

Services During the Week

(Morning Prayer - 20 mins prior to each weekday Mass)

Sat 01 Dec	Vigil Mass for the First Sunday of Advent
6.00 pm	Mass Our Parish Community.
Sun 02 Dec	The First Sunday of Advent
08.00 am	Mass Mrs. Bridget Bell. Intentions.
10.30 am	Mass Connie Walsh. RIP Anniversary
Mon 03 Dec	St Francis Xavier, Priest
09.30 am	Mass Jesudasan Stanislaus Theopillai. RIP
Tues 04 Dec	Weekday in Ordinary Time
09.30 am	Mass Lily & Fred Jeffries. RIP
Wed 05 Dec	Weekday in Ordinary Time
09.30 am	Mass Christine Zammit. RIP
Thur 06 Dec	St Nicholas, Bishop
09.30 am	Mass Bridie Cowley. RIP
Frid 07 Dec	St Ambrose, Bishop & Doctor of the Church
09.30 am	Mass Intentions of the Sick
Sat 08 Dec	The Immaculate Conception
	of the Blessed Virgin Mary.
10.30 am	Mass Clara Bailey. RIP
5.00 pm	Holy Hour with Exposition and Confessions
Sat 08 Dec	Vigil Mass for the Second Sunday of Advent
6.00 pm	Mass Thomas Mahon. RIP
Sun 09 Dec	The Second Sunday of Advent
08.00 am	Mass Our Parish Community.
10.30 am	Mass Sarah Tanner. RIP Anniversary
6.00 pm	Mass S. Kalaimaran. RIP Anniversary

RECONCILIATION (CONFESSION) AND EUCHARISTIC ADORATION:

Unless otherwise stated, there is a Holy Hour every Saturday from 5 pm, during which time the priest will be available in the Reconciliation Room to hear confessions. Confessions are also available on request after weekday Masses or whenever Fr Matthew is in the Presbytery, or by appointment at any time.

PARISH NEWSLETTER



St Teresa's Catholic Church
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Website: stteresasnewpark.com
Parish Priest: Rev Fr Matthew Bemand-Qureshi

The First Sunday in Advent (Year C) - 02 December 2018

The season of Advent which begins today is a precious antidote to the culture of instant gratification. Advent means 'coming' or 'arrival'. Whilst people around us are getting into a festive mood without fully appreciating the reason for the festivities, we wait with expectant hope for the coming of a saviour. We have something in common with the ancient Israelites waiting for the fulfilment of God's promise; but we wait for the return of a Messiah who has *already* come and lived among us, whose first coming we will celebrate in just over four week's time. A Messiah who is in fact never far from us, and is powerfully and truly present whenever we gather to celebrate the eucharist. This season helps us to be as spiritually ready as we can be for the celebration of Christmas – a precious gift, like the time which expectant parents are given to get themselves ready for the arrival of their child. This season is *also* about being ready for that meeting with our saviour when he returns in glory, which is why we must take heed of the message for this first Sunday of Advent and apply it to the whole of our lives – "Stay awake, praying at all times for the strength survive all that is going to happen, and to stand with confidence before the Son of Man."

This weekend also marks the publication of the final diocesan Vision Document "Shaping Our Future". This too is something we have been waiting for, but it is not a finished product, so much as a roadmap for a journey that will unfold in years to come. Parishes across our diocese are to be formed into partnerships and this parish is to be partnered with the parishes in Goodmayes, Chadwell Heath and Ilford. Each partnership is asked to come up with a local plan for collaboration which will allow it to function with a specified number of priests, in our case four. These partnerships will evolve gradually; drastic change is not going to be immediate, smaller changes may be apparent sooner as we find new and better ways of working together. The plans we make now will no doubt need adjusting as we go along, but we have a clearer sense of where we are heading. Do please take time to read the document and also watch the video message from Bishop Alan which takes the place of the usual Advent pastoral letter. Remember that this is not just restructuring as a response to a crisis, but restructuring for renewal. This year, as we try to discern the right way forward, let us also recommit ourselves to

the fundamental task of evangelisation. As a New Year's resolution (remember today is also the start of a new liturgical year) I ask each and every one of you to try and encourage another person to come to church or come back to church; and to pray for this endeavour so that we do not rely on our own individual strength. Pray also for vocations. Pray for families, since it is in the family that young people learn how to give of themselves. Pray that you yourself may be ready to stand with confidence before the Lord when he comes.

God Bless
Fr Matthew

VISION DOCUMENT "SHAPING OUR FUTURE"

You can view Bishop Alan's introductory video message to the document and the document itself, at <http://www.dioceseofbrentwood.net/bishop/> The document can also be viewed on the parish website under "Quick Links".

ADVENT CAROLS

Come and join us next Sunday, (09 December) at 3 pm for a Service of congregational and choir carols for Advent and Christmas led by St Teresa's Parish Choir with a-telling of the Christmas story by the children of the parish, followed by seasonal refreshments in the Hall. *Don't forget to bring along family and friends.*

CHURCH ROTAS

This Week: Cleaning - Team D.

Next Weekend:

Readers - 6.00 pm: Lucy. **08.00 am:** Kevin. **10.30 am:** John & Tarlach.

Eucharistic Ministers - 6.00 pm: Lucy & Michael N. **08.00 am:** Gilbert & Francis. **10.30 am:** Wilma, Helen, Nadine, Tarlach & Petrona.

Small Linen Laundry - Pam. **Flowers** - No flowers.

PLEASE ENSURE YOU ARE AWARE OF THE POSITION OF THE EMERGENCY FIRE EXIT DOORS IN THE CHURCH

Parish - Regular Notices

SICK AT HOME OR IN HOSPITAL: If anyone is seriously ill at home or is in hospital, it is most important to let Fr Matthew know so that the sick person may receive the spiritual help of the sacraments. Relatives or friends should also inform the Catholic Chaplain of the hospital concerned (at King George Hospital, 8590 9026; at Queen's Hospital, 01708 447761; at Whipps Cross Hospital, 8520 5877).

PRAYERS FOR THE SICK: Please pray for those in our community who are sick and housebound as well as the patients in Goodmayes, King George's and Queen's Hospitals. Also, the sick Priests of the Diocese - Frs Tom Jordan & Martin Nott.

ANNIVERSARIES FOR DECEMBER: Kathleen Buckley, Irene Celejewski, William Cheney, Krystyna Dabrowska, Des D'Arcy, Eileen Denihan, Thomas Dwyer, Michael Egan, James Flavin, John Flavin, Edward Gallagher, Daisy Geater, Fr Liam Hayes, Patricia Hicks, Seevaratnam Kalaimaran, Ronald King, Lorna Lawrence, Rita Maher, Ellen Maplesden, Gladys McCarthy, Frank Musiel, Mary O'Driscoll, Aurther Pohl, Sarah Tanner, Rosalina Viegas and Connie Walsh.

BAPTISM PREPARATION: If you are expecting a baby or have a baby for baptism in the next couple of months, please contact Helen Mac Mahon on 020 8590 9981 who will help you make the appropriate arrangements.

MASS REQUESTS: Special envelopes for this purpose are available at the back of Church. Please use one for each request and place your donation within it.

CHURCH HALL: The Church Hall is available for bookings by Parishioners. Please contact Sid on 07887983310 for bookings and conditions.

CHURCH CAR PARK: Please remember it is essential that emergency vehicles have clear access to the Church at all times. During the week, please do not park in front of the Hall gate and remember to leave your details at the Parish Office if you are leaving your car here outside Mass times.

CHURCH GROUNDS: Please remember to do what you can to keep the church grounds tidy - if you see some litter and it is safe to do so, please pick it up and put it in one of the two bins provided.

REFRESHMENTS AFTER 10.30 AM MASS ON SUNDAY: Tea & coffee will once again be available in the Hall after Mass.

NEW PARISHIONERS: You are very welcome here. Please make yourselves known to Fr Matthew and complete one of the Parish Registration Forms as soon as possible.

Meetings this Week

Tuesday: Coffee Morning Group in the Pastoral Centre after Mass. Legion of Mary in the Pastoral Centre at 7.30 pm.

Parish - In & Around

RIP: Please pray for the repose of the soul of baby Clara, daughter of Edel and Stephen Bailey (who have been involved with BCYS for several years), and goddaughter of Fr Matthew and Lucy, who died suddenly during the week, and pray for her parents, her sister Cecilia and all the family.

OFFERTORY COLLECTION: The Offertory collection (inc. Standing Orders) **for last weekend totalled £662.78, of which 62% was "Gift Aided"**. Thank you all for your continued generosity and support. Also, since there are significant benefits to the parish if you make your regular donation to the Church by a Standing Order, please consider doing so now.

NATIONAL YOUTH SUNDAY: The retiring collection last weekend to support the work of the BCYS **raised £430.79**. Many thanks for your generosity.

PARISH CHRISTMAS FAYRE: Special thanks go to those who organised the event, to all the volunteers who helped on the preparations and/or on the day itself, to those who gave gifts etc and especially to everyone who came and gave their support. Through all these efforts, the final sum raised for Parish funds **totalled £1,315.35**. Congratulations go to all the raffle winners namely Main Raffle *1st Prize – Pat O’Leary; 2nd Prize - Brendan; 3rd Prize – Claire; 4th Prize –John Heffernan*. Children’s Hamper Raffle – *Mercedes Blake*.

NEW ROTAS: A new rota for Eucharistic Ministers, **effective from this weekend**, is now available at the back of the Church with an accompanying letter. A copy of this rota together with one for the Small Linen Laundry, **also effective from this weekend**, can be found on the Notice Board in the Porch. They can also be viewed on the parish website.

FEAST OF THE IMMACULATE CONCEPTION: Next Saturday, (08 December) there will be a Mass here at 10.30 am and one at St Cedd’s Church, Goodmayes at 10.00 am which will be followed by Rosary Procession, Exposition of Blessed Sacrament, Benediction & Lunch in the Lower Hall.

ADVENT “WALK WITH ME”: Copies of this pocket-sized companion to Advent containing scripture readings and prayers for each day of this season are available from the Repository priced at £1.

CWL CHRISTMAS NOVELTIES: Craft novelties and miniature Christmas Stockings, ideal for the tree, will once again (and for the last time this year) be on sale after all Masses **this weekend**.

PARISH DINNER & DANCE: There’s still time to book your place at this fun event which takes place **on Friday, 14 December** at Luigi’s Restaurant in Cranbrook Road from 7.15 pm. The event will be limited to **a maximum of 70 people** and tickets, which are priced at £35 each, will include a 3-course meal (plus 1/3rd bottle of wine & soft drinks) and music from a live band. Dress code, as before, will be Black Tie or Lounge suit. There are still some places available, so to book your tickets please don’t delay in putting your name on the list in the Porch or speak to Jane McParland, either in person, or on 07966 431232, or after the 10.30 am Sunday Mass. **Also, if you haven’t already done so, would you please make sure you pay Jane for your tickets by next weekend at the latest. Cheques should be made payable to St Teresa’s Catholic Church.**

CONFIRMATION 2019: There will be a meeting for anyone interested in receiving the Sacrament of Confirmation at Pentecost, **on Monday, 17 December at 7 pm** in the Pastoral Centre. The Confirmation programme is for anyone in year 10 or above. If you would like to be confirmed, as well as attending the meeting, please send Fr Matthew an email or letter with your contact details and a short paragraph about why you would like to be confirmed.

PARISH CHRISTMAS CARDS: There is an envelope for every household on our parish database containing a Christmas Card and a letter with details of our Christmas services. For those living within the parish boundary, envelopes are organised in streets. It would be helpful if you could take all the envelopes for your street and deliver them promptly. For those outside the parish boundary, envelopes are sorted by surname. If there is no envelope for you and you have looked in both places, then (unless someone has already taken your street to deliver) it means you are not on our parish database. This is easily remedied – simply take a parish registration form from the porch, complete it and return it to the presbytery, OR go online to www.stteresasnewbpark.com and follow the Parish ‘Registration Form’ link.

CHRISTMAS CARDS & STAMPS: When choosing your Christmas cards, please try and choose cards that depict a religious scene. This will help to remind recipients (whether or not they are Christian) that this is a Christian festival with its origin in the birth of Jesus Christ. This is a simple act of unashamedly witnessing to our faith. Also, please remember, when buying the postage stamps for your cards, to ask for religious ones or they may well be discontinued if there is not enough demand!

KNIGHTS OF ST COLUMBA: A reminder that the parish Knights of St Columba continue to collect old spectacles and used postage stamps and there are separate boxes in the Porch for your donations. All your old spectacles are sent to Fr Perera in Kandy, Sri Lanka who then passes them to the needy in his parish. The postage stamps are to help fund charitable work for the relief of bone cancer (linked with the Newbury Park Health Centre). So, as those Christmas cards start to come in, please snip around the stamps and drop them off into the box in the Porch. Two very worthy causes then both deserving of your support.

BCYS SUMMER LOURDES 2019: If you are in school Year 10 or above, why not come and join the Brentwood Catholic Youth Service on its hugely popular Summer Lourdes Pilgrimage **which will take place next year from 20 - 27 July**. BYCS travels alongside the diocese to assist the elderly and infirm on their annual pilgrimage, particularly those in wheelchairs. Alongside, they also run a retreat, daily Masses and excursions for the young people, as well as experiencing the Lourdes Torchlight Procession and Blessed Sacrament Procession. If you are interested in going but the cost is of concern don't let that put you off as the parish will help with fundraising and financial support. So, do apply as soon as possible – there is no financial commitment at this stage. **Applications can be made (until 31 January 2019) at www.bcys.net/events** where you will also find more information about the trip.

TWIN PARISH: Please continue to pray for our brothers and sisters in the parish of Sacred Heart, Pomeroy, in the Diocese of Dundee, South Africa, with whom we are twinned and their new parish priest, Fr Mandla Makhanya. Some photos of their parish activities can be viewed in the Photo Gallery on our parish website.

BECOMING A CATHOLIC: If you are feeling drawn to the Catholic faith and would like to begin exploring the possibility of baptism or being received into the full communion of the church if you were baptised in another Christian community or completing the journey of initiation if you have not yet been confirmed, please speak to Fr Matthew as soon as possible. There will be a course of preparation leading up to the celebration of these

sacraments at Easter, so it is important to have this conversation sooner rather than later. You will not be committed to anything at this stage, only encouraged to seek the gift of faith with an open heart.

VISITORS: If you are a visitor to St Teresa's then you are most welcome, and we very much hope you enjoy the service you are attending. If you are a tax payer and would like to "Gift Aid" your Offertory donation, then please use one of the special "Gift Aid" envelopes which you will find at the back of the Church.



THE PASSAGE: This charity is raising funds through the Big Give **until 12 noon on this coming Tuesday, (05 December)** to support its work with homeless people in Central London this winter. **Double your Donation, Double your impact.** This is a matched giving scheme for online donations through <https://secure.thebiggive.org.uk/project/30366> If someone (can be company, individual or trust) gave £10 online matched giving of £10 would bring the Gift up to £20 (and for individuals to £22.50 with Gift Aid with higher rate tax relief it may cost the donor less than £10). For more information ring Andrew Hollingsworth 020 75921855 or email andrew.h@passage.org.uk The maximum is £5,000 from any one donation. It is not a limit per person.

ILFORD SUNDAY DROP-IN CENTRE: Established by the Diocese more than 27 years ago for the homeless, the Centre runs each Sunday in the Small Hall here at Ss Peter & Pauls. We have 21 volunteers, 9 men and 12 women. If you can help out once a month, please get in touch. We offer a hot meal and sandwiches for people to take away for later every week thanks to the support of local community groups. We received a very generous donation from St Teresa's – Newbury Park which has kept us going over the last year. Thank you. Please remember us in your thoughts and prayers over Christmas and we welcome donations however small so we can keep helping those in need. Contact Wendy Taylor wendytaylor99@gmail.com

REDBRIDGE COLD WEATHER CENTRE: This year the Night Shelter at The Salvation Army, is opening earlier and for longer. To make this possible it needs more volunteers for every evening from 7.00 – 10.00 pm or overnight 10.00 pm - 8.00 am. Overnight volunteers are able to nap when guests are settled! Volunteers can sign up at www.ilfordshelter.com, call 020 8478 2961 or email ilford@salvationarmy.org.uk! Please pray for the shelter guests and team in the months to come.

BRENTWOOD CATHOLIC CHILDREN'S SOCIETY: Children and families are now able to access direct therapeutic support in one of its clinics. Sessions take place after school or at an evening clinic at the BCCS counselling suites in Rayleigh. Their highly experienced counsellors provide support directly to the whole family or to children and adolescents on a 1:1 basis. If you are concerned that your child may need someone to talk to, please contact Catherine on cmunns@bccs.org.uk. There is a sessional charge, so please enquire.

PRAYERFUL MOMENTS: You are invited to come and spend some time with the Lord in the Adoration Chapel at Ss Peter & Paul's Church, Ilford. The Chapel, which is located in the Porch, **is open from 10.00 am till 10.00 pm Monday to Friday**. Our Lady's Grotto and Prayer Garden is also available by the side of the church as well. There is a pay car park by the side of the Church. Regular visitors to the Church may request a free parking permit from the parish office. Further details can be found at sspilford.org.uk

SERVICE OF LIGHT: INAUGURATION OF ADVENT in Brentwood Cathedral **at 4.00 pm this Sunday, (02 December)**. This beautiful service includes the solemn lighting of the Advent wreath, profound readings and music led by the Cathedral choir. It is a special way to prepare for the real meaning of Christmas and all are welcome. Main celebrant: Bishop Alan Williams sm.

GOOD COUNSEL NETWORK: On Friday, 07 December, the Vigil of the Feast of the Immaculate Conception, please pray and fast for the end of abortion and euthanasia in this Country. Your prayer and fasting is urgently needed, and it really does save lives. For information on the days of Prayer and Fasting visit www.goodcounselnet.co.uk/Prayer-and-Fasting-Days.html

THE BRENTWOOD CATHOLIC CHILDREN'S SOCIETY will be hosting their very popular Ladies' Christmas Luncheon **on Friday, 07 December (12 for 12.30 pm)** at the Rayleigh Golf Club, Hullbridge. Ladies will be treated to a delicious two course lunch with tea & coffee in the luxurious surroundings of a private room over-looking the golf course at this exclusive club. Tickets cost £25.00 per person. To reserve your place, please call Libby on 01268 784544 or email lphillips@bccs.org.uk

LONDON AT CHRISTMAS AND THE NEW YEAR: Join us (Catholic History Walks) for seasonal walks through Westminster and Victoria, taking in Christmas trees and crib-scenes **on Sunday, 16 December & Wednesday, 02 January, both at 3pm**. Meet at Westminster Cathedral. Nearest Tube: Victoria.

CHRISTMAS "MISTLETOE & WINE" CONCERT: Come along to St Bede's Church **on Sunday, 16 December at 6.30 pm** and enjoy this concert by the Bra-vissima Ladies Choir in aid of the Brentwood Catholic Children's Society. Seasonal Refreshments available. Admission Adults £10, Children £5. Contact: Celia 07941 81811164.

THE GOSPEL OF LUKE: On Wednesdays 23 and 30 January at 7 pm, Fr Adrian Graffy will lead an exploration of the Gospel of Luke, the gospel being read on Sundays in 2019. These 'Gidea Park Faith Evenings' will take place in the Hall at Gidea Park Catholic Church (410 Brentwood Road, Gidea Park, RM2 6DH). Please book by email to GPstudydays@gmail.com Refreshments provided. Admission free.

VOCATIONS DISCERNMENT WEEKEND: Are you a man over thirty, content, but wondering about the direction of your life? Do you sense that you may be approaching a major threshold or turning point? Have you sometimes found yourself wondering whether the priesthood or religious life may be an option? The discernment weekend at St Beuno's in north Wales **next year from Friday, 30 August to Sunday, 01 September**, will take place in a prayerful spirit and aims to provide some tools for discernment about future choices. It will be mainly in silence but there will also be input and the opportunity for one-to-one guidance. Please contact Fr. Graham Smith on 01702465720 or on fr.gjdsmith@gmail.com More details and a booking form for the weekend can be found at <https://www.pathwaystogod.org/courses-events-retreats/discernment-weekend-older-men>.

PILGRIMAGE TO KNOCK SHRINE, IRELAND: Fully escorted and ATOL protected tour **leaving on 27 May** at a cost of £649.00 per person sharing. Price includes flight with 10kg hand luggage, all taxes, luxury transfers, 4 nights' in Knock House Hotel with full Irish Breakfast each morning and 4 Course Dinner each evening. All entertainment, excursions/guided tours included. Wheelchair accessible rooms in the hotel. Limited single rooms at supplement of £100. Groups and Individual bookings welcome. Contact Patricia on 01268 762 278 or 07740 175557 or email knockpilgrimages@gmail.com.

CATHOLIC SINGLES is an organisation which helps single adult Catholics of all ages meet, either one to one or through social events. Please tel. 0161 941 3498, visit the website www.catholicsingles.org.uk or email info@catholicsingles.org.uk

CHAIR-BASED EXERCISE FOR THE OVER 50'S: The sessions are held at Ss Peter & Paul's Parish Centre Small Hall **on Wednesday afternoons, from 12.30 pm to 1.30 pm**. The exercises aim to improve *Postural Stability* and *Falls Prevention*. Our Instructor is

excellent, very experienced and caring. The cost is £30 for 10 sessions. (Compare that to the cost of one session with a private physiotherapist). You may like to tell friends about this opportunity. Just come along.

SOCIAL DANCING CLASSES take place **on Monday evenings** in the lower hall at St Cedd's from 8 pm. Dance Instructors Josepha Nevin and Jim Campbell, learn to Jive, Waltz, Quickstep, Line dance & much more. Adults £7, OAP's £5. For further information contact Josie on 07815989345.

ST CEDD'S CATHOLIC CLUB: Music every Sunday night from 9 pm, admission £5. Social Dancing in the Lower Hall every Monday from 8 pm to 9.30 pm – Learn to Jive, Foxtrot, Quickstep, Waltz and Line Dance. Classes £7 (OAP £5).

ST CEDD'S YOUTH CLUB is a Youth Club based in the middle hall of St Cedd's Church in Blythswood Road, Goodmayes. For Years 5, 6 and 7, it opens from 6 pm to 8 pm and the Senior Youth Club (for all in Year 8 & upwards), runs from 8 pm to 10 pm. All are most welcome, come along for a game of Table Tennis, Badminton or Pool, play on the PS4s, air hockey or table football, or just come along to listen to music and have a chat. Bring a friend on your first night and you can both join for free. Our youth club has been running since 1974 but without new members we will have to close, please come along and try us during September. Any questions please ring John on 07803116729.

THE CATENIAN ASSOCIATION is an association of catholic business and professional men. The nearest Circle meets in Gants Hill each month. If you would like more information, please contact Howard Banks by telephone on 020 8505 2012 or email howardbanks@btinternet.com

THE PENSIONERS ADVICE SERVICE: The Service continues to provide an East London Pensioners Advice Service **every Thursday from 10.00 am until 1 pm** at Durning Hall Community Centre, Earlham Grove, Forest Gate, E7 9AB. Durning Hall is 2 minutes from Forest Gate Rail station and is disabled accessible. For more information please contact Sally Mulready on 0207 428 0471.

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NEWSLETTER ITEMS: If you have any items for inclusion in the weekly Newsletter then please email them to Gerry Gillan at gerry.gillan5@gmail.com and copy to admin@stteresasnewbpark.com The copy deadline for including items in the Newsletter **is Thursday 12 noon**. Unfortunately, we cannot guarantee to include all requests we receive in the paper edition but we will make every effort to accommodate articles and insertion requests in the on-line edition including job vacancies.

Job Opportunities.

ST JOHN'S RC SPECIAL NEEDS SCHOOL, WOODFORD BRIDGE is recruiting for Class Assistants, Receptionist/Administrator, Assistant Cook, Assistant Site Manager. For application packs please contact the School Office on 020 8504 1818 or email office@stjohnsrcschool.co.uk. These are term-time only positions.

SS PETER & PAUL'S CATHOLIC PRIMARY SCHOOL is seeking to recruit for February/April start, an experienced Class Teacher for Year 5, possibly with a TLR. Visits to the school are encouraged. For further information please contact the School Office on 020 8478 1267. **Closing Date for applications is Friday, 14 December.**