

OFFERTORY COLLECTION

Sunday 29th July 2018.

Envelopes: Weekly £446.64

Loose: £222.92

Standing Orders £1,027 (May/week)

Your generosity enables us to pay the parish bills. Thank you!

Text Giving- is quick and easy way to make donation towards the upkeep and running costs at Sacred Heart. Just text "PARISH HOLLO" to this number: 70800, to donate £5 automatically. This amount will be added to your phone bill.

For online giving, please go to:
www.sacredheartchurchholloway.org.uk
and click **support**. Thank you.

STANDING ORDER

It is not always possible to attend Mass in your own parish every week, like when you're on holiday. The most effective way to give is via a standing order from your bank account. All you need to do is fill in our Planned Giving Form, sign it, and return it to the office.

Are you on our GIFT AID list yet?

It is *important* to **gift aid** your offering to the church (whether Sunday envelopes or through standing order). This means that the government will top up your offering by **25p for every £1** at no extra cost to you, the giver. You have to be a UK taxpayer to qualify and you have to fill in a declaration form. For more information, please call Elizabeth in the office.

CHURCH OF THE MOST SACRED HEART OF JESUS, HOLLOWAY



A parish of the Roman Catholic Diocese of Westminster
62 Eden Grove, Holloway London N7 8EN

Phone: 020 7607 3594

Email: holloway@rcdow.org.uk

www.sacredheartchurchholloway.org.uk

Parish Priest: Fr. Gideon Wagay

Mrs. Elizabeth Ocampo - Admin Assistant

Parish Office opening times for Admin

Tuesday, Thursday & Friday: 9:30am- 3:00pm.

Eighteenth Sunday in Ordinary Time 5th August 2018

MASS TIMES & INTENTIONS THIS WEEK

5th August 2018 Eighteenth Sunday in Ordinary Time	6:00 pm Saturday Vigil Mass –	Joseph Pong and Scholastica Moon R.I.P
	8:30 am Mass	Rosa Nicholas R.I.P
	11:00 am Mass	Tayo Ero R.I.P - Anniversary For the Parish
6th August Monday The Transfiguration of the Lord	9:15 am Mass	Tayo Ero R.I.P - Anniversary
7th August Tuesday	No Mass	
8th August Wednesday. St Dominic	9:15 am Mass	Joe and Pat Malone R.I.P
9th August Thursday. St Teresa Benedicta of the Cross	9:15 am Mass	Private Intentions
10th August Friday- St Lawrence	9:15 am Mass	Ofelia Villegas - Intentions
11th August Saturday. St Clare.	11:00- 12:00 noon	<i>Confessions</i>
	6:00 pm Vigil Mass	John Mazzoni – R.I.P
12th August 2018 Nineteenth Sunday in Ordinary Time	8:30 am Mass	Patricia Ochoa R.I.P
	11:00 am Mass	For the Parish

THE DEEP END: Old wives' tale

Growing up, did the adults in your life tell you any stories about food?

- Eating carrots helps you see in the dark.
- Crusts will make your hair curly.
- Spinach makes you strong.
- An apple a day keeps the doctor away.

These wise old sayings, passed down through the generations, were employed to encourage us to eat certain foods, mainly healthy fruit and veg. Some even had an element of truth. Nowadays we can establish the accuracy of such claims at the touch of a button, but many parents still find themselves trotting out these nuggets of wisdom. Behind it all is a desire to see children grow up as strong, healthy and happy as possible.

There is a huge focus these days on healthy eating and having a physically healthy lifestyle. Mental health is also being spoken about more and more. Nourishing one's mind and keeping it healthy is just as important as fuelling the body. Both of these are essential long-term projects, the work of a lifetime.

When it comes to the life beyond this one, Jesus talks about a different type of food – food that endures to eternal life. It is this bread, Jesus himself that gives meaning to our work and our struggles here on earth. As Jesus tells us today: 'Do not work for food that cannot last, but work for food that endures to eternal life.' Let us not forget to nourish our spirit.

Triona Doherty@Intercom

We ask for your charitable prayers for those who are sick, recently deceased and those whose anniversaries are at this time...

For the sick and the housebound:

Lily de Nobrega, Eva Buchalska, Lil Traynor, Christopher Browne, Baby Michael Ellitott, Daithi Sweeney, Keith Hunt, Maria Louis, Crystal Green, Dolores Crowley, Ludvinia King, Patrick Doolan, Margaret Toolan, John Regan, Rosa Santos, Tom Kelly, Mary Wong, Michael Bailey, Kathy Bailey, Ada Bacarini, Eillen Graham, Martine Rainsford, Christopher Fradley, Edwina Toson, Charlie Crane, Nora Harkin, Eileen Ely, Barbara Baptiste, Margaret Mulroy, Alison McGoff, Martin & Margaret Cooke, Ben & Margaret Deignan, Mary Morrissey, Stephanie Enepi, Chris Eisen *and all who are sick and housebound in the parish.*

Anniversaries: Tayo Ero, Roberto Varela, Michael Ugoala, Nora Ginty, Richard Houlihan, Michael Lonergan, Edgar Ocampo.

Please Pray for the Recently Dead:

William Francis O'Dwyer, Catherine Chiwuoke, Mona Moran, Justino Villegas, Lisa Sabalvaro, Dell Harvey, Ernie Fisher, Joan Neary, Margaret Callnan, David Power, Brian Harrigan, Brian Mpunga.

Eternal rest grant unto them Lord, and let your light shine upon them. May they rest in peace. Amen.

Active Membership of the Parish is determined by the following criteria: being properly registered for a sufficient period of time; faithful attendance at Mass on Sundays and Holy Days; use of the planned giving system (envelope or bank standing order) in regular support of the parish.

CHOIR PRACTICE is usually on **Thursdays @ 8:00pm** at the Parish house. The day however, is movable depending on the availability of most members. Please ask Peggy for more details. Everyone welcome!

SACRAMENTS
BAPTISM

Babies are usually baptised in the first 6 months after birth. To book a baptism for your child, please contact the parish office. Parents of the child must practice their faith and registered members of the parish. At least one parent of the child and the godparent must supply us with their Catholic baptismal certificate and the child's birth certificate. Parents and godparents must attend two baptismal preparation meetings beforehand. Next meeting to be confirmed.

MARRIAGE

Six months' notice must be given, even if you're marrying elsewhere to gather and process the paper work. Please contact Fr. Gideon. To make an appointment email: holloway@rcdow.org.uk

Parish Office closed for AUGUST

The parish office is closed from 3rd August until 11th September. Any administrative queries will be attended on 11th September onwards.

For any urgent matters after 3rd August, please call and leave a message on 0207 607 3594 or email your question to holloway@rcdow.org.uk

Can you help with some DIY:

A number of our parishioners have been kindly volunteering over the last couple of weekends to repair and redecorate our parish classroom so we can make the most of it. Would you have some spare time to help them one Saturday or Sunday in August? If so please contact Nali (07421749616) or the parish office.

Thank you Fr John La Rocca

For sure you will agree that it has been a joy to have Fr. La Rocca with us this summer. This was his 35th year coming to Holloway parish during the summer. He is heading to America this week, make sure you say goodbye. By God's grace, we will see him soon again.

Adoremus Eucharistic Congress
London Events

Date 8th September

Time: 7:00am - 5:30pm

Venue: Corpus Christi, Maiden Lane in Covent Garden.

The Diocesan Shrine of the Blessed Sacrament located at Corpus Christi, Maiden Lane in Covent Garden, will be holding a day of Adoration, Mass and Holy Hour on Saturday 8th September for those who would like to take part in the Adoremus Eucharistic Congress, but are unable to travel to Liverpool.

The Blessed Sacrament will be exposed at 7am and will remain so until Solemn Benediction at 5:30pm. At 12 noon, there will be a Solemn Sung Mass of the Nativity of Our Lady celebrated by Dom Hugh Somerville-Knapman, OSB.

At 4:30pm there will be a conducted Holy Hour, based upon the writings of Msgr. Ronald Knox, who preached at Maiden Lane for 26 years, followed by the Vigil Mass of Sunday at 6pm. All most welcome.

More information at: maidenlane.org.uk

CATHOLIC MOTHERS APOSTOLATE -

is offering a retreat for teen girls and their mums. Join us at Aylesford Priory in October for a day dedicated to learning more about women's issues, including what it means to be a Catholic woman. Mums and daughters will have plenty of time to talk through the issues together and build their relationship, as well as meet other Catholic mothers and daughters. Tickets are £120 per mother-daughter pair, with an Early Bird rate of £100.

Visit

www.tickettailor.com/events/catholicmothers/177368 for more details.

“Act as if everything depended on you; trust as if everything depended on God.” Ignatius of Loyola

MUSINGS

'I would like to ask you, dear families: Do you pray together from time to time as a family? Some of you do, I know. But so many people say to me: But how can we? ... But in the family how is this done? After all, prayer seems to be something personal, and besides there is never a good time, a moment of peace ... Yes, all that is true enough, but it is also a matter of humility, of realising that we need God ... all of us! We need his help, his strength, his blessing, his mercy, his forgiveness. And we need simplicity to pray as a family: simplicity is necessary! Praying the Our Father together, around the table, is not something extraordinary: it's easy. And praying the Rosary together, as a family, is very beautiful and a source of great strength! And also praying for one another! The husband for his wife, the wife for her husband, both together for their children, the children for their grandparents ... praying for each other. This is what it means to pray in the family and it is what makes the family strong: prayer.'

Pope Francis, homily at Mass in St Peter's Square, 27 October 2013

Will you connect the poor with the powerful?

CAFOD is looking for Catholics in this area to share their faith with their MP. Write 3-4 times a year on a topical issue to support those living in poverty around the world. No experience needed as information will be provided. Online or by post. See www.cafod.org.uk/mpc or contact Tony on 0208-449-6970 or westminster@cafod.org.uk for further information.

"Love is civic and political, and it makes itself felt in every action that seeks to build a better world." – Pope Francis

“God freely created us so that we might know, love, and serve him in this life and be happy with him forever” Ignatius of Loyola