CATHOLIC PARISH OF OUR LADY & ST JOSEPH

Sheringham & Cromer

Week 18 of Ordinary Time

Psalter Week II · **Readings**: Sundays: A · Weekdays: II

St Joseph Church & Priest's Office
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Sunday 2 August			**18 Sunday of Ordinary Time**
Saturday	5.30pm Confessions until 5.50pm		*at Cromer*
	6pm Anticipatory Mass	Anne Merriman +	*at Cromer*
Sunday	9am Sung Mass	Sarah Birtles	*at Cromer*
		in St Joseph Church itself: **The Dedication of the Church**	
	11am Sung Mass	For the people	*at Sheringham*
Monday	3 August		**Feria**
	No Mass today		
Tuesday	4 August		**S John Vianney**
	6pm Mass	Holy Souls	*at Sheringham*
	followed by Adoration with Confessions & then Benediction at 7.20pm		
Wednesday	5 August		**Dedication of the Liberian Basilica**
	9.30am Mass	Elizabeth Carswell +	*at Cromer*
	followed by Adoration & Benediction by 10.30am, and tea & coffee in the Hall after		
Thursday	6 August		**Transfiguration**
	9.30am Mass	Isla Wilkinson	
	at St Andrew's Anglican Church, Holt, NR25 6BB		
Friday	7 August		**Fera** *(Votive Mass of the Sacred Heart)*
First Friday	9.30am Mass	Mariam Joseph +	*at Cromer*
	6.30pm Men's Group meeting at St Joseph Chapel, followed by Hall		*at Sheringham*
Saturday	8 August		**S Dominic**
	9.30am Mass	Josef Henriksen +	*at Sheringham*
	followed by Confessions until 10.30am & at the same time, the Rosary		
	5.30pm Confessions until 5.50pm		*at Cromer*

In July 2026, our average Sunday Mass attendance was 206. Our "official" published Mass attendance average for 2025 was 185. In our seasonal parish, we have a higher attendance in summer and lower in winter. In June, the 11am Mass was the most attended on average, followed by 3pm and 6pm. The 9am was the least attended.

FROM THE PARISH PRIEST

For the next "**quiet prayer**" at Mass, we move to Holy Communion. During the ***Lamb of God***, the priest breaks the consecrated Body of Christ over the chalice and places a small fragment of the Host into the Precious Blood. As he does so, he prays quietly: ***May this mingling of the Body and Blood of our Lord Jesus Christ bring eternal life to us who receive it.***

The origins of this ancient ritual are uncertain. Some see in it a reminder of the unity between the bishop and his parishes in the early Roman Church. Others note that Eastern Christian liturgies still place the whole consecrated Body of Christ into the chalice before Communion, and the faithful receive both Body and Blood together from a spoon. Whatever its history, it has a spiritual meaning.

Throughout the Mass, we have recalled Christ's Passion and Death. Now, in this small action, **his Body and Blood are reunited**. Christ is risen and alive. **The One we receive in Holy Communion is not a memory or a token of the past, but the living Lord himself** personally now in his glorified humanity. Receiving Communion is not simply a sign of belonging or an individual encouragement. It is Christ's own life given to us. The risen Lord ***communicates*** himself to us so that, sharing in his life now, we may share also in his Resurrection on the Last Day.

PARISH ANNOUNCEMENTS

On **Tuesday 8 September** at **7pm**, **Bishop Peter** will celebrate Mass in **St Joseph** and confer the sacrament of confirmation. **It would be good if as many parishioners as possible from across the parish are able to attend**, not least to support our 3 wonderful young people being confirmed, but also *to give the bishop a good memory of your parish.*

We don't see the bishop very often, so your attendance (yes, you!) is a simple, practical, and prayerful way that you can help to show that our whole parish is loved, appreciated, and necessary, and that we are all there for one another. So please put the date in your diary.

Parish men's group will meet this week on **Friday** at **6.30pm**, starting in **St Joseph Chapel**, for prayer, followed by discussion & fellowship.

Sunday 16 August will be our annual **parish barbeque**, from **12 noon** at St Joseph Garden. No tickets; donations taken on the day.

Sheringham Beach Life – ***"Life to the Full in Jesus"*** - will take place **24–27 August**: **activities for families and young people**.

Friday 4 September from **6pm** will be our **Parish Fish & Chips & Quiz** night at St Joseph Hall… Put the date in your diary. More info about tickets soon.

COLLECTION

Last week: **£1,632.20** *(plate: £636.70 + £785.50 standing order average + £210 DONA)* • **Thank you!**

Bank details for **donations** or **standing orders:**

Name: **Our Lady and St. Joseph Parish**
Sort code: **20-03-26**
Account number: **30783412**

Gift-aid envelopes are available for **visitors** who are UK tax-payers. Please complete in pen and place in the collection. Donations by **card** can be made using the **payment stations** at the **back of church**.

ANNIVERSARIES

Lily Dunn 1996, John Galpin 1999, Joseph Clark 1983, Sarah Chastney 2007, Elizabeth Carswell 2008, George Fricker 1983, Kenneth Mortimer 1994, Geoffrey Sanders 1997, Rosaleen O'Grady 2021, Desmond Fernadez 2014, Eileen Ranyell 2010, Joan Reynolds 2004, Theresa Dennis 2007, Paul Kavenagh 2011, Emily Simmonds 2005.

ETERNAL REST
GRANT UNTO THEM
O LORD