

## MASS READINGS

### 19<sup>th</sup> SUNDAY OF THE YEAR - B FIRST READING

*Strengthened by the food he walked until he reached the mountain of God*

1 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 the food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

### Responsorial Psalm

Psalm 33

**Response: Taste and see that the Lord is good.**

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| <p>1. I will bless the Lord at all times<br/>his praise always on my lips;<br/>in the Lord my soul shall make its boast.<br/>The humble shall hear and be glad..</p> <p>3. Look towards him and be radiant.<br/>let your faces not be abashed.<br/>This poor man called; the Lord heard him<br/>and rescued him from all his distress.</p> | <p>2. Glorify the Lord with me.<br/>Together let us praise his name.<br/>I sought the Lord and he answered me;<br/>from all my terrors he set me free.</p> <p>4. The angel of the Lord is encamped<br/>around those who revere him, to rescue them.<br/>Taste and see that the Lord is good.<br/>He is happy who seeks refuge in him.</p> |
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### SECOND READING

*Follow Christ by loving as he loved you..*

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 one place as a fragrant offering and a sacrifice to God.

### Alleluia

Alleluia, alleluia! If anyone loves me he will keep my word, and my Father will love him, and we shall come to him.. Alleluia!

### GOSPEL

*I am the living bread which has come down from heaven..*

John 6:41-51

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 are 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."

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## The Parish of Saint Cuthbert and Saint Joseph, North Shields

**Saint Cuthbert Catholic Church**  
*Albion Road West  
North Shields*

Tynemouth Priory Partnership



**Saint Joseph Catholic Church**  
*Wallsend Road  
North Shields*

**Father Christopher Hughes, St Joseph's Church, Wallsend Road, Chirton, North Shields, NE29 7AA**

☎ (Tel) 0191 257 5801 / ☎ (Fax) 0191 259 2589

✉ (Email) [northshields.stjoseph@rcdhn.org.uk](mailto:northshields.stjoseph@rcdhn.org.uk)

**Parish Administrator: Mrs Katherine Main - Tuesday-Friday 8.45am-12.45pm**

Tel: 0191 2573408

Email: [northshields.stcuthbert@rcdhn.org.uk](mailto:northshields.stcuthbert@rcdhn.org.uk)

**Parish Safeguarding Officer: Clare Harvey - 07507 297779**

**Parish website information at: <http://www.northtynesidecatholic.org.uk>**

### Parish Schools

**St Thomas More High School:** <https://stmacademy.org.uk/>

**St Cuthbert's Primary School:** <https://www.stcuthbertsrcprimary.co.uk/>

**St Joseph's Primary School:** <https://www.stjosephsrc-primary.co.uk/>

### Partnership Telephone Numbers

Monsignor Andrew Faley ☎ 0191 252 8021

Canon Martin Stempczyk ☎ 0191 251 3770

St Cuthbert's Church ☎ 0191 257 3408

### Partnership Telephone Numbers

Father David Smith ☎ 0191 262 3882

Hospital Chaplaincy: ☎ 01670 712476

Deacon: Rev Stephen Boulter: ☎ 07816077858

## 10<sup>th</sup>/11<sup>th</sup> August 2024 – 19<sup>th</sup> Sunday of the Year - B

### Masses, Devotions and Services

	St Cuthbert's Church	St Joseph's Church
<b>Saturday 10<sup>th</sup> August</b>		<b>5:30pm: Mass: People of the Parish</b>
<b>Sunday 11<sup>th</sup> August 19<sup>th</sup> Sunday of the Year – B</b>	<b>11:00am: Mass: Maureen Delaney Live stream</b>	
<b>Monday 12<sup>th</sup> August</b>		
<b>Tuesday 13<sup>th</sup> August</b>		<b>9.30am: Mass:</b>
<b>Wednesday 14<sup>th</sup> August</b>	<b>9:00am Exposition 9:30am: Mass:</b>	
<b>Thursday 15<sup>th</sup> August The Assumption of the Blessed Virgin Mary</b>	<b>7.00pm Mass: People of the Parish</b>	<b>9:30am: Mass:</b>
<b>Friday 16<sup>th</sup> August</b>	<b>6.15pm: Exposition 7.00pm: Mass:</b>	
<b>Saturday 17<sup>th</sup> August</b>		<b>5:30pm: Mass: Fr Brendan Carrick</b>
<b>Sunday 18<sup>th</sup> August 20<sup>th</sup> Sunday of the Year – B</b>	<b>11:00am: Mass: People of the Parish Live stream</b>	

### The Parish of St Cuthbert's and St Joseph's, North Shields

**WhatsApp group:** text your name & number to 07752009361 to be added to *StCuthStJosNshields* Group

**Facebook:** search - - The Parish of Saint Cuthbert and Saint Joseph, North Shields.

**Website:** [www.northtynesidecatholic.org.uk](http://www.northtynesidecatholic.org.uk)

**Parish office:** 0191 257 3408

Prayer Intentions for Ordinary Time-Summer - A Deeper Understanding between Christian and Jews; those suffering Persecution, Oppression or Denial of Human Rights; The People of Europe; the Sanctity of Human Life; Seafarers. We pray for all who are sick, including Ros McGann, Sarah Harrison, Scott Oakley, Jean Slater, Barbara & Tony Hicks, Richard Sutherland, Irene Keenaghan, Eileen Stevens, Paula More, Mary Quinn, Paul Atkinson, Francis McSherry, Mary Kidd, Mary Rowley, and Antoni Kulik. Please pray for, Edward Golightly, Joan Walton and for all those who have died recently.

### 19<sup>th</sup> Sunday of the Year

If I was to ask people which is the most important Sacrament in the life of the Church, I think most people would say the Eucharist or the Mass, though some may say Baptism, since that is the gateway to all Sacraments. My answer would be Christ himself. When we talk of Sacraments I imagine most people think of the seven Sacramental Rites of the Church. In the Second Vatican Council, the Church sought to deepen our understanding of Sacraments, of what to quote the old catechism, what are outward signs of inward grace. The most important Sacrament is Christ himself, the ultimate outward sign of inward grace, the Sacrament of God. The Church is a sacrament of Christ. In Christ stating that he is the Bread of Life, though there are allusions to the Eucharist, the main focus is himself who is our way to the Father. The reading I sense encourages us to be aware of the Sacramentality of that is created since its ultimate creator is God and creations is always linked to the love and power of God. What does 'God in all things' mean to you? We are called to be attentive to God's grace within. So as we are attentive to Christ, the Bread of Life, may we discern his presence, through which all was made.

To help appreciate this sense of Sacramentality in our life I will lead us through one of the exercises of St Ignatius. His contemplation on Divine Love. Love is known by the gifts we receive and give. I will ask you to reflect on God's gifts.

Think of the gifts you have received, your life, those you love, all that you appreciate.

Think of gifts you have received through your faith and knowing Christ.

Think of God with you in your struggles, working with you.

In thinking of the gifts reflect on the source of these gifts and give thanks.

### Pope Francis on Prayer

Dear Brothers and Sisters, today we resume our series of catechesis on prayer by reflecting on the life of the great Prophet Elijah. In the Gospels, Elijah appears with Moses on the Mount of the Transfiguration, bearing witness to Jesus as the fulfilment of the Old Testament prophecies. Elijah is venerated above all in the monastic tradition as a model of prayer and unshakeable faith amid trials. Prayer and contemplation sustained the Prophet not only in moments of great success but also in the face of adversity and persecution.

Elijah teaches us that fervent prayer and union with God cannot be separated from concern for the needs of others. In prayer, he grew in discernment of the Lord's will and found the courage to denounce injustice, even at great personal cost. Elijah's experience of God in prayer culminated, as we know, when the Lord appeared to him not in wind and fire, but in a quiet whisper. May we too, like the Prophet, persevere in prayer, strive to discern God's will every day of our lives, and come to experience, even at times of uncertainty and trial, the consolation of his Matthew 9:35-10:1

### Feast of the Assumption

Thursday 15<sup>th</sup> August will be the Feast of the Assumption. There will be Mass at St Joseph's at 9.30am and at St Cuthbert's at 7pm.

### Civil Unrest

This week I have been at some online meetings of Tyne and Wear Citizens and Citizens UK to discuss what the response should be to the civil disorder we have witnessed in recent days. It has brought home, that many Muslims, refugees and members of minority groups who have witnessed the unrest are understandably very frightened, unwilling to go outside. Apart from praying for all involved, what else can be done. If we come across those who have accepted the disinformation on social media, we can ask if it is possible to have difficult conversations though this must be done in a way that is respectful and not provoking. I sense our main responsibility is to simply reach out to anyone we know who may feel threatened and vulnerable. There were 60 of us at the TWC meeting on Tuesday, about quarter from the Catholic community in our diocese. Those from Muslim, minority and refugee groups were appreciated the support of TWC reaching out at this time of need. Any gesture of support or solidarity you can show will be appreciated.

On Thursday afternoon, with others from Tyne and Wear Citizens in North Tyneside and the parish, we visited the Hillhead Islamic Cultural Centre in Whitley Bay with flowers and card from the parish to show our solidarity and support with them. We had a lovely welcome with our visit being much appreciated.

### Annual Missionary Appeal

Next week we will have our Annual Missionary Appeal. This year we will have a priest from the Comboni Missionary Fathers. We pray for their work.

### Live Simply Tip

Living Simply is based on the following three strands:

- living simply
- living in solidarity with people in poverty
- living sustainably with creation.

**This week's tip:** If you have some free time see if you need a clear out of unwanted clothes and give them to local charity shops. Fr Chris needs to do so!!

### Thank-you

The parish has received a number of anonymous donations to cover the cost of the new lectionaries. Your generosity is much appreciated. Any other further donations will also be welcomed.

### Buildings Facilitators

I have been aware that in trying to keep on top of the care and maintenance of the building I do not have the capacity to fulfil that role. Following discussions with the parish council and the Finance and Property Group, I have asked Linda Shotton and Allan Badenhope to take on the role of Building Facilitator for St Cuthbert's and St Joseph's respectively. They will work with the Parish Administrator Katherine Main and the parish health and safety officer's Charlie Tynan and Jim McLearn. If there are issues regarding property please inform Linda and Alan. I am grateful to them for taking on these roles.

### A Note of Thanks from Anne Stobbs

"Thank-you to everyone who sent messages or came to pay their respects to Brian. Your generous donations raised £550, which was gratefully received by 'Gym Possible'. The whole family are grateful for your care and support."

### Job Vacancies

The Diocese of Hexham and Newcastle is looking to appoint to the following roles:

Parish Finance Officer, full-time, on a two-year fixed-term contract. The role will be based in the Diocesan Offices in Newcastle, with travel throughout the Diocese. Closing date for applications: 13<sup>th</sup> August.

Cleaner, St Charles, Gosforth – 5 hours a week. Closing date for applications: 16<sup>th</sup> August.

Parish Secretary, Our Lady of Mercy, Sunderland – 20 hours a week. Closing date: 21<sup>st</sup> August.

Please visit [www.diocesehn.org.uk/job-vacancies](http://www.diocesehn.org.uk/job-vacancies) for full details or contact us on 0191 243 3301.

### Photos for Parish Handbook

The Parish is in the process of putting together a parish handbook for new parishioners as part of a welcoming pack. If anyone has photos of parish groups or activities we could use in the handbook please forward them to Fr Chris

### Proud Catholics

Social evening at the pub. Our next meeting will be on Tuesday 20<sup>th</sup> August, at 7.30pm. We will meet at the Tanner's Arms, 1 Byker Bridge, Newcastle upon Tyne NE1 2NS. This will be a lovely opportunity to relax and chat together, and perhaps to meet the group for the first time! For more information, phone Isabel on 07858 934457, email [proud.catholics@yahoo.com](mailto:proud.catholics@yahoo.com), or visit our website Proud Catholics and our Facebook and Instagram pages @proud Catholicsuk

### New to the UK

This ecumenical group support provided support to refugees and asylum seekers. It meets every Wednesday lunch time. One of our parishioners, Peter Quinn is the new leader to this project. If you would like to volunteer, I am sure Peter would love to hear from you.

### Rosary Group

"When two or three are gathered in my name..." All welcome to join a small group of parishioners praying the Rosary each week over Zoom. Day: Thursday - Time: 7:30pm For more information contact Ruth Corless at: [ruthcorless@btinternet.com](mailto:ruthcorless@btinternet.com)

### Parish Finance – Standing Orders

If you would like to set up a Standing Order the details of the parish account are:

Name: DHN North Shields St Cuthbert & St Joseph

Bank: HSBC, Sort code: 40-34-45,

Account number 91146513

### Coffee after Wednesday Morning Mass

Coffee is available after 9:30am Mass every Wednesday morning at St Cuthbert's. Everyone welcome.

### Dates for Diary

#### Trip to Holy Island - 31<sup>st</sup> August

#### Bus leaves from St Cuthbert's at 9am

Anyone wishing to attend please put name and contact details on the lists available at both churches. Cost £18pp.

#### Creation Harvest Sunday – September 15<sup>th</sup>

#### Parish General Meeting - September 29<sup>th</sup>

### Prayer for Peace

As the fever of day calms towards twilight. May all that is strained in us come to ease. We pray for all who suffered violence today. May an unexpected serenity surprise them.. For those who risk their lives each day for peace. May their hearts glimpse providence at the heart of history.. That those who make riches from violence and war. Might hear in their dreams the cries of the lost.. That we might see through our fear of each other. A new vision to heal our fatal attraction to aggression.. That those who enjoy the privilege of peace. Might not forget their tormented brothers and sisters That the wolf might lie down with the lamb. That our swords be beaten into ploughshares. And no hurt or harm be done anywhere along the holy mountain.

John O'Donohue Benedictus A Book of Blessings