

MASS READINGS

20th SUNDAY OF THE YEAR - B
FIRST READING

Eat my bread,, drink the wine I have prepared for you.

Proverbs 9:1-6

Wisdom has built herself a house, she has erected her seven pillars, she has slaughtered her beasts, prepared her wine, she has laid her table. She has despatched her maidservants and proclaimed from the city's heights: "Who is ignorant? Let him step this way." To the fool she says, "Come and eat my bread, drink the wine I have prepared! Leave your folly and you will live, walk in the ways of perception.

Responsorial Psalm

Psalm 33

Response: Taste and see that the Lord is good.

1. 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..

2. Revere the Lord, you his saints.
They lack nothing, those who revere him.
Strong lions suffer want and go hungry
But those who seek the Lord lack no blessing.

3. Come, children, and hear me
that I may teach you the fear of the Lord,
Who is e who longs for life
And many days, to enjoy his prosperity?

4. Then keep your tongue from evil
And your lips from speaking deceit.
Turn aside from evil and do good;
Seek and strive after peace.

SECOND READING

Ephesians 5:15-20

Recognise what s the will of God.

Be very careful about the sort of lives you lead, like intelligent and not like senseless people. This may be a wicked age, but your lives should redeem it. And do not be thoughtless but recognise what is the will of the Lord. Do not drug yourselves with wine, this is simply dissipation; be filled with the Spirit. Sing the words and tunes of the psalms and hymns when you are together, and go on singing and chanting to the Lord in your hearts, so that always and everywhere you are giving thanks to God who is our Father in the name of our Lod Jesus Christ.

Alleluia


Alleluia, alleluia! The Word was made flesh and lived among us; to all who Did accept him he gave power to become children of God. Alleluia.

GOSPEL

John 6:51-58

My flesh is real food and my blood is real drink.

Jesus said to the crowd: "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." Then the Jews started arguing with one another: "How can this man give us his flesh to eat?" they said. Jesus replied: "I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and rink my blood has eternal life, and I shall raise him up on the last day. For my flesh is read food, and my blood is real drink. He who eats my flesh and rinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. This is the bread come down from heaven; not like the bread our ancestors ate; they are dead, but anyone who eats this bread will live for ever."

The Parish of Saint Cuthbert and Saint Joseph, North Shields		
Saint Cuthbert Catholic Church <i>Albion Road West North Shields</i>	Tynemouth Priory Partnership 	Saint Joseph Catholic Church <i>Wallsend Road North Shields</i>
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 Parish Administrator: Mrs Katherine Main - Tuesday-Friday 8.45am-12.45pm Tel: 0191 2573408 Email: 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	

17 th /18 th August 2024 – 20 th Sunday of the Year – B		
Masses, Devotions and Services		
	St Cuthbert's Church	St Joseph's Church
Saturday 17th August		5:30pm: Mass: Fr Brendan Carrick
Sunday 18th August 20th Sunday of the Year – B	11:00am: Mass: People of the Parish Live stream	
Monday 19th August		
Tuesday 20th August		9.30am: Mass: Mary Cadigan
Wednesday 21st August	9:00am Exposition 9:30am: Mass: Alf Mcmanus	
Thursday 22nd August		9:30am: Mass: Bridie Whelan
Friday 23rd August	6.15pm: Exposition 7.00pm: Mass: Doreen and Kenneth Stuchbury	10.00am: Requiem Mass for Joan Walton
Saturday 24th August		5:30pm: Mass: People of the Parish
Sunday 25th August 21st Sunday of the Year – B	11:00am: Mass: Stan Llewellyn Live stream	

The Parish of St Cuthbert's and St Joseph's, North Shields	
What'sApp 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
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, Antoni Kulik and Baby San born 2 months early on August 12th. Please pray for, Edward Golightly, Joan Walton, Josephine Wilcock and for all those who have died recently.

20th Sunday of the Year

As we continue to explore Chapter 6 of John's Gospel in this summer interlude from Mark's Gospel, it is in this passage that we have the strongest resonances with the Eucharist- "For my flesh is real food and my blood is real drink". John's Gospel does not have any story about the institution of the Eucharist but this passage makes clear that the community that John was writing his Gospel for had the Eucharist as part of their community life. We know from the teaching of the Church that in the Eucharist is Christ truly present but what does the Eucharist tell us about this Christ and ourselves: I would venture some thoughts for your own reflection

- We need physical and spiritual nourishment
- The shape and dynamic of the loving God of the trinity is outward and downwards. An emptying self-giving love
- Christ is the ultimate sacrament of God and that all of creation is sacramental
- God is giver and gift
- God is humble and vulnerable
- God is attentive and present to us, calling us to reflect this attentive and loving gaze back and onward to others

Pope Francis on Prayer

Dear Brothers and Sisters, today we conclude our series of catechesis on prayer by turning once again to the prayer of Jesus. In the final hours of his life, Jesus' constant dialogue with the Father becomes all the more intense, as he approaches his saving death and resurrection. In the great "priestly prayer" of the Last Supper, Jesus intercedes for his disciples and for all those who will believe through their word. In the agony in the garden, he offers his anguish to the Father and lovingly embraces his will. At the darkest hour of his suffering on the cross, Jesus continues to pray, using the traditional words of the Psalms, identifying himself with the poor and abandoned of our world. In those moments, the crucified Lord takes upon himself the burden of all the sins of the world. For our sake, he experiences the distance separating sinners from God, and becomes the supreme and eternal intercessor for all mankind. In our own life of prayer,

may we always be mindful that the Lord never ceases to pray for us, uniting us to his own eternal dialogue of love with the Father in the communion of the Holy Spirit.

Requiem Mass

The Requiem Mass for Joan Margaret Walton will be on Friday 23rd August at 10.00am. May she rest in peace

Civil Unrest

Thankfully, the civil unrest that created so much fear and uncertainty has seemed to have come to an end. I hope that all those who felt threatened and vulnerable can go about their normal lives. Please reach out nonetheless to those whom you think may have been impacted by the hatred and violence on our streets and expressed through social media. As stated last week, some of our own parishioners were scared to out into public spaces. The work for creating social cohesion and addressing the systemic causes of the injustice must still go on

Annual Missionary Appeal

A very warm welcome to Fr Melaku Tafesse Amente This week we will have our Annual Missionary Appeal. Fr Melaku will be speaking at both Masses This year our appeal is on behalf of the Comboni Missionaries, also known as the Verona Fathers. We pray for their work.

Adoremus 2024,

Adoremus is the title for the annual The National Eucharistic Congress, which for this year at St Mary's Oscott on Saturday the 14th September 2024. A bus has been arranged to take the diocesan contingent with pick-up points at English Martyrs, Fenham, and tentative pickup points at Sunderland and Stockton depending on the number of people booking and agreeing to join us. We are hoping to start the trip from English Martyrs at about 4am-4.30am.

Costs are

Adult £25

Young person (age 16-24) £15

Family (1 adult, up to 3 children) £30

Family (2 adults, up to 3 children) £45

If you are interested in attending, please contact the Rev Alison Robello at: alisonrebello@yahoo.co.uk

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: You can now buy compostable and biodegradable freezer and sandwich bags instead of plastic ones. Try zero waste shops or online.

Journey of Faith

The Journey of Faith will begin in the autumn. Please let Fr Chris know or someone you know would be interested in learning more about the Catholic Faith

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 Secretary, Our Lady of Mercy, Sunderland – 20 hours a week. Closing date: 21st August.

Please visit 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 20th 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, 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

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 Cuthberts. Everyone welcome.

Dates for Diary

Trip to Holy Island - 31st 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 15th Parish General Meeting - September 29th

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