

## MASS INTENTIONS

### Fourteenth Sunday in Ordinary Time (Year A)

<b>Saturday 4<sup>th</sup> July – Fourteenth Sunday in Ordinary Time</b>	6:30pm	Moira Maclean (Birthday Int)
<b>Sunday 5<sup>th</sup> July – Fourteenth Sunday in Ordinary Time</b>	9:00am	Susan Williams (R.I.P)
	11:00am	Gift Agwuncha (R.I.P)
<b>Monday 6<sup>th</sup> July – Feria</b>	9:00am	Michelle & Family
<b>Tuesday 7<sup>th</sup> July – Feria</b>	9:00am	Thanksgiving for Antony Family
<b>Wednesday 8<sup>th</sup> July – Feria</b>	9:00am	Neil Addison (101 Birthday Int)
<b>Thursday 9<sup>th</sup> July – Feria</b>	9:00am	Rachel O'Donnell (R.I.P)
<b>Friday 10<sup>th</sup> July – Feria</b>	9:00am	Souls in Purgatory
<b>Saturday 11<sup>th</sup> July – St Benedict</b>	9:00am	Olivia (Int)

### Fifteenth Sunday in Ordinary Time (Year A)

<b>Saturday 11<sup>th</sup> July – Fifteenth Sunday in Ordinary Time</b>	6:30pm	Jim Nolan (R.I.P)
<b>Sunday 12<sup>th</sup> July – Fifteenth Sunday in Ordinary Time</b>	9:00am	People of the Parish
	11:00am	Richard Mahoney (R.I.P)

#### Reflection for the Summer Holidays:

True rest, as Pope St John Paul II reminded us, is not just an escape from work but a return to wonder. In a culture where what you do often seems more valued than who you are, summer still offers the possibility to engage in something countercultural: to rediscover holy leisure. Leisure is the pause that lets us remember who we are before God, not just what we produce for the world. A slow rosary in the garden, an uninterrupted hour with a spiritual book/article, an evening walk if it's feasible to a nearby parish for Eucharistic Adoration.

These small acts of rebellion against the hustle and bustle of life restore our capacity to love. In a world that never stops scrolling, the most radical witness may be to stop – and let God fill the quiet. If we are fortunate enough to have the freedom and the resources to take a break during the summer months, we can really make the most of it by returning to wonder. Wishing you a truly blessed and restful summer. – **Fr Paul Clayton-Lea** (Editor of *Intercom Magazine*)



## ST ALBAN'S PARISH NEWSLETTER

Langdale Gardens RM12 5LA

PARISH PRIEST: Canon Maurice Gordon



#### Presbytery:

1 Ullswater Way, Elm Park, RM12 5JX

Tel: 01708451449

[elpark@brcdt.org](mailto:elpark@brcdt.org)

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: 07896 639525

Mobile: 07904 144606

Mobile: 07774 719 806

## Fourteenth Sunday in Ordinary Time (Year A)

4<sup>th</sup> & 5<sup>th</sup> July 2026

Dear Friends,

At times we all find life difficult. We become overburdened with problems and worries. We often use these as an excuse for not turning to Christ. In today's Gospel Christ tells us to bring all our burdens to him and he will give us comfort, peace and strength. Let us come to him with love and trust.

#### Reflection:

Slow me down, Lord, ease my pounding heart,

Quieten my racing mind, steady my hurried steps.

Amidst the confusion of my days

Give me the calmness of the everlasting hills.

Help me to know the restoring power of sleep.

Teach me the art of taking time off, of slowing down to look at a flower,

To chat with friends on the phone, to read a few lines from a good book

Remind me each day that there is more to life than increasing its speed

Let me look into the branches of a towering oak

And know that it grew tall and strong

Because it grew slowly and well

Slow me down Lord, teach me to be gentle and humble of heart

And thus I will find rest for our soul.

**Amen**

*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, 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, Graham 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:**

27<sup>th</sup> & 28<sup>th</sup> June 2026

**Loose**

£352.02

**Envelopes**

£842.65

**Right to Life:**

The Lord tells us that He has revealed the mysteries of the Kingdom to little children. Let us, therefore, ask for the grace to protect all children - born and unborn - from every form of harm.

**Baptism Course:**

The next session for the Baptism course will take place next Saturday the 11<sup>th</sup> of July 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 for the children and parents not attending Catholic Schools until next Sunday 12<sup>th</sup> of July and it will be held every Sunday at 10:10 – 10:45am.

**Holy Hour:**

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

**Mother & Toddler Group:**

If you would like to join us, please contact Maria at or 07774 719 806 for more information.

**Vocations Group:**

The next meeting for the vocations group will be this Friday the 10<sup>th</sup> of July at 6:30pm – 8pm.

**Holy Communion Programme 2026/27:**

Application forms will be available from the back of the church from Saturday 18<sup>th</sup> July till Sunday 13<sup>th</sup> September 2026. There will be a parent meeting for all parents wishing their child to receive First Holy Communion in May 2027 on Sunday 13<sup>th</sup> September at 4:30pm in the Parish centre. Applications are open to children who will be in Year 4 or above from September 2026.

**St John Bosco Children's Camp, summer 2026:**

Applications are open for children currently in school year 5 – 7 (i.e. aged 9-12 in August 2026) to spend a week at camp. 25<sup>th</sup> July – 1<sup>st</sup> August or 1<sup>st</sup> – 8<sup>th</sup> August. Activities include archery, fishing, aqua park 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 and full information are at [www.boscocamp.co.uk](http://www.boscocamp.co.uk). Places are going quickly – you are encouraged to apply this week.

**Job Vacancy:**

Headteacher Vacancy at St Joseph's School Upminster. For more information please visit: <https://st-josephs-upminster.net/vacancies/>

**A Day with Mary:**

A Day With Mary is hosting an International Symposium from 29<sup>th</sup> July to 31<sup>st</sup> July 2026 at St Mary's Catholic Church, West Croydon Further information is available at: [www.adaywithmary.org/symposium](http://www.adaywithmary.org/symposium)

**Action Needed!**

we have launched our new *Support Not Suicide* nationwide campaign, which we will be running between now and the vote on 11<sup>th</sup> September, to ensure that the Bill is defeated at Second Reading. As part of this campaign, please email your MP using the new tool that we have launched now and ask them to vote NO. This email **includes new information** that MPs need to see following Sir Keir Starmer's resignation announcement. **Please click the link: [contact your MP now](#).** It takes just 30 seconds!

**Welcome:**

This weekend we welcome Fr Pascoal Gomez, who is doing a mission appeal on behalf of the **The Spiritans (Holy Ghost Fathers)**.

**Retrouvaille:**

**MARRIAGE IN A RUT?** Or need help with deeper issues?

Retrouvaille has helped thousands of couples find hope and healing in their marriage. Next dates: **2<sup>nd</sup> - 4<sup>th</sup> Oct.** [www.retrouvaille.org.uk/info](http://www.retrouvaille.org.uk/info) Tel: **0788 7296983**

**BCCS – Events Notice:**

BCCS invites you to join them on an exclusive, personal tour of Ingatestone Hall, conducted by the Petre family, offering unbeatable insight of the past and present of his Grade I listed building and gardens, followed by a hot drink and homemade biscuit on Thursday 3<sup>rd</sup> September, 11:00-3:30pm. The event was over-subscribed last year so get your tickets fast - entry is £25 per person - book online today:

[www.bccs.org.uk/get-involved/events-campaigns/](http://www.bccs.org.uk/get-involved/events-campaigns/)

*Please note, due to the age of the building, there is no disabled access to the upper floor, and some of the lower floor and grounds are uneven and thus not suitable for those who have mobility issues.*