

**Nineteenth Sunday of the Year
Year A Psalms Wk 3**

Entrance Antiphon: Look to your covenant, O Lord and forget not the life of your poor ones for ever. Arise, O God, and defend your cause, and forget not the cries of those who seek you.

Responsorial Psalm: Let us see, O Lord, your mercy and give us your saving help.

Gospel Acclamation: Alleluia, alleluia! My soul is waiting for the Lord, I count on his word. Alleluia!

Communion Antiphon: The bread that I will give, say the Lord, is my flesh for the life of the world.

Mother of Good Counsel, Clare Priory

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Augustinian Friars Diocese of East Anglia

Nineteenth Sunday of the Year

Missal Page 544 (Old book 336)

13th August 2017

Courage! Do not be afraid.

Like Peter, we too have often set out confidently across the water of life.

However, as soon as the winds of trouble rise against us, and the waves of adversity begin to buffet us, we lose our nerve and begin to sink.

Lord, when our faith falters, as it often does, may we hear your gentle voice saying to us, 'Courage! Do not be afraid.'

In that moment, Lord, may your divine power uphold us, calm our fears, steady our nerves, and enable us to steer our little boat to a place of safety and peace, beyond the wind and the waves.

AUGUST			
Tuesday 15 th	The Way of Silence: an introduction to Christian Meditation for families 10.45-3.00	donation	Priory Team Please sign up for this day of retreat and do come as a family.
Tuesday 22 nd – Sunday 27 th	Individual Guided Retreat	£340	Sr Frances Moore
Sunday 27 th	One and only Mass followed by Shared Lunch Pray for a fine day. Help needed with tables, chairs and gazebos		
Monday 28 th	Feast of our Holy Father Saint Augustine Mass at 10 a.m.		
Thursday 31 st	A Day of Mindfulness Don't just do something – Sit there!	donation	Dr Mark Chambers and Jennie Thornton
SEPTEMBER			
Tuesday 12 th	Icon Interest Day - for those working on their own icon and wishing to improve their skills.	£25	Annette Ashton-Melzack
Friday 15 th – Sunday 17 th	From Restless Heart to Mindfulness. In this weekend we will see how some of St. Augustine's insights can help us to establish a healthy balance in our life and a clear sense of direction for the future.	£145	Bernadette Toal & Fr. John Byrne OSA

THOUGHTS FROM AUGUSTINE

Christ has put an end to fear

Did Peter deny Christ out of fear of being put to death? By his resurrection Christ took away that fear of death. And because he had taken away fear of death, he asked, as was proper, if Peter loved him. Fear denied Christ three times. Three times love confessed him. A threefold negation, the desertion of truth; a threefold confession, the witness of love.

Sermon 147, 3

Prayer: I call upon you, my God, my mercy, my creator. I had forgotten you, but you held me ever in your sight.

Confessions 13,1

The **FAIRTRADE STALL** is here **TODAY** after both Masses

Saints of the Week

Monday 14th St Maximilian Kolbe d. 1941 in Auschwitz when he offered his life in exchange for the father of a family who had been selected for execution as a reprisal. His offer was accepted. The man he replaced survived and was present at Kolbe's canonisation. John Paul II who canonised Maximilian Kolbe in 1982 called him 'The patron saint of our difficult century.'

Tuesday 15th The Assumption of the Blessed Virgin Mary
Holyday of obligation

Masses: Vigil (Monday) at 7 p.m.

Feast day: 10 a.m.

The tradition that Mary's body did not decay but that she was raised up, body and soul, into heaven was already present in the sixth century. By the beginning of the twentieth century it was widespread; and after consulting the views of bishops all over the world, Pope Pius XII formally declared the doctrine of the Assumption to be part of the authentic and ancient doctrine of the universal Church.

Thursday 17th St Clare of Montefalco 1268-1308 Augustinian nun, abbess of an enclosed convent. Sometimes called St Clare of the Cross because of her devotion to the Passion of Jesus. A wise counsellor and healer of souls.

Saturday 19th St Ezekiel Moreno a bishop, an Augustinian Recollect (OAR, not OSA), born in Spain, who worked in the Philippines, in Spain, and as a bishop in Colombia during a difficult period of anticlericalism and persecution of the Church at the end of the 19th century. Struck by illness, he returned to Spain for treatment for cancer. He died in 1906. He was canonised in 1992 by Pope John Paul II.

Caritas East Anglia

Caritas East Anglia is an initiative to enhance social outreach in the Diocese. There is a vacancy for a volunteer to be appointed as the Director of Caritas East Anglia. As a new appointment, the Director will have the opportunity to develop this important aspect of the diocesan mission, working with the Social Outreach Management Team to provide material support and assistance to the poor, deprived and vulnerable members of society in the Diocese.

For full details, please apply by post to Caritas East Anglia, The White House, 21 Uppgate, Poringland. Norfolk NR14 7SH, or call 01508492540 or by email to caritas@rcdea.org.uk

September 7th A date for your diary

On Thursday 7th of September at 7 p.m. Bishop Alan Hopes will celebrate Mass at St Mary's Cavendish to mark the process of examination of the life of Leonard Cheshire. This celebration will be of great interest to our parishioners from Cavendish where memories of the Cheshire family and of the Sue Ryder Home are very much alive. Fr Barry Clifford O.S.A. will give the homily at the Mass. Fr Barry was the prior and parish priest here at Clare Priory in the 1980s.

WINDOW ON FAITH

Falling Upwards!

Falling Upwards!



Recently, a friend admitted that she could no longer take hand luggage on her regular Ryanair flights from Stansted to Dublin. She said sadly: "I'm no longer able to cope with the baggage, so I put it in the hold".

There is another kind of baggage that drags us down day by day. It makes our minds ache. Most of us have to carry it half our lives. Guilt, a sense of failure, of unworthiness, hopelessness, fear of God, a feeling of being unlovable and all that negative stuff that we carry and have carried for years

The truth is that for many of us the God presented to us in our early years just does not exist and never has. Some of the images were monstrous. No wonder people say they don't believe in God. I don't believe in that God either!

Richard Rohr has some helpful reflections on this theme.

"Jesus' story of the prodigal son and his story of the Pharisee and the tax collector are both wonderful illustrations of how Jesus turns our struggle for perfection upside down. In both stories, the ones who have done it wrong and are humble about it are the ones who are forgiven, transformed. Those who are proud of how they have done everything right - but also feel superior to others - are not open to God's blessing.

This is how Jesus' turns "religion" on its head. We thought we reach God by "doing it right," and lo and behold, surprise of surprises, we come to God by doing it wrong - and growing because of it! The only things strong enough to open up our hearts are things like pain, mistakes, unjust suffering, tragedy, failure, and the general absurdity of life. I wish it were not so, but it clearly is.

Fortunately, life leads us to the limit of our own resources through such events. We must be led to an experience or situation that *we cannot fix or control or understand*. That's where faith begins. Up to that moment it has just been religion!

When Jesus called out, "My God, my God, why have you forsaken me?" he himself had to face the darkness and absurdity of life. On the cross, Jesus' human mind had no reason to believe that God was his Father, that God loved him, or that his death had meaning. At this moment Jesus fully and totally fell into the hands of the living God.

And that is called resurrection. This is *the* mystery of faith."

Fr. Ben

REMEMBER IN OUR PRAYERS

Mike Kingston's sister Margaret, Jack, Lali and Orlando Cardozo, Patricia McBride, Mark Lunn, Michael Donegan, Maura Kingston, Donna Wilson (Maria's daughter-in-law), Mary Tallon (Linda Rushton's Mum), Michael Farndon, Don Fitzgerald, Mary-Rose Henderson (Jean's sister), Abby Joyce, Pauline Wilkinson, Vivienne Hay's son Matthew and her mother Katie, Peggy Rodgers, Jack Britton, Luke Twentyman, Ivan Smithet, Fred Taylor, Pat Dowson, Debbie Baloki, Brian David Hye (friend of Lucy Woodhouse), Karen Minns, Geoff & Joan Perry, Florence Hough, Gill Pardoe, Celia Poels, Karen Lane, Gloria Tatum and her son Alan, Annie Bareham, Joan Lally (Irene's sister), Pat Plenty, Anthony Stammers (relation of Sue Negus), Tony Ranzetta Jr., David Sowerby, Michael Kingston, Kathleen Taplin, Michael Cronin, Pat Moroney, Donna (Pat's daughter), Richard Lucking (Kate Davy's father), Freda Boylan (mother of Jo Donegan), Wendy Walton, Sarah Booth, Kath Bullen, Shirley Kennedy, Jane Brown, Sheila Green.

If you know of anyone who is ill or housebound, and would like a visit, please let Fr. David know.

Church cleaners

There was one very welcome volunteer after Mass last Sunday. Can you too help with the church cleaning? If you ring Kathy, she will know where the gaps are, 277326.

During the eight days of the 'Ashram Experience', the participants have completed tasks each day, mainly outdoors, making a very good job of weeding. But, after a very wet Tuesday evening and an equally damp Wednesday, their task was indoors dusting all the chairs and furnishings in the church, thus lightening some of the load of this week's team of cleaners.

Grenfell Appeal

You will recall the collection that we made to help the victims of the Grenfell Towers disaster. On the notice board you may read about some of the families who have been able to go to the caravan park in Felixstowe. It was a lovely act of kindness. Thank you for your part in it.

Suffolk Historic Churches' Sponsored Cycle Ride September 9th

In previous years our parishioners have walked, cycled, or checked arrivals of cyclists. Sponsor entitlement takes a variety of forms. Please put this date in your diary: **the 9th of September**. Sponsor sheets and details about churches in the area are available. **Three** sponsor forms have been collected by promising cyclists. But don't forget: you can walk it, and be sponsored. And you can be on the reception desk and be sponsored: I have received **two** offers of help to oversee the reception desk for a couple of hours. As it is going to be an 8-hour day, it would be great to have two or three more offers of help.

Plants!

Thank you for the plants. If you brought some recently, you can see how quickly they are snapped up! They are always popular.

Fr David

Next Thursday HELP!

On **Thursday 17th September** we have a group of 43 people coming for the day. They will be welcomed, provided with coffee and biscuits, directed to their place of activity, have lunch and, eventually, afternoon tea and biscuits. Rather than have different squads of people arriving at different times of the day, I think it would be easier to have a team of **FOUR** parishioners who would do everything: welcome, teas, serve lunch, wash up, afternoon tea. **Are you free?** If yes, please let Fr Stefan or Fr David know today.

Thanks for such kindness

Sad to say, that the little church in Cavendish where we say Mass on Sundays is about to close. The United Reformed Church in Cavendish will be closing on the 15th of October. We shall not have Mass in Cavendish on that Sunday and we shall offer Mass for the last time in the URC church on the 8th of October for the members of the URC in thanks for all the kindnesses and hospitality that we have received.

Soup helpers

You may have been on Sister Eileen's list of soup helpers who, from time to time, would be asked to help on busy days, giving out soup to large groups and helping with the washing-up afterwards. We have been very grateful for your timely help. Many on the list have now become heavily involved in arranging the prayer days, and I would not wish to over-burden them with tasks. Furthermore, because visitors are now often invited to bring their own sandwiches, the soup distribution and washing-up have been much reduced. Nevertheless, it would be useful to re-establish such a list of volunteers so that we know whom to call on when the occasions demand.

Tuesday 15th 10.45-3.00

The Way of Silence: an introduction to Christian Meditation for families

This day for families could be a great occasion for us all. As many of you will be coming for the 10 o'clock Mass on the feast of the Assumption of Our Lady, why not stay afterwards for 'The Way of Silence' and make a day of it? Remember to bring a packed lunch with you, enough to keep your children going too.

Fr David

Collections

6th August - £680.00

Thank you for your continuing generous collection