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18th Sunday of the Year

Prayers and Readings p.754 in the missal

Entrance antiphon:

O God, come to my assistance; O Lord, make haste to help me!
 You are my rescuer, my help; O Lord, do not delay.

Responsorial Psalm:

You open your hand and fulfil us, O Lord.

Gospel Acclamation:

One does not live by bread alone,
 but by every word that comes
 forth from the mouth of God.

Eucharistic Prayer:

Eucharistic Prayer III (5.30pm & 8 am).

Eucharistic Prayer I (10 am).

Communion Antiphon

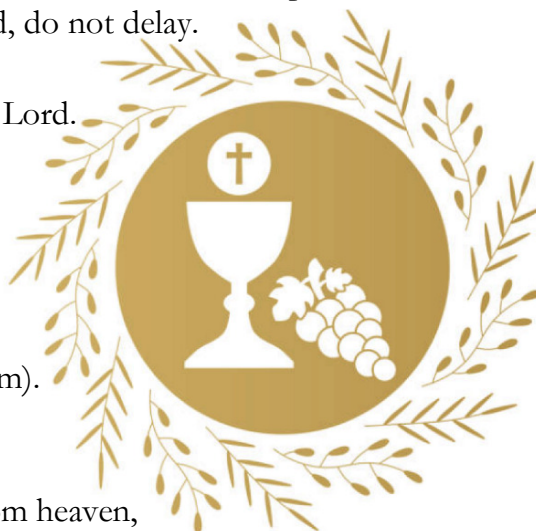
You have given us, O Lord, bread from heaven,
 endowed with all delights and sweetness in every taste.

Readings:

Isaiah 55:1-3. Psalm 145 (144) Romans 8:35-39; Matthew 14:13-21.

Marian Antiphon (at the end of the 5.30 pm and 8 am Mass)

Salve Regina – please see the Marian Antiphon prayer cards.



ST MARY'S CATHOLIC CHURCH THETFORD

Celebrating 200 years proclaiming the Good News of Jesus Christ

Sunday 2nd August 2026

18TH SUNDAY OF THE YEAR

Saturday 1st 1730 *Anne Widdecombe* ✠

Sunday 2nd 0800 *Pro Populo*

1000 *Joseph & Helen Armel* ✠

Monday 3rd Feria NO MASS

Tuesday 4th St John Vianney 0930 Adoration & Benediction

NO MASS

Wednesday 5th Feria 1830

Thursday 6th The Transfiguration
of the Lord 1830

Friday 7th Feria 1130

19TH SUNDAY OF THE YEAR

Saturday 8th St Dominic 1600 Confessions

1730 *Deacon Paul*

Sunday 9th 0800 *Pro Populo*

1000

Confessions Saturday at 4 pm, or **by appointment after any Mass.**
Confession is one of the greatest gifts of the Church. If you are at all anxious about Confession, please speak to Fr Andrew first.

Dates for your diary

18th August: St Helen's Day Picnic, Santon Downham

19-20th Sept: Heritage Open Days

21-23rd Sept: Fr Andrew's Sponsored Walk to Walsingham

Prayer Requests We pray for the sick: Fatima Anja, Patricia & Vittorio Cocuccio, Alicya Frydryk, Hazel Fullbrook, Maureen Huggett, Ann Jones, Theresa Lescott, Sheila Sheppard, Madeline Tanner, and Clive Townsend. We remember in our prayers those who have died recently, and their families and friends: Luna Freitas, Ann Griffin, Albert Huggett, Greg Warwick and Mirella Zubacz.

- **Missals for Children.** We now have **Children's Missals** at the back of the church, together with a separate bulletin for children. **Please do not take the children's missals home** - we've already lost half of them!
- **Gift aid.** If you pay UK tax on income or capital gains or a pension, please consider Gift Aiding your donations. For every £1 you donate to the parish each week, we can reclaim 25p from the government. The gift-aid claim is made by the diocese on our behalf, so any information that you provide goes to the diocese not to the government. It is a very big help for the parish, and it doesn't cost you anything!
- **Donating by card.** In the church porch we now have a **card-reader** and tablet so that donations can be made via card instead of cash. You can make your weekly offering, or give donations for Mass intentions or candles. Just tap the screen and follow the instructions – and thank you for your continuing support of the parish.
- A reminder that as usual during the summer there **will be no tea or coffee after Mass for the month of August**. Normal service will resume on Sunday 6th of September. Thank you to all the team who help out, and who will now enjoy a well-earned rest!

“There is nothing so great as the Eucharist. If God had something more precious, He would have given it to us.”

ST. JOHN VIANNEY - FEAST DAY 4TH AUGUST

Catechesis Corner: receiving Communion

The Church's teaching is that, before we receive Communion, we make an act of reverence; that is to say we either bow or genuflect (GIRM 160). We do this because we worship God with our whole being: heart, soul, mind and body. We are given our bodies in order to glorify God. We bow (or genuflect if we are able) before the Blessed Sacrament because the Lord Himself is present right in front of us. Every time we process up to the altar, we are following the final steps of the journey of the Shepherds and Wise Men at the Nativity. Just like the Shepherds and Wise Men, we kneel or bow in adoration of Our Lord who is given to us.

- **St Helen's Day Picnic:** One of our Jubilee projects is to go on more **pilgrimages** – and there are many holy sites that we can visit in our own local area. On **Tuesday 18th August**, the Feast of St Helena, we will visit the Holy Well of St Helen, in the forest at Santon Downham, to ask for the prayers of St Helena and to enjoy a parish picnic. Mass will be at **10am in the Church**, with the picnic afterwards.
- On **September 19th–20th** we will be taking part for the first time in the **Heritage Open Day weekend**: this is part of our Jubilee effort to make our parish more visible in the local region. We need **volunteers** so that the church can be **open from 11 till 5** on **Saturday 19th and Sunday 20th**. Please speak to Deacon Paul if you are able to help.
- **Help please!** One of the jobs that always needs doing in the parish is **cleaning the Church and Hall**. We have a small group of loyal volunteers, but they really need some help. If you can spare an hour once a week or even once a month, at any time during the day or in the evening, please speak to Mary Gorman or Fr Andrew.
- Fr Andrew will be doing a **Sponsored Walk to Walsingham** to support our Jubilee projects on **September 21st–23rd**. Please sponsor him if you are able. There is a sponsorship sheet at the back of the church, or you can donate via the Dona card-reader. Anyone who would like to join Fr Andrew for the first mile of the walk is very welcome!