

# Sunday Message

EIGHTEENTH SUNDAY IN ORDINARY TIME

## THE WORD

Year B • 4 August 2024 • Psalter Week 2



### RECEIVING A MAKEOVER

EPHESIANS 4:17.20-24

**A mainstay of reality tv is the makeover show, where participants or contestants are given a new look, a new image.**

Hair might be styled or coloured differently, enhancing the participant's look, bringing out or highlighting their best features. Many are given a new wardrobe and tips on what to wear. In some cases, seeing the before and after pics is almost like looking at a different person. The transformative effect of good makeup and hairstyle and a new wardrobe can be extraordinary.

In today's second reading, St Paul urges the Christian community at Ephesus to get a makeover. He isn't offering fashion advice or suggesting major shopping trips to Rome or Athens. Rather he is talking about a transformation of mind and spirit. He tells the Ephesus community that, as Christians, they must live a new kind of life. They are to throw away the old self and put on the new self. They are to become whole new people in Christ. He is proposing not a surface makeover but a total transformation. Each person must be reformed, transformed, made new, so as to become Godly.

Paul knew what he was talking about. His own experience on the road to Damascus changed his life completely. He threw away the old self and put on the new self. He even got a new name. Through his encounter with the risen Lord, Paul's life had been upended utterly. Our encounter with the risen Lord, the Bread of Life, must transform our lives, too, making us new people. ■

## LEARN

St Paul urges his readers not to live the aimless life of the pagans but rather to live in Christ. Putting on the new self means putting on God. It means knowing that Jesus is our Bread of Life, our food for life, who gives us everything that we need.

## DO

Think about what you are doing when you receive the bread of life in Holy Communion. Answer "Amen" enthusiastically.



## SAY

**"Lord, never let me settle for anything less than to hunger for you who are the bread of life. Amen."**

## PRAY

Pray for yourself and for Christians everywhere for a deeper faith in Jesus, our food for life.

## REFLECT

**M**any mornings in 1918 found Dorothy Day, a 21-year-old, radical New York reporter, stumbling home to bed, bleary-eyed and inebriated, after another night on the town. A firebrand, Dorothy had no interest in religion. Her interest was in revolution but in the half-light before dawn, as she stumbled home, she always encountered groups of people hurrying to early Mass at St Joseph's Church.

Curiosity got the better of her, and sometimes she would follow them inside and watch as they began their day in prayer. While it impressed her tremendously, she wasn't ready to change her ways. In the following years, she had an affair with a reporter, got pregnant, had an abortion, then moved on to another lover, all the time working as a reporter.

In 1926, when she got pregnant again, Dorothy's new lover insisted she abort this child too, but she refused. Those early morning encounters in church had left their mark, and she had begun to read about the Church and Christianity. Among the books she read was the autobiography of St

Therese of Lisieux, and so when her daughter was born, she named her Tamar Theresa. When she took her child to a Catholic church to be baptised, her lover dumped her. Soon afterwards, Dorothy herself became a Catholic.

Dorothy, the one-time political radical, now wanted to find a radical way to be a Christian and to do good. The answer came when she met a man called Peter Maurin, who shared her desire to build a new society rooted in the Gospels.

What began as a chat around a kitchen table in 1932 grew into a worldwide movement known as the Catholic Worker. Dorothy and Peter began by founding a newspaper. With her journalistic experience, she knew that a newspaper, sold at a penny a copy, would offer solidarity with the workers struggling with unemployment and harsh working conditions during the Great Depression. It would also be a way of promoting Catholic social teaching. Within two years, the paper had a circulation of 150,000.

The second part of the Catholic Worker programme grew from a belief that Houses of Hospitality should be established, where

anyone was welcome to share a meal - because the Gospel is all about hospitality. Word got around and, by 1936, hundreds were lining up at Dorothy's door every day where there was a pot of soup always on the go and volunteers ready to help. So great was the demand that soon they had to rent entire buildings to accommodate the numbers.

Dorothy was also active in the anti-war and civil rights movements. "Our manifesto," she wrote, "is the Sermon on the Mount."

Throughout the 50 years she spent ministering to the poor until her death in 1980, Dorothy Day had the deepest conviction that Christ was at the centre of it all and that only in him can genuine fulfilment be found. Through her personal encounter with Jesus all those years before, her life had changed completely. She had thrown away the old self and put on the new self. She had become a new person.

That's the challenge today's liturgy - and every liturgy - offers us, too. In the words of St Paul, we need a makeover. We must give up our old self and put on the new self that has been created in God. ■

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

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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** Holy Trinity Presbytery, Heneage Road, Grimsby DN32 9DZ

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

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

**Parish Communications**  
Emily McCullagh  
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## SUNDAY 4<sup>TH</sup> AUGUST 2024 – EIGHTEENTH SUNDAY IN ORDINARY TIME

<b>Saturday 3<sup>rd</sup> August</b>	<b>5.00 pm</b>	<b>Mass in Immingham</b> ( <i>Missa pro populo</i> )
	<b>6.00 pm</b>	<b>Mass in Grimsby (Polish)</b>
<b>Sunday 4<sup>th</sup> August</b>	<b>9.00 am</b>	<b>Mass in Cleethorpes</b> (In Thanksgiving)
	<b>11.00 am</b>	<b>Mass in Grimsby</b> (Patricia Blampey RIP – Jean Daintith)
<b>Tuesday 6<sup>th</sup> August</b>	<b>10.00 am</b>	<b>Mass in Cleethorpes</b> (Albert Jenner RIP – Moira Waters)
<b>Transfiguration of the Lord</b>		
<b>Wednesday 7<sup>th</sup> August</b>	<b>6.30 pm</b>	<b>Mass in Grimsby</b> (Private Intention – Nanette Brown)
<b>Thursday 8<sup>th</sup> August</b>	<b>10.00 am</b>	<b>Mass in Grimsby</b> (Mia O'Donnell RIP – John Lally)
<b>Friday 9<sup>th</sup> August</b>	<b>6.30 pm</b>	<b>Mass in Cleethorpes</b> (Alan Morris RIP – Christine Allen)
<b>Saturday 10<sup>th</sup> August</b>	<b>10.00 am</b>	<b>Holy Hour in Cleethorpes</b>
	<b>5.00 pm</b>	<b>Mass in Immingham</b> (Kieran McCarney RIP – Pauline & David McCarney)
	<b>6.00 pm</b>	<b>Mass in Grimsby (Polish)</b>
<b>Sunday 11<sup>th</sup> August</b>	<b>9.00 am</b>	<b>Mass in Cleethorpes</b> ( <i>Missa pro populo</i> )
<b>Nineteenth Sunday</b>	<b>11.00 am</b>	<b>Mass in Grimsby</b> (Special Intention)
<b>in Ordinary Time</b>		

### Eucharistic Adoration

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

### Sacraments of Anointing of the Sick and Reconciliation

Wednesday	5.15-6.15 pm	Grimsby
Friday	5.45-6.15 pm	Cleethorpes
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**



# PARISH BBQ

FAMILY-FRIENDLY EVENT ALL ARE WELCOME!

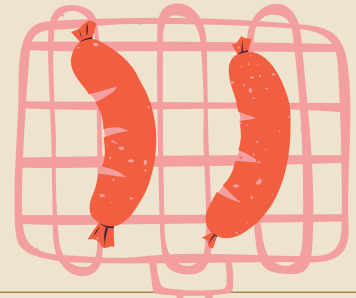
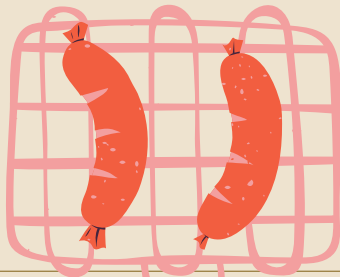
**12:30 PM - SUNDAY 25 AUGUST**

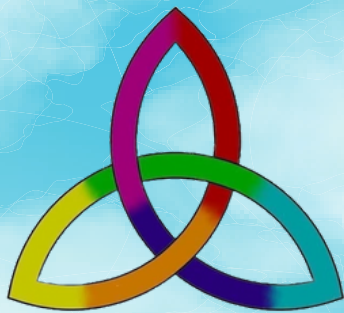
**HOLY TRINITY PARISH HALL**

**PURCHASE YOUR TICKETS FROM A STEWARD**

**ADULT: £5.00**

**CHILD: £2.50**





# **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**

**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 & the denial of human rights; Europe; human life; and seafarers. We also pray for our young parishioners and those who mentor them, the sick and housebound, the recently deceased, and those whose anniversaries occur at this time.

**Adult Volunteer Forms:** By Sunday 8<sup>th</sup> September every adult volunteer should have completed: 1) Volunteer Registration Form; 2) Written Agreement for Volunteers; 3) Code of Conduct for Volunteers, 4) Confidentiality Agreement. If you need a new copy following the meeting on Wednesday 10<sup>th</sup> July, please see a steward for a new pack of these forms, or you can contact the parish office to pick some more up. Everyone else will sign these at the 'mop up' meeting on Monday 19<sup>th</sup> August.

**Parental Consent for Children Forms:** Someone with parental responsibility for children who volunteer as readers, servers and stewards, etc., should have completed the parental consent form for them. If they are over the age of 12, the child themselves should sign the child/young person's code of conduct themselves rather than their parent or guardian.

**EMHC Forms:** Anyone who has ever been commissioned as an EMHC in our parish, or any of its predecessor parishes, or any other parish in the Diocese of Nottingham should complete an EMHC declaration form, which is available from stewards. This should be returned no later than Sunday 8<sup>th</sup> September. This will enable us to create an accurate parish register of all of our EMHCs, as well as meaning that we can pass this detail to the diocesan commission for EMHCs so that they can update their records to record only those still in active ministry.

EMHCs who visit those within a domestic setting, should have completed and returned a risk assessment which were sent out in labelled envelopes in previous weeks. If you have any outstanding, please return these ASAP.

Everyone who visits anyone at all should have completed the Holy Communion visiting information form. Please contact the parish office if you require more – you should complete one for each person you visit. If they are in a care setting on a permanent basis; their next of kin and emergency contact can, and should, be recorded as the care provider.

**Lanyards:** If you are a steward, you should wear your blue steward lanyard while stewarding. You only need to wear any other lanyard when you are exercising any other voluntary role. If you are only a steward, you only need a blue lanyard. If you have any further questions regarding this, please speak to our parish safeguarding representatives. If anyone has a DBS, you should have received a green lanyard at the meeting on 10<sup>th</sup> July. If you do not have one, please contact the parish office to collect or have it delivered to one of the churches for next weekend. Failing this, they will be available during the mop up meeting for volunteers on Monday 19<sup>th</sup> August.

**Meeting of Volunteers – 19<sup>th</sup> August 2024:** I am grateful to all those who came to the meeting of volunteers on Wednesday 10<sup>th</sup> July, and for parishioners' willingness to continue to create a culture of safeguarding in our parish family in which all are welcome. If you were unable to attend that meeting, you must attend a meeting in Corpus Christi Church on Monday 19<sup>th</sup> August at 7.00 pm – or if unable to attend again, have sent your apologies to me with a view to arranging a one-to-one meeting- if you wish to continue in role from 8<sup>th</sup> September.

To read job descriptions for your roles, please visit [sites.google.com/view/holytrinitygci/ministryhub](https://sites.google.com/view/holytrinitygci/ministryhub) please read them before the meeting. If you do not have a copy of my letter explaining why attendance at this meeting is necessary for all volunteers. please email [office@holytrinitygci.uk](mailto:office@holytrinitygci.uk)

I would be grateful if anyone not wishing to continue in their role could contact me to let me know, those who are not present at this meeting without having let me know will be presumed to be stepping back.

We aim to process DBS applications expeditiously. If you have any enquiries about the DBS process or your application, please speak to Richard Mellows (lead) or Sarah Pollard (deputy lead), call or send a text to 07513 725509, or email [richard.mellowspsr@dioceseofnottingham.uk](mailto:richard.mellowspsr@dioceseofnottingham.uk) Fr Andrew

**New Lectionaries:** If you would like to contribute towards the purchase of new lectionaries for our parish, by sponsoring these, in memory of a loved one or for a specific intention, please complete an envelope and return it, with an offering inside it, and your intention will be written on a dedication plate placed in the inside front cover. **There are four lectionaries in a set, with one set being ordered for each Church, we will need three sets at a cost of £175 per individual lectionary, or £700 for a set**

**Parish Barbecue – 25<sup>th</sup> August 2024:** This year, our barbecue will in Holy Trinity Parish Hall and its grounds on Sunday 25<sup>th</sup> August, beginning at 12.30 pm and sitting down at 1.00 pm. Tickets, which cost £5.00 per adult and £2.50 per child, will be on sale in each church, **until Sunday 18<sup>th</sup> August**. Please speak to a steward to book your place early to avoid missing out on what is one of my highlights of the year and I always look forward to it! **If the cost prevents you from going, and you would like to go, please speak to me after Mass as financial support is available.** Fr Andrew

**The Parish Pastoral Council** is charged with assisting and advising, in accordance with the norms, the parish priest in all matters concerning the implementation of the parish Vision, and the life and mission of the parish in accordance with it. We are new members, and if you would be interest in joining the council, please speak to Fr Andrew.

**Parish Pilgrimage to Walsingham – 22<sup>nd</sup> August 2024:** Fr Andrew will lead a parish pilgrimage to 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; please contact Moira Waters (01472 475026) to book your place on the bus. **If the cost prevents you from going, and you would like to, please speak to Fr Andrew, as financial support is available.**



**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.

**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**

Draw near to your servants, O Lord,  
and answer their prayers with unceasing  
kindness,  
that, for those who glory in you as their Creator  
and guide,  
you may restore what you have created  
and keep safe what you have restored.  
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** Exodus 16:2-4, 12-15

A reading from the first book of Exodus.

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, "Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our heart's content! As it is, you have brought us to this wilderness to starve this whole company to death!"

Then the Lord said to Moses, "Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them in this way to see whether they will follow my law or not. 'I have heard the complaints of the sons of Israel. Say this to them, 'Between the two evenings you shall eat meat, and in the morning you shall have bread to your heart's content. Then you will learn that I, the Lord, am your God.'"

And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, "What is that?" not knowing what it was. "That" said Moses to them "is the bread the Lord gives you to eat."

The word of the Lord.  
Thanks be to God.

**PSALM**

Psalms 77 (78):3-4, 23-25, 54

Response:

The Lord gave them bread from heaven.

1. The things we have heard and understood, the things our fathers have told us, we will tell to the next generation: the glories of the Lord and his might. (R.)
2. He commanded the clouds above and opened the gates of heaven. He rained down manna for their food, and gave them bread from heaven. (R.)
3. Mere men ate the bread of angels. He sent them abundance of food. He brought them to his holy land, to the mountain which his right hand had won. (R.)

**SECOND READING** Ephesians 4:17, 20-24

A reading from the letter of St Paul to the Ephesians.

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

The word of the Lord.

Thanks be to God.

**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

A reading from the holy Gospel according to John.

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, "Rabbi, when did you come here?"

Jesus answered:  
"I tell you most solemnly, you are not looking for me because you have seen the signs but because you had all the bread you wanted to eat.  
Do not work for food that cannot last, but work for food that endures to eternal life, the kind of food the Son of Man is offering you, for on him the Father, God himself, has set his seal."

Then they said to him, "What must we do if we are to do the works that God wants?" Jesus gave them this answer, "This is working for God: you must believe in the one he has sent." So they said, "What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: He gave them bread from heaven to eat." Jesus answered:

"I tell you most solemnly, it was not Moses who gave you bread from heaven,  
it is my Father who gives you the bread from heaven,  
the true bread;

for the bread of God is that which comes down from heaven and gives life to the world."  
"Sir," they said "give us that bread always." Jesus answered:  
"I am the bread of life.  
He who comes to me will never be hungry; he who believes in me will never thirst."

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**

Graciously sanctify these gifts, O Lord, we pray,  
and, accepting the oblation of this spiritual sacrifice,  
make of us an eternal offering to you.  
Through Christ our Lord.

Amen.

**COMMUNION ANTIPHON**

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

**PRAYER AFTER COMMUNION**

Accompany with constant protection, O Lord, those you renew with these heavenly gifts  
and, in your never-failing care for them,  
make them worthy of eternal redemption.  
Through Christ our Lord.

Amen.



# SAFEGUARDING TRAINING

**SCAN THE QR CODE**



**Or go to**

**<https://training.catholicsafeguarding.org.uk>**

**If have any problems please discuss  
these with either of our  
Parish Safeguarding Representatives**



# LANYARDS

**HOLY TRINITY GCI**



**Volunteer**

**Non-DBS Volunteer**

**HOLY TRINITY GCI**



**Volunteer**

**Risk Assessed Volunteer**  
*(pending DBS/ DBS renewal)*

**HOLY TRINITY GCI**



**Volunteer**

**DBS Volunteer**

**HOLY TRINITY GCI**



**HOLY TRINITY GCI**

**Employee**

**HOLY TRINITY GCI**



**HOLY TRINITY GCI**

**Steward**  
*(Worn Only During Liturgies)*