

**ENTRANCE ANTIPHON**

As for me, in justice I shall behold your face;  
I shall be filled with the vision of your glory.

**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 show the light of your truth  
to those who go astray,  
so that they may return to the right path,  
give all who for the faith they profess  
are accounted Christians  
the grace to reject whatever is contrary to the  
name of Christ  
and to strive after all that does it honour.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of  
the Holy Spirit,  
God, for ever and ever.  
Amen.

**FIRST READING**

Amos 7:12-15

A reading from the prophet Amos.  
Amaziah, the priest of Bethel, said to  
Amos, "Go away, seer; get back to the  
land of Judah; earn your bread there, do  
your prophesying there. We want no more  
prophesying in Bethel; this is the royal  
sanctuary, the national temple." "I was no  
prophet, neither did I belong to any of the  
brotherhoods of prophets," Amos replied to  
Amaziah. "I was a shepherd, and looked after  
sycamores: but it was the Lord who took me  
from herding the flock, and the Lord who  
said, 'Go, prophesy to my people Israel.'"   
The word of the Lord.  
Thanks be to God.

**PSALM**

Psalm 84

Response:

Let us see, O Lord, your mercy  
and give us your saving help.

1. I will hear what the Lord God has to say,  
a voice that speaks of peace,  
peace for his people.  
His help is near for those who fear him  
and his glory will dwell in our land. (R.)
2. Mercy and faithfulness have met;  
justice and peace have embraced.  
Faithfulness shall spring from the earth  
and justice look down from heaven. (R.)

3. The Lord will make us prosper  
and our earth shall yield its fruit.  
Justice shall march before him  
and peace shall follow his steps. (R.)

**SECOND READING** Ephesians 1:3-14

(For shorter form read between &gt; &lt;)

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

>Blessed be God the Father of our Lord Jesus  
Christ,  
who has blessed us with all the spiritual  
blessings of heaven in Christ.  
Before the world was made, he chose us,  
chose us in Christ,  
to be holy and spotless, and to live through  
love in his presence,  
determining that we should become his  
adopted sons, through Jesus Christ,  
for his own kind purposes,  
to make us praise the glory of his grace,  
his free gift to us in the Beloved  
in whom, through his blood, we gain our  
freedom, the forgiveness of our sins.  
Such is the richness of the grace  
which he has showered on us  
in all wisdom and insight.  
He has let us know the mystery of his  
purpose,  
the hidden plan he so kindly made in Christ  
from the beginning  
to act upon when the times had run their  
course to the end:  
that he would bring everything together  
under Christ, as head,  
everything in the heavens and everything on  
earth.<

And it is in him that we were claimed as  
God's own,  
chosen from the beginning,  
under the predetermined plan of the one who  
guides all things  
as he decides by his own will;  
chosen to be,  
for his greater glory,  
the people who would put their hopes in  
Christ before he came.  
Now you too, in him,  
have heard the message of the truth and the  
good news of your salvation,  
and have believed it:  
and you too have been stamped with the seal  
of the Holy Spirit of the Promise,  
the pledge of our inheritance  
which brings freedom for those whom God  
has taken for his own,  
to make his glory praised.  
>The word of the Lord.<  
Thanks be to God.

**GOSPEL ACCLAMATION**

Alleluia, alleluia!  
Your words are spirit, Lord,  
and they are life:  
you have the message of eternal life.  
Alleluia!

**GOSPEL**

Mark 6:7-13

A reading from the holy Gospel according to  
Mark.

Jesus summoned the Twelve and began to  
send them out in pairs giving them authority  
over the unclean spirits. And he instructed  
them to take nothing for the journey except  
a staff – no bread, no haversack, no coppers  
for their purses. They were to wear sandals  
but, he added, "Do not take a spare tunic."

And he said to them, "If you enter a house  
anywhere, stay there until you leave the  
district. And if any place does not welcome  
you and people refuse to listen to you, as  
you walk away shake off the dust from under  
your feet as a sign to them." So they set off  
to preach repentance; and they cast out many  
devils, and anointed many sick people with  
oil and cured them.

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**

Look upon the offerings of the Church, O Lord,  
as she makes her prayer to you,  
and grant that, when consumed by those who  
believe,  
they may bring ever greater holiness.  
Through Christ our Lord.  
Amen.

**COMMUNION ANTIPHON**

The sparrow finds a home,  
and the swallow a nest for her young:  
by your altars, O Lord of hosts, my King and  
my God.

Blessed are they who dwell in your house,  
for ever singing your praise.

**PRAYER AFTER COMMUNION**

Having consumed these gifts, we pray,  
O Lord,  
that, by our participation in this mystery,  
its saving effects upon us may grow.  
Through Christ our Lord.  
Amen.

**THE WORD****TRAVELLING LIGHT** MARK 6:7-13

In today's Gospel, Jesus begins to share his mission with his twelve  
closest followers. Jesus has already chosen them to work with him.

Now he puts them to work, sending them out "two by two" armed with his authority to  
confront the power of evil. He instructs them to travel light. This means no bread, because  
food will be provided by others' hospitality. It means no (sleeping) bag, as lodging will be  
provided. It means no money, for they will be looked after. They can bring a staff, sandals  
and a single tunic because they will be continually on the move.

This text reminds us that the earliest Christian missionaries travelled light and set  
themselves apart from the wandering preachers of other religions, who brought lots of  
baggage with them. Mark is saying something important as he records these very specific  
instructions of Jesus. Jesus is on an urgent missionary journey. The staff and the sandals  
are the symbols of that journey and so these are appropriate for those who share in his  
mission. Any other baggage, especially that which might weigh them down and slow their  
progress, is not permitted.

Jesus also instructs them about where they are to stay. The issue here is the integrity of  
the Gospel. If they arrive in a place and then move from house to house seeking better  
lodging, nicer food or more friendly company, this would be a counter-witness to the  
Gospel. If they encounter lack of hospitality they are to move on from the village. This is  
exactly what Jesus did when he was rejected by the people of his own village of Nazareth.  
Jesus even tells them to shake the dust of such places from their feet. Jews returning to  
the Holy Land would perform this ritual as they left pagan territory so as not to import  
"uncleanness" with them. It symbolised the godlessness of the pagan land and the  
holiness of Israel. The Twelve, in performing the same gesture, relegate to the godless  
world those inhospitable places that have rejected the Gospel. In this way the Twelve  
proclaim the Gospel as Jesus does, with integrity of word and deed.

After receiving their instructions, they set out and their mission is successful. Mark adds  
some important details. The preaching of the Twelve is so that all should repent, which  
is the key missionary goal of Jesus. The Twelve also heal sick people, something Jesus  
has done many times before. Mark adds that they anoint sick people with oil. This was a  
widespread practice in the Greek world by the time Mark's Gospel was written and now  
becomes part of the practice of the Christian Church.

Ironically, the mission of the Twelve is more successful than Jesus' own mission in  
Nazareth. Yet the Twelve are missionary only to the extent that they are with Jesus,  
recognise that his authority has been given to them, and travel light. At all times they  
remain his followers. ■

**SAY**

"Lord, help me to be an  
effective witness to you  
today and always. Amen."

**PRAY**

Thank God for missionaries, those who have  
left home and travelled light, in order to  
preach the Good News. Pray for those who  
give of themselves generously for the sake  
of the Gospel.

**REFLECT**

We know the value of travelling  
light. Budget-cost airlines  
like Ryanair encourage  
passengers to travel light. There is a  
penalty for excess luggage. Having one  
carry-on bag is not only less expensive,  
it also speeds up your journey. You  
don't have to wait at a slow-moving  
conveyor belt to claim your baggage.  
Airport security is easier to deal with.  
Travelling light, if we can, is the wise  
thing to do.

Today's Gospel points to something  
fundamental about the Church: it is  
most successful when it travels light  
and discards any baggage which gets  
in the way of its mission.

Since the time of Jesus there have  
been periods when the Church has  
travelled light and has been truly  
prophetic in proclaiming the Gospel.  
Think of missionaries who brought the  
bare necessities with them when going  
on long journeys to remote places.  
Think of all those Christians, lay and  
religious, who have chosen to live  
simple, frugal lives in order to witness  
to the Gospel.

There have been other times when,  
weighed down with wealth, power  
and a preoccupation with status, the  
Church has not travelled light and  
has failed the Gospel. Pope Francis  
has constantly called on Catholics to  
live simple lives in order to be a poor  
Church for those who are poor.

We can only hope that the crisis our  
Church has been going through in  
recent years will lead it to discard  
anything that gets in the way of Jesus'  
mission, so that the Gospel may be  
proclaimed anew with prophetic  
courage and integrity. ■

**LEARN**

As followers of Jesus, we all have a mission  
to preach the Gospel.

We can preach the Gospel wherever we live  
and work.

A preoccupation with wealth, status or  
power gets in the way of the Gospel.

**DO**

Think about your attitude to material things.  
How light do you travel?

# PARISH OF OUR LADY IMMACULATE

Seamoor Road, Westbourne BH4 9AE

Roman Catholic Diocese of Portsmouth. Registered charity 246871

## NEWSLETTER 11<sup>th</sup> July, 2021 Fifteenth Sunday of the Year (B)

Website:	<a href="http://www.catholicwestbourne.org">www.catholicwestbourne.org</a>
Parish Office:	Tel: 01202 760640 (all enquiries)
	email: <a href="mailto:oliadmin@portsmouthdiocese.org.uk">oliadmin@portsmouthdiocese.org.uk</a>
Parish Priest:	Fr Andrew Moore: <a href="mailto:andrewmoore@portsmouthdiocese.org.uk">andrewmoore@portsmouthdiocese.org.uk</a>
Safeguarding Officer:	Matthew French: <a href="mailto:mail@matthewfrench.net">mail@matthewfrench.net</a>

Throughout the pandemic, at Our Lady Immaculate, we have taken a cautious approach with due regard to the limiting circumstances of our building and particularly with a view to the profile of our parish community. The restrictions that have been in place have hopefully meant that those who are able to attend (albeit in limited numbers) can do so with a feeling of safety. A month ago, the infection rate in Westbourne was less than 3 per 100,000. As of 2<sup>nd</sup> July, that figure had risen to 357 per 100,000 and looks set to rise further. The rate of hospitalisations has, thankfully, not risen significantly and those who are doubly vaccinated are at a 90% reduced risk of serious illness. However, doubly vaccinated people can still contract and pass on the virus and can still be unpleasantly, if not seriously, ill.

The Government looks set to remove all legal Covid restrictions, particularly in respect of social distancing and the wearing of masks, from the 19<sup>th</sup> July and are encouraging personal responsibility in respect of Covid precautions. Not everyone is convinced that the timing or scope of this relaxation fits all circumstances. After careful consideration and consultation, and taking into account the vulnerabilities of many of our congregation, the poor ventilation within the church (especially in the summer period) and the continuing rise in local infection rates, it has been decided that we will continue with the restrictions currently in place for the time being, namely:

- attendance at Sunday mass by advanced booking only (no reservation needed for weekday mass)
- social distancing within the church
- the wearing of masks

This will be kept under review depending on how the situation, locally and nationally, develops and, hopefully, a gradual and safe relaxation may be possible in the not too distant future.

Please keep in your prayers the twenty-one children of our parish who are making their First Holy Communion this Sunday and next Saturday.

There is a second collection this weekend for the Apostleship of the Sea. Donations can be made using the Donate button on the parish website and with the reference 'Sea Sunday', or on the diocesan website; [www.portsmouthdiocese.org.uk](http://www.portsmouthdiocese.org.uk)

The Governors of St Peter's School are advertising for a new Governor. Further details can be found at <http://st-peters.bournemouth.sch.uk>

**Prayer Corner:** Please remember all the sick and housebound of our parish especially: Patricia Kowalewska, Win Sheridan, Patricia Plumb, Kathleen Wood, Peter Henry, Phillip Rockford, Germain McAulay, Geoffrey Dixon, Joe Bonnici, and Marjorie Lee.

## Mass times and church opening:

**Sunday mass** is at 9.30 & 11.00 a.m. **by advanced reservation only.**

**Weekday mass** (Tuesday – Friday) is at 10.00 a.m. No need to book. There is generally good capacity on all days.

For all masses **please be punctual.** The doors will be closed five minutes before mass starts and it will not be possible to admit latecomers.

Please be advised that the Sunday obligation remains suspended and so, for some, it might be beneficial to attend during the week.

On Sundays, the church will remain open after the 9.30 mass until 10.30 for those who may wish to make short individual visits but will then be closed for cleaning before the 11.00 a.m. mass. During the week, the church will remain open after the 10.00 a.m. mass until 11.00 a.m.

**Please note: There will be no access to the Hall, the lift or to the toilets.**

## How to make a reservation to attend a Sunday mass:

You can request a reservation by one of the following methods (in order of preference):-

- 1) Send an email to [oliadmin@portsmouthdiocese.org.uk](mailto:oliadmin@portsmouthdiocese.org.uk)
- 2) Leave a clear message on the parish office phone **01202 760640**
- 3) In writing, and placed in the letter box by the church door, or by post to Our Lady Immaculate, Seamoor Road, Westbourne, BH4 9AE

When making a booking, please give the following details and you will be contacted by phone or email to let you know which mass you can be offered:-

*Name(s)*

*Phone number or email address:*

*Number of seats required:*

*Which Sunday mass you would prefer: 9.30, or 11.00, or either.*

*Would you like to be added to the ongoing Sunday rota? Yes/No*

## Liturgical Calendar

To request mass intentions please email or phone the Parish Office or leave an envelope at the church.

Sunday 11 <sup>th</sup> July	Fifteenth Sunday of the Year (B)	People of the Parish
Monday 12 <sup>th</sup>	of the day (15 <sup>th</sup> week)	-
Tuesday 13 <sup>th</sup>	of the day (15 <sup>th</sup> week)	Bernard & Catherine Stamp RIP
Wednesday 14 <sup>th</sup>	of the day (15 <sup>th</sup> week)	-
Thursday 15 <sup>th</sup>	St Swithun	-
Friday 16 <sup>th</sup>	of the day (15 <sup>th</sup> week)	-
Saturday 17 <sup>th</sup>	St Bonaventure	-
Sunday 18 <sup>th</sup>	Sixteenth Sunday of the Year (B)	People of the Parish

**Finance.** A 'Thank you' to those who are using the 'Donate' button on the website. The 'Donate' button has the facility of adding a reference in the 'leave a message' box and also the option to Gift Aid any donation. Any donation with no specific reference will be treated as ordinary offertory. The parish's bank details are set out below for those who may wish to take out a standing order or make a bank transfer.

Bank: Lloyds  
Sort Code: 30-93-04

Account Name: PRCDTR Bournemouth Our Lady Immaculate  
Account Number: 00875075