



**Parish of Sacred Heart Catholic Church, Goudhurst and
St Barnabas Catholic Church, Hawkhurst, Kent TN17 1DN**

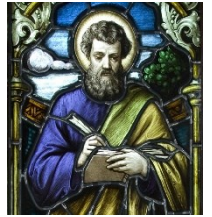


Contact : The Presbytery, Beresford Road, Goudhurst, Kent TN17 1DN
 Tel : 01580211268 E-Mail: goudhurst@rcaos.org.uk
 Livestreaming : Kentchurches.com **
 Website: <https://rcgh.hubb.church>
 Priest in Charge : Fr Ethelbert Ukpabi
 Parish Secretary: Lizzi Payne
 Office Hours: Tuesday to Friday – 10:30am – 2:00pm



ADORATION OF THE BLESSED SACRAMENT
TUESDAY 5:30pm – 6:00pm
WEDNESDAY, FRIDAY 9:00am – 9:30am
SATURDAY 9:00am – 9:30am

SACRAMENT OF RECONCILIATION
SATURDAY 4:30pm before Mass



**EIGHTEENTH SUNDAY (B)
WEEK COMMENCING 4th August, 2024**

TODAY'S READINGS

First Reading: Exodus 16:2-4, 12-15

Responsorial Psalm: Psalm 77:3-4, 23-25, Response: The Lord gave them bread from heaven.

Second Reading: Ephesians 4:17, 20-24

Gospel Acclamation: Alleluia, Alleluia, I am the Way, the Truth and the Life, says the Lord; no one can come to the Father except through me. Alleluia

Gospel: John 6: 24-35

Saturday 3rd August 5:30pm Sacred Heart, Goudhurst	Holy Mass	Daisy Fletcher RIP
EIGHTEENTH SUNDAY (B)		
Sunday 4th 8:30am St Barnabas, Hawkhurst	Holy Mass	Missa Pro Populo
Sunday 4th 10:30am ** <i>Livestreamed</i> Sacred Heart, Goudhurst	Holy Mass	For Souls in Purgatory of the Augusta Munn Family
Monday 5th		
FATHER'S DAY OFF		
Tuesday 6th 6.00pm Sacred Heart, Goudhurst	The Feast of the Transfiguration of The Lord Holy Mass	For Souls in Purgatory of the Augusta Munn Family
Wednesday 7th 9:30am Sacred Heart, Goudhurst	Holy Mass – Feria	For Souls in Purgatory of the Augusta Munn Family
Thursday 8th No Mass St Barnabas, Hawkhurst	Saint Dominic, Priest, Memorial	
Friday 9th 9:30am Sacred Heart, Goudhurst	Saint Teresa Benedicta of the Cross, Virgin and Martyr, Feast, Patron of Europe Holy Mass	For Souls in Purgatory of the Augusta Munn Family
Saturday 10th 5.30pm Sacred Heart, Goudhurst	Holy Mass	Alu Gomes, Healing and support for Barbara Gomes
NINETEENTH SUNDAY (B)		
Sunday 11th 08.30am St Barnabas, Hawkhurst 10.30am Sacred Heart, Goudhurst	Holy Mass Holy Mass	Missa Pro Populo For Souls in Purgatory of the Augusta Munn Family

REFLECTION for Eighteenth Sunday (B)

The first reading and the gospel of today are about a God who provides for the people. To satisfy the hunger of the people, God rained down bread from heaven for the people to eat. In the gospel the people asked Jesus to give them bread from heaven just as Moses gave their fathers bread from heaven in the desert. But Jesus stunned the people when he told them, "I am the bread of life; he who comes to me shall not hunger, and he who believes in me shall never thirst." In other words, Jesus said to them, 'do not search too far for bread to eat. The real and true bread is standing before you.'

There are two kinds of hunger that people face: physical hunger and spiritual hunger. Human food satisfies physical but cannot satisfy spiritual hunger. Only spiritual food can satisfy spiritual hunger. One can be rich and successful in material things and still feel hungry spiritually or still experience a spiritual lacuna. In the midst of plenty have you hungered for more? Something your soul longs for but you cannot place your finger on. Something that nothing material, no matter how wonderful and appealing, can satisfy?

If yes, you are not alone; the psalmist felt the same way. "O God, thou art my God; ...my soul thirsts for thee," (Ps 63: 1) Also "My soul is thirsting for God, for the living God..." (Ps 42: 2)

Jesus is the only one who can satisfy that inner hunger and quench that inner thirst. He is the only one who can fill that yawning space in your heart.

He tells us in the gospel today, "I am the bread of life...He who comes to me will never be hungry; he who believes in me will never be thirsty." For his flesh is real food and his blood is real drink.

Do you believe these words of Jesus? How seriously do you take them? How much have you internalised these words? Do you believe that the body of Jesus is the bread of life? Do you believe that it is the food for the spirit, without which the spirit is weak? How often do you eat this bread?

The people were looking for Jesus because they wanted him to give them physical bread. They wanted more of the manna that God gave their fathers in the desert through Moses. Human beings are always expending energy searching for the food that perishes, for material food. But Jesus came to give far more than that bread. He came to give that "bread which comes down from heaven and gives life to the world."

Why are you searching for Jesus? Are you looking for him for physical bread? Jesus came to give far more than that. Jesus is telling us, "Do not only labour for the food which perishes, but for the food which endures to eternal life," that is the body of Jesus. How much do you yearn for the body of Christ, the bread of life? (We shall talk more about the Body and Blood of Christ next week.)

ANNOUNCEMENTS

1. **Tuesday 6th August, The Feast of the Transfiguration, Mass at Sacred Heart, Goudhurst at 6.00pm.**
2. **Thursday 15th August is the Solemnity of the Assumption of the Blessed Virgin Mary which is a Holyday of Obligation. Masses at 12.00 at St Barnabas Church, Hawkhurst and at 7.00pm at Sacred Heart, Goudhurst.**
3. **The funeral service for the late Jon Hawley will take place at St Mary's Church, Ticehurst on Thursday 8th August at 1.30pm. May he Rest in Peace. †**
4. **First Sunday of the month coffee, tea and biscuits after Mass at St Barnabas and Sacred Heart, Goudhurst. All are very welcome.**
5. **Please will you join us on Sunday 11th August at 08.30am St Barnabas to say farewell to John Kimber and his family, who are off to Ascension Island. We wish them safe travels to their new life.**
6. **We are planning another Garden Work Party for Saturday 17th August at the Presbytery. All are very welcome and the usual refreshments will be waiting for you! Please bring gardening tools with you. Thank you.**
7. **Please will you inform Father Ethelbert of any parishioners who are sick and would like a visit, and if they would like their names to appear in our Newsletter for our prayers.**
8. **We encourage Parishioners to book Masses for any specific intention and for our faithfully departed.**

PRAYERS FOR THE SICK



Please continue to keep in your daily prayers the sick of our parish family, Catherine Nixon

ANNIVERSARIES

† Please pray for the repose of the Souls of Lily Wise, John Sienesi, Tony Coleman, Gerry Cleary, Mary Elizabeth (Daisy) Fletcher, Jack Benton, Toni Markley Aimes, Terry Wilkinson, Maree Alexander, Margaret Peel. *Eternal rest grant unto them O Lord and let perpetual light shine upon them, May they rest in Peace.*

ONLINE DONATIONS

BANK DETAILS,

NatWest Bank: RCAS Sacred Heart Goudhurst
Sort Code: 60 06 18 Account No: 59004576

Gift Aiders please add your envelope number and name as a reference