

**ENTRANCE ANTIPHON**  
O God, come to my assistance;  
O Lord, make haste to help me!  
You are my rescuer, my help;  
O Lord, do not delay.

**THE COLLECT**  
Draw near to your servants, O Lord,  
and answer their prayers with unceasing kindness,  
that, for those who glory in you as their Creator and guide,  
you may restore what you have created  
and keep safe what you have restored.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever.

**FIRST READING**  
A reading from the book of Exodus 16:2-4.12-15

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, 'Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our heart's content! As it is, you have brought us to this wilderness to starve this whole company to death!'  
Then the Lord said to Moses, 'Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them in this way to see whether they will follow my law or not.'  
'I have heard the complaints of the sons of Israel. Say this to them, "Between the two evenings you shall eat meat, and in the morning you shall have bread to your heart's content. Then you will learn that I, the Lord, am your God."' And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, 'What is that?' not knowing what it was. 'That,' said Moses to them, 'is the bread the Lord gives you to eat.'

The word of the Lord.  
**Thanks be to God.**

**PSALM** Ps 77:3-4.23-25.54. R.v24

**R) The Lord gave them bread from heaven.**

The things we have heard and understood,  
the things our fathers have told us,  
we will tell to the next generation:  
the glories of the Lord and his might. **(R)**

He commanded the clouds above  
and opened the gates of heaven.  
He rained down manna for their food,  
and gave them bread from heaven. **(R)**

Mere men ate the bread of angels.  
He sent them abundance of food.  
He brought them to his holy land,  
to the mountain which his right hand had won. **(R)**

**SECOND READING**  
A reading from the letter of St Paul to the Ephesians 4:17.20-24

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

The word of the Lord.  
**Thanks be to God.**

Ps 69:2,6

**GOSPEL ACCLAMATION**  
Alleluia, alleluia!  
Man does not live on bread alone,  
but on every word that comes from the mouth of God.  
Alleluia!

Mt 4:4

**GOSPEL** John 6:24-35  
The Lord be with you.  
**And with your spirit.**  
A reading from the holy Gospel according to John.  
**Glory to you, O Lord.**

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?'  
Jesus answered:  
'I tell you most solemnly, you are not looking for me because you have seen the signs but because you had all the bread you wanted to eat.  
Do not work for food that cannot last, but work for food that endures to eternal life, the kind of food the Son of Man is offering you, for on him the Father, God himself, has set his seal.'

Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' So they said, 'What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: He gave them bread from heaven to eat.'  
Jesus answered:  
'I tell you most solemnly,  
it was not Moses who gave you bread from heaven,  
it is my Father who gives you the bread from heaven,  
the true bread; for the bread of God  
is that which comes down from heaven and gives life to the world.'  
'Sir,' they said 'give us that bread always.'  
Jesus answered:  
'I am the bread of life.  
He who comes to me will never be hungry;  
he who believes in me will never thirst.'

The Gospel of the Lord.  
**Praise to you, Lord Jesus Christ.**

**PRAYER OVER THE OFFERINGS**  
Graciously sanctify these gifts, O Lord, we pray,  
and, accepting the oblation of this spiritual sacrifice,  
make of us an eternal offering to you.  
Through Christ our Lord.  
**Amen.**

**COMMUNION ANTIPHON** Jn 6:35  
**I am the bread of life, says the Lord;  
whoever comes to me will not hunger  
and whoever believes in me will not thirst.**

**PRAYER AFTER COMMUNION**  
Accompany with constant protection, O Lord,  
those you renew with these heavenly gifts  
and, in your never-failing care for them,  
make them worthy of eternal redemption.  
Through Christ our Lord.

# Our Faith on Sunday

## GOSPEL REFLECTION



Jesus makes it very clear and very often in the Gospels, what is required of someone who says they want to follow him. One thing he doesn't want is half measures. It has to be all or nothing. In today's Gospel Jesus gives two examples, one

of the man who discovers a treasure in a field, sells everything a buys the field. The other who finds a pearl of great value and sells all his possessions to buy it. It is not unlike when a boy falls in love with a girl, or vice versa. Each wants to leave everything just to be with the beloved. The problem both with following Jesus and getting married is that it doesn't work if we don't give everything. If in marriage we still try to live as a single person, the marriage is bound to fail. If we say we want to follow Jesus but continue to live like everyone else who has not made that choice, we will soon find ourselves in trouble. Often we do

not really think about what a commitment such as marriage or a truly Christian life involves. We brush aside the difficult aspects to follow our heart. Jesus warns his potential followers that the only way to follow him is to take their daily cross. It is useful to remind ourselves of this when we seem to have 'hit the buffers'.



### EVANGELII GAUDIUM (JOY OF THE GOSPEL)



## BROTHERS AND SISTERS ALL AN ABSENCE OF HUMAN DIGNITY ON THE BORDERS

39. Then too, "in some host countries, migration causes fear and alarm, often fomented and exploited for political purposes. This can lead to a xenophobic mentality, as people close in on themselves, and it needs to be addressed decisively".[40] Migrants are not seen as entitled like others to participate in the life of society, and it is forgotten that they possess the same intrinsic dignity as any person. Hence they ought to be "agents in their own redemption". No one will ever openly deny that they are human beings, yet in practice, by our decisions and the way we treat them, we can show that we consider them less worthy, less important, less human. For Christians, this way of thinking and acting is unacceptable, since it sets certain political preferences above deep convictions of our faith: the inalienable dignity of each human person regardless of origin, race or religion, and the supreme law of fraternal love.

## The Still Waters of Beauty\* PRUDENT FEAR AND PATIENCE

The terrors sent by God disturb the faithful in their weakness, for it is prudent to be afraid even if what we fear does not happen in the end. Sometimes these fears are overwhelming like a wave of water, and they torment the mind with a variety of ills. They are to be found at various periods and places in the Church during her pilgrimage through this world, and so the psalmist says 'All day', signifying the passage of time until the end of the world.

We often find that the saints are deserted by their friends and acquaintances whose worldly interests are under threat. About these Paul says: 'All have abandoned me, may they not be blamed for this'. But what is the point of all this if not that the prayer of Christ's holy body the Church, in the morning after her night of infidelity, may in the light of faith bring forward God's work to the present, until our final salvation comes, in hope of which (though not yet in fact) we have been saved, and which we faithfully await in patience?

Then the Lord shall not reject our prayers, since there will be nothing left to ask for, and whatever good thing has been asked for will be given. And God shall not turn away his face from us, for we shall see him as he is. And we shall not be poor, for God himself will be all in all, nor shall we work, for we shall be sufficient. And when we are raised up, we shall not be upset and brought low, for there will be no adversity, and we shall not face God's anger even for a moment, for we shall abide in his loving kindness. And we shall be disturbed by none of his terrors, for we shall be blessed by the promises he has kept, and we shall be surrounded by friends who have no enemy to fear.

\*Augustine of Hippo Edited by Oliver Davies Published by New City



# PARISH COMMUNITIES OF

## ST GEORGE



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Polegate

Parish Priest: Fr. Rory Kelly

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(Answerphone service available on both numbers)  
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Website: www.saintsgeorgeandwilfrid.co.uk

## ST WILFRID

South Road  
Hailsham



The Arundel & Brighton Diocesan Trust is a Registered Charity No. 252878

### WEEKLY SERVICES

Sat	31st		St Wilfrid's	
			<b>Eighteenth Sunday in Ordinary Time</b>	
Sun	1st	9.00am	St George's -	Tim Piegrome RIP
		10.30am	St Wilfrid's -	Parish Communities' Intention
Mon	2nd		St George's -	
Tue	3rd	10.00am	St George's -	Pat Burke 2nd Anniversary RIP
Wed	4th	10.00am	St Wilfrid's -	Sister Mary Jude RIP
Thurs	5th	10.00am	St George's -	Vincent O'Brien RIP
Fri	6th	10.00am	St Wilfrid's -	<b>The Transfiguration of the Lord</b> Holy Souls' Intention
Sat	7th		St Wilfrid's -	
			<b>Nineteenth Sunday in Ordinary Time</b>	
Sun	8th	9.00am	St George's -	Parish Communities' Intention
		10.30am	St Wilfrid's -	Brian Winter RIP

**St George's Church**, Masses are now held on Tuesdays, 10am and Sundays, 9am **Booking is recommended - ring 870990.**  
**Booking for St Wilfrid's Church:** Go to our website [www.saintsgeorgeandwilfrid.co.uk](http://www.saintsgeorgeandwilfrid.co.uk), click the link "Book a Mass" on the righthand side of the front page, select your Mass and follow the instructions, or contact the office on 841504.

**IMPORTANT:** Going into hospital? Would like a visit from the Catholic Chaplaincy? Ring 417400, ext. 4145 and leave a message for the Catholic Chaplain. Please also let Fr Rory know.

**St Thomas a Becket Nursery School:** Tel 01323 725977 **St Thomas a Becket Primary School:** Tel 01323 737221  
**St Richard's Catholic College, Bexhill:** Tel 01424 731070

**New to the Parish or would like to get back in touch but not sure how?** Please complete the welcome form available in the porch and/or make yourself known to Fr. Rory. *It would be great to get to know you and offer any help.*

### USEFUL PARISH INFORMATION

St Wilfrid's Planned Giving Contact (01323) 832577  
St George's Planned Giving Contact (01323) 487212  
St George's & St Wilfrid's Finance Committee Treasurers Charles Piegrome & Monika Beaver  
Chairperson of the Finance Committee Stephen Murray  
**ALL CORRESPONDENCE FOR THE ABOVE VIA THE PRIEST'S HOUSE PLEASE**  
Polegate Hall Hire.....Tel: (01323) 504753  
Hailsham Hall Hire ..... Tel: (01323) 841504 - Mon, Wed, Fri Morning or email at above address  
Prayer Line .....Jean Barham-Wyatt Tel: (01323) 842824

#### CROSSLINK CHURCHES TOGETHER, HAILSHAM

#### POLEGATE CHURCHES TOGETHER

Contact: Margaret Piegrome 01323 870990  
Contact Care: 07900 823138

**PLEASE REMEMBER IN YOUR PRAYERS** those who are unwell: Lily May, Edna Andrews, Juliette Lusted, Jennifer Piskac, Margaret Gearing, Joshua Hardy, Peter & Teresa Zurenkas, Anne Holt, Margaret, Lilian Summers, Tom Woodrow-Spencer, Colleen, Chris Neyenhuizen, Letty Booth and Michael Copper.

**PLEASE ALSO REMEMBER THOSE NAMED IN THE BOOKS IN OUR CHURCHES**

Newsletter items: Please send to Jackie at [ssgeorge.wilfrid@btinternet.com](mailto:ssgeorge.wilfrid@btinternet.com), tel.841504 or by hand marked **NEWSLETTER**, to Fr. Rory's House by **9am Wednesday.**  
Office Hours Monday 9am-1pm, Wednesday 8.45am-12.45pm & Friday 9am-12.30pm

### Fr Rory Writes:

It was a time of hope; indeed one of great hope when I entered the seminary with many others over fifty years ago. May be as my mum might say "we were all young then". The war was long over and indeed in time the same will be said of the coronavirus.

The important thing then was good Pope John and the 2nd Vatican Council that he had set in place. Pope John said "to let some light and fresh air into the church", which was certainly called for. In our seminary we were truly blessed with a professor, Fr Seamus Ryan, a great teacher but above all one who inspired.

His focus was the presence of Christ in the life of the church. He was very good at setting out his subject, particularly when it applied to Scripture and the Holy Sacrifice of the Mass. Highlighting the different ways that Christ is present, beginning with His presence in the assemble of the faithful. This was tackled in depth, creating a platform for the renewal of the liturgy, and indeed the people of God. It highlighted the background to the different ministries, that needed to be developed in order to express the life of the church.

When lockdown happened, it revealed what little progress had been made in building a "new generation" and what a poor job we had made of this great window of opportunity. The question of stewarding arose; the age requirement being under seventy exposed a lack of parishioners able to meet that demand. I had to face up to the poor job that had been done to encourage new growth in my parish with the same situation being true of most parish priests.

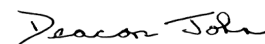
Now as the window of opportunity returns for a fresh start, with the help of God, we can set sail once again for the future. It is a time to live and learn, a new generation is needed. A fresh structure, with greater flexibility and encouragement, in one word "inspiration" is now called for. We must work together to share, encourage and develop lives of faith, that give witness to our Christian lives which we receive at baptism. The celebration of the sacraments of First Holy Communion and Confirmation this year gave us a tangible sense of this when the ceremonies took place using the candidates baptismal candles. At our baptism this light symbolizing the light of Christ was entrusted to us to be kept burning brightly. Please God, may this be at the heart of our resolve as we return to church with hope and fresh motivation.

May the Lord bless and complete our work, the work of God's salvation for all.



### Deacon John Writes:

In the Gospel this Sunday, Jesus speaks about food. The two biggest sellers in any bookstore, according to Andy Rooney, are the cookbooks and the diet books. The cookbooks tell you how to prepare the food, and the diet books tell you how not to eat any of it! Orson Wells once said, "My doctor has advised me to give up those intimate little dinners for four — unless, of course, there are three other people eating with me." Champion archer Rick McKinney confesses that he regularly eats chocolate chip cookies for breakfast. He refers to "the basic four food groups" as a Big Mac, fries, a shake and a lemon tart. A California scientist has computed that the average human being eats 16 times his or her own weight in an average year, while a horse eats only eight times its weight. This all seems to prove that if you want to lose weight, you should eat like a horse. (Sunshine Magazine). — That's a subject most of us know too much about. A recent survey found that 41% of men and 55% of women consider themselves overweight. In one way or another, many of us are obsessed with earthly food. Think what a difference it would make in our lives if we were equally obsessed with Heavenly Food, the Food that Christ gives us!



### St Wilfrid's Community Lunch at the Treacle Mine - 12 noon on the 5th August:

After our very successful meal together in June, we have decided to have another on Thursday the 5th August at 12 noon at the Treacle Mine. If you are interested, please contact Joan tel: 07873390944. We invite all our friends from St George's and St Wilfrid's and look forward to seeing you there. This Sunday is the very last date you can book a place at this social event. If you would like to get to know other members of our community then this is a good opportunity to do so. We look forward to meeting you. "BON APPETITE" to all of you.

**St George's First Communion Catechists** have decided to run the 'I Belong' programme for 12 sessions from 12<sup>th</sup> September the children will then all be prepared and ready to make their First Communion on the Feast of Christ the King Sunday 21<sup>st</sup> November. This programme is only for any children who have missed out on taking the sacrament over the last two years due to Covid restrictions and will be in school year 4 or above from September 2021. If anyone would like to register an interest in being part of this programme please contact Sandra on 07791627368 or email [sandraforte40@gmail.com](mailto:sandraforte40@gmail.com)

**Beginning Experience Weekend: October 8<sup>th</sup> – 10<sup>th</sup>, Sion Community, Brentwood, Essex.** For those who find themselves single again following divorce, separation or bereavement.

Beginning Experience is a weekend programme to help you move from the darkness of your grief into the light of a new beginning. More details at [besouthofengland@gmail.com](mailto:besouthofengland@gmail.com).

**Volunteers are needed at St Wilfrid's:** There are forms being handed out after Mass and are available on the table in the church porch, listing the areas where we need your help. Please consider very carefully as to where you can contribute to the successful running of our church and community, Please return to the presbytery.

**The Rosary group** will re-start on Monday, 9 August 2021, at 2:30p.m. in St. George's hall. Parishioners from both churches are welcome. Please contact Martin 01323 485474.

**St Wilfrid's Celebration Mass 15th August 10.30 am:**

This Mass is to celebrate us coming back together as a community. After Mass refreshments will be available and there will be a tombola to help raise funds. We are asking for items for the tombola; bottles, alcoholic and soft drinks also any unwanted gifts that are in good condition. Please at this time no bric a brac as we do not have the room to store. Please leave items in the church porch.

**On 10th July 2021**, 10 children from St Wilfrid's parish celebrated their first Holy Communion mass. After months of delays due to Covid-19, everyone looked forward to the day with anticipation and we were not disappointed. It was all perfect, the church was beautifully decorated, thank you Jean for arranging the flowers, David spared his free time and was a photographer for the day, all children wore their best outfits and knew exactly what to do. This left us, the parents and families to just sit and enjoy it. None of this would have been achieved without the hours that were put in by our three catechists, Annette, Teresa and Sophie and, last but not least, our beloved Fr Rory. They all put their time and energy into teaching and preparing the children, especially at this difficult time. So, on behalf of all the children, parents and families involved, Thank you!

**St Wilfrid's First Holy Communion Breakfast - Sunday 25th July:** First of all a big thank you to Fr Bruno for stepping in at such short notice to say Mass for us on this happy occasion. It was very interesting to hear about a young boy who has been beatified and waiting to become a young Saint, the simple things in life he witnessed and did something about. A good lesson for all of us. Next we can't thank Annette and Teresa enough for the time and effort they put in, both very busy people, in order that the 10 first communion candidates could enjoy a splendid breakfast. My what a banquet it was. Extra care and attention was taken of course, to abide by the rules of COVID restrictions set out by our Bishop Richard. The children sat at small tables with their brother and sisters, each table came up in turn to the banquet table and were served by Teresa, Annette and Maeve. The hall was beautifully decorated including many balloons, as these had to be destroyed the children had a wail of a time chasing and popping them. The mums and dads were able to enjoy some food after the children had their fill, all washed down by a cuppa, provided by Sheila. Thank you Gary and David for taking photo's, not forgetting the few people who thoroughly cleaned our hall to the COVID requirements and the few people who cleared and cleaned after the event. They know who they are and without them the First Holy Communion Breakfast could not have happened. A lesson we have learnt from all the COVID rules, is that a lot of us are much older with health problems that prevent us from helping as much as we did. If our community is to be a happy thriving gathering, then we must have more help in all directions now please. There are forms available at the back of the church to be filled in by you asap and popped through the letterbox of the priests house. God has given us all a special gift, so please use it and help us to run our special parish community. Thank you.

**Redundant iPads and Laptops** are desperately needed by the Gatwick Detainees' Welfare Group. An IT company has agreed to 'clean' devices to remove any data. These devices can enable a person whether in detention or after release, to help themselves; to access classes for speakers of other languages, to communicate with friends, family, our staff, their volunteer visitor and to access resources such as Food Banks and to join our post detention services. Contact Josie at: [josiewade@gdwg.org.uk](mailto:josiewade@gdwg.org.uk). Thank you.

**Beginning Experience Weekend:**

If you are single again following divorce, separation or the death of your partner, a residential weekend to help you to heal will be held from 8th to 10th October 2021 at the Sion Community, Brentwood, Essex. If you would like more details, please ring Freda 01322-838415 or Maura 07795-498445 or email [besouthofengland@gmail.com](mailto:besouthofengland@gmail.com).

**A BIG THANK YOU** to my family, Fr Rory, my sister Angela & brother-in-law Kenny, Sharon and all my dear St. Wilfrid's Catholic Church Family that attended my beloved Mum's 1st RIP Anniversary Mass IN LOVING MEMORY of my Beloved Parents on Thursday 29th July at 11:45 in St. Wilfrid's Church. A sincere thank you and God bless you all from Gary and his beloved RIP parents, James & Margaret Westcar 