



**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
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 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

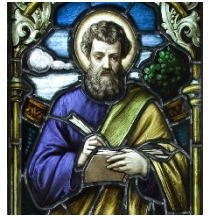


ADORATION OF THE BLESSED SACRAMENT

TUESDAY 5:30pm – 6:00pm
 WEDNESDAY, FRIDAY 9:00am – 9:30am
 SATURDAY 9:00am – 9:30am

SACRAMENT OF RECONCILIATION

SATURDAY 4:30pm before Mass



**NINETEENTH SUNDAY (B)
WEEK COMMENCING 11th August, 2024**

TODAY'S READINGS

First Reading: 1 Kings 19:4-8

Responsorial Psalm: Psalm 33:2-9 Response: Taste and see that the Lord is good.

Second Reading: Ephesians 4:30-5:2

Gospel Acclamation: Alleluia, Alleluia, If anyone loves me he will keep my word, and my Father will love him, and we shall come to him. Alleluia

Gospel: John 6: 41-51

Saturday 10th August 5:30pm Sacred Heart, Goudhurst	Holy Mass	Alu Gomes, Healing and support for Barbara Gomes
NINETEENTH SUNDAY (B)		
Sunday 11th 8:30am St Barnabas, Hawkhurst	Holy Mass	Missa Pro Populo
Sunday 11th 10:30am ** <i>Livestreamed</i> Sacred Heart, Goudhurst	Holy Mass	For Souls in Purgatory of the Augusta Munn Family
Monday 12th		
FATHER'S DAY OFF		
Tuesday 13th 6.00pm Sacred Heart, Goudhurst	Holy Mass - Feria	Emamoke Ogowewo, Special Intention
Wednesday 14th 9:30am Sacred Heart, Goudhurst	St Maximilian Mary Kolbe, Priest and Martyr, Memorial Holy Mass	Nkem and Caroline Ukpabi and Family, Thanksgiving
Thursday 15th 12.00 St Barnabas, Hawkhurst 7.00pm Sacred Heart, Goudhurst	The Assumption of the Blessed Virgin Mary Holy Mass Holyday of Obligation Holy Mass	Chris Thakerar – Thanksgiving and Protection
Friday 16th 9:30am Sacred Heart, Goudhurst	Holy Mass - Feria	
Saturday 17th 5.30pm Sacred Heart, Goudhurst	Holy Mass	Josie Cooke, Healing & support for her brother Peter Cooke



BON VOYAGE to John, Karen, Matthew and Ben Kimber who are leaving us for Ascension Island. Travel safely, we will miss you.

REFLECTION for Nineteenth Sunday (B)

In the gospel of today from John 6 Jesus continues his teaching on his body as the bread of life, which a person may eat and derive spiritual strength, and never experience death.

In the first reading from 1Kgs 19: 4-8 Elijah was frustrated on the way to mount Horeb. He complained to God, "It is enough; now, O Lord, take away my life; for I am no better than my fathers." Why was Elijah going to Horeb? He was actually running away. After defeating and killing the 450 prophets of Baal (1Kgs 18: 22), Jezebel sent a message to him saying, "You can be sure that I will kill you, just as I killed the other prophets. I'll do it by this time tomorrow. If I don't, may the gods punish me greatly." (1Kgs 19: 2) Hearing this, Elijah was afraid, and ran.

On the way he felt abandoned, he felt alone, he was hungry. In this state he lay down under the bush and fell asleep. An angel of the Lord came twice, woke him up, fed him with bread twice. With strength from the food of bread from the angel of the Lord, Elijah walked 40 days and 40 nights until he arrived at mount Horeb. (1Kgs 19: 3-8)

Two points to look at here first, from Elijah's life we see that closeness to God does not always shield us from the vicissitudes of life. It is not so much whether we come under the pressure of life, but more how we react. Elijah reacted by challenging God. He was angry, he was hungry, he was tired. Have you felt any of these emotions? Challenge God like Elijah did. I have challenged the Lord too in my moments of frustration and anger.

Elijah's challenge drew not the wrath of God, but the mercy of God. God sent his angel to feed him with bread. And with the strength from the 'heavenly' food, he walked until he got to his destination. Elijah tasted the food from the Lord, not only did the food taste nice, but he also saw that the Lord is good. As Scripture says, Psalm 34: 8, "Taste and see that the Lord is good."

The book of Lamentations captured the feeling, "It is the Lord's mercies that we are not consumed. Because his compassion fails not. They are new every morning: Great is thy faithfulness. The Lord is my portion, saith my soul; Therefore, will I hope in him."

Like Elijah we too are on a journey to the Lord. Sometimes along the way we are angry, we experience frustration or betrayal, we are hungry, especially, spiritually. We feel like giving up. Challenge the Lord as Elijah did. And like God did for Elijah, he will provide us with food to strengthen us. Just like the bread given him by the angel gave him strength to make the journey to the Lord at Horeb. So too, the body of Christ, the bread of life, which Jesus offers, gives us that much needed spiritual strength for the demands of the journey to the Lord.

If you feel empty, sad, abandoned, alone sometimes, if you feel the journey is long, walking on the road less travelled, if you need strength, especially spiritual, if you need lifting up, if you need inner joy and contentment, if you need peace of mind, if you desire to experience the gentle whisper and peace of the Lord, (1kgs 19: 12-13), then go to be fed by the bread of life, the body of Christ. It is the food of angels given to human beings. There is no food more refreshing, more assuring, more filling, tastier, more uplifting, and more satisfying.

ANNOUNCEMENTS

1. **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.**
2. **Please will you join us for tea, coffee and cake, on Sunday 11th August after 08.30am Mass at 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.**
3. **We are planning another Garden Work Party for Saturday 17th August from 10.00am at the Presbytery. All are very welcome and the usual refreshments will be waiting for you! Please bring gardening tools with you. Thank you.**
4. **The collections for July total £3,687.12.**
5. **A young couple from our Parish are urgently looking for a 1/2 bedroom flat in the Hawkhurst area. If you know of one, please will you contact the Parish Office or let Father Ethelbert know as soon as possible.**
6. **Second Collection: We are calling on your generosity, once again, to help us fund the updated Lectionaries and Mass books for both churches. They are not cheap and we would be grateful for any donation you can make. Thank you so much.**

PRAYERS FOR THE SICK



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

ANNIVERSARIES

† Please pray for the repose of the Souls of Jack Benton, Toni Markley Aimes, Terry Wilkinson, Maree Alexander, Margaret Peel, Olga Gudimenko, Zoe Schurmann, Margaret Oczkowska, Peter Cornelius, Lucy Watson, Henry Hayward.. *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