

Gospel Reflection.

The day before the gospel today, Jesus had fed over five thousand people by multiplying five loaves and two fish. They now gathering round him again, looking for more. He tells them that such food cannot last, just like the manna from heaven that Moses gave their ancestors in the desert. The true bread which he now offers is his own flesh and blood. Understandably, the people were horrified. Many of his followers, indeed, were to leave him on hearing this. Peter and the Twelve, however, remained faithful. They were with him at the Last Supper when he took some bread, blessed it and gave it to them, saying 'Take it, and eat it, this is my body.' This is myself. Similarly with the wine. Every time the Eucharist is celebrated, Jesus gives us himself, telling us, 'Abide in me as I abide in you' (John 15:4).

Confirmations 2023.

The opportunity to register online for Confirmation this year officially closed in March. However, any young people, Year 8 and over, may still be able to receive the Sacrament by contacting Fr Carl. If any of you have young people amongst your families who are not aware of this, please let them know.

Walsingham Pilgrimage. August - 2023.

The Walsingham Pilgrimage 14th -17th August.

Please can you all have paid for your pilgrimage by this Sunday 11th June.

En-suites -£315 pp.

Standard - £265 pp.

Prices include Bed, Breakfast, Evening Meal and coach.

Please note, once paid it is non refundable.

Thank You Lauren Morrison on07414146414.

The Legion of Mary *have organised a visit to the beautiful PantasaphFranciscan Friary in Wales, Saturday 1st July 2023. The retreat programme is from 10am -2-30pm and includes first Saturday Devotions, a Healing Service and consecration to the Immaculate Heart of Mary, as well as other activities. All places have now been filled. If you have not done so, please ensure that you pay the balance of £15 by Friday 16th June2023. Thank you.*

Flower help needed.

Help is needed at Sacred Heart with the flowers for church, the ladies who do them are not well, they wouldn't mind helping or giving someone tuition. Please contact Deacon Ken.

Communion of Both Kinds.

This week we will be reintroducing the chalice at Holy Communion. There is no obligation to receive from the chalice and it's advised not to receive from the chalice if you are feeling unwell. The Bishops have asked that 'intinction' (dipping the host into the chalice) is not to be practiced.

Day for Life – Sunday 18 June 2023

The Church teaches that life is to be nurtured from conception to natural death. In England and Wales, Day for Life is celebrated on the third Sunday of June each year. This year it falls on 18 June. For the first time, it will be celebrated in Scotland and Ireland on the same day.

The theme is 'Listen to Her' and focuses on post-abortion trauma and the impact of abortion primarily on women, but also men and others.

Each year a message is released, usually by the Church's Lead Bishop for Life Issues, offering a reflection on the year's theme. The 2023 message is unique in that the bishops' have given it over to a Catholic woman who has had an abortion to share her experiences. Often the voices of women who have had an abortion are silent in Church and in society. The hope is that this will help break this silence and offer further opportunities for healing and reconciliation.