

**MASS INTENTIONS**  
**Transfiguration of the Lord (A)**

Saturday 5 <sup>th</sup> August – <b>Transfiguration of the Lord (A)</b>	6.30pm	Josefina Roman (R.I.P)
Sunday 6 <sup>th</sup> August – <b>Transfiguration of the Lord (A)</b>	9.00am 11.00am	Steve Harrison Turner (Birthday Int)
Monday 7 <sup>th</sup> August – Feria	9.00am	Liam O'Connor
Tuesday 8 <sup>th</sup> August – <b>St Dominic</b>	9.00am	Nell Addison
Wednesday 9 <sup>th</sup> August – <b>St Teresa Benedicta of the Cross</b>	9.00am	Paul & Eva
Thursday 10 <sup>th</sup> August – <b>St Lawrence</b>	9:00am	Michael Balfour
Friday 11 <sup>th</sup> August – <b>St Clare</b>	9.00am	Doreen Banister
Saturday 12 <sup>th</sup> August – Feria	9.00am	John Barry

**Nineteenth Sunday in Ordinary Time (A)**

Saturday 12 <sup>th</sup> August – <b>Nineteenth Sunday in Ordinary Time (A)</b>	6.30pm	People of the Parish
Sunday 13 <sup>th</sup> August – <b>Nineteenth Sunday in Ordinary Time (A)</b>	9.00am 11.00am	Teresa Jarrold (R.I.P) Ida Mentessi (R.I.P)

**Thoughts for the week:**

The austerity of desert hermit or the discipline of a Trappist monk is not for everyone. But if these paths are not for us, there still remains the challenge to resist the downward drift of the world, to take possession of our own souls, to incline our hearts to the source of life, and to know, before we die, that we have truly lived. If we succeed, we may become, like the saints, a source of life and light to others. As St Anthony liked to say, "The Father of old went forth into the desert, and when themselves were made whole, they became physicians, and returning again they made others whole." – **Robert Ellsberg**

This is the last newsletter for the Month of August. Mass intentions will be advertised at the back of the Church. We continue to have our daily Masses at this time. The next issue of the newsletter will be available on the 2<sup>nd</sup> and 3<sup>rd</sup> of September 2023.



**ST ALBAN'S PARISH NEWSLETTER**  
 Langdale Gardens RM12 5LA  
 PARISH PRIEST: Canon Maurice Gordon



**Presbytery:**  
 1 Ullswater Way, Elm Park, RM12 5JX  
 Tel: 01708451449  
[parishoffice@stalbansrcchurch.uk](mailto:parishoffice@stalbansrcchurch.uk)  
 Parish Deacon: Rev. Ken Carleton  
[kencarleton@brcdt.org](mailto:kencarleton@brcdt.org).  
 Mob: 07971 544921  
 Parish Website: <https://www.stalbansrcchurch.uk>  
 Fr. Joseph Farrell (Retired) – 2B, Langdale Gardens, RM12 5LA  
 Tel: 01708459709

St Alban's Primary School  
 Heron Flight Avenue, RM12 5LN  
 Tel: 01708 555644  
 Head Teacher: Ms Gail McBride  
 Angela – Gift Aid Organiser  
 Mobile: 07510 243188  
 Safeguarding Representatives  
 Mobile: 07544 842677

**Transfiguration of the Lord (A)**  
**5<sup>th</sup> and 6<sup>th</sup> August 2023**

Dear Friends

In all the accounts of the Transfiguration we are told that Jesus took Peter, James and John up a high mountain. There He showed them His glory, and the Father identified Him as Son, just as He had spoken when Jesus was baptised.

Mountains are important places in the Scriptures. They are places where God is often most closely encountered. They are places of refuge from the hustle and bustle of the world, and where we can see further and more clearly. So many of the important events in the Gospels – the temptation of Jesus, the Sermon on the Mount, the agony in the garden, the crucifixion – take place on the heights. St John of the Cross drew parallels between the Christian life and climbing a mountain. Only when we reach the summit will we see the face of God. On the way we will pass through darkness, difficulties, and fears. From time to time, we will fall. But we will also experience moments of joy, peace, and clarity of vision.

Faith teaches us the way up and keeps us on a safe path. As Christians, we are called to aspire to higher things; to climb the mountain that leads us to God. It will not always be easy; few things of value ever are. But we do not travel alone. Jesus invites us, as He invited Peter, James and John, to climb the mountain with Him. For St Teresa Benedicta, this ascent is like Christ carrying His cross to the mount of Calvary. Our crosses are easier to bear because He is with us carrying His own. Then when we reach the end of our lives, we, too, will see God face to face and be called to share in glory with Him for all eternity.

*God Bless and Keep Safe,*  
*Deacon Ken*

**Please pray for all who are sick, including:**

Nell Addison, Paul & Eva Au, Michael Balfour, Doreen Banister, John Barry, William Bradbury, Vincent Brady, Rose Cahill, Marlene Camay, John Carty, Macmillan Chitoma Bras-Goncalves, Sarah Content, Maureen Daly, John Detheridge, Katherine Day, Denis Doherty, Gerry Dique, Rose Dique, Charlotte Dudenney, Dylan Dunbar, Nancy Donovan, Ann Dunn, Margaret Dumbrill John Finan, James Francis, Anna Gawlik, Maisie Glennon, Maureen Gorham, Kevin Harty, Bernadette Heddle, Peter Hemsley, Ellen Hurley, Mathew John, Jenny Jones, Julia Joseph, Kathleen Kavanagh, Rev Tom Keighley, Francesca Kelly, Baby Stephen Kelly, Vicky Loik, Mary Lynes, Amaogechi Mbanu, Siobhan McKeon, Norah McLoughlin, Gladys McQuaid, Matthew Milnar, John Morrison, Ann Mount, Jim Nolan, Brian Nash, Iwan Opoku-Agyemang, Baby Teegan Oakley, Cecilia O'Connor, Vincent Okolo, Dean Partleton, Teresa Pitman, Michelle Pointer, Baby Teddy Rands, Jennie Reddy, Rosetta Reehill, Dorothy Ryan, Mary Sayers, Marina Scarff, Elizabeth Smith, Alan Stokes, Teresa Shorey, John Sinclair, Charles Stimpson, Crystal Stimpson, Julia Thomas, Theresa Wiseman, Elizabeth Wyles, Jay Spencer, Irene (Evelyn's sister) and Clara Yankey. For those we know and the many we do not know, we pray to the Lord.

**PARISH FINANCES:**

29<sup>th</sup> & 30<sup>th</sup> July

**Loose**

£518.50

**Envelopes**

£371.50

**Donations and Gift Aid Form:**

We have been asked to provide details so that parishioners can pay their donations by direct debit or standing order. It is an easier form of donation the details are as follows:

**Bank HSBC**

**Account name: Catholic Church Elm Park St Albans**

**Sort Code: 40-13-22**

**Account number: 31019848**

We can still collect the gift aid for these donations so please remember to fill in the gift aid form.

**Toddlers Group:**

Mothers and Toddlers Group A toddler group takes place every Thursday and Friday in the Hall between 10- 11:30am - all parents are welcome. Please call Maria on 07751 236262.

**First Holy Communion Programme 23-2024**

Application forms are now available at the back of the church. This is for children in year 4 and above. Applications must be returned by 17<sup>th</sup> September, in an envelope addressed to Tracey Knight or handed in to Canon Maurice or Deacon Ken. The first meeting for parents, to provide general information regarding the programme, will be held at the Parish Centre on Sunday 24<sup>th</sup> September at 4.30pm.

**Welcome**

We welcome Father Henry who will be covering for Father Maurice while he is away on his holiday in August.

**Help Your Marriage**

Retrouvaille is a program to support couples who have difficulties in their marriage. It brings a positive focus, new hope and helps nourish and grow your marriage. Tens of thousands of couples headed for divorce have successfully saved their marriages by attending and using the tools provided. The programme helps spouses uncover or reawaken the love, trust and commitment that originally brought them together. For confidential information about 'Retrouvaille' or to register for the next programme commencing with a virtual weekend on 6-9 July or a Face-to-Face weekend in Welwyn Garden City on 13-15 October 2023., call 07887 296983 or 07973 380443 or email [retrouvailleukinfo@gmail.com](mailto:retrouvailleukinfo@gmail.com) or visit [www.retrouvaille.org.uk](http://www.retrouvaille.org.uk)

**Part-Time Cleaner (S):** Required as soon as possible. APTC Scale 1 Points 2 – 3  
52 weeks per annum 20 hours per week 6 am – 8 am & 3.30 p.m – 5.30 p.m. Monday to Friday. £12.87 to £13.08 per hour . Completed support staff application form (available on the school website [www.sacredheartofmary.net](http://www.sacredheartofmary.net) , letters of application and the names and addresses of two referees should be sent to the Business Manager at the School. Please contact Kerry Jones (Business Manager) [kjones@mary.havering.sch.uk](mailto:kjones@mary.havering.sch.uk) for further details  
Closing date: Friday, 14<sup>th</sup> August 2023.

**Drivers:**

**We have a number of Parishioners who would like to attend Mass but are unable to. If you are able to offer a lift to one of our Parishioners, please speak to Canon Maurice or Deacon Ken.**

**Right to Life:**

The intrinsic human dignity that elevates all human beings is sometimes masked by outward appearances. Let us pray that the human dignity of those with disabilities, the homeless, and the unborn is always respected and protected.

**Being the Change: Student leadership conference:**

An inspiring and joyful day took place recently at De La Salle School, when 60 student leaders from 16 of our Catholic schools came together for a conference on leadership. They heard from Bishop Alan and others, engaged in discussions and challenges and focused on the practical responsibility of care for our common home. "Their ideas and feedback demonstrated thought, creativity and vision proving that they have insight into the problems and a range of solutions that were both practical and feasible," said Siân Thomas-Cullinan, Director of Caritas Diocese of Brentwood. The young leaders left the conference equipped with practical ideas to make a difference locally, nationally and globally. "The day was necessary, joyful, hopeful and motivating," said Siân.

**Run the Royal Parks Half Marathon in aid of The Passage - Sunday 8th October 2023:**

This stunning autumnal route showcases the iconic sites of London through four Royal Parks – Hyde Park, Kensington Gardens, St James's Park and Green Park.

Run past some of the capital's most historic landmarks, including Buckingham Palace, Horse Guards Parade and the Royal Albert Hall. Although undulating in parts, the course is not hilly and is great for both experienced and first-time half marathon runners.

**Registration fee: £20**

**Fundraising goal: £300**

**All money raised will go towards supporting those currently experiencing or threatened by street homelessness so that we can end homelessness for good.**