

**ENTRANCE ANTIPHON**

Look to your covenant, O Lord,  
and forget not the life of your poor ones for  
ever.  
Arise, O God, and defend your cause,  
and forget not the cries of those who seek  
you.

**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**

Almighty ever-living God,  
whom, taught by the Holy Spirit,  
we dare to call our Father,  
bring, we pray, to perfection in our hearts  
the spirit of adoption as your sons and  
daughters,  
that we may merit to enter into the  
inheritance  
which you have promised.  
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** 1 Kings 19:4-8

A reading from the first book of Kings.  
Elijah went into the wilderness, a day's  
journey, and sitting under a furze bush  
wished he were dead. "Lord," he said "I have  
had enough. Take my life; I am no better than  
my ancestors." Then he lay down and went  
to sleep. But an angel touched him and said,  
"Get up and eat." He looked round, and there  
at his head was a scone baked on hot stones,  
and a jar of water. He ate and drank and then  
lay down again. But the angel of the Lord  
came back a second time and touched him  
and said, "Get up and eat, or the journey will  
be too long for you." So he got up and ate  
and drank, and strengthened by that food he  
walked for forty days and forty nights until he  
reached Horeb, the mountain of God.

The word of the Lord.  
Thanks be to God.

**PSALM** Psalm 33

Response:  
Taste and see that the Lord is good.

1. I will bless the Lord at all times,  
his praise always on my lips;  
in the Lord my soul shall make its boast.  
The humble shall hear and be glad. (R.)
2. Glorify the Lord with me.  
Together let us praise his name.  
I sought the Lord and he answered me;  
from all my terrors he set me free. (R.)
3. Look towards him and be radiant;  
let your faces not be abashed.  
This poor man called; the Lord heard him  
and rescued him from all his distress. (R.)
4. The angel of the Lord is encamped  
around those who revere him, to rescue  
them.  
Taste and see that the Lord is good.  
He is happy who seeks refuge in him. (R.)

**SECOND READING** Ephesians 4:30-5:2

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

Do not grieve the Holy Spirit of God who  
has marked you with his seal for you to  
be set free when the day comes. Never  
have grudges against others, or lose your  
temper, or raise your voice to anybody, or  
call each other names, or allow any sort of  
spitefulness. Be friends with one another, and  
kind, forgiving each other as readily as God  
forgave you in Christ.

Try, then, to imitate God, as children of his  
that he loves, and follow Christ by loving as  
he loved you, giving himself up in our place  
as a fragrant offering and a sacrifice to God.

The word of the Lord.  
Thanks be to God.

**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

A reading from the holy Gospel according to  
John.

The Jews were complaining to each other  
about Jesus, because he had said, "I am the  
bread that came down from heaven." "Surely  
this is Jesus son of Joseph" they said. "We  
know his father and mother. How can he now  
say, 'I have come down from heaven?'" Jesus  
said in reply, "Stop complaining to each  
other.

"No one can come to me  
unless he is drawn by the Father who sent  
me,  
and I will raise him up at the last day.  
It is written in the prophets:  
They will all be taught by God,  
and to hear the teaching of the Father,  
and learn from it,  
is to come to me.  
Not that anybody has seen the Father,  
except the one who comes from God:  
he has seen the Father.  
I tell you most solemnly,  
everybody who believes has eternal life.  
I am the bread of life.  
Your fathers ate the manna in the desert  
and they are dead;

but this is the bread that comes down from  
heaven,  
so that a man may eat it and not die.  
I am the living bread which has come down  
from heaven.  
Anyone who eats this bread will live for  
ever;  
and the bread that I shall give  
is my flesh, for the life of the world."

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**

Be pleased, O Lord, to accept the offerings of  
your Church,  
for in your mercy you have given them to be  
offered  
and by your power you transform them  
into the mystery of our salvation.  
Through Christ our Lord.  
Amen.

**COMMUNION ANTIPHON**

O Jerusalem, glorify the Lord,  
who gives you your fill of finest wheat.

**PRAYER AFTER COMMUNION**

May the communion in your Sacrament  
that we have consumed, save us, O Lord,  
and confirm us in the light of your truth.  
Through Christ our Lord.  
Amen.

**THE WORD**

Stained glass window depicting St Paul in the Cathedral of Ghent, Flanders, Belgium

In today's second reading, St Paul offers clear instructions for how the followers of Jesus should live. Some divisions or tensions must have been surfacing among the members of the church in Ephesus, and Paul is anxious to address them.

So he warns them to never hold grudges against others, or lose their temper, or raise their voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with each other and kind, he tells them, forgiving each other as readily as God has forgiven them. They must follow Christ by loving each other as Christ has loved them.

Paul's message to the Christian community is about respect, tolerance, gentleness, love. His words are as relevant for us today as when he wrote them almost two thousand years ago. ■

**REFLECT**

We are all familiar with the old expression: "Sticks and stones may break my bones but words will never hurt me." But we know that it is simply not true. Words have extraordinary power and can do enormous damage. They can scar for life; they can destroy. And the world wide web and modern means of communication mean that words have a greater capacity to hurt than ever before. Think of the internet bullies, who, often under the cloak of anonymity, use Facebook or Twitter or online forums to abuse and smear and ridicule those they don't like or with whom they disagree. And think of the victims whose lives have been damaged or even ended by such abuse.

Words have enormous power and can inflict enormous harm. As people of the word, Christians need to be conscious of the words we use, and ensure that what we say and how we say it always gives glory to God.

One way to try to do just that is by living according to what I like to call the three Cs:

The first C: be clean. The words I use should be wholesome and pure, never coarse or crude. We tend to use bad language for emphasis, for effect, but bad language is so commonplace today that we can become immune to it. We may not even be aware of the extent to which we use it casually ourselves. The English language contains more than one million words; there are plenty of ways we can express ourselves colourfully and with emphasis, without the need for vulgar talk.

The second C: be courteous. Our aim should be to talk to and about others the way we would like them to talk to and about us. Whether it's on social media or on the road or street or the sports field, we know that common courtesy is becoming less common, that we are becoming more rude and less civil. Think of the amount of online trolling that is taking place and how road-rage incidents are growing in frequency. Whenever or wherever we encounter people, no matter how trying or testing the situation, no matter how angry we may become, we

**SAY**

"Lord, let the words that I speak always give honour to your name. Amen."

**DO**

Think about your use of language. Do you always respect the Lord's name? Do you use words that are sexist or racist or homophobic? Are you rude or uncouth or demeaning in what you say or how you talk to people?

**LEARN**

Integrity is at core of our Christian faith. It is about having a moral centre that shapes and guides everything we say and do. Jesus was a person of integrity because he was true to himself whatever happened. His dedication to living truthfully, to standing up for what he believed in, to treating people with love and respect, meant that he did not back down before evil, but went all the way to the cross. For the Christian, to be a person of integrity means following the example of Jesus.

are called to be courteous and considerate in how we communicate with them.

The third C: be constructive. We should always use words that build up not knock down, that encourage not destroy. Sometimes it's necessary to challenge or criticise another but we should do it in a way that is positive and gentle and that honours the other by treating him or her with respect. We should never use words to humiliate or diminish another human being. Pope Francis has spoken frequently about the harmful nature of gossip, which he has described as a plague worse than COVID-19. We know what it's like to be gossiped about; we also know how easy it is to indulge in gossip. We should always talk to or about others in a helpful, generous manner.

Christians are people of the word. As St Paul reminds us, we must use the gift of language in such a way that it lifts people up rather than knocks people down. To be clean, courteous and constructive is to build God's kingdom and give God glory. ■

# PARISH OF OUR LADY IMMACULATE

Seamoor Road, Westbourne BH4 9AE

Roman Catholic Diocese of Portsmouth. Registered charity 246871

## NEWSLETTER 8<sup>th</sup> August, 2021 Nineteenth Sunday of the Year (B)

Website: [www.catholicwestbourne.org](http://www.catholicwestbourne.org)

Parish Office: Tel: 01202 760640 (all enquiries)  
email: [oliadmin@portsmouthdiocese.org.uk](mailto:oliadmin@portsmouthdiocese.org.uk)

Parish Priest: Fr Andrew Moore: [andrewmoore@portsmouthdiocese.org.uk](mailto:andrewmoore@portsmouthdiocese.org.uk)

Safeguarding Officer: Matthew French: [mail@matthewfrench.net](mailto:mail@matthewfrench.net)

MASS TIMES: Sunday 9.30 a.m. & 11.00 a.m. - currently by advanced reservation only but FULLY BOOKED to the end of August.

Weekdays (Tuesday – Friday) 10.00 a.m. – no need to book

Confessions: On request.

Fr Leslie Adams, currently Parish Priest at Havant, will be the new Parish Priest here at Our Lady Immaculate from early September following the retirement of Fr Andrew.

Because of the nature of our building and other practical considerations, we will be continuing with Covid precautions, namely:

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

Whilst things are generally opening up and many people are feeling more confident, that is not true for everyone. Our arrangements hopefully provide a safe environment for those who might not feel so confident. The situation will be kept under review depending on how things develop locally and nationally and, hopefully, a gradual and safe relaxation may be possible in the not too distant future. The Sunday masses are heavily subscribed but there is plenty of capacity at weekday masses. Please be advised that the Sunday obligation remains suspended and so, for some, it might be beneficial to attend during the week.

### Liturgical Calendar

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

Sunday 8 <sup>th</sup> August	Nineteenth Sunday of the Year (B)	People of the Parish (11.00)
Monday 9 <sup>th</sup>	St Teresa Benedicta of the Cross	-
Tuesday 10 <sup>th</sup>	St Laurence	-
Wednesday 11 <sup>th</sup>	St Clare	-
Thursday 12 <sup>th</sup>	of the day (19 <sup>th</sup> week)	-
Friday 13 <sup>th</sup>	of the day (19 <sup>th</sup> week)	-
Saturday 14 <sup>th</sup>	St Maximilian Kolbe	-
Sunday 15 <sup>th</sup>	The Assumption of Our Lady	People of the Parish

**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 and FULLY BOOKED to the end of August.**

**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*

**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