

## Mass Intentions

*September 13 th to September 21 st .*

**Saturday 13 th 10-11am** Confessions (or anytime by appointment)

**6.00pm** Suzanne Riley (RIP)

**Sunday 14 th 9.00am** Emmanuel Mobela (RIP)

**11.00am** Veronica Edmund and Family thanksgiving.

**Monday 15 th No Mass Church closed.**

**Tuesday 16 th 9.00am** Olga Lawford (RIP) 1 st anniversary

Derek Skekel (RIP) anniversary.

**Wednesday 17 th 9 .00am** B. S. Alfred (RIP) 30 th anniversary.

**Thursday 18 th 9.00am** David Grace Intentions.

**Friday 19 th 9.00am** Kerena Efua Arthur Birthday thanksgiving.

**Saturday 20 th 10-11am** Confessions (or anytime by appointment)

**6.00pm** Terence Cunningham (RIP)

**Sunday 21 st 9.00am** Timothy Brooker (RIP)

**11.00am** Fr. Emile Nkumu Intentions.

**May the souls of the faithful departed rest in eternal peace**

## In your kindness, please pray for the following who are ill

Augustus Edwards, Louisa Travasso, Judy Ruck, Leroy Williams, Beveley Jones,  
Rosanna Joseph, Richard Lamb, Rachel n Antonella Rizzo Joe Travasso, Karen  
Oates, Kim Nichol, Micky Bennett, Emily Pougnet, Lucy Williams Jocelyn Hilaire,  
Alsene Gibbs, Wesley Leachman, Chantale Wildman, Kevin Madden, Helena Almel,  
Annette Crowe, Paul Smith, Aubrey Paul Marcus Elwin, Rizzo Enzo, Jimmy Lucy,  
Patricia Roberts, Isabel Edwards, Patricia Adams



## Anniversaries



John Ladly, Derek Skekel, Cornelius Pearman, Mary Heaney,  
Carmeno Belli, Marion Love,  
Olga Lawford, Elizabeth Lamphey, Christopher Carcoran,  
Leo Brooker, Joseph Skekel, Merlyn Melder

**May they rest in Peace**



## **St. Bede's Parish Chadwell Heath**

**Fr. Henry Mobela**

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Brentwood Diocesan Trust Registered

Charity No. 234092

## **The Holy Cross**

Today the whole Church celebrates the Feast of the Exaltation of the Cross. The cross is central in our faith life as Christians, followers of Jesus Christ. It is through the cross, the life, death and resurrection of Jesus that we are saved. It is through his suffering and death on the cross and his rising to new life that we ourselves are given the gift and promise of everlasting life. There is no Easter Sunday without Good Friday. There is no resurrection without Jesus dying on the Cross. Today's feast is not meant to glorify or celebrate suffering or pain. When we think of the cross, our first thoughts may be uncomfortable or even negative. Over centuries great artists have tried to capture the real of the crucifixion. Many of their paintings, amazing though they are, graphically show the pain that Jesus endured when he was crucified. They are not easy to look at. However, at the heart of the cross is the positive, fullness of life and love so profound that no darkness can overcome or defeat it. There is the story of St. Eugene de Mazenod, the founder of the Oblates of Mary Immaculate. As a young man he felt that he was wasting his life. He felt that there was neither meaning nor purpose in life. He felt lost and alone. It was during this time of hopelessness that God reached out to him. It happened in 1807 on Good Friday. While looking at the cross that day, Eugene never realized that the cross is about him. While he looked at Jesus on the cross, it was as if Jesus was looking directly at him. At that moment, it was as if he heard Jesus saying to him; 'look at me on the cross. If I am here, it is because of you; it is because I love you.' From that moment Eugene experienced Jesus reaching out to him. He did not experience the cross as something fearful or negative, it became a place of compassion, tenderness and healing.

The love, compassion and tenderness that St. Eugene experienced while looking at the cross is also offered to all of us today. Through the cross of Jesus, God says to each of us, 'I love you with an everlasting love, I call you by your name you are mine, do not be afraid. Today let us stand before the cross as Eugene did so that we too can feel the outstretched hand of God touch and heal us.

**God bless you all. Fr. Henry.**

## The Exaltation of the Holy Cross

**First reading** - Numbers 21:4-9

**Second reading** - Philippians 2:6-11

**Responsorial Psalm** - Psalm 77(78):1-2,34-38

**Gospel** - John 3:13-17

### Catch-Up Meeting – Over 50/60 Club

We're getting very close to our goal and are excited to open the club soon!

All those who have offered to help are invited to a catch-up meeting on Sunday, 26th September at 12:30 pm in the newly decorated conference room in the hall.

During this meeting, we'll discuss the next steps and form a committee to get the process moving forward. This is especially important as we'll be working with the vulnerable and disabled, so all Health & Safety procedures must be in place before we can officially open to the community.

### Parish Community Activities

We kindly ask all those involved with the coffee mornings to assist in reorganising the kitchen, as the rewiring work has displaced several items. We hope to resume coffee mornings after all Masses. If you wish to host one for a special occasion, please speak with Eileen Bryant.

Contributions are always warmly appreciated.

We would also love to hear from parish bakers! Please contact Glenda Spencer if you would like to participate in our upcoming **"St. Bede's Bake-Off Morning."**

Looking ahead, our next major project is the kitchen renovation. We will be seeking support from local kitchen suppliers, but if you have any ideas or suggestions, please share them with Glenda Spencer.

Finally, we are delighted to share that the recent **Plant and T-shirt Sale** raised **£195.00**. Your generosity is, as always, deeply appreciated.

Please keep an eye out for further updates in the coming weeks.

With every blessing,

[ Parish Priest/ Your Parish Council ]

### Donations for

#### Parish Mass

##### Books

The parish is in the process of replacing the current Mass Books. Anyone who would like to donate to help with the cost can do so by

either;

##### Cheque

Made payable to:  
Catholic Church  
Chadwell Heath St.

Bedes

##### Online

Acc. No: 01017624  
Sort Code: 40-13-22

*HSBC*

Thank you for your  
donations

God Bless You, Fr.

Henry

#### Offertory.

**6th/ 7th September**

Loose plate **£396.43**

Envelope **£424.53**

**Fr Henry would like to  
thank you all**

### Calling All Young Singers – Youth Choir Formation

We are exploring the possibility of setting up a Youth Choir for our parish to nurture and grow the musical life of our community.

The plan would be to rehearse on Saturday mornings from 11:00 am – 12:00 noon, with the Youth Choir joining the Adult Choir on alternate Sundays to sing at Mass. This would help strengthen the parish choir, particularly the soprano section, and give young singers the confidence and joy of performing as part of a larger group.

If you or your child would be interested in joining the Youth Choir, please register your interest over the next couple of weeks so we can gauge support and move forward.

#### Coffee Morning & Baby/Toddler

##### Clothes Tabletop Sale

Welcome back! We hope everyone had a refreshing and restful (though short and hot!) summer.

Join us on Sunday, 14th September, after the 9:00 am and 11:00 am Mass for a coffee morning. Donations of cakes or biscuits would be greatly appreciated.

At the same time, we'll be holding a Baby and Toddler Clothes Sale (both new and nearly-new items).

All proceeds will go towards polishing the floor and painting the hall, helping us keep our parish spaces looking their best.

#### Baptism dates for 2025

All sessions are at 7pm  
25th September

#### Job Opportunity – Learning Support

##### Assistant

The Ursuline Academy Ilford is currently recruiting for a Learning Support Assistant.

Hours: **30 hours per week**

##### **Term Time Only**

For further details and to apply, please visit the school website: The Ursuline Academy Ilford – Come Work at UAI!

#### Sacred Heart of Mary Girls' School – Year 6 Open

##### Evening

Date: Wednesday, 1st October 2025

Time: 6:00 pm – 8:00 pm

Headteacher's Welcome Talk: 7:30 pm

Sacred Heart of Mary Girls' School, rated Outstanding by Ofsted in all five areas (October 2024), warmly invites you to its Year 6 Open Evening for entry to Year 7 in September 2026.

Come along to discover what this wonderful school has to offer your daughter.

For further details, please visit:

[www.sacredheartofmary.net](http://www.sacredheartofmary.net)