

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

Parish Priest: Canon Seamus Keenan. Assistant Priest: Fr Ditto Devassy

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NINETEENTH SUNDAY OF THE YEAR 9th August 2026



FIRST COMMUNION 2027

Enrolment forms for First Communion Classes can be collected from the sacristy. Completed forms must be returned by 27th September.

CAFOD GROUP

We are a small group of parishioners who support CAFOD and would like a few others to join us. If you might be interested in becoming involved, then please get in touch with Mechelle on 07931 260461.

MARRIAGE & FAMILIES

Mass to be celebrated on Saturday 5th September at 12noon, Northampton Cathedral, NN2 6AG. All welcome. If at all possible for you, please register online at www.bit.ly/43Qkt0u

ALTAR SERVERS

It is good to see so many of our young people serving at the altar in St Joseph's and Our Lady's. We would like to gather you for a meeting today (Sunday) at 3pm in St Joseph's church, accompanied by a parent, to go through a few practical things. Thank you.

Mass Times – St Joseph's, Bedford

Sunday 8.15am Nuala Garragher, RIP
9.30am Andrey da Costa
11.00am Sonia & Jason
6.30pm Mike O'Hara, RIP

Monday *St Lawrence*

10.45am Johnson Family

Tuesday *St Clare*

10.45am Merin Bino

Wednesday *Feria*

10.45am Austin Antony

Thursday *Feria*

10.45am Fr Derek Laverty, RIP

Friday *St Maximilian Kolbe*

10.45am Requiem: Alan Craigen

Saturday *Votive Mass of Our Lady*

10.45am Young people receiving exam results

Mass Times – Our Lady's, Kempston

Saturday 6.00pm Celine Connolly, RIP

Confessions – St Joseph's:

Saturday 11.30am – 12.30pm (Exposition)

RESPONSORIAL PSALM:

Show us, O Lord, your mercy and grant us your salvation.

ROSARY: Daily at 10.20am

EUCCHARISTIC ADORATION: Thursday 11.30am – 7.00pm

CLEANING: S Masih, D Cummings, E Aoko, Aneke

FLOWERS: Mrs Abrantes

NEXT SUNDAY: Assumption of Our Lady

Readers & Ministers: Rota Week 3

Children's Liturgy: None until September

FOODBANK

Only food items and toiletries are to be placed in the green bin in St Joseph's church and the box in Our Lady's church, please. No other items to be deposited, e.g. clothing, shoes etc.

ADORATION - OUR LADY'S, KEMPSTON

There is Adoration of the Blessed Sacrament every Sunday in Our Lady's, Kempston, from 11am to 12noon.

WEDDING

Please keep in prayer Emmanuel Onweumenyi and Favour Ahamefuna who will be promising themselves to each other in marriage this Wednesday in St Joseph's church.

SPIRITUAL RENEWAL

If you would like to deepen your experience of spiritual renewal, you are warmly invited to a two-hour spiritual programme held at Our Lady's, Kempston, on every third Saturday of the month from 3pm to 5.00pm, starting next Saturday, 15th August. The programme includes praise and worship, a spiritual talk and Eucharistic Adoration. The usual Vigil Mass will be celebrated at 6.00pm. Share this invitation with family and friends.

SUMMER PICNIC

Bedford Town Centre Churches Together are holding a summer picnic on Sunday 23rd August in Bedford Park. Meet by the Bandstand at 2.00pm. Bring something to eat and drink and something to sit on. All are invited.

BEDFORD FOODBANK

The following items are needed for the Foodbank: cup-a-soup, bottles of squash 750ml, tinned vegetarian meals, jars of cooking sauces, sponge puddings, bars of chocolate, tinned vegetables, jars of jam, cereal bars, washing up liquid. Thank you for your ongoing support.

REQUIESCANT IN PACE

Please pray for the souls of Alan Craigen and Michael Boella. May they rest forever in the peace of the Lord.

ASSISTED SUICIDE

Assisted suicide campaigners are trying to bring back the Leadbeater Bill. *Not Dead Yet UK* has launched a simple tool to help you email your MP about the risks this Bill poses to people with disabilities. Email your MP using the tool: www.notdeadyetuk.org.

THE YEAR OF ST FRANCIS OF ASSISI

This year is the 800th anniversary of St Francis of Assisi's death. To mark the occasion, it is proposed that we have a visit to St Francis church in Shefford on Saturday 26th September. The day would begin at 10.00am with a schedule of activities including talks, novena prayer, tour of the church and Mass. The day would end at 2.00pm after a packed lunch. We would make our way there by our own transport. Keep the date in your diary.

REFLECTION

'O Lord, my heart is not proud nor haughty my eyes. I have not gone after things too great nor marvels beyond me. Truly I have set my soul in silence and peace. As a child has rest in its mother's arms, even so my soul.' (Psalm 130). This psalm should be the leitmotif of our spiritual lives. It is a call to spiritual childhood which is essential for entrance into the kingdom of heaven: *"Truly I say to you, unless you turn and become like children, you will never enter the kingdom of heaven. Whoever humbles himself like a child is the greatest in the kingdom of heaven."* (Mt 18:3). What is meant by this teaching? Well, when we reflect on our own childhood, it is a time of carefree existence where everything is an adventure and full of wonder. It is a time of innocence and complete trust and an uncomplicated approach to life. Most of this is lost as we grow into adulthood. Are we to retreat to childish ways then, to be children again? No! That would be impossible. The meaning of Christ's teaching is rather a return to humble trust in God as a Father to whom we can entrust ourselves in complete surrender. We can, therefore, learn from children who know their need of their parents and look to them for security, reassurance, guidance and love. A child is not independent but dependent upon his mother and father and, as such, trusts them implicitly. To have the heart of a child in our relationship with God is the secret of the spiritual life. Unless we possess this child-like quality, we will not advance along the way to God. Elsewhere our Lord said, *"I bless you Father, Lord of heaven and earth, for hiding these things from the learned and the clever and revealing them to mere children."* (Mt 11:25). The Father reveals himself to little ones and hides himself from the proud and self-satisfied. If we want to draw closer to God, become friends with him in a real way, we have to become little and humble before him and pray to him in simplicity of heart. Resist the urge to complicate things. God loves it when we approach him with simplicity, with the utter trust of a child allowing him to take us into the rest of his arms. It is especially in testing times that we should entrust ourselves to him and know the protection of his love. This is true peace, this is to welcome the Kingdom of God like a little child, this is to be the greatest in the Kingdom of Heaven. *"Learn from me for I am gentle and humble of heart."* (Mt 11:29).

LAST WEEK'S COLLECTIONS

Offertory

St Joseph's £1840.44

Our Lady's £634.47

Thank you