarity, and personal growth so the world might grow in compassion.



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 (I 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

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

ARE YOU NEW TO THE PARISH? It always helps us to get to know you and also your family if you register with us. We can then send you information about the parish and opportunities. Registration forms can be found at the back of Church underneath the photo of Pope Leo.

THE PARISH OFFICE HOURS will now be Monday—Friday 10.00am-2.00pm. Outside these hours, **urgent** matters can be directed to the Presbytery.

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.

HOW THE EUCHARIST CHANGED MY LIFE: In this nine minute film, Fr Mike Schmitz talks about how the Eucharist changed his life. It's well worth watching and you can view it here: **https://www.youtube.com/watch?v=_yKI20J7oqE&t=4s**

DATES FOR YOUR DIARY
Friday 12th June: The Most Sacred Heart of Jesus Mass at 9.30am
Saturday 13th June: Immaculate Heart of Mary: Mass at 9.30am
Wednesday 24th June: The Nativity of St John the Baptist: Mass at 9.30am
Sunday 28th June: St Peter & St Paul, Apostles: usual weekend Mass times.

A MASS FOR YOUR INTENTIONS Requesting a Mass intention is a powerful way to place what matters most to us into God's loving care. It is also a wonderfully practical way of supporting the mission and ministry of the Church, enabling Priests to continue their pastoral work and the Gospel to be proclaimed. The Mass offering recommended by the Diocese is £10, or whatever you can afford. Every intention is welcomed with prayer and gratitude, just contact the Parish Office for available dates. **However,** Masses at St George's are now fully booked until January 2027. If you would like a Mass to be sent away to the missions, please let us know. Masses are generally booked on a first come, first served basis. Thank you.

EXAMINATION TIME: We pray for our young people sitting their examinations at this time. If you are finding it a bit stressful -utilise your faith! Say a prayer, asking for the intercessions of Blessed Mary, Seat of all Wisdom, who unties knots! There is even a special saint for exams—St Joseph of Cupertino. You'll find prayers to him in a basket at the back of the church.

CONFIRMATION 2026 - We keep all those receiving the **gifts of the Holy Spirit** in the **Sacrament of Confirmation** this weekend in our prayers. The final session of this year's Confirmation Programme, **Feedback & Celebration**, takes place in the Parish Centre on **Monday 15th June at 7.30pm** followed by the **Going Forth Mass**, on **Sunday 21st June at 5.30pm**, when the newly-confirmed are presented with their **Confirmation Certificates**. If you are interested in helping as a Catechist next year please contact our Catechetical Coordinator, Peter, at peterkingsley@rcdow.org.uk

SPONSORING THE BLESSED SACRAMENT LAMP & THE LAMP AT OUR LADY OF WALSINGHAM is a lovely thing to do for a departed loved one or a particular intention. There are some possibilities in the month of July. Please contact the Parish Office.



'O SACRED HEART': The month of June holds a special place in the hearts of many Christians as the month dedicated to the Most Sacred Heart of Jesus—a profound symbol of divine love, mercy, and compassion. Rooted in centuries of devotion, this sacred tradition invites the faithful to contemplate the boundless love of Christ, who gave his heart for the salvation of humanity. The image of the Sacred Heart, often depicted aflame and encircled with thorns, speaks to both the suffering and the passionate love of Jesus. It is a call to deeper intimacy with God, to trust in His mercy, and to respond with love and reparation for the wounds inflicted by sin. Throughout June, many participate in special prayers, novenas, and acts of consecration, drawing closer to the heart that beats with eternal love. It is a time of renewal, healing, and grace—a reminder that no matter how distant we may feel, the heart of Jesus is always open and always welcoming.

FIRST HOLY COMMUNION - The **FHC Evaluation Session (for Parents/Carers only)** takes place on **Tuesday 9th June at 7pm** followed by the **FHC Celebration Mass on Sunday 14th June at 9.45am** when all the children, who have made the FHC at the Parish this year, dress-up again in their FHC outfits to celebrate. **Might you like to help with the FHC Programme in 2026-27?** For further information, please contact our **Catechetical Coordinator**, Peter Kingsley, at **peterkingsley@rcdow.org.uk**.

READING AT 9.45 FAMILY MASS - If your child has made their First Holy Communion, they are **welcome to read at the 9.45 Family Mass**. If your child is interested in reading, or your family might consider taking responsibility for the readings at the Family Mass once a month, please contact our 9.45am Family Mass Readers Coordinator, **Roann Etan**, at **roann.etan@gmail.com** for further information.

BAPTISM PREPARATION - Baptism Preparation sessions at the Parish provide **essential** formation for Parents/Carers as they prepare for this important Sacrament. If you are expecting a baby, or would like your baby baptised, please **pick up a Baptism Pack** from the **Parish Office**. To attend our next **Baptism Preparation** you will need to **complete** the **Baptism Application Form** (in the Pack) & **return it to the Parish Office by Monday 6th July 2026.**

CALLING NEW CATECHISTS & HELPERS - We are delighted when new people come forward wishing to help with our **First Holy Communion** & **Confirmation Programmes**. These Programmes are fruitful thanks to the generous help of **volunteers from the Parish**. Might you consider **offering to help serve our children & young people** alongside a group of experienced Catechists? For further information, or to meet to speak about opportunities for helping in other ways at the Parish, please contact Peter, our Catechetical Coordinator, at peterkingsley@rcdow.org.uk

THE OVER 60's CLUB Lots of people and great fun too! Why not join them? All over 60's welcome—just turn up on Tuesday in the Café/Bar in the Parish Centre at 1.00pm. Everyone welcome—and not just Catholics!

GOOD NEWS... LOTS OF WORK HAS BEEN COMPLETED AROUND THE PARISH IN RECENT WEEKS Our CCTV has been massively upgraded which helps us with both security and Safeguarding. The fences around the perimeter have all been painted too. We are just about to commence work on the renovation of the kitchen area in the hall and disabled toilet in the Parish Centre. This is all made possible through your generosity. Thank you to everyone!

INTERESTED IN BECOMING A CHRISTIAN OR JUST DISCOVERING MORE? If you are interested in becoming a Christian we would be delighted to accompany you on this journey. Please **speak to one of the clergy** or **email our Catechetical Coordinator**, Peter, at **peterkingsley@rcdow.org.uk**, so we can provide further information. If you were baptised but have not yet received the gifts of the Holy Spirit in confirmation we would also be happy to support you on this journey.

ST GEORGE'S PRIMARY SCHOOL SUMMER FAIR - Saturday 4th July 2026. Raffle tickets on sale after all masses on the weekend of the 20th and 21st June 2026. All proceeds go towards the school PSA.

WHAT A GENEROUS SCHOOL & PARISH! GOOD NEWS - LET THE CHILDREN LIVE! was our Lent charity and we are delighted to advise we have raised £11,094 so far! This sum is made up of £3,156 raised by our Confirmation Candidates on their Sponsored Walk and £7,938 raised from Lent Appeal boxes (parishioners & children at St George's School) and collection. Please know that it's not too late to return your box (we gave out 400 of these so many of them must be still sitting at home!). Above all –**thank you for your generosity.**

SVP BINGO NIGHT - Saturday 4th July at 7:30pm. Parish Centre. Cash prizes. Raffle. Tea and coffee. £10 per book. All proceeds go towards the work of the Society of St Vincent de Paul.

THE KNIGHTS of St COLUMBA have organised a tour of the **relics of St Edmund Campion** 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 **TUESDAY 7th JULY** at 9:30am Mass. Thank you to the Knights of St Columba for this initiative.

CHURCH CANDLES must always be placed on a candle stand (and NOT beside a particular statue on the wood) as this poses a fire risk. Please ONLY use candles that are supplied in the church.

WESTMINSTER DIOCESAN PILGRIMAGE TO LOURDES 17th – 24th July 2026. Registration is now open at https://pilgrimages.rcdow.org.uk/registrationform/ or via the Pilgrimage Office on 0207 798 9173. If you would like to sponsor or fundraise for an Assisted Pilgrim, member of the medical team or volunteer then please also contact the Pilgrimage Office for further details.