



PARISH OF THE HOLY FAMILY

Millbrook

Fr Benjamin writes ...

Declining congregation numbers are not a new phenomenon in the life of the Church. As we see in today's Sunday Gospel passage, Our Blessed Lord preaches in such a way at Capernaum as to force people to make a decision: to believe and to stay, or to reject and to walk away. There is not really any room for fence-sitting. When He says "The bread that I shall give is My flesh, for the life of the world (Jn 6: 51), He is using provocative language, and many of the people listening to Him call it intolerable, and leave.

How can He give us His flesh and Blood? I often think if someone who has never heard anything about Catholicism and knows nothing of its beliefs were to enter church in the middle of Holy Mass, they would be more than surprised by the language they would hear: "This is my Body", "This is My Blood", "the Body of Christ", "the Blood of Christ". Surely, they would be shocked, just as many people in Capernaum were shocked when Our Blessed Lord taught these things.

Yes, under the appearance and form of bread and wine, we receive the Body and Blood of the crucified and risen Christ, Body, Blood, soul and divinity. As an apple, or any nutritious food gives us what we need and what is good for us, so "when we eat this bread and drink this cup" we receive the goodness contained in these sacramental gifts: forgiveness of our sins and the eternal life of God. None of this can be taken lightly, and whilst we know Our Lord meant every word of what He said, it is nevertheless important for every Catholic to ponder this mystery more deeply so as to answer those who question it. If we all do so, and encourage our children and loved ones to do so, then I think congregation numbers wouldn't dip, but increase. Unlike that day in Capernaum, the Church has had two thousand years to contemplate this Mystery and it has done so in many beautiful ways. Do we try to access this teaching? Do we listen when it is given?

When the many people had left Him, Our Blessed Lord said to Peter and the eleven: "Do you want to go away as well?", Peter replied, "To whom, Lord, should we go? You have the words of eternal life" (6:67-8). They trusted that if the Lord said something He meant it, but more, that He was the Presence of God amongst them. We, too have God amongst us in the Eucharist, and if we worthily worship Him, and remain faithful to Him, we too will be given that gift of eternal life.

God bless you this Sunday and always

Prayer for Vocations

Priest: Let us pray to God to give worthy priests and religious to His Holy Church

Priest and People: O Lord Jesus Christ, Who hast chosen the Apostles and their successors the Bishops and Priests of the Catholic Church to preach the true Faith throughout the whole world, we earnestly beseech Thee to choose from among us in this parish, priests and religious brothers and sisters who will gladly spend their entire lives to make Thee better known and loved. Amen

August is the Month of the Immaculate Heart of Mary

In this beautiful month dedicated to the Immaculate Heart of Mary please pray for the salvation of souls; for those who are sick and those who care for them; and for the Holy Catholic Church.

Please pray an extra Rosary each day for our priests and seminarians and for vocations.

Adoration (Thursday evening until Saturday evening);
outdoor **Rosary** Monday 9am, Tuesday 10am

First reading**Proverbs 9:1-6****Wisdom builds her house and invites all to eat her bread there**

Wisdom has built herself a house, she has erected her seven pillars, she has slaughtered her beasts, prepared her wine, she has laid her table. She has despatched her maidservants and proclaimed from the city's heights:

'Who is ignorant? Let him step this way.' To the fool she says, 'Come and eat my bread, drink the wine I have prepared! Leave your folly and you will live, walk in the ways of perception.'

Responsorial Psalm**Psalm 33(34):2-3, 10-15****Taste and see that the Lord is good****Second reading****Ephesians 5:15-20****Be filled not with wine, but with the Spirit**

Be very careful about the sort of lives you lead, like intelligent and not like senseless people. This may be a wicked age, but you redeem it. And do not be thoughtless but recognise what is the will of the Lord. Do not drug yourselves with wine, this is simply dissipation; be filled with the Spirit. Sing the words and tunes of the psalms and hymns when you are together, and go on singing and chanting to the Lord in your hearts, so that always and everywhere you are giving thanks to God who is our Father in the name of our Lord Jesus Christ.

Gospel**John 6:51-58****My flesh is real food and my blood is real drink**

Jesus said to the crowd:

'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.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied: 'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.'

THANK YOU

Our very grateful thanks to Fr David Bateman and Fr Edward Hauschild for answering God's call to the sacred priesthood and offering the Holy Sacrifice this week at Holy Family.

**"You cannot recall one single blessing from God without finding, side by side with this recollection, the image of the priest"
(Cure d'Ars)**



HOLY FAMILY, SOUTHAMPTON

Parish Notices

Catechists Retreat Day—Saturday 14th September

A day of retreat will be held here at Holy Family for those who would like to help with Faith formation, supporting those who would like to learn more about their Faith. Please contact Angela ministry@holyfamilysouthampton.org.uk for more information.

Adoration during the Summer Holidays

Some of the Faithful Adorers of Our Blessed Lord will be taking short holidays during the summer. Our Parish receives many graces from the time spend in Adoration. If you are able to spend one hour with Our Blessed Lord at any of these times please contact the office or Angela ministry@holyfamilysouthampton.org.uk or sign up at the back of the Church.

Friday 23rd August 5-6pm (early evening)

Saturday 24th August 1-2pm (early afternoon)

Saturday 24th August 5-6pm (early evening)

PARISH BARBECUE

The Parish barbecue will be held on Saturday 7th September at 2pm following an EF Mass at 1pm to celebrate the Anniversary of Fr Benjamin's ordination to the sacred priesthood. Tickets are available in the Louis Suite and from the office. Please list your name at the back of the Church to give an idea of numbers. Many thanks

PREPARATION FOR FIRST RECONCILIATION AND FIRST HOLY COMMUNION 2024-2025

We now welcome families with children in year 4 or above to register online for next year's preparation

[SOUHF Initial Enquiry Form First Reconciliation & First Holy Communion \(office.com\)](https://www.holyfamilysouthampton.org.uk/initial-enquiry-form-first-reconciliation-first-holy-communion)

Job vacancies in the Diocese <https://www.portsmouthdiocese.org.uk/about-us/other/jobs>

THIS WEEK AT HOLY FAMILY



Holy Mass OF = Ordinary Form, EF = Extraordinary Form

18 Aug	TWENTIETH SUNDAY IN ORDINARY TIME	9.00 am (OF) 10.30 am (OF)	Rose Murphy (RIP) Joseph & Elizabeth Joseph
19 Aug	**NO EVENING MASS TODAY**		
20 Aug	St Bernard	9.15 am (OF)	Catherine Mercer (RIP)
22 Aug	The Immaculate Heart of the Blessed Virgin Mary	7.30 pm (EF)	Evelyn Wood (RIP)
23 Aug	St Rose of Lima	9.15 am (OF)	Catherine Linon (RIP)
24 Aug	St Bartholomew	9.15 am (OF) 6.30 pm (OF)	Nichols Family (Int) James O'Brien (RIP) (Anniv)
25 Aug	TWENTY-FIRST SUNDAY IN ORDINARY TIME	9.00 am (EF) 10.30 am (OF)	Anna Rooney (RIP) People of the Parish

Please hand Mass intentions to Fr Benjamin, to Catherine, or place in the collection basket. We are currently booking Mass intentions for **September** (EF Masses for **November**) Thank you.

DATES FOR YOUR DIARY

August	September
31st Bring and Share Social 7.30pm	7th Fr Benjamin's Anniversary Mass (EF)(1pm) 7th PARISH BARBECUE (2pm) 7th March for Life—London 14th Catechists Retreat Day 14th Adoremus 14th Sr Lucy Final Profession

THE CHURCH WILL REMAIN OPEN FROM 9AM UNTIL 7PM EACH DAY

Confessions (when there is Mass)	Groups/Activities in the Louis Suite
Saturday: 5.30—6.20 pm	Outdoor Rosary —Mondays at 9am; Tuesdays 10am
Monday & Thursday: 6.45—7.20 pm	Sewing Group - Tuesdays at 10.00am
Tuesday & Friday: 8.30—9.10 am	Gardening Club - Tuesdays 10am until 12 noon
Eucharistic Adoration	Mother's Prayers Wednesdays at 2.00 pm
Thursday 8.00 pm to Saturday 6.00 pm	Lunch Group Fridays, fortnightly at 12.00 noon:
Rosary, Vespers & Benediction for Vocations	NEXT LUNCH: TBC
Sunday: 4.00 pm	Youth Group 1st Saturdays 3.00-6.00 pm
	Catholic Men's Group 1st Saturdays at 7:30 pm
	Bring a Plate to Share Social Last Saturdays at 7.30pm

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Grateful thanks for your generosity in June
Loose plate: £2257.38 Gift Aid:£1343 Standing orders: £1637

CDP SOUTHAMPTON HOLY FAMILY SORT CODE 30-93-04 ACCOUNT NUMBER 00887898