

Services During the Week

(Each weekday, Morning Prayer will be at 09.10 am.)

Sat 10 Mar 5.00 pm 6.00 pm	Vigil for the 4th Sunday of Lent (Laetare Sunday) <i>Holy Hour with Exposition and Confessions</i> Mass Billy Brennan. RIP Anniversary
Sun 11 Mar 08.00 am 10.30 am	The 4th Sunday of Lent (Laetare Sunday) Mass Tommy Reel. RIP Anniversary Mass Our Parish Community
Mon 12 Mar 09.30 am	Weekday of Lent Mass CWL Intentions
Tues 13 Mar 09.30 am	Weekday of Lent Mass Patsy Buckley. Thanksgiving
Wed 14 Mar 09.30 am	Weekday of Lent Mass Meera Mervyn, Regina & Jacob Saverimuthu. RIP
Thurs 15 Mar 09.30 am	Weekday of Lent Mass Richard Newman. RIP
Frid 16 Mar 09.30 am 7.30 pm	Weekday of Lent Mass Paul Fitzgerald. Special Intention <i>Stations of the Cross</i>
Sat 17 Mar 5.00 pm 6.00 pm	Vigil for the 5th Sunday of Lent <i>Holy Hour with Exposition and Confessions</i> Mass Laurence McGlynn. RIP
Sun 18 Mar 08.00 am 10.30 am	The 5th Sunday of Lent Mass Our Parish Community Mass Brendan & Peggy Mitchell. Intentions

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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Parish Priest: Fr Matthew Bemand-Qureshi



THE 4TH SUNDAY OF LENT (YEAR B) - 11 MARCH 2018



If you are visiting or returning to St Teresa's for Mothering Sunday, then welcome! All mothers, living and departed, have a special place in our prayers today, as we also give thanks for mother church and for Mary our heavenly mother.

During Lent we have been reflecting on different parts of the Mass and now we come to its heart, the Eucharistic Prayer. Last week in the context of the offertory I referred to a recurring idea in scripture that when we offer something to God in a right attitude of worship he returns it to us magnified, having no need of it himself. This dynamic reaches its fullest expression in the eucharistic prayer, in which a transformation occurs like nothing else. What starts as bread and wine becomes none other than Christ himself, a transformation brought about by the powerful words of the Incarnate Word.

The Eucharistic Prayer is structured as a prayer to the Father giving thanks for the salvation accomplished in the death and resurrection of his son. How can we render fitting thanks to God? By ourselves, of course, we can't, so God gives us the means to do it – not for his benefit, but for ours. Sacrifice was at the centre of the worship of Israel and is at the very heart of God's work of redemption. As Bishop Robert Barron explains it, "*in a world that has gone wrong, there is no communion without sacrifice.*" Christ's self-offering on the cross is the greatest form of worship that could ever be offered by or for the human race, made by the one who is in himself both God and man. We can do no better than to thank God for our salvation by re-presenting that sacrifice by which our salvation was wrought! The humble offering of bread and wine are transformed by Christ's words, spoken by

the priest acting *in persona Christi*, to become his body, blood, soul and divinity, which is then presented to the Father once more as the perfect offering. We offer God the very thing we are thanking him for, and we receive from God an ever greater abundance of divine life as we are caught up in that wonderful sacrifice which restores our communion.

Sometimes people ask whether we should or should not look at the consecrated host or the chalice containing the precious blood as they are elevated during the eucharist prayer. The final 'elevation', as the priest says or sings the conclusion of the prayer, is a gesture of offering to God (similar to the offering of the bread and wine earlier on, but this time it is the supreme sacrifice, the Lamb of God himself, that is offered), but the two earlier elevations that follow Christ's words of consecration are described as the priest *showing* the host and chalice to the people. The ringing of the bell comes from a time when the eucharistic prayer would be inaudible so that the people, deep in prayer, would know when to look in adoration at the body and blood of Christ. There is an old custom of quietly praying the words of St Thomas – '*My Lord and my God*' at this point. So it is certainly not wrong to look and more traditional to do so, but the instinct to bow in reverence is not wrong either.

This central prayer concludes with the Great Amen: the whole assembly's confident 'yes' to this sacrifice of thanksgiving being offered in our name. Then we move into the Communion Rite with another important prayer, the Our Father. This prayer, given to us by Our Lord, expresses the intimate relationship we are invited to share with his Father, who provides for our needs and forgives our transgressions. The action we know as the 'sign of peace' flows naturally from this prayer since the peace which Christ gives comes from our acceptance of God's perfect will. These prayers therefore anticipate and prepare us for the sacred and intimate act of holy communion. The 'sign of peace' actually consists of the exchange between priest and people collectively using a form of the ritual greeting that occurs at other points in the Mass. There have been various ways of sharing the peace amongst the assembly, such as kissing an object passed around, but now we are accustomed (though it is strictly optional) to greeting one another with a handshake, a nod or a fraternal kiss: the rubrics simply refer to 'a sign, in keeping with local customs, that expresses peace, communion and charity.' Next week we will think about what happens during communion itself.

God Bless you all

Fr Matthew

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 Dyllis Barrie-Dangerfield, Ciara David, Tyrone Foster, Greg Gallagher, Catherine Hunt, Bridie Jones, Luis Lai, Joan Marshall, Ann Mathew, Chris McNamara, Brendan Mitchell, Amanda Monrose, Agnes Osei-Minkah, Giuseppe Palumbo, Lawrence Pereira, Kathleen Reynolds, Tony Sheridan, Maureen Springham and Theopillai Stanislaus. Also, the sick Priests of the Diocese - Frs Tom Jordan & Martin Nott. (*Please help keep this list up-to-date: if you or a family member is included in this list and you feel that this is no longer necessary, or if you wish to add a name to this list, please contact the Parish Office*).

ANNIVERSARIES FOR MARCH: Charlotte Allen, Sofia Delfina Almeida, Francis Amoordon, Billy Brennan, Tony Chainey, John Cahill, Val Carter, Myles Gibbons, Bill Guise, John McGrory, Kathleen Miley, Peter Murphy, Dorothy Newton, Mick Newton, James Nolan, Richard O'Driscoll, Michael O'Neill, Henry Phillips, Charles Roberts, Alice Santos, Maura Swatts and Ann Zammitt.

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 and non Parishioners alike. Please contact Sid on 07887983310 for bookings and conditions.

REFRESHMENTS AFTER 10.30 AM MASS ON SUNDAY: Tea & coffee will be available in the Hall after Mass. Please do come along.

Parish – Meetings this Week

- Sunday:** KSC in the Pastoral Centre at 9.00 am.
Monday: Catholic Women’s League in the Pastoral Centre at 7.30 pm.
Tuesday: Coffee Morning Group in the Pastoral Centre after Mass.
Legion of Mary in the Pastoral Centre at 7.30 pm.
Prayer Group in the Church at 7.30 pm.
Thursday: Flower Group in the Pastoral Centre at 7.30 pm.

Parish – In & Around

SCRUTINIES: The second scrutiny will be celebrated **at the 6 pm Mass this weekend** as part of the journey towards baptism. Please pray for all those preparing for baptism, especially for Inoka Gamage of our parish, and their families and sponsors. At all Masses, we use the readings for Year A, including the gospel of the man born blind. Together with the elect, we are invited to examine ourselves in the light of the gospel, and to accept the light of faith and divine revelation as the foremost guiding principle in our lives

MISSA DE ANGELIS: During Lent, the choir is leading the singing of parts of the Mass in Latin, from the plainsong Missa De Angelis. If you wish to join in, you will find the words and music at No. 467 in the blue Hymn Book.

CHURCH CLEANING: Team B.

OFFERTORY COLLECTION: The Offertory collection (inc. Standing Orders) for **last weekend amounted to £991.38 of which 79% was “Gift Aided”**. Thank you all for your continued generosity.

CATHOLIC WOMEN’S LEAGUE: The next meeting of the CWL will take place **on this coming Monday, (12 March) at 7.30 pm** in the Pastoral Centre and new members would be most welcome.

CWL - COFFEE MORNING: The Coffee Morning & Raffle for Nazareth House **last weekend raised the magnificent sum of £228**. Prize winners were 1st prize: £25 M&S voucher – Pat Howland; 2nd Prize: Large Easter Egg & Bottle of Prosecco – Julie Hepburn; 3rd Prize: Toiletries & Biscuits – Harry Maher; 4th

Prize: Toiletries & Wine – Michael Ness. Thank you to everyone who bought tickets and /or came along to support the event. Also, Easter Chicks & Novelties with Chocolate at £1 each will be once again on sale after all Masses **next weekend (17/18 March)** with all proceeds going to charity.

FLOWER GROUP MEETING: There will be a meeting **on this coming Thursday, (15 March) at 7.30 pm** in the Pastoral Centre to discuss the arrangements for Easter flowers and the flower collections. All members should try to be present. Also, if anyone is interested in joining the Group then please do come along to the meeting. You would be most welcome.

STATIONS OF THE CROSS: **This Friday, and each Friday during Lent at 7.30 pm**, you are invited to recall our Lord’s journey to Calvary by following the Stations of the Cross.

LENT FAITH FORMATION: The third and final evening session devoted to deepening our appreciation of the Eucharist with the help of Bishop Robert Barron’s video series, will be **on Tuesday, 20 March from 7.30 pm to 9 pm in the Hall**. If you can’t make the session, then there’s still time to sign up for the virtual programme at <https://app.flocknote.com/StTerasasNewburyPark>.

“WORD ON FIRE” FOR FREE DURING LENT: **Between now and Easter**, you can still watch any of the videos produce by Bishop Robert Barron including his famous Catholicism series, **for free**. Simply follow this link <https://app.flocknote.com/StTerasasNewburyPark> to join our parish on Flocknote – no need for credit card details or anything you must remember to cancel. You will receive a weekly email during Lent with a video from the Eucharist series, which we are using for our Lent group (see above) and this will also have a link to the entire Word on Fire digital library.

LENTEN ALMS GIVING: There are still plenty of CAFOD boxes at the back of the Church for any of your loose change that might accumulate during the remainder of Lent.

MARATHON FOR BCCS: Fr Matthew is running the London Marathon **on Sunday, 22 April** in aid of Brentwood Catholic Children’s Society. Thanks to everyone who gave generously in last weekend’s bucket collection; there is another opportunity to contribute this weekend. You can also sponsor him at

any time either by going online to <https://mydonate.bt.com/fundraisers/frmatthewbccs>, or placing a donation through the Presbytery door. You can gift aid your donation by adding your details to the sponsorship form in the Porch (not necessary if you give online). Now that sponsorship has passed the £1000-mark, Fr Matthew will definitely be running the Valentine's Parkrun this coming Saturday wearing at least a cassock; if it passes £1500 before then he'll wear a clerical hat as well. All are welcome to come along on Saturday to support or join in (its only 5km) – **the run starts at 9.00 am** near the Valentines Park Café (open to all, but you need to register online if you want your time recorded).

PARISH FINANCES: *Next weekend, (17/18 March)*, Pat Callaghan, our *Gift Aid* Organiser, will be in the Pastoral Centre after all Masses to distribute the boxes of "Gift Aid" Offertory envelopes for the coming financial year and to answer any questions you may have about the "Gift Aid" scheme or how to set up a Standing Order for your donations. If you are a taxpayer and currently don't use the "Gift Aid" scheme, then please consider doing so from now on. It's a wonderful way of supporting your Church and the Parish and makes a huge difference to parish funds, since for every £1 donated we get £1.25, £5 = £6.25, £10 = £12.50 & £20 = £25 etc.

RAMFEL: Donations of non-perishable food for the RAMFEL Foodbank may be left in the Sacristy **next weekend**, to support refugee families living in our local area. Cereal, rice, tuna, biscuits, tinned tomatoes, long-life milk and orange juice are especially welcome - for more information visit www.ramfel.org.uk/wordpress/news/ RAMFEL is currently not able to accept donations of clothing.

THE CATHOLIC CLOTHING GUILD: Members are reminded that subscriptions (£2) are now due together with either two garments which must be brand new or a monetary donation; these should be given to Margaret Flavin, Sheila Nugent or any other member of the CWL **by Monday, 09 April**. Urgently needed by St John Bosco Camps are Hats, Scarves & Gloves and, by St Francis Hospice, Ladies Nightdresses. Also, please make a date to go along to the Hall **after all Masses over the weekend of 13/14 April** to see the display of all the donated garments and find out more about the work of the Guild. New members are always welcome. Alternatively, you can always

contact Margaret Flavin on 0208 590 8808 or Sheila Nugent on 0208 554 1203 for further information. Thank you for your continued support.

CAR PARKING: Please remember it is essential that emergency vehicles have access to the church at all times. Since we can't realistically build a bigger car park at present, those who are able to walk to church are encouraged to do so, and those who can park further away and walk the last part to do that, so that the spaces in the church car park are available for those who have greatest need of them. Also, we are still looking for volunteers to help the Knights of St Columba steward the car park at the 10.30 am Mass on Sundays. If you can spare the time to join the rota, then please put your name on the list in the Porch.

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.

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.

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.

LENT TALKS IN EPPING: The second of the three planned talks will **this coming Tuesday (13 March) at 8 pm** entitled "CAFOD'S Aid & Development Projects" especially the Sebya Project in Ethiopia with the speaker being Chris Driscoll, CAFOD's Community Participation Co-ordinator. The third and last, will be on 20 March at 8 pm entitled "The Missionary Journeys of St Paul" especially in countries where Christians & the Church are in great difficulties with the speaker being Deacon Duncan Whitehouse. The venue for all talks is the Catholic Church Hall, 11 Church Hill, Epping, Essex. CM16 4RA. All are welcome.

THE CATHOLIC VISION OF MARRIAGE: The next study day at the church of Christ the Eternal High Priest, Gidea Park, will be led by Dr Clare Watkins, Catholic theologian and Reader at the University of Roehampton. The topic will be 'The Catholic Vision of Marriage' and particular attention will be given to Pope Francis' Apostolic Exhortation *Amoris Laetitia*. **The study day will take place next Saturday, (17 March),** with coffee available from 10.30 am and ending at 3 pm. Please make your booking in the usual way by email to gpstudydays@gmail.com There is no charge for the day, but you are invited to bring your own packed lunch.

PEACE - THE PRODUCT OF JUSTICE & LOVE: An ecumenical service to mark the 38th anniversary of the martyrdom of Archbishop Oscar Romero will be held at St Martin-in-the-Fields Church, Trafalgar Square, WC2N 4JJ **next Saturday, (17 March) at 11.00 am.** The speaker will be Ruben Zamora, Diplomat & Politician and all are welcome.

CATHOLIC HISTORY WALKS: Two walks are planned during March. The first **on Sunday, 18 March at 3 pm** - *The King's Good Servant*. The heroic story of brave St Thomas More, who died defending the faith during the turbulence of Henry VIII's reign - as we walk around his Chelsea Estate. Meet at the Church of Our Most Holy Redeemer and St Thomas More, Cheyne Row. SW3 5HS. Nearest Tube: South Kensington. The second will be **on Friday, 23 March at 2 pm** - *The West End*. As we walk around the West End, we'll see the history of London as it expanded - becoming ever more crowded, varied, fascinating, but also poor and difficult. Yet it was here that the Church did some of its most impressive work with the poor and needy. Meet at St Patrick's Soho Square. W1D 4NR. Nearest Tube: Tottenham Court Road.

RECOLLECTION FOR WOMEN: The next Recollection evening will take place **from 6.45 pm to 9 pm on Tuesday, 20 March** at St Augustine's Church, Barkingside and all are welcome.

SPIRITUALITY SEMINARS: The second of the two Seminars planned at Cathedral House, Ingrave Road, Brentwood entitled "*Lent*" will be **from 10.30 am - 12.00 noon on Saturday, 24 March** with the Speaker being Fr Martin Boland, Cathedral Dean. For more information please contact 01277 265285 or email jude@dioceseofbrentwood.org

THE CRUCIFIXION: A Meditation on the Sacred Passion of the Holy Redeemer, an Oratorio composed by John Stainer, will be performed at St Bede's Church Chadwell Heath **on Saturday, 24 March at 7.30 pm.** All are welcome. Free admission with a retiring collection.

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BISHOP ALAN GOES #SILENT! For 12 hours, from 8.00 am to 8 pm, on Tuesday, 27 March, the Tuesday of Holy Week, Bishop Alan will be completely silent (except for occasional communication with his cat, Delia). This is part of a national initiative, "Million Minutes," adopted this year by the BCYS, to encourage all of us to (re)discover the peace, tranquility and value of silence: within the stillness, God speaks. Every minute of silence can also be sponsored, raising money for projects led by young people in our Diocese. For more details, and all the resources, look at www.millionminutes.org/Brentwood. To sponsor Bishop Alan, go to <https://be.wonderful.org/bishop.alan/2018/staysilent>. To find out more about all our opportunities for young people go to www.bcys.net

EASTER TRIDUUM RETREAT FOR THOSE AGED 19-27: Experience the Holy Week liturgies in the tranquil and beautiful setting of Walsingham House at Abbotswick, with a program that will weave reflection and prayer with a deeper understanding of each liturgy, in the company of other young adults. From the stillness of Adoration on Holy Thursday evening to an Easter Vigil finishing with champagne and chocolates, we hope this will be a Triduum celebration to live in the heart and mind for the year ahead. £30 covers meals and accommodation **from 7.30 pm Thursday, 29 March – 9.00 am Easter Sunday morning.** Maximum 35 places – apply soon. Full details & online application at www.bcys.net

DAY OF DEVOTION TO THE DIVINE MERCY: The Billericay Padre Pio Prayer Group invite you to a Day of Devotion to the Divine Mercy **on Mercy Sunday, 8 April** at Walsingham House, Abbotswick. Arrival from 10.30 am for 11.00 am start. Confessions available with Mass at 3.30 pm. Tea and coffee will be available but please bring a packed lunch. Ring Claire Wallis 01277 658783 for more information. All are welcome.

SION COMMUNITY CHARISMATIC TEACHING WEEKEND: *From 6 pm Friday, 13 April to 2 pm Sunday, 15 April.* Theme: 'Moving in the Anointing' - Learning to walk in the Charismatic gifts of the Holy Spirit to grow in faith and be a blessing to others. The weekend is a great follow-up to 'Life in the Spirit' seminars. Guest Speaker: Fr Pat Collins. Cost: £110 residential, £80 non-residential. Book early as we have limited spaces. For more information, e-mail allegra@sioncommunity.org.uk/admin@sioncommunity.org.uk or call 01277 215011.

REDBRIDGE FAITH FORUM: The next RFF Network Meeting will be held **on Tuesday, 24 April** from 11.45 am-1.30 pm, at the Central Library, Ilford with the theme "Routes Out of Poverty". Please save the date and hear from local organisations who provide practical help and support to those living in poverty or struggling with debt.

REFRAME: It's tough when you're asked about a controversial issue. Reframe is an inspiring and practical experience of applying the wisdom and genius of the heart of the Gospel to 'hot-button' and relevant topics. Engaging and well-trained speakers want to share the experience of Catholic Voices and help ordinary Catholics to change controversy into an opportunity to share the Church's story in your conversations at work and at home. Find out more about the programme by coming to our Workshop at The Campion School, Hornchurch **on Saturday, 02 June from 10.00 am – 3 pm.** Sign up at <https://doodle.com/poll/zhmvqkyfyvi8shc5> To find out about Catholic Voices, visit www.CatholicVoices.org.uk

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). Upcoming events include St Patrick's Night Dance **next Saturday, (17 March) from 9 pm.** Music by The Dublin Drifter. Admission £5 – Bring your own food/nibbles; Annual Dinner & Dance on **Saturday, 24 March at 7 pm for 7.30 pm serving.** Music by Eugene Doonan. Tickets £32.50.

DIOCESAN PILGRIMAGE TO WALSINGHAM: Join Bishop Alan and other parishes around the Diocese of Brentwood in Walsingham **on Saturday, 26 May** as we honour Our Lady of Walsingham. We will celebrate Mass at the

Basilica before walking the Holy Mile to the grounds of Walsingham Abbey to celebrate Vespers and Benediction on the site of the Holy House. Further details will follow shortly.

PILGRIMAGE TO KNOCK: Last few seats remaining. Join with Bishop Alan Williams on the inaugural diocesan pilgrimage to Knock Shrine, Ireland **leaving on Monday, 28 May.** Cost is £699 per person sharing and includes flights from Stansted, all taxes, transfers, and five nights full board in newly refurbished Knock House Hotel, in the grounds of the shrine. Wheelchair accessible rooms and limited single rooms available. All entertainment and guided tours also included. For further information please contact 01268 762278 or email knockpilgrimages@gmail.com

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.

HOLIDAY CLUB ASSISTANT: The Ursuline Preparatory School, Ilford is seeking to appoint a Holiday Club Assistant to work with its existing team. 11 weeks per year for this academic year namely 03-13 April, 28 May–01 June & 16 July-24 August. The role involves supervising pupils during the holiday period both inside the school & playground and to be actively involved in the supervision of games and activities. An application form can be downloaded from the school website www.urspsi.org.uk/school/careers/ or obtained from the School Office on 020 8518 4050. **Closing date for applications is this coming Friday, (16 March),**

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