

**OUR LADY AND ST. HELEN'S
CONDORRAT.**

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Priest: Rev. Paulinus Onyenuru OP.

Deacon: Paul McNair

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Mass times

Monday to Friday	10 am
Saturday Vigil Mass	6 pm
Sunday	10 am & 12 noon

Adoration of the Blessed Sacrament

Monday to Friday	9:00 -9:45 am
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Confessions

Tuesday and Thursday	9:20 am
Saturday	5:20 pm

Eighteenth in Ordinary Time -A

Sunday, 2nd of August, 2026.

1st Reading: Isaiah 55:1-3

Come and Eat.

Responsorial Psalm: Psalm 145(144)

You open your hand and fulfil us, O Lord.

2nd Reading: Romans 8: 35, 37-39

Nothing in all creation will be able to separate us from the love of God in Christ.

Gospel: Matthew 14: 13-21

They all ate and were satisfied.

Reflection: A Holiday with God

"When Jesus received this news, he withdrew from there in a boat by himself to a deserted place." (Matthew 14:13)

The news that reached Jesus was the beheading of his cousin and forerunner, John the Baptist. John had been the voice that prepared the way for him. Jesus had lost his beloved cousin to the ego and pride of Herod. In this grief, Jesus withdraws to reflect on this new reality. He goes somewhere quiet enough to hear himself think, and to hear his Father speak. There are events in our own lives that should do the same to us. Moments that ought to make us pause and ask where we are, how we got here, and where we are going.

Holidays are good. They are moments to unwind and reboot the mind, soul and body. Many of us are on holiday now while others are preparing to return. Holidays are moments to engage the world, to see new places, to bond with family and friends we don't see often enough. But I want to ask something different this week: have you ever considered holidaying with yourself and with God alone?

I am not speaking of going on a pilgrimage. We travel to holy places for divine encounter, and truly, encounters happen at pilgrimages. Many lives have been transformed during pilgrimages. Many sick healed and faith restored. But even pilgrimages come with their own distractions. The crowds, the itinerary, the noise of a multitude of other pilgrims all seeking the same God in the same place.

What I am describing is something quieter, a retreat, in the fullest sense. A time when we get into our own souls. When we scrutinize our past actions, our desires, our half-formed plans. A time when Scripture and the sacraments become our guide into the depth of who we are before God. Jesus needed the boat and the deserted place before he could return to feed the five thousand. Jesus could not pour out to the crowd what he had not first received in solitude. And neither can you. Whatever you are pouring out each day. Whatever spiritual energy you want to let out to your family, your work, your

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community, your students, your clients, you cannot keep giving from a well you never return to fill. So where is your desert, and when will you step into that secret place where you can be alone with God?

This season, before the holidays end and work and routine take over again, set aside a day or two to yourself and God alone. Use that time well. Look honestly at your past actions and your desires. Look at the plans you have been making. Have you ever asked God if they are His plans too? Do not run your life on your own, nor should you run on autopilot. Step aside to meet God, who is already waiting for you. God will meet you the moment you stop long enough to notice him.

Hymns for Sunday

Entrance: Seek you first	No. 604
Offertory: Gifts of bread and wine	No. 273
Communion: Come to the water	No. 525
Communion 2: O bread of heaven	No. 560
Recessional: If God is for us, who can be against us?	No. 354

St. John Mary Vianney (Memorial, Tuesday), The Transfiguration of the Lord (Feast, Thursday), St. Dominic (Memorial, Saturday).

The Funeral of **Kathleen Lennie** takes place on **Wednesday the 5th of August**. The reception will be **on Tuesday, the 4th of August at 7 PM**. Let us continue to pray for the family.

Death: *Mary Elspeth Morgan, Peter Lennon, Peter Shalley.*

Anniversary: *Teresa Ward, Peter Ward, Mary Jane Cochrane, Maurice Gallagher.*

Completion of the Parish Hall

We are delighted to announce that the Parish Hall has been completed, two weeks ahead of schedule. We thank God for this wonderful achievement

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and express our sincere gratitude to everyone whose hard work made it possible.

As we prepare to put the Hall into full use, we are looking for **three to four parish volunteers** to assist with its day-to-day management and coordination. If you are willing to offer your time and talents to this important ministry, we would be delighted to hear from you. Please speak to Fr. Paulinus or any member of the Parish Pastoral Council if you are interested in serving.

Community Meeting/Party

You are warmly invited to our Parish Community Meeting, to be held on Wednesday, 19 August, at 7.00 pm in the Church Hall. We will also have our St. Helen's Feast celebration. This is a wonderful opportunity for us to come together as a parish family, celebrate our patron saint, share ideas, and discuss matters that concern our community. We encourage everyone to attend and take part in the life of our parish.

Minna's Children

The annual payment for anyone paying by cheque is due for the sponsorship of their child. Please contact either Joann Ferguson or Mary Keegan, who will gratefully pay this into the charity account. Also, if you are interested in sponsoring a child, we would be happy to answer any questions you may have.

200 Club July Winners

1st No. 23

2nd No. 79

3rd No. 135

Mass for the Queenship of Mary: The annual Mass for the Queenship of Mary will take place in St Brigid's, 12 Prospecthill Crescent, Toryglen, G42 0JN on Saturday 22 August 2026. The Rosary will begin at 3.30 pm, followed by Mass at 4.00 pm. All welcome.