

## SACRAMENTAL LIFE

### BAPTISMS

Baptisms now have no restrictions on numbers attending however we will continue baptising infants with a single family at any one celebration.

### SACRAMENTAL PROGRAMMES 2021

The enrolment of children and young people for First Holy Communion and Confirmation Programmes 2021-2022 is open now until Sunday 5<sup>th</sup> September 2021. To enrol your child, please visit our parish website <https://parish.rcdow.org.uk/tottenham/> and click on the corresponding forms link.

If you need any help completing the forms, please contact the Parish Catechetical Coordinator Marcelle Jemide at [tottenhamcatechist@rcdow.org.uk](mailto:tottenhamcatechist@rcdow.org.uk) For further information please, contact the parish office.

This year's requirements are that the children and families are parishioners of St Francis de Sales who regularly attend Mass on Sundays or Vigil Mass on Saturdays at our parish. If your child is studying at our school of St Francis de Sales but not living in the parish area, it is recommended that they enrol in their local parishes.

### RCIC AND RCIA 2021

Both groups will resume their meetings in September. Have a lovely summer holiday.

### FUNERALS

The number of people assembling in the church is now unrestricted. However, we will keep the self-distance in placed.

Please for the repose of the soul of Owen Eugene Tully who passed away 14<sup>th</sup> July 2021. His funeral will be celebrated at St John Vianney Church, West Green.

### WEDDINGS

Weddings can be celebrated at this time with the number of people we could safely accommodate in church.

## MASS TIMES

**Tuesday 10am**  
**Thursday 10am**  
**Friday 7pm**  
**Saturday Vigil 7pm**  
**Sunday 9.00am and 11.00am**

**Livestreaming Mass on**  
**Sunday at 11am**

**CONFESSIONS**  
**Saturday 10am to 12noon**

Please pray for the souls of:

Alan Daniel, Christopher Ajayi  
Charles Roberts, Sr Sylvia McCarthy,  
Rita Belma, Bridie Collins, Frank  
Wallace, Comfort Oparah, Leonie  
Bacchus, Bridget Ugwo, Kenneth Marie,  
Krisnamah Durasamy, Fidelia Anienwelu,  
Gerald Eze Durueke, Christiana Osei-  
Kuffour, Agnes Ofori- Mensah, Lino  
Fusco, Carmen Thorpe, Anne Dunleavy,  
Tony Moore, Mary Ryan, Rosa  
Fernandes, Helena Keers, Eileen Hanley,  
Amy Lorna Guniss, Bridie Morrissey,  
Vera Moyles, Salvatore Infantino, Juliana  
Carvalho, Stuart Stooles, Thelma Harvey,  
Winifred Jackson and all our brothers and  
sisters who have fallen asleep in peace  
with our Lord.

Let your perpetual light shine upon  
them. May they rest in peace.  
Amen



ST FRANCIS DESALES CHURCH

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website: <https://parish.rcdow.org.uk/tottenham/>

Parish Priest: Fr David Lucuy Claros

Parish Administrator: Mrs. Elisabete Veselovska.

Catechetical Coordinator: Mrs Marcelle Jemide



**Readings:** 1Kings 19:4-8; Psalm 33 (34):2-9; Ephesians  
4:30-5:2; John 6:41-51

19<sup>TH</sup> SUNDAY IN ORDINARY  
TIME YEAR B 2021

### Eating the Body of Christ, the bread from heaven

Think of what you need to survive, really just survive. Food? Water? Air? Facebook? TV? Money? Love? Naturally, we need food for our bodies but also emotional and spiritual food for our souls. Now that the Tokyo Olympics is on, the athletes are conscious that they must stick rigidly to their diet regime since their bodies face a high level of stress, proper nutrition is incredibly important to achieve their best performance to win the Gold Medal for their countries. The health professionals consider that the most effective way to achieve proper nutrition is basically focus on the five main food groups—fruits, vegetables, protein, grains, and dairy. Each contributes vital nutrients to our diet. In addition, our bodies need the most vital element to function, water. Up to 60% of the human adult body is water.

Think, what are your eating and drinking habits? What do you feed your body with and your mind and soul?

Some people are able to be disciplined and have a healthy habit of eating at fixed times and cook food from scratch. Others have problems finding time to eat and eating have become just a physical need and void of any enjoyment. Some live on junk food and have no specific diet at all and their bodies become ill. Some people struggle keeping any diet and live snacking uncontrollably. Others have total control and follow strict diet, keeping their eating habits at the same hours. Some have a drinking problem and cannot control their alcohol consumption and become dependent and emotionally frail and broken. In contrast, others are sportive and have control over their bodies and are active and effective at work and engaging with their family, friends and community. The physical condition of our bodies speaks volumes on how we are and how we live our lives. However, material food and love for our bodies it's not all we need. We also need to feed our innate soul. The word of the Lord says that we do not live on bread alone but on every word that comes from the mouth of God (cf. Mat 4:4) We need to hear the word of God that gives us light and life. How do we feed our souls with? Maybe we spent too little time prayer and rather are engrossed with the world through the media and may have become isolated attached to our phones looking for new videos, games, chat rooms Facebook and so on and so forth. The Lord offers us today and every day, the heavenly food that is his "Body" in the Eucharist. He speaks and gives us life through his "Word" that is Jesus Christ. We receive the "Lifegiving Water" that is, the Holy Spirit that quenches our thirst and gives us life. Today let us seat at the table of the Lord and eat his "Body" the bread from heaven, to give us strength to walk the long journey ahead, as we may be feeling weak and tired like Elijah. Let us drink the water of life which, is the Holy Spirit to quench our thirst for life. Come, taste and see that the Lord is good.

Fr David

## Sunday at St Francis De Sales Church

**Holy Father's Intention for August – The Church**

Let us pray for the Church, that she may receive from the Holy Spirit the grace and strength to reform herself in the light of the Gospel.

### MASS INTENTIONS

**Sunday 9am** People of the Parish, Esi Bediako-Baah & Samuel Baah RIP  
**11am** Steeves Louise Thanksgiving **Tuesday** William Slattery RIP, Bruce & Nicole Nyazika Thanksgiving **Thursday** Maria Hilton RIP, Grace Agyemang & Family Thanksgiving **Friday** May Egan RIP **Saturday** The Pereira's Family RIP, Thanksgiving

### PARISH NEWS

#### OUR PLACE OF WORSHIP GUIDELINES FOR 2021

As the government had announced the end of all restrictions, the Conference of Bishops of England Wales has issued guidelines for our places of worship, which we have adopted and adapted it to keep our church and parishioners' safe. We recognise that the presence of the virus and the risk of spreading is still among us. Therefore, we will continue applying the previous safety measures following the guidance provided for the Dioceses of England and Wales.

1. SEATING social distancing still applied but the seating space it is slightly reduced to allow increase in number of people to attend Mass.
2. FACE COVERINGS are still required, to mitigate risk of virus transmission.
3. SANITISATION of hands will remain as previously. Sanitisation of the church after Mass continues.
4. STEWARDSHIP will continue, please follow the lead of the stewards who have been faithfully ministering throughout the last 15 months.
5. REGISTRATION will continue. Preferably via QR and alternatively write your details on the registration cards at the entrance of the church.
6. ONE WAY SYSTEM will remain in place.
7. CONGREGATIONAL SINGING will be gradually re-introduced but face covering must be worn. We will start singing the Alleluia and the Holy, holy, holy...
8. HOLY COMMUNION will continue to be in one kind and on the hand only until further notice.
9. COLLECTION will continue to be at the end of Mass as people exit from the church.
10. HOLY WATER in the stoups are still not allowed but please bring your own bottle of water and ask Father David to bless it.
11. THE SIGN OF PEACE no physical sign of peace is still recommended. We will continue exchanging the social distance sign of peace until further notice.
12. MASS TIMES will remain as it is until further notice.
13. The church will be open earlier on weekday Masses for private prayer.

If you are late for Mass and there are no more places available in church, please make your way towards the Parish Hall on Brereton Road.

### CARE AND RESPECT FOR OUR STEWARDS AND CLEANERS

Regrettably, recently we have complaints from our volunteers who have been subject to verbal abuse and hostile attitude from some people in church. Please, respect and cooperate with them who are serving at our church. They have been and are faithfully dedicating their time throughout the last 15 months to keep the church open and safe. Please show your gratitude and be kind and respectful. **We will not tolerate any kind of abuse.**

### PARISH CAR PARKING PASSES FOR PLAYGROUND ON MATCHDAYS AND SPECIAL PERMITS TO USE SIDE OF CHURCH VIA BRERETON ROAD

Events have returned to the Stadium, meaning that street closures are back. In order to park in the playground you will need your old pass dated 2019/2020 which is still valid. If need a pass please meet Kate after Mass or make an appointment in the parish office to obtain one. If you wish to apply for a special permit to use the limited parking within the side gate please take the appropriate form complete it and return to the parish office.

### APPEAL FOR STEWARDS TO OPEN THE SCHOOL CAR PARKING ON SATURDAYS AND SUNDAYS

As the activities at the SPURS stadium are resuming, we will be able to resume using the School Playground to park vehicles during 9am and 11am Mass and on Saturdays when an earlier event means parking restrictions remain in force until 8pm. For this we will need to have Stewards to open and close the gates and ensure that the cars and school premises are secured. This is a Health Safety requirement without which, we will not be able to open it. Ideally, we would like to have 3 stewards per Mass and we kindly request parishioners volunteering to arrive 30 minutes before the scheduled Mass, as the school playground gates will be closed 5 minutes before Mass starts so that the stewards can participate at Mass and reopen after Mass, allowing vehicles to leave, locking up and completing checks before leaving. If you can help, please contact Fr David or send us an email to [tottenham@rcdow.org.uk](mailto:tottenham@rcdow.org.uk) Your help is much appreciated.

### PARISH FINANCES

#### PARISH PLANNED GIVING ENVELOPES

The new planned giving envelopes are ready for collection from the parish office on Tuesdays, Thursdays and Sunday after Mass. If you have not registered yet, please let us know by calling on 02088083554 or send an email [tottenham@rcdow.org.uk](mailto:tottenham@rcdow.org.uk). Thank you for your generosity.

**DONATIONS:** At this time of the lock down we are receiving very few donations. Please consider helping us more by setting up a Bank Standing Order or donate online through our website, <https://parish.rcdow.org.uk/tottenham/donate/> our details are:

**Account Name: WRCDT Tottenham**

**Sort Code: 40-05-20**

**Account Number: 71264397**

**DONATIONS:** We have received the previous week in Easter Envelopes £30, Envelopes £875.50 Loose Plate £240.36 Standing Orders (June) £3,736.50. Thank you for your generosity.

#### ST FRANCIS DE SALES RESTORATION WALL APPEAL

To-date we have received a total of £19,876.11 from donations towards the cost. Thank you very much for your generosity.