

MASS INTENTIONS
Pentecost (Year A)

Saturday 23rd May – Pentecost	6:30pm	Janice McNulty (R.I.P)
Sunday 24th May – Pentecost	9:00am	Ron Mulvaney (R.I.P) & Frank Whelton (R.I.P)
	11:00am	Gavin Turner (Birthday Int)
Confirmation Mass	3:00pm	Young People doing Exams
Monday 25th May – Mary, Mother of the Church	9:00am	Josie & Mary O'Mara
Tuesday 26th May – St Philip Neri	9:00am	Sr Agatha
Wednesday 27th May – St Augustine of Canterbury	9:00am	Sr Bernadette
Thursday 28th May – Our Lord Jesus Christ The Eternal High Priest	9:00am	Anthony Raj (R.I.P)
Friday 29th May – Friday of Week Eight in Ordinary Time	9:00am	John Barry (R.I.P)
Saturday 30th May – The Visitation of the Blessed Virgin Mary	9:00am	Sr Anne Marie
The Most Holy Trinity (Year A)		
Saturday 30th May – The Most Holy Trinity	6:30pm	Alessandro (R.I.P)
Sunday 31st May – The Most Holy Trinity	9:00am	Zain Falzon (Int)
	11:00am	Professor Judith Champ (R.I.P)

Thought for the Week:

All life demands struggle. Those who have everything given to them become lazy, selfish, and insensitive to the real values of life. The very striving and hard work that we so constantly try to avoid is the major building block in the person we are today.
– Pope John Paul VI, Feast day 29th May.

Prayer Before an Exam:

Lord, as I take this exam, I ask for Your peace and clarity of mind. Calm my nerves, help me to focus, and guide my memory to recall what I have studied. Give me the wisdom to understand the questions and the ability to express my answer clearly. I trust in You. Amen.



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



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Pentecost (Year A)
23rd & 24th May 2026

Dear Friends,

The Risen Jesus breathed on his disciples, a sign that he was sharing his life, his Spirit, his energy with them. Having breathed on them, he said "Receive the Holy Spirit". The energy, the life of God was being breathed into the disciples, and the first gift it brought to them was the power to forgive or retain sins. But no one can receive the Spirit of God and be unchanged.

We have all received his Holy Spirit at Baptism and in Confirmation. We need the help and guidance of the Holy Spirit to help us to be faithful in things we take on and especially relationships – marriage, family, church – we are weak without God's help.

A little hymn which we sometimes sing at Mass, and which is often sung at prayer groups, is this:

Spirit of the living God fall afresh on me.

Break me, melt me, mould me, fill me.

Spirit of the living God, fall afresh on me.

This accepts that we have already received the Spirit but that each and every one of us continually needs renewal. We cannot make the Holy Spirit come, but we can pray for that coming.

What tremendous energy was released on that first Pentecost Sunday. What tremendous energy is still released into the Church by the Holy Spirit, that we may work in communion with each other, renewing the face of the Earth.

God Bless
Canon Maurice

Please pray for all who are sick, including:

Nell Addison, Domingos De Albuquerque, Christophe Amblard, Sheeba Antony, Eva Au, Julian Avasiloaia, Michael Balfour, Mary Bowdler, William Bradbury, Rose Cahill, Marlene Camay, John Carty, Macmillan Chitoma Bras-Goncalves, Maureen Daly, Katherine Day, Gerry Margaret Dumbrell, Martha Dwyer, Zain Falzon, Fiona Forder, James Francis, Jean Floreutin, Mary Gallet, Anna Gawlik, Ian Gilling, Maisie Glennon, Maureen Gorham, Kevin Harty, Bernadette Heddle, Peter Hemsley, Ellen Hurley, Mathew John, Julia Joseph, Kathleen Kavanagh, Ann Keaney, Baby Stephen Kelly, Mary Williams, David Lynch, Mary Lynes, Amaogechi Mbanu, Siobhan McKeon, Norah McLoughlin, Gladys McQuaid, John Morrison, Ann Mount, Jim Nolan, Brian Nash, Livan Opoku-Agyemang, Baby Teegan Oakley, Dean Partleton, Michelle Pointer, Baby Teddy Rands, Dr Nikhil Rao, Jennie Reddy, Louis Russo, Dorothy Ryan, Mary Sayers, Marina Scarff, Robin Stinson, Julia Stokes, Teresa Shorey, John Sinclair, The Salter Family (Bert, Charlie and Bert's Daughter-in-law), Charles Stimpson, Julia Thomas, Melon Vigo, Heather Wood, 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:

16th & 17th May 2026

Loose

£1,049.42

Envelopes

£363.26

Right to Life:

As we celebrate the feast of Pentecost, we recall the fruits of the Spirit that are present in our lives. We pray for an outpouring of love, joy, forbearance, kindness, goodness, faithfulness, gentleness and self-control, that these gifts help us to serve the poor, broken and unborn.

Baptism Course:

The next session for the Baptism course will take place on Saturday the 13th of June at 9am in the Parish Hall. To attend please register with Mr & Mrs Law on 07454 962277.

Holy Communion Programme 2025/26:

We continue the sessions every Sunday for the children and parents not attending Catholic Schools at 10.10am to 10.45am.

Confirmation Programme:

Today we congratulate the 11 young people who will be receiving the sacrament of Confirmation this afternoon at 3pm. Also 3 people will be receiving Confirmation on 6th of June at the 6:30pm Mass. Certificate distribution and thanksgiving Mass will take place on Sunday 21st of June at 11am.

Holy Hour:

Please note Holy Hour continues **every Sunday 6 -7pm.**

Mother & Toddler Group:

If you would like to join us in 2026, please contact Maria at stalbanstoddler@yahoo.com or 07774 719 806 for more information.

Monthly Youth Mass

The next Youth Mass is on **Thursday 4th June** at Brentwood Cathedral 7:30pm.

Post Confirmation Group:

The next meeting will be on Friday the 12th of June at 6:30pm – 8pm.

St John Bosco Children's Camp, summer 2026:

Applications are now open for children currently in school year 5 – 7 (i.e. aged 9-12 in August 2026) to spend a week at camp. 25th July – 1st August or 1st – 8th August. Activities include archery, fishing, Aquapark visit, football, kayaking and much more. The camp is especially for children who may not otherwise have a summer holiday. Suggested donation £200, but full bursaries are available. All application details are at <https://boscocamp.co.uk>. Places are likely to go quickly – early applications are encouraged.

Dates For Your Diary:

- **Procession in Honour of Our Lady** – Sunday 31st of May at 3pm

Rest In Peace:

Please pray for James Nolan who died recently. His funeral will take place on Thursday 4th of June at 11am. His remains will be brought into the Church on the 3rd of June at 5pm. May he Rest in Peace.

Vocations Group:

We have started a vocations group. This will be for young people, year 10 and upwards. The next meeting will take place on Friday the 26th of June from 6:30pm – 8pm.

Procession in Honour of Our Lady:

The annual procession in honour of Our Lady will take place next Sunday 31st of May at 3pm. The invitations will be given out to each family this weekend.

CAFOD Petition:

CAFOD has a petition about the global debt crisis which is causing immense suffering for our brothers and sisters in low-income countries. Money that should be spent on healthcare and education is flowing out of countries that can least afford it. Complex factors have caused this crisis and now governments have an impossible choice between serving their people or paying their creditors. Many countries have paid their original debt back, but spiralling interest means they will never break the cycle. Cardinal Stephen from South Sudan says, "When debt repayment takes priority over essential services, the poorest suffer most." Practical solutions are available. Please sign the petition at cafod.org.uk/cancelthedebt

Westminster assisted suicide Bill has fallen:

The assisted suicide Bill has failed to pass all stages in the House of Lords. This means that Kim Leadbeater's assisted suicide Bill has fallen and will not become law! This is a major milestone, but the battle is not over. Assisted suicide campaigners have said they are going to try to bring the Bill back in the next parliamentary session and use the Parliament Acts to bypass the Lords. To find out more about this significant milestone and what comes next, visit: <https://righttolife.org.uk/LeadbeaterBillFalls>

Petition on Conscience Protection:

Defend NHS staff conscience rights. Following the fall of the Leadbeater assisted suicide Bill, fresh bids to introduce an assisted dying law in England and Wales are anticipated. Any new law would likely pressure NHS staff to be involved in some way and offer even less protection to institutions like hospices. You can help protect healthcare workers and hospices by signing the Bios Centre online petition at [Petition on Conscience Protection - Bios Centre](#) or using the QR code.

