

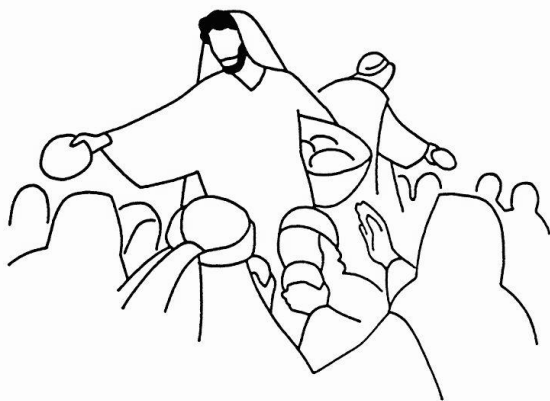
St Joseph's, Bedford & Our Lady's, Kempston

Parish Priest: Canon Seamus Keenan. Assistant Priest: Fr Galeji Mulupuri, MC

The Presbytery, 2 Brereton Road, Bedford MK40 1HU Tel: 352569

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SEVENTEENTH SUNDAY OF THE YEAR 28th July 2024



PILGRIMAGE TO WALSINGHAM

There will be pilgrimage to Walsingham for the Sanctity of Life on Saturday 3rd August led by our Bishop, David Oakley. Coach from St Joseph's at 8.30am and from Christ the King at 8.50am. To book a seat contact Mary Frost on 304014 or 07708 264054. **£12 is payable to Mary to book your seat. This amount is required now, please.** Also, please add your name and phone number to the list at the back of the church if you wish to go.

FRIENDSHIP CIRCLE

St Joseph's Friendship Circle meets this Wednesday at 7pm in the Embankment Hotel. All most welcome. Bring a friend.

FIRST COMMUNION FORMS

The parents of those children wishing to make their First Confession and Holy Communion next year are asked to collect an enrolment form from the sacristy after Mass. Children must be in Year 3 or above.

Mass Times – St Joseph's, Bedford

Sunday	8.15am	Fr Patrick Slaney
	9.30am	People of the Parish
	11.00am	M Grilli & M Ward
	6.30pm	Corpuz Family
Monday	SS Mary, Martha & Lazarus	
	10.45am	Irena & Family
Tuesday	Feria	
	10.45am	David Tracy, RIP
Wednesday	St Ignatius Loyola	
	10.45am	Gerry Grogan
Thursday	St Alphonsus Liguori	
	10.45am	Emma Shippin
Friday	St Peter Julian Eymard	
	10.45am	Boleslaw Golarz-Ward, RIP
Saturday	Votive Mass of Our Lady	
	10.45am	Austin Antony

Mass Times – Our Lady's, Kempston

Saturday	6.00pm	Damien Fernando, RIP
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Confessions – St Joseph's:

Saturday 11.30am – 12.30pm (Exposition)

RESPONSORIAL PSALM:

You open wide your hand, O Lord, and grant our desires.

ROSARY: Daily at 10.20am

EUCCHARISTIC ADORATION: Thursday 11.30am – 7.00pm

CLEANING: S Masih, A Daniels, R Okonkwo

FLOWERS: Mrs Crow

NEXT SUNDAY: Eighteenth Sunday of the Year

Readers & Ministers: Rota Week 2

Children's Liturgy: None until September

MARY'S MEALS

Mary's Meals Recycling Box is now available at the back of the church in which to place donations of jewellery and watches, mobile phones, iPads, tablets, sat-navs, MP3 players, games consoles, cameras i.e. old film and digital. **No** videos or DVDs, please or foreign coins. And please **do not** put anything else into the box. Thanks.

REFLECTIONS - THE BOOK

The new print of books are now available at the back of the church. They are free but if you would like to donate to our parish project please place your offering in the wall-box marked Parish Project. Thank you.

JESUS YOUTH

Jesus Youth UK presents the 2024 National Teens Conference, *Ignite*, to be held from 23rd to 26th August at Worth Abbey. It is open to those who are in Year 9 to 13 as of September 2024. The four day programme is planned with music and theatre sessions, testimonies, fellowship and fun along the way. A talk will be given after the Masses today about this up-coming event. For more information email: teensministry@jesusyouth.co.uk or contact Jitsy on 07384 579728.

YOUTH WORKER VACANCY

The Northampton diocese is currently recruiting for a Youth Worker to join the Youth Ministry Office. The role will be 35 hours per week and will include evening and weekend work. Full information for the position, including how to apply, can be found by visiting www.northamptondiocese.org/jobs. The closing date for applications will be 10th August. Interview dates to be confirmed. The start date for the position will be Tuesday 10th September 2024. All candidates should complete an application form and email it to: hr.admin@northamptondiocese.org

RECEIVING FROM THE CHALICE

When receiving Holy Communion from the chalice, please take it in both hands, raised it to your lips and take only a small sip from it. Please **do not** pour into your mouth as this risks spilling the Precious Blood onto your clothes or onto the floor. Thank you.

REQUIESCAT IN PACE

Please pray for the repose of the soul of Mary Thundercliffe. May she rest in the peace of Christ.

REFLECTION

I have often emphasised the central importance of prayer in the spiritual life, but have not explained or given a particular technique of praying. There are many good guides on this matter out there and so I am not going to repeat them here except to describe my own approach; what works for me. I have the good fortune of having easy access to the Blessed Sacrament here in the church. It is here that I spend my time in personal prayer. In the Blessed Sacrament Jesus is personally and actively present and so I pray before him person to person, one to

one. What do I do? I simply relate to him on that very personal level, in adoration, worship, praise, petition, sharing whatever is in my heart, seeking guidance and strength to exercise my ministry faithfully, with hope and a sense of joy especially in the difficult moments. It is a time of refreshment where I can be myself before him who knows me best; a place where I can kick off my shoes, as it were, and feel at home, relaxed in his company. There is little structure in how I pray, although I do use the Rosary, the Divine Mercy Chaplet and my Office prayer book. These aids help in keeping me focused and not wander off into dreamland! They bring me back to the person Jesus, that one-to-one encounter of love and friendship. Giving attention to him in periods of silence, in formal and extemporary prayer and in expressions of love and thanksgiving. And as I try to give my attention to him during this time I am aware that he is giving his full and undivided attention to me. St John Vianney once asked an old man, who would spend long periods of time before the Blessed Sacrament in his parish, what he did in these encounters. The man answered, *"I look at him and he looks at me."* Beautiful! That is the essence of prayer. St Therese of Lisieux said something similar of prayer: *"Prayer is a surge of the heart, a simple look turned towards heaven. It is a cry of recognition and of love, embracing both trial and joy."* There is nothing complicated about prayer when seen in this light. We just have to make that decision to do it. We can pray anywhere, at any time. He is readily accessible and always waiting for us. Quiet moments are more conducive and we may have to create them, creating space to be with the Lord. And remember, pray as you can, not as you can't. Just turning up for prayer, despite tiredness and the myriad distractions that beset us, is pleasing to the Lord and he will reward our faltering efforts. Don't be discouraged either. Just be natural and at ease remembering he is there, personal and alive, giving us his full attention. *'Taste and see that the Lord is good.'* This is a line from one of the Psalms (Ps 34:8). We will begin to feel the effects of prayer over time as we get to know the Lord on a deeper level, as he becomes more real and familiar to us, one whom we can turn to any time, who always has time for us. Then our lives will become suffused with his light, bringing healing and peace in its rays.

LAST WEEK'S COLLECTIONS

Offertory

St Joseph's £1620.50

Our Lady's £479.80

Thank you