

MASS INTENTIONS
Twenty-Fourth Sunday in Ordinary Time (A)

Saturday 16 th September – Twenty-Fourth Sunday in Ordinary Time	6.30pm	Brigid Barulis (R.I.P)
Sunday 17 th September – Twenty-Fourth Sunday in Ordinary Time	9.00am	Redmond & Mary Keogh (R.I.P)
	11.00am	Roy Rodrigues (R.I.P)
Monday 18 th September – Feria	9.00am	Rego D'Souza (R.I.P)
Tuesday 19 th September – Feria	9.00am	Thanksgiving Mass
Wednesday 20 th September – St Andrew Kim Tae-Gon	9.00am	Pete, Joyce and Tony Philo (R.I.P)
Thursday 21 st September – St Matthew	9:00am	Mark Finnegan (R.I.P)
Friday 22 nd September – Feria	9.00am	Fr Kevin Gradwell (R.I.P)
Saturday 23 rd September – St Pius of Pietreicina	9.00am	John McDermott (R.I.P)

Twenty Fifth Sunday in Ordinary Time (A)

Saturday 23 rd September – Twenty-Fifth Sunday in Ordinary Time	6.30pm	Breda O'Sullivan (R.I.P)
Sunday 24 th September – Twenty-Fifth Sunday in Ordinary Time	9.00am	Gertrude D'Souza (R.I.P)
	11.00am	Gift Agwuncha (R.I.P)

Thoughts for the week:

Forgiveness doesn't mean forgetting or excusing the harm done to you. It also doesn't necessarily mean making up with the person who caused the harm. Forgiveness brings a kind of peace that allows you to focus on yourself and helps you go on with life.

What are the benefits of forgiving someone?

Letting go of grudges and bitterness can make way for improved health and peace of mind. Forgiveness can lead to:

- Healthier relationships.
- Improved mental health.
- Less anxiety, stress and hostility.
- Fewer symptoms of depression.
- Lower blood pressure.
- A stronger immune system.
- Improved heart health.
- Improved self-esteem.

– www.mayoclinic.org



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



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 Parish Deacon: Rev. Ken Carleton
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 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
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Twenty-Fourth Sunday in Ordinary Time (A)
16th & 17th September 2023

Dear Friends,

Today's readings remind us that God is a loving and forgiving God. We, in turn, recognise that Jesus taught us that we must be loving and forgiving of our brothers and sisters. How can we forgive when it seems impossible? How do we cope with our bitterness and resentment? How can we be sincere, when we want to forgive, but also want to hold a grudge? We have to see forgiveness as it really is. It is firstly an act of justice. We have been forgiven by God; our response to that great gift is to forgive others in our turn. Not because of fear of punishment, but out of a grateful heart. Secondly, forgiveness is not something we can do, but rather something we can begin and nurture. It's a process, and not a one-off act. Thirdly, forgiveness is not something we can do alone. We have the Holy Spirit in our heart, constantly calling us to be reconciled with each other and with God. It is at the Spirit's prompting, and with the Spirit's help, that we can begin to forgive. Fourthly, being from God, forgiveness works miracles of healing. Where once was darkness and despair, forgiveness brings light and peace. Finally, we cannot forgive and forget. We begin to forgive, and as we grow in forgiveness, God will redeem our memory of hurt. We will understand more about ourselves and about our neighbour. And about the infinite, tender mercy of God.

God Bless and Keep Safe,
Canon Maurice

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:

10th & 11th September

Loose

£505.63

Envelopes

£503.17

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.

Mother and Toddlers Group:

The Mothers and Toddlers group are expanding their meetings. There are now classes on Tuesday, Wednesday, Thursday and Friday mornings and our playgroup runs on Wednesdays. Please call Maria on 07751 236262 to find out more details.

Baptism Course:

The next Baptism course will take place on Saturday 14th October in the Parish Hall at 9am. To attend please register with Mr & Mrs Law on 07454 962277.

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.

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 17th 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 next Sunday the 24th of September at 4.30pm.

Rest in Peace:

Please pray for the repose of the soul of Mark Finnegan, his Requiem Mass will take place this Wednesday 20th September at 11am, may he rest in peace.

Journey in Faith Programme (RCIA)- Anyone who wishes to know more about the basics of the Faith or is interested in joining the Church is invited to the weekly sessions which commence on Monday 2nd October at 7:30pm in the Presbytery. Any Parishioner who wishes to support this group, is also invited to come along.

Christmas Bazaar 2023:

The Christmas Bazaar will take place this year on 25th of November 2023 in the Parish Hall at 12-3pm. More information will follow later.

Sacred Heart of Mary Girls School Open Evening

The open evening for the 2024 admissions is on Thursday 5th of October 2023. Tours begin at 6pm. Headteachers address at 7.30pm. Parking for disabled guests only on site.

Job Vacancies

Midday Supervisor vacancy at St Alban's Primary School. 5 hours per week x 38 weeks per year. Salary: £2,795. Closing date: 18th September 2023. Please contact the school office on 01708 555644

Primary School Link Adviser

The Diocese of Brentwood is seeking to appoint a Primary School Link Adviser who is a practising Catholic, to support the Diocesan Board of Education and its family of schools. This is likely to be a part-time post of either 3 or 4 days a week, however, consideration will also be given to applicants who are seeking a full-time or secondment opportunity. Further details and an application form can be obtained via the following link: [Primary Link Adviser – Brentwood Diocesan Education Service](#) or by emailing: victoriabarnes@dioceseofbrentwood.org

The Dedication of a Church

The next Gidea Park faith Talk is due to take place at 7pm on Wednesday 20th September in the hall at Christ the Eternal High Priest Catholic Church, Gidea Park, RM2 6DH. Fr David Manson will be speaking about the 'Dedication of a Church'. All are welcome. Tea and coffee will be available from 6.30pm. More information can be found at www.whatgoodnews.org.

Readers for Sunday Mass

Would you be able to help with the Readings at 11am Mass on a Sunday? We only have a couple of readers for the 11am Mass and could really do with some more people. If you are able to help, please speak to Father Maurice or Deacon Ken.

Thank You!

Father Maurice has left a thank you note at the back of the Church for everyone who made the celebration last Sunday a beautiful surprise for him.

Confirmation Programme:

It is hoped that the application forms from confirmation this year (23-2024) will be available this weekend.