

**ENTRANCE ANTIPHON**

Cf. Ps 73:20,19,22,23

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.

**THE COLLECT**

Almighty ever-living God,  
whom, taught by the Holy Spirit,  
we dare to call our Father,  
bring, we pray, to perfection in our hearts  
the spirit of adoption as your sons and daughters,  
that we may merit to enter into the inheritance  
which you have promised.  
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 first book of Kings 19:4-8

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'Lord,' he said 'I have had enough. Take my life; I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

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

**PSALM**

Ps 33:2-9. R.v9

**R) Taste and see that the Lord is good.**

I will bless the Lord at all times,  
his praise always on my lips;  
in the Lord my soul shall make its boast.  
The humble shall hear and be glad. **(R)**

Glorify the Lord with me.  
Together let us praise his name.  
I sought the Lord and he answered me;  
from all my terrors he set me free. **(R)**

Look towards him and be radiant;  
let your faces not be abashed.  
This poor man called; the Lord heard him  
and rescued him from all his distress. **(R)**

The angel of the Lord is encamped  
around those who revere him, to rescue them.  
Taste and see that the Lord is good.  
He is happy who seeks refuge in him. **(R)**

**SECOND READING**

A reading from the letter of St Paul to the Ephesians 4:30-5:2

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.

Try, then, to imitate God, as children of his that he loves, and follow Christ by loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

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

**GOSPEL ACCLAMATION**

Alleluia, alleluia! Jn 6:51  
I am the living bread which has come down from heaven,  
says the Lord.  
Anyone who eats this bread will live for ever.  
Alleluia!

**GOSPEL**

John 6:41-51

The Lord be with you.  
**And with your spirit.**  
A reading from the holy Gospel according to John.  
**Glory to you, O Lord.**

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph,' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other.

'No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day. It is written in the prophets: They will all be taught by God, and to hear the teaching of the Father, and learn from it, is to come to me. Not that anybody has seen the Father, except the one who comes from God: he has seen the Father. I tell you most solemnly, everybody who believes has eternal life. I am the bread of life. Your fathers ate the manna in the desert and they are dead; but this is the bread that comes down from heaven, so that a man may eat it and not die. I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.'

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

**PRAYER OVER THE OFFERINGS**

Be pleased, O Lord, to accept the offerings of your Church, for in your mercy you have given them to be offered and by your power you transform them into the mystery of our salvation.  
Through Christ our Lord.

**COMMUNION ANTIPHON**

Cf. Jn 6:51

**The bread that I will give, says the Lord,  
is my flesh for the life of the world.**

**PRAYER AFTER COMMUNION**

May the communion in your Sacrament that we have consumed, save us, O Lord, and confirm us in the light of your truth.  
Through Christ our Lord.

# Our Faith on Sunday

## GOSPEL REFLECTION



Most of us are used to looking at life from a purely human point of view, or most likely nowadays from a scientific point of view. The Jews in

Jesus' time were no different and so they had great difficulty in accepting Jesus' words as expressed in this Gospel. They see a mere carpenter's son and not the son of the Father. Nevertheless, Jesus continues to speak about his heavenly father and the bread that comes down from heaven. As in last Sunday's Gospel he tells them that the bread that comes down from heaven will give us everlasting life. He concludes by saying that 'the bread that I shall live is my flesh, for the life of the world.' There is a twofold meaning in these words of Jesus. On the one hand he talking about his presence in the Eucharist, the bread of life. On the

other hand, he is referring to his giving his life for us on the cross. The first seems an impossibility to those without faith, the second an absurdity for one who claims to be the son of God. To those of us with faith these words of Jesus are the very foundation of that faith, of that fundamental truth which has brought us all, believers and non-believers, the possibility of immortality.



### EVANGELII GAUDIUM (JOY OF THE GOSPEL)



## A LOVE THAT INTEGRATES AND UNITES

192. In this regard, Grand Imam Ahmad Al-Tayyeb and I have called upon "the architects of international policy and world economy to work strenuously to spread the culture of tolerance and of living together in peace; to intervene at the earliest opportunity to stop the shedding of innocent blood".<sup>189</sup> When a specific policy sows hatred and fear towards other nations in the name of its own country's welfare, there is need to be concerned, to react in time and immediately to correct the course.

<sup>189</sup>. Document on Human Fraternity for World Peace and Living Together, Abu Dhabi (4 February 2019): L'Osservatore Romano, 4-5 February 2019, p. 6.

### The Fire of Love\* A MEDITATION ON THE PASSION (1)

Dear Lord Jesus, have mercy, you who are the fount of mercy. Why does my heart not crack and split in two at all your sufferings? How can my heart carry on beating when there surges into my mind what a terrible plight you were in, when your tunic was removed, pulled off by the traitor Herod?

It had stuck firmly to your flesh, due to the blood from the violent flogging on your back.

You were beaten agonisingly raw, your poor skin was ripped. Your robe had stuck to your flesh as the blood dried on it. Your flesh was so tender, so weakened, so sore when they ripped that robe off your body so roughly and sharply. They took no notice of how this stripping distressed you, as some pieces of the blisters and torn skin came away with the garment. Your weak body, precious Lord, was pitifully raw and bleeding.

\*The Fire of Love by Richard Rolle Published by Aeterna Press



# PARISH COMMUNITIES OF



## ST GEORGE

Eastbourne Road  
Polegate



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

## ST WILFRID

South Road  
Hailsham



### WEEKLY SERVICES

#### Nineteenth Sunday in Ordinary Time (Thursday is the Feast of the Assumption; Holyday of Obligation)

Sat 10th	10am	St Wilfrid's —	Church Open for Prayers and Confessions
Sun 11th	9am	St George's —	Donato Forte RIP (2nd Anniversary)
	10.30am	St Wilfrid's —	Cherrill Rice RIP
Mon 12th	12noon	St Wilfrid's—	Requiem Mass Margaret Murphy RIP
Mon 12th	2.30pm	St George's —	Rosary Group - All Welcome
Tues 13th	10am	St George's—	Sandford Lissenburg RIP
Wed 14th	10am	St Wilfrid's—	Parish Communities' Intention
Thurs 15th	10am	St George's —	The Assumption of the Blessed Virgin Mary
	10.30am	St George's—	Burial of Ashes of Ellen Bonner RIP
Fri 16th	10am	St Wilfrid's —	Holy Souls' Intention

#### Twentieth Sunday in Ordinary Time (Collection today for SPUC)

Sat 17th	10am	St Wilfrid's—	Church Open for Prayers and Confessions
Sun 18th	9am	St George's —	Joan Lodrick RIP
	10.30am	St Wilfrid's —	Parish Communities' Intention

Confession on request before and after Mass or at other times by arrangement with Father Rory.

Unable to attend mass? The 10.30am St Wilfrid's mass is livestreamed when possible and can be accessed via the Parish Website or via the following: <https://saintsgeorgeandwilfrid.co.uk/online-masses-and-recordings/>

Facebook: [https://m.facebook.com/gary.westcar#\\_=\\_](https://m.facebook.com/gary.westcar#_=_)

**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.

Local Catholic Education Contacts: 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

### 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 Treasurer Monika Beaver

Chairperson of the Finance Committee Gerry Palmer

**ALL CORRESPONDENCE VIA THE PRIEST'S HOUSE PLEASE**

Polegate Hall Hire (01323) 504753

Hailsham Hall Hire: (01323) 841504/Email at above address

Prayer Line Jean Barham-Wyatt(01323) 842824

**IMPORTANT GIFT AID:** If any parishioner wishes to join the scheme please contact - Gerry on 01323 832577, Email: [gpalmer2703@gmail.com](mailto:gpalmer2703@gmail.com). By signing up, the parish can benefit by claiming back from HMRC a further 25% on all your donations at no additional cost to you.

#### Parish Safeguarding Reps:

St George's: Kelly - 07967562110

St Wilfrid's: Maria - 07873759962

**CROSSLINK CHURCHES TOGETHER, HAILSHAM:** Volunteer needed contact Father Rory

**Churches Together in Polegate/Willingdon/Hampden Park/Hydneye Contact:** Anne Bowe Tel: 07808 175455

#### PLEASE REMEMBER IN YOUR PRAYERS those who are unwell

Lily May, Joshua Hardy, Peter & Teresa Zurenkas, Anne Holt, Margaret, Rosie Tuson, Lilian Summers, Letty Booth, Tom Woodrow-Spencer, Chris Neyenhuizen, Laurey Stimpson, Nicole McCutchan, Nellie Oakshott, Jean Molloy, Alan Smith, Julie Martin, Holly Leone, Deborah Osbourne Walker, Sue Nye, Gill Standen, Richard Streeter, Patricia Delaney, Peter Andrews, Graham, Pamela Swanston, Jean and Chris Littlewood.

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

**A WARM WELCOME:** to all who join us for Mass, especially to any visitors.

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

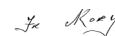
**Fr Rory Writes:**

**Wishing you all the joy and renewed energy that this holiday season may be reviving and beneficial to you.**

Many, especially those who were involved in education were in real need of this.

The two remarkable Great Feasts of August. We have just celebrated the Feast of the Transfiguration and this week on Thursday we will celebrate the Feast of the Assumption of our Blessed Lady into Heaven. When I was growing up this was very well celebrated and was a part of a great event. The importance of the celebrations is their focus upon the splendour of Our Divine Majesty, The Infinite Goodness of God. One day His glory will be revealed and our work will be done.

Grace and peace.



**BECOMING A MODERATED PARISH:** Please **take and read** a copy of the **Letter from Fr Kevin Dring (Dean)**, at the back of Church. This gives an overview of the process we are on, as a Deanery of 8 parishes, to become a single Moderated Parish in November-December. It also outlines how **YOU** can be part of the process. We will all need to work closely together, clergy and laity. Understandably there will be concerns and questions about what will happen, but together we can approach the challenges positively and find solutions that support everybody in the best way.

**Table Sale St George's** - We urgently need quality items for our table sale, new and nearly new. This table sale raises significant amounts to our monthly charity and also to assist in Youth Activities throughout the year. Please leave bags marked table sale at the back of St George's church. If you would like something collected please text Sandra on 07791627368 or email sandraforte40@gmail.com. Thank you.

**Parish Over 50's Club:** Our next tea is Thursday 29th August, 2pm. Theme is French of course "ooh la la". If you would like to join us please see Joan 07873390944.

**DELVE DEEPER INTO THE SUNDAY SCRIPTURE READINGS:** with world-renowned Scripture scholar Dom Henry Wansbrough OSB and his wonderful reflections on the Sunday Scriptures. These easy-to-follow reflections are suitable for individual or private reflection, families praying together or breaking open the Word in prayer groups. Go to The Wednesday Word at [www.wednesdayword.org](http://www.wednesdayword.org)

**Charity Breakfast at St George's - after Mass. Sunday 29th September.** Bring your friends and family all are welcome. This month we are raising money for "You Raise Me Up Café". We will not have a charity breakfast in August but normal service will resume in September.

**Pantomime Planning** - CTK/St Joachim's Parish is planning a Pantomime for the end of January 2025 and they have asked if any of our parishioners would like to join in as cast/backstage crew etc. If you are interested in finding out more please pass your name and contact details to Sandra ([sandraforte40@gmail.com](mailto:sandraforte40@gmail.com)) in the first instance. A meeting will be held in September if enough interest is generated.

**Dates for your Diary:**

Thur 29th Aug, 2-4pm - Parish Over 50's Club, St W's Hall.  
Fri 30th Aug, 11-12pm - Parish Bereavement Gp, St W's Hall.  
Sun 1st Sept, Lourdes Pilgrimage Reunion, St W's Sch, Crawley  
Sat 21st Sept, Catechists Day at Worth Abbey School.  
Sun 29th Sept, 10am - Community Charity Breakfast, St G's.  
Sat 12th Oct, Significant Marriage Anniv. Mass, Arundel

**Lourdes Pilgrimage 2024:**

Laura, Claudia and Maria can not thank you all enough for your generosity in raising funds to send them on the Lourdes Pilgrimage last week. Claudia went as a redshirt (school year10/11) and was guided along with 100 others by some amazing youth leaders and chaplains, they led prayers in hotels, provided welcoming and other ministries at all masses, including the red carpet wave and high five or two, putting smiles on all faces and warmth in our hearts. Maria a purple shirt (Year11/12), helped her assisted pilgrims daily, pushing wheelchairs, attending masses, music concerts, tours and having lunch at the hotel with them etc. Laura was a younger (20s) helper in the Accueil, a nursing facility for those assisted pilgrims with the highest needs. Laura supported them all daily with love, kindness and care. She said half way through the week "I am blessed to be here, and I am so thankful to Our Lady for bringing me here and our parishes for the financial support". Out of all of us, Laura's helper experience was really the 'in at the deep end one', but after, something she shared she did while on shift, I know she made the biggest difference of all to those she cared for and it gave her so much hope and faith in our Lord and herself to be there and do just that.

As a group we will prepare a presentation in October for you all where we can share photos, videos and details of our combined experiences and encourage many more of our parish (assisted and non assisted pilgrims, helpers and youth) to join the pilgrimage with us next year.

Masses for our deceased parishioners and our parishioners intentions have been requested and candles lit. Thank you and God bless you all for your prayers and generosity.

**Sunday 4th August - Mass Attendance:**

St Wilfrid's 103                      St George's 74