

18th Sunday of the Year

Entrance Antiphon: God, come to my help. Lord, quickly give me assistance. You are the one who helps me and sets me free. Lord do not be long in coming.

First Reading: Exodus 16: 2-4

Psalm 77 Response: The Lord gave them bread from heaven.

1. The things we have heard and understood, the things our fathers have told us, we will tell to the next generation: the glories of the Lord and his might. (R)

2. He commanded the clouds above and opened the gates of heaven. He rained down manna for their food and gave them bread from heaven. (R)

3. Mere men ate the bread of angels. He sent them abundance of food. He brought them to his holy land, to the mountain which his right hand had won. (R)

2nd Reading: Ephesians 4: 17. 20-24

Gospel Acclamation: Alleluia, alleluia! I am the Way, the Truth and the Life, says the Lord; no one can come to the Father except through me. Alleluia!

Gospel: John 6: 24-35

Communion Antiphon: You gave us bread from heaven Lord, a sweet tasting bread that was very good to eat

We welcome into our parish community Svana and Amber Tierney, who are to be baptised after Mass this Sunday. Please pray for them and their parents and god-parents.

Please note: Office day next week will be Tuesday, 7th August, instead of Thursday.

FEAST OF THE TRANSFIGURATION (August 6th)

Lord of the mountaintop, God of dazzling clothes,
be with us when we come down from the height of worship
to face a world that didn't see what we just saw in you.

Show us what to do.

When violence threatens to engulf our communities,

let it not be said

that your disciples cowered in fear,
or walked on the other side of the road.

When there is peril or fire or flood,
let it not be said

that your disciples cleared the unwanted junk

from their garages and called it charity.

Lord of the mountaintop,

God of dazzling clothes,

show us how to be.

Change us; transfigure us

so that this world might see what we

have just seen,

and worship you.

Amen.

(Safiyah Fosua)



Our Lady of the Assumption Catholic Church

119 WELLINGTON ROAD, RHYL
DENBIGHSHIRE

18th Sunday of the Year
Sunday 5th August
(reading cycle B, year of Mark's gospel)

	<u>Mass time</u>	<u>Mass Intention</u>
SUNDAY	10.00 am	- Mass for the People
MONDAY	10.30 am	Funeral service for Susan McCarney
TUESDAY	9.30 am	- Yates family
WEDNESDAY	9.30 am	- Herbert Rainbow (Foundation)
THURSDAY	9.30 am	- Whelan and Curtis families
FRIDAY	9.30 am	- Jim Mellor RIP
SATURDAY	10.30 am	- Holy Hour with morning prayer of the Church.
SUNDAY	10.00 am	- Mass for the People

Sacrament of Reconciliation After Mass daily and also Saturdays 10.30am-11.15am and on call
Open Office Day Thursdays 9.00am - 4.00pm

For all enquiries or sacraments see as below For **Baptism** tel 01745 354311

Please let Fr Charles know of anyone who is ill or housebound who would like to receive Holy Communion at home or the **Anointing of the Sick** for healing

Priest: Fr Charles Ramsay

Tel 01745 353395 email chas37free@gmail.com

Parish website: catholicchurchrhyl.co.uk

(Webmaster: Ernest Jones

(webmaster@catholicchurchrhyl.co.uk)

Diocese of Wrexham Reg Charity No. 700426

Parish Finances: The church collection for Sunday, 29th July amounted to £490.52p of which £225.44p was 'loose' and £265.08p was Gift Aid.

Hospital Chaplains on call:

Glan Clwyd: Mrs. Sheila Johnson, 01745 354311 /07717182557 Llandudno Hospital: Fr Moses Amune 01492 877353 Ysby Gwynedd; Bay Hospital: Fr Frank 01492 532670

Ministers of the Word

Please note, the new Readers' list is available on line and further copies at the back of church.

Funeral Services: Please note change to funeral times published in last week's bulletin. The Funeral Service for Susan McCarney is at 10.30 am on Monday, 6th, August and the Requiem Mass for Maria Cerefice is at 11.00 am on Thursday, 9th August, with Reception of the body at 5.00 pm Wednesday evening.

Your prayers are also asked for the repose of the soul of John Joseph Higgins, who sadly died this week. John's Funeral service is on Monday, 13th August, at 11.00 am in St. Mary's.



St Mary's Presbytery

There will be **meetings open to everybody** after Mass on Sunday 12th August and on Tuesday evening, 14th August at 7.15pm with members of parish and finance teams to discuss the issues. We hope for consensus about the way forward, and rational arguments towards a good solution.

We have also just consulted 4thecommunity groups and others, who will be affected by any changes; Craft Group, Yoga, Guitar Classes, Morris Dancers, Alcoholics Anonymous, Narcotics Anonymous and NHS Recovery groups.

Humour/Prayer Think of poor students awaiting exam results just now (and pray their answers are better than the following:)

Geography Name the four seasons. Salt, pepper, mustard and vinegar.

English Use the word "judicious" in a sentence to show you understand its meaning. Hands that judicious can be soft as your face.

What does the word "benign" mean? Benign is what you will be after you be eight

A little reminder that our **website**, which is so valuable and is regularly accessed by enquirers, needs to be kept up to date or it will disappear! We'd be grateful for updates about groups, news items, what's on, articles etc. Etc Thank you

Weekly Guide to Daily Prayer

This week we can ask, in the variety of ways and situations each day, that our eyes might be opened to see Jesus as he really is - glorified with the Father, and ready to renew our faith and trust in him.

As we begin our day, and at brief times throughout our day, we can let the themes of this week's readings guide us. One day, we might ask to keep our eyes fixed on Jesus as we go through a day full of strong wind and waves. We can ask again and again, as things get tougher and more challenging. Another day, we might focus on what comes out of our mouths. Is there cynicism, judgments, distortions of the truth, divisive and self-serving manipulation, yelling and hurtful put-downs? Do I practice using my voice to give praise to God by affirming others, forgiving them, by telling the truth, by defending the poor and the voiceless, by giving God thanks. Another day, I might be conscious of those I think of as "the enemy". I might ask for the grace to open my heart to whatever faith in God they have, however different from mine. I might ask for a sense of solidarity with them, not because it is my desire or inclination, but because it is God's desire for me.

How can I heal and reconcile, at least in my heart, what needs healing: racism, sexism, anti-Semitism, negative stereotypes towards Muslims and those I see as "foreigners". How can I be relieved of my hostility against the poor or being judgmental about sinners. Later in the week, we can get in touch with the call of Jesus

to deny ourselves. This is not self-denial for its own sake. This is the dying to self that comes from loving in the self-sacrificing way that Jesus did.

Who in my family, friends, relatives, co-workers and members of my parish or congregation needs my self-denying love? How have I focused on "gaining the world" and lost some of my true self in the process? Is there some way this week that I can taste discovering my true self in giving some time, some compassion, some love, some special care to someone who needs this from me?

And throughout the week, perhaps at a special time of powerlessness or some time when I feel that I don't have the energy or gifts to do the "more", to move a mountain, I can ask for faith the size of a mustard seed. And each night I can give thanks to God for being generous to me all week.

Used with permission from the Creighton Online Ministries website..

Gluten Free Hosts Anybody subject to a Celiac health condition please note that we have Special gluten-free hosts available at St Mary's, which can be accessed by request. (Please see Fr Charles if you need advice on this, or a minister of communion to obtain access.) It will always help if you can notify the priest, preferably before Mass if possible.

An alternative for Celiac sufferers is to receive communion under the form of wine, from a chalice. Any Catholic is in communion with the whole person of Christ even when receiving from the chalice alone