

# Sunday Message

FOURTEENTH SUNDAY IN ORDINARY TIME

## THE WORD

Year B • 7 July • Psalter Week 2

### REJECTED BY HIS OWN

MARK 6:1-6



**In today's Gospel, Jesus returns to his hometown of Nazareth with his new family of disciples.**

Much has happened since his last visit. He has shown his authority over demons, illness and death. Many have come to faith in him, especially in Capernaum, where he now lives. But, as we saw some Sundays ago, it was in Nazareth that members of his own blood family had declared he was insane and tried to stop his mission. Has anything changed? Will they and the other Nazarenes now believe in him?

As is his practice, Jesus goes to the synagogue to preach. But the locals aren't impressed. They ask pointed questions. They want to know the source of his words and deeds.

Jesus' townspeople are limited by their own narrow experience and fixed ideas. They know his family and where he came from and simply cannot believe there is anything significant about him. They describe him using the Greek word *téktōn*, which is traditionally translated as "carpenter." The word means a craftsman who works with wood or metal. Such craftsmen would have produced doors, window frames and other wooden or metallic objects. Jesus and his family would probably not have been poor, but still would have been regarded as socially inferior to the educated class of religious leaders. Simply put, the locals think Jesus is getting above his station and that there is really nothing to him. He is no different to themselves. They think that in trying to move beyond his social standing he is bringing dishonour to his family, and so they take offence at him.

Jesus' reply about a prophet not having honour in his home place may well be a proverb which Mark, Matthew and Luke have re-worked for their own use. Mark's version is very pointed. Jesus is not only rejected by his home town, but also by his natural family and relatives. In this way, Mark reminds us of the way Jesus' own family had already treated him and of his need to create a new family of disciples.

The result is that Jesus isn't able to work any significant miracle in Nazareth. His miracles require faith and this is lacking in the place where he grew up. The overall effect on Jesus is that he is "amazed" at the Nazarenes' lack of faith. "Amazement" is often people's faith response to Jesus' miracles. Now Jesus is "amazed" at the unbelief of his own townspeople. ■

### DO

Make a conscious effort to be more aware of God's power at work in those around you at home and in the workplace.

### PRAY

Pray for the courage to witness to the Good News without fear as Jesus did.

### SAY

**"Lord, help me always to speak your truth with love. Amen."**

### LEARN

To be a prophet is to witness to the Gospel no matter the cost.

We must never rush to judge, reject or dismiss.

The Christian is always tuned into the signs of the times.



## REFLECT

**A**ccording to the old proverb, familiarity breeds contempt. In other words, extensive knowledge of or close association with someone or something leads to a loss of respect for them or it. It is what Jesus experienced in today's Gospel. His own townspeople weren't interested in listening to him. After all, he was the local carpenter's son. They knew all his family and knew there was nothing special about him.

Andrei Sakharov also experienced rejection. Sakharov was a brilliant Russian scientist who helped develop the Soviet Union's nuclear programme. The Communist authorities showered him with honours for his achievements, but when he began to speak out against the bomb and against the state's heavy hand, his colleagues turned against him. They wouldn't listen to him. He was shunned. The authorities stripped him

of his honours and sent him and his equally courageous wife Yelena into internal exile in the remote city of Gorky, where he could contact no one. Sakharov was punished severely for speaking the truth. But he didn't back down and he was vindicated in the end.

There are prophets all over the world who are applauded internationally for what they have to say but who are not acknowledged or lauded at home. Think of the Pakistani activist, Malala Yousafzai, who as a schoolgirl campaigner for female education became the youngest ever Nobel Prize laureate. She was shot by the Taliban in 2012 because they didn't like what she had to say. Her own people refused to listen to her.

When we close our minds to hearing something that might be new and challenging simply because of who says

it, we are not allowing for the possibility of growth.

It happens in all walks of life. Young people will listen to the wisdom of their friends' parents but not their own parents. Older people are reluctant to hear what the young have to say because they have no experience and the old know better. The new person in the office isn't listened to because she has not been around long enough to know what makes the place tick.

Today's Gospel is a warning against falling into that trap. God may be working through the person right beside us who is all too well known to us. We must never allow arrogance or familiarity or misogyny to cloud our judgement or close our ears to the prophetic voice or to the uncomfortable truth. ■

# ALL ARE WELCOME IN THE PARISH OF THE MOST HOLY AND UNDIVIDED TRINITY THE CATHOLIC CHURCH IN GRIMSBY, CLEETHORPES AND IMMINGHAM

T: 01472 342301

E: [office@holytrinitygci.uk](mailto:office@holytrinitygci.uk)

W: [www.holytrinitygci.uk](http://www.holytrinitygci.uk)

Socials: [@holytrinitygci](https://www.facebook.com/holytrinitygci)

## St Mary on the Sea Church

Heneage Road, Grimsby DN32 9DZ

## Corpus Christi Church

Grimsby Road, Cleethorpes DN35 7LH

## Our Lady, Star of the Sea Church

Allerton Drive, Immingham DN40 2HP

**Parish Office** St Mary's Presbytery Heneage Road Grimsby DN32 9DZ

**Parish Priest** Very Rev Canon Andrew Cole  
[parishpriest@holytrinitygci.uk](mailto:parishpriest@holytrinitygci.uk)

**Parish Administrator** Duncan Weston  
[office@holytrinitygci.uk](mailto:office@holytrinitygci.uk)

**Parish Deacon**  
Rev Stephen Durkin  
[deacon@holytrinitygci.uk](mailto:deacon@holytrinitygci.uk)

**Sisters of St Joseph of Peace**  
Sr Ann Helen & Sr Bridgetta  
01472 692370 [csjp@holytrinitygci.uk](mailto:csjp@holytrinitygci.uk)

**Parish Communications**  
Emily McCullagh  
[comms@holytrinitygci.uk](mailto:comms@holytrinitygci.uk)

## SUNDAY 7<sup>TH</sup> JULY 2024 – FOURTEENTH SUNDAY IN ORDINARY TIME

<b>Saturday 6<sup>th</sup> July</b>	<b>5.00 pm</b>	<b>Mass in Immingham</b> (Welfare of Eleanor, Tom & Thomas Magner – Lucy Mowforth)
	<b>6.00 pm</b>	<b>Mass in Grimsby (Polish)</b>
<b>Sunday 7<sup>th</sup> July</b>	<b>9.00 am</b>	<b>Mass in Cleethorpes</b> ( <i>Missa pro populo</i> )
	<b>11.00 am</b>	<b>Mass in Grimsby</b> (Hymns: 959, 607, 725, 938, 965) (Our Sick and Housebound Parishioners)
Monday 8 <sup>th</sup> July	2.00 pm	Open Prayer Hour in Cleethorpes
Tuesday 9 <sup>th</sup> July	10.00 am	Mass in Cleethorpes (Sr Kathleen Doyle CSJP RIP – Srs Ann Helen & Bridgetta)
	2.00 pm	Wedding Service for Jack Mills and Helen Eileen Cash in Grimsby
Wednesday 10 <sup>th</sup> July	3.45 pm	Joint Staff Liturgy in Cleethorpes for St Mary's and St Joseph's Catholic Academies
	6.00 pm	Mass in Cleethorpes ( <i>Missa pro populo</i> )
Thursday 11 <sup>th</sup> July	9.30 am	End-of Year Mass in Grimsby for St Mary's Catholic Academy
	2.00 pm	End-of-Year Mass in St Joseph's Catholic Academy
Friday 12 <sup>th</sup> July	6.30 pm	Mass in Cleethorpes (Ninetieth Birthday of Anthonia Iyasele – Pauline Adiotomre)
<b>Saturday 13<sup>th</sup> July</b>	10.00 am	Holy Hour in Cleethorpes
	<b>5.00 pm</b>	<b>Mass in Immingham</b> (Maureen Tuckey RIP – Lucy Mowforth & Family)
	<b>6.00 pm</b>	<b>Mass in Grimsby (Polish)</b>
<b>Sunday 14<sup>th</sup> July</b>	<b>9.00 am</b>	<b>Mass in Cleethorpes in Thanksgiving for the Fiftieth Anniversary</b>
<b>Fifteenth Sunday</b>		<b>of the Twinning of Cleethorpes and Königswinter</b>
<b>in Ordinary Time</b>	<b>11.00 am</b>	<b>Mass in Grimsby</b> (Welfare of Francis Shennan – MT)

### Eucharistic Adoration

Friday	5.45-6.25 pm	Grimsby
Saturday	10.00-11.00 am	Cleethorpes

### Sacraments of Anointing of the Sick and Reconciliation

Friday	5.45-6.15 pm	Grimsby
And also before and after Mass, by appointment, and at call		

### Our Parish Safeguarding Representatives

If you have safeguarding concerns or DBS enquiries, please speak to Richard Mellows (lead) or Sarah Pollard (deputy lead), email [richard.mellowspsr@dioceseofnottingham.uk](mailto:richard.mellowspsr@dioceseofnottingham.uk), or call or send a text to 07513 725509.

### Diocesan Schools in Our Parish

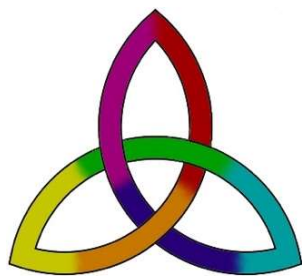
St Joseph's Catholic Primary Academy  
Philip Avenue, Cleethorpes (01472 690672)  
St Mary's Catholic Primary Academy  
Wellington Street, Grimsby (01472 357982)

To celebrate the sacred liturgy online – [youtube.com/c/HolyTrinityGCI](https://youtube.com/c/HolyTrinityGCI)

**We value all in the name of Jesus the Christ  
by exercising our baptismal mission as Prophet, Priest and King  
so that all may flourish**

**Prayer for the New Parliament and Government:** O God, who gave one origin to all peoples and willed to gather from them one family for yourself, fill all hearts, we pray, with the fire of your love and kindle in them a desire for the just advancement of their neighbour, that, through the good things which you richly bestow upon all, each human person may be brought to perfection, every division may be removed, and equity and justice may be established in our this country, and the world may be recognised as our common home. Through Christ our Lord. Amen. Ss Andrew, David, George and Patrick: pray for us.





PARISH OF THE MOST HOLY AND UNDIVIDED TRINITY  
THE CATHOLIC CHURCH IN GRIMSBY, CLEETHORPES AND IMMINGHAM

SAINT MARY'S PRESBYTERY  
HENEAGE ROAD  
GRIMSBY  
DN32 9DZ

T: 01472 342301

office@holyltrinitygci.uk  
W: holyltrinitygci.uk

21<sup>st</sup> June 2024

Dear sisters and brothers,

**Meeting for All Volunteers – 10<sup>th</sup> July 2024**

As you know from the *Sunday Message*, I am holding a meeting for volunteers which will begin with the celebration of Mass in Corpus Christi Church on Wednesday 10<sup>th</sup> July at 6.00 pm. It will continue after a comfort break, and I hope that it will conclude by 8.30 pm at the latest.

**Why are we having this meeting? Because we are all responsible for safeguarding**

All are welcome in our parish, a welcome and inclusive family, in which we value all in the name of Jesus the Christ by exercising our baptismal mission as Prophet, Priest and King so that all may flourish. Every single member of our parish is responsible for safeguarding and promoting the wellbeing of all members of our parish family, all who come into our churches to celebrate Mass, to receive the sacraments, and for liturgical, devotional and personal prayer, and those who come into any of our other properties for activities facilitated by me or by any other member of our parish family.

We are, each of us, our 'brother's keeper' (*Genesis 4:9*), responsible for looking after each other after the example of Christ and at his command: 'A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another.' (*John 13:34*)

As your parish priest, I seek to ensure that we are active participants in the life of our parish and not just passive recipients, and by having this meeting, I will help to empower and enable every member of our large and diverse parish family to live the Christian life, because everyone has a part to play and everyone must be allowed to play their part, and that includes embedding safeguarding in every aspect of our parish's life, through training and support.

**Who is this meeting for? All volunteers in our parish**

Any adult who exercises any role in the life of our parish is expected to attend this meeting; children are welcome to come with an accompanying adult. If you are in one of the following groups, you must come to this meeting if you wish to continue to exercise your role:

Admin Volunteer  
Altar servers  
Beekeepers  
Caretakers and cleaners (inc. brasses)  
Catechists  
Clergy, Religious  
Collectors and Counters  
EMHCs  
Flower arrangers

Gardeners  
Group leaders  
Musicians and singers  
Parish Finance Committee  
Parish Pastoral Council  
Readers  
Sacristans  
Stewards  
Tea, coffee and kitchen

If in doubt, please presume that you can and should come – we will be making a note of attendance. There will be a follow-up meeting for those who cannot attend, and those for whom it is not mandatory to come are welcome to come along if they wish. Even if you have undertaken safeguarding training elsewhere, or hold a DBS from another organisation, you must have a diocesan DBS for DBS-checked roles, and you must have undertaken level 1 training to volunteer **in any capacity** in our parish – without exception.

### **What will happen at the meeting? We will listen, reflect and learn**

- Holy Trinity Parish Hall will be open for registration from 5.30 pm, and attendees given a folder with their name on with the paperwork necessary for the meeting.
- Our Eucharistic Celebration will begin at 6.00 pm and it will be followed by a comfort break.
- Everyone will be asked to complete a volunteer registration form, a written agreement for volunteers, a parish registration form (census form) and a confidentiality agreement if they have not yet completed these.
- Level 1 safeguarding training will be delivered by Emily McCullagh, the national safeguarding training and operations adviser for the Catholic Safeguarding Standards Agency, which regulates safeguarding policies and practices throughout the Catholic Church in England and Wales. **This training is mandatory for any volunteer in any role in our parish, DBS-checked or not – without any exception whatsoever.**
- At this point, all who do not exercise a liturgical ministry and who do not wish to do the level 2 and level 3 training which is mandatory for those with DBS-checked roles can leave. **To meet my requirements, volunteers must stay until this point; those whose roles require a DBS by the Diocese must stay for the rest of the meeting.** Please note that level 2 and level 3 training may become mandatory for non-DBS-checked roles, and so you may wish to stay to do this training now.
- I will briefly go through the guidance for altar servers, EMHCs, readers and stewards, and answer any questions which ministers may have about the guidance.
- Emily will introduce level 2 & level 3 safeguarding training for those whose roles require it, and answer any questions. After Emily's presentation, you will need to complete online knowledge test, and details will be given at the meeting.

### **What if I do not go to this meeting? You will not be able to continue in your role**

I want everyone to complete their training and knowledge test by Sunday 8<sup>th</sup> September, so that the next parish rota for liturgical ministries can be compiled in good time before Friday 4<sup>th</sup> October, when the current rota finishes. Those who undertake liturgical ministries will only be included in the next rota if they have completed their training, and those whose roles are not on the rota will not be able to fulfil their role after that date unless and until they meet diocesan safeguarding requirements for their role(s). Simply, if volunteers are not willing to undertake basic safeguarding training, they are not suitable to exercise their role, and will cease to do so from Friday 4<sup>th</sup> October, no matter how long they have been fulfilling it, as we all have responsibilities to and for each other. There will be another meeting for those who are unable to come on Wednesday 10<sup>th</sup> July, but I do ask people to make this meeting a priority – I know that everyone is busy, but I also know the importance of priorities. I am prioritising this meeting, and I ask you to do the same.

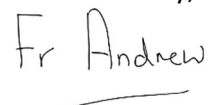
### **Our Safeguarding Team works for and with us all**

Finally, following consultation with the parish safeguarding team, I have restructured the team so that it can better help us all to keep our parish safe and welcoming, reflecting the all-embracing and all-inclusive love of God. Shelagh Winter is standing down as a parish safeguarding representative, and I am grateful to her, and to Richard Mellows and Sarah Pollard who will be continuing, with Richard as our safeguarding lead and Sarah as our deputy safeguarding lead. Please speak to Sarah or Richard about any aspect of diocesan safeguarding policy and practice, and with any queries you may have about DBS applications and renewals, volunteer registration forms, written agreement for volunteers, parish registration forms (census form) and a confidentiality agreements.

**Thank you for taking the time to read this letter, and I look forward to seeing all volunteers on 10<sup>th</sup> July. May the Lord Jesus, who safeguarded the wellbeing of others, lead us to do the same in everything we say and do!**

With my prayers and every good wish,

Yours sincerely,



Very Rev Canon Andrew Cole BA STL JCL VF  
Parish Priest

**Pope Francis' Prayer Intention for July, the Month of the Precious Blood – the Pastoral Care of the Sick:** May the Sacrament of the Anointing of the Sick confer on those who receive it and their loved ones the power of the Lord and become an ever more visible sign of compassion and hope.

**Cycle of Prayer:** During the summer of Ordinary Time, we pray for: a deeper understanding between Christians and Jews; those who suffer persecution, oppression and the denial of human rights; Europe; human life; and seafarers. We also pray for our young parishioners and those who men8777tor them, the sick and housebound, the recently deceased, and those whose anniversaries occur at this time.

**Welcoming Spaces:** Holy Trinity Parish Hall is open to anyone who would like some welcoming company this week:

Weds 12:30 pm – 3.00 pm with board games and natter  
Everyone is welcome to come in for free, with tea, coffee and biscuits available for all who would like them!

**Collections in April and May 2024:** Offertory Collection – £6842.00 (standing orders), £2986.00 (envelopes), £1645.88 (loose), £963.00 (Dona); total – £12436.88. Annual Mission Appeal – £800.00. Thank you for your support of the Church's mission!

**Diocesan Pilgrimage to Lourdes:** I will be taking part in this year's diocesan pilgrimage to Lourdes from Monday 15<sup>th</sup> July until Friday 19<sup>th</sup> July, along with Deacon Stephen and several parishioners. If anyone has any petitions or prayers which they would like me to take to Lourdes, please place them in the offertory collection boxes. Everyone has the chance to take part in the pilgrimage online by joining **Lourdes from Home**. Registrants have the option to receive a 'Pilgrim Pack' through the post, complete with a pilgrimage booklet, a candle will be lit for you in Lourdes, a zoom link will be provided for a live group call with Bishop Patrick, your intentions will be taken to the Grotto, and you'll receive daily updates via e-mail and other goodies. To register for Lourdes from Home, please visit <https://www.dioceseofnottingham.uk/events/lourdes> or email [communications@dioceseofnottingham.uk](mailto:communications@dioceseofnottingham.uk) Fr Andrew

**The Fiftieth Anniversary of the Twinning of Cleethorpes and Königswinter** will be celebrated with Mass in Thanksgiving in Corpus Christi Church next Sunday, 14<sup>th</sup> July, at 9.00 am, in the presence of the Worshipful the Mayor of the Borough of North East Lincolnshire, Cllr Stephen Beasant and a civic delegation from Königswinter.

**The Faithful Departed:** Please pray for: Patricia Blampey, whose Funeral Mass will be celebrated in St Mary on the Sea Church on Tuesday 30<sup>th</sup> July at 12.15 pm prior to Committal in Grimsby Crematorium; and those who mourn.

**New Lectionaries:** If you would like to contribute towards the purchase of new lectionaries for our parish, by sponsoring these books, in memory of a loved one or for a specific intention, please complete an envelope and return it, with an offering inside it, by placing it in the offertory collection boxes. Each book will then have a dedication plate placed in the inside front cover. Sunday Missals will also be available for sale in our parish in due course.

**Meeting for All Volunteers – 10<sup>th</sup> July 2024:** Please go to <https://sites.google.com/view/holytrinitygci ministryhub> for the job descriptions for your roles – please look at these

before the meeting, this coming Wednesday, 10<sup>th</sup> July, which will begin with the celebration of Mass at 6.00 pm in Corpus Christi Church and continue after a comfort break. My letter explaining why attendance at this meeting is necessary for all volunteers in any role in our parish is available in each church or by emailing [office@holytrinitygci.uk](mailto:office@holytrinitygci.uk)

If you are a volunteer in any role in our parish, from minister of Holy Communion to washer-upper after morning Mass, please email [parishpriest@holytrinitygci.uk](mailto:parishpriest@holytrinitygci.uk) by Wednesday evening if you will not be attending; you will have to attend a further such meeting of volunteers later in summer if you would like to continue in your role. I would be grateful if anyone wishing to step back from any role could contact me to let me know, although I will presume that those who are not present without having let me know wishes to step back.

We are all responsible for safeguarding one another, and this weekend Richard Mellows, at 5.00 pm Mass, and Emily McCullagh, at 9.00 am and 11.00 am Mass, will explain more about what this means. Fr Andrew

**Parish Pilgrimage to Walsingham – 22<sup>nd</sup> August 2024:** Fr Andrew will lead a parish pilgrimage to the National Shrine of the Blessed Virgin Mary in Walsingham on Thursday 22<sup>nd</sup> August. Places on the bus, which will leave Holy Trinity Parish Hall at 7.30 am, cost £20 for adults and £10 for children. We will arrive in Walsingham in time to celebrate Mass at noon in the Basilica, attend afternoon devotions and Benediction of the Blessed Sacrament, and renew the consecration of our parish to Our Lady of Walsingham in the Slipper Chapel; please contact Moira Waters (01472 475026).

**Sacrament of the Anointing of the Sick – 21<sup>st</sup> July 2024:** All who are ill – whatever the illness, whether it is chronic or acute, mental or physical – or who are suffering from anxieties or who are preparing for serious surgery can and should be anointed. There is an opportunity to gather from across our parish for the celebration of the Sacrament of the Anointing of the Sick with Benediction of the Blessed Sacrament in Corpus Christi Church on Sunday 21<sup>st</sup> July at 3.00 pm; all are welcome to the liturgy, which will be followed by refreshments in Holy Trinity Parish Hall, to which everyone is also welcome and to which admission is free of charge. If you need transport, please contact Marie-Therese Shennan (07736 921676). Please come along to avail yourselves of the opportunity to receive the Sacrament of the Anointing of the Sick which is, as Pope Francis describes it, 'a visible sign of compassion and hope'.

**Sacraments of Initiation:** Application forms for First Holy Communion and Confirmation in June 2025, and for Journey in Faith leading to Baptism or Reception at Easter 2025, are available in each of our churches.

The Baptism of infants (children under seven) is administered by Fr Andrew or Deacon Stephen. If your children have not yet been baptised, please complete one of the forms, available in each of our churches, and hand it to Fr Andrew at Sunday Mass. You will then be invited to a preparation evening, after which your child's Baptism will be arranged – the Baptism of your child is the most important day of their life, and the preparation evening will help you to understand why!

**Sea Sunday – 14<sup>th</sup> July 2024:** Please take an envelope as you leave Mass today for the retiring collection to support the work of Stella Maris next weekend.



### ENTRANCE ANTIPHON

Your merciful love, O God,  
we have received in the midst of your temple.  
Your praise, O God, like your name,  
reaches the ends of the earth;  
your right hand is filled with saving justice.

### GLORIA

Glory to God in the highest,  
and on earth peace to people of good will.

We praise you,  
we bless you,  
we adore you,  
we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world,  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father,  
have mercy on us.

For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father.  
Amen.

### COLLECT

O God, who in the abasement of your Son  
have raised up a fallen world,  
fill your faithful with holy joy,  
for on those you have rescued from slavery to  
sin  
you bestow eternal gladness.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the  
Holy Spirit,  
one God, for ever and ever.  
Amen.

### FIRST READING

Ezekiel 2:2-5

A reading from the prophet Ezekiel.

The spirit came into me and made me stand up,  
and I heard the Lord speaking to me. He said,  
"Son of man, I am sending you to the Israelites,  
to the rebels who have turned against me. Till  
now they and their ancestors have been in  
revolt against me. The sons are defiant and  
obstinate; I am sending you to them, to say,  
'The Lord says this.' Whether they listen or not,  
this set of rebels shall know there is a prophet  
among them."

The word of the Lord.  
Thanks be to God.

### PSALM

Psalm 122 (123)

Response:

Our eyes are on the Lord till he show us his  
mercy.

1. To you have I lifted up my eyes,  
you who dwell in the heavens;  
my eyes, like the eyes of slaves  
on the hand of their lords. (R.)
2. Like the eyes of a servant  
on the hand of his mistress,  
so our eyes are on the Lord our God  
till he show us his mercy. (R.)

3. Have mercy on us, Lord, have mercy.  
We are filled with contempt.  
Indeed all too full is our soul  
with the scorn of the rich,  
with the proud man's disdain. (R.)

### SECOND READING

2 Corinthians 12:7-10

A reading from the second letter of St Paul to  
the Corinthians.

In view of the extraordinary nature of these  
revelations, to stop me from getting too proud I  
was given a thorn in the flesh, an angel of Satan  
to beat me and stop me from getting too proud!  
About this thing, I have pleaded with the Lord  
three times for it to leave me, but he has said,  
"My grace is enough for you: my power is at its  
best in weakness." So I shall be very happy to  
make my weaknesses my special boast so that  
the power of Christ may stay over me, and that  
is why I am quite content with my weaknesses,  
and with insults, hardships, persecutions, and  
the agonies I go through for Christ's sake. For it  
is when I am weak that I am strong.

The word of the Lord.  
Thanks be to God.

### GOSPEL ACCLAMATION

Alleluia, alleluia! The Word was made flesh  
and lived among us:  
to all who did accept him he gave power to  
become children of God. Alleluia!

### GOSPEL

Mark 6:1-6

A reading from the holy Gospel according to  
Mark.

Jesus went to his home town and his disciples  
accompanied him. With the coming of the  
sabbath he began teaching in the synagogue  
and most of them were astonished when they  
heard him. They said, "Where did the man get all  
this? What is this wisdom that has been granted  
him, and these miracles that are worked  
through him? This is the carpenter, surely, the  
son of Mary, the brother of James and Joset  
and Jude and Simon? His sisters, too, are they  
not here with us?" And they would not accept  
him. And Jesus said to them, "A prophet is only  
despised in his own country among his own  
relations and in his own house"; and he could  
work no miracle there, though he cured a few  
sick people by laying his hands on them. He was  
amazed at their lack of faith.

The Gospel of the Lord.  
Praise to you, Lord Jesus Christ.

### PROFESSION OF FAITH

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with  
the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,

(all bow during the next three lines)

and by the Holy Spirit was incarnate of the  
Virgin Mary,  
and became man.

For our sake he was crucified under  
Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.  
I believe in the Holy Spirit, the Lord,  
the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored  
and glorified,  
who has spoken through the prophets.  
I believe in one, holy, catholic and  
apostolic Church.  
I confess one Baptism for the forgiveness  
of sins  
and I look forward to the resurrection of the  
dead  
and the life of the world to come. Amen.

### PRAYER OVER THE OFFERINGS

May this oblation dedicated to your name  
purify us, O Lord,  
and day by day bring our conduct  
closer to the life of heaven.  
Through Christ our Lord.  
Amen.

### COMMUNION ANTIPHON

Taste and see that the Lord is good;  
blessed the man who seeks refuge in him.

### PRAYER AFTER COMMUNION

Grant, we pray, O Lord,  
that, having been replenished by such great  
gifts,  
we may gain the prize of salvation  
and never cease to praise you.  
Through Christ our Lord.  
Amen.

In this hour of farewell, or, better, of leave-  
taking, I repeat once more that what matters  
most in this life is: our blessed Jesus Christ,  
his holy Church, his Gospel, and in the Gospel  
above all else the Our Father according to the  
mind and heart of Jesus, and the truth and  
goodness of his Gospel, goodness which must  
be meek and kind, hardworking and patient,  
unconquerable and victorious.

(St John XXIII: Spiritual Testament)

# I WOULD LIKE TO CONTRIBUTE TOWARDS SPONSORING A NEW LECTIONARY



Each lectionary costs £175, and you can contribute any amount,  
and your Intention will be written in the lectionary

**Your Name**

---

**Contact Number**

---

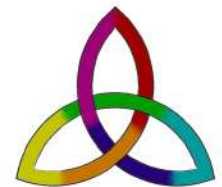
**Your Intention**

---

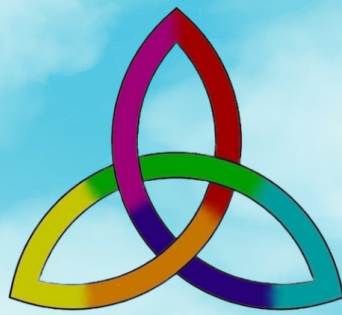
**Amount Enclosed**

---

Please place this envelope in the offertory collection boxes.  
Thank you for your support of the Church's mission.







# PARISH PILGRIMAGE TO WALSINGHAM



**THURSDAY 22ND AUGUST 2024**

**COACH DEPARTURE  
FROM HOLY TRINITY PARISH HALL 7:30AM  
DEPARTING WALSINGHAM 4:00/4:30PM**

**£20 PER ADULT- £10 FOR CHILDREN  
(PRICES ARE SUBSIDISED BY THE PARISH)**

**IF YOU ARE A FAMILY PLEASE SPEAK TO FATHER ANDREW**