

PRAY FOR THE SICK



Lately dead:
Teresa Staunton

May she rest in peace

Anniversaries:

Roseline Ball, Teresa Glock, Nelson Wickramaratne, Michael O'Donovan, Lelia Ryan, Gordon Bowler, Mary Hallard, Leanne Mackenzie, Sister Josephine O'Dowd, Bastian Thambynayagam, Robert Browne, Anthony Hill, Sister Kieran Pilkington, Daphne Taylor, Margaret Wilson, Tina Woolf, Michael Fitzgerald, Mary Weedon, Sr Francis Regis Lehane, Aaron Basha, Mary Benn, Florence Du Casse, Andrew Lamarque, Ernest Verney, Wilfred De Souza

Week of Accompanied Prayer

Please return the completed forms to the office by Sunday 23rd February.

Humble request

A parishioner is reaching out with a humble request for NEW clothing (Tops small-medium) Trousers (size 28-30) and shoes (size 8) for a male refugee. If you have any that you are willing to donate, it would be a great blessing. Items can be left in the porch next week ONLY
Thank you

SUNDAY MASSES

1st Mass: 6pm Saturday;
8.30am; 10am & 11.30am Sunday
(The 11.30am Mass is recorded)



Join us for tea/coffee after
Sunday Mass in the Becket
Centre

10am Chigwell Convent

WEEKDAY MASSES

10am St Thomas'
9.30am Chigwell Convent except on
Saturday's when mass takes place at
10am

CONFESSIONS

Saturdays 10.30 to 11am
and
5.15 to 5.45 pm

BAPTISMS

1st and 3rd Sundays
of the month

Retiring Collections

Thank you for your kind donations of
£981 for the Lourdes sick & helpers
pilgrimage fund

There is a retiring collection this
weekend for racial justice

My Day by Day Lent 2025

Is available at the back of Church for £1.
Please put money in the box on the wall



ST THOMAS OF CANTERBURY

Woodford Green

A FAIRTRADE PARISH

Parish Office: 020 8504 1686

Friary: 020 8504 1688

Email: parishoffice@stthomaswoodford.org



Website: www.stthomaswoodford.org

Facebook: @STOCWoodford

Twitter: @STOCWoodford



Served by the Franciscans

Sixth Sunday in Ordinary Time (c) 16th February 2025

Please note the nearest Fire Exit to you whilst you are in the Church

We are all children of God. We gather today as a diverse community of sisters and brothers, a global family. Together we place our trust in God who loves each and every one of us. We commit to building relationships of respect, honouring and valuing our differences.

First reading Jeremiah 17:5-8

Jeremiah emphasises the need to place our trust in the Lord. This will mean that we are rooted, fruitful and courageous in the face of difficulties and dangers.

Second reading 1 Corinthians 15:12-20

St Paul tells the people of Corinth that if the dead are not raised, then neither is Christ raised from the dead and our faith is in vain.

Gospel Luke 6:17. 20-26

Jesus teaches the crowds who are following him that everyone who is now excluded will one day rejoice, and those who are now hungry will have enough.



Responsorial Psalm

Blessed the man who has placed his trust in the Lord.

Put God First

The prayer of Adoration is precisely about putting God First. Our Church of St Thomas is open all day and we have the opportunity to adore the Lord present in the Blessed Sacrament. Here are a few ideas about Adoration.

Its not all about me

Like Mass, Adoration isn't necessarily about what we will get out of it. True, the graces dispensed by God help us to grow in holiness, but the primary purpose of Adoration is right there in the name of the act: to adore the One present to us in the Eucharist.

Just be

Remember that you don't actually have to do anything. The Catholic faith recognises that the greatest gift God gives us is himself, and Adoration is another way for us to recognize that gift outside of receiving the Eucharist at Mass. So, don't overthink it. Just receive the gift.

Pray (with a little help)

If it's been awhile since you've entered into Adoration and you're worried you might be a little bored (that is understandable!), or you have no idea where to start (it's okay!), here are a few suggestions.

Pray the rosary. To contemplate the mysteries of Jesus' life in the rosary is to contemplate the mystery of the Eucharist given to us and the Blessed Sacrament we praise in Adoration. So, pairing these prayers is a great habit to get into.

Write in your prayer journal. Writing in a prayer journal is a great way of making your relationship with God seem more tangible, since we're getting the words out of our heads and onto the paper. Think of the practice as writing a letter to God. Take all your worries of the day and lay them down during Adoration. Or write to him about everything that's going well in your life right now.

Read. While Adoration isn't really the time to break out that thriller you've been working your way through, it is a great opportunity to pull out a book by one of the saints (such as St Francis De Sales "Introduction to the Devout Life" or St Therese's autobiography "The story of a Soul" or prayerfully consider a few lines of the Catechism. You may also choose to read a set of devotional essays. You don't have to sit still during your Holy Hour in order to make it count. It's okay for it to be a natural extension of the rest of your prayer life. So, if there's something that really helps you focus your prayer, bring it to the Adoration. Most of all, remember to receive the gift of Christ in the Eucharist and just be present in God.

A suggested prayer to start your time of adoration

Lord Jesus Christ, I believe you are truly here and present to me right now. I believe in Your Real Presence in the Eucharist and that you love me with infinite love. I know I am not worthy that You should bless me or have mercy on me, but I recognise that You love me and are merciful and forgiving. I have come here with gratitude for every blessing You have given me and to thank You for your love and mercy. Please send me your Spirit so that I can worship You properly right now, with love in my heart for You, and without distraction. Help me to separate myself from all wordly attachments and spend these 15 minutes before the Blessed Sacraments with my heart and my mind completely fixated on You. Jesus, look at me with the eyes of a merciful teacher and have pity on me. You know all my weaknesses and that I can't elevate my heart or my mind without your help. Please give me the grace right now to pray my mental prayer well and to love You in a way that is pleasing to You. I want to grow to love You more perfectly and merit to see You one day, face to Face. Thank You, Lord, for the grace to love You more, and for giving me the desire to help the souls You have brought into my life and asked me to love. Amen



Mass Intentions

Sunday 16th February

8.30 Paul Tyler RIP
10 Thomas Whelan RIP
11.30 Brendan Molloy RIP

Monday 17th February

Chee Kheng Thone RIP
Chigwell Mike Divver RIP

Tuesday 18th February

Moya Moffat
Peter Hoy RIP
Chigwell Intentions Sr Bernadette

Wednesday 19th February

James Murchan RIP
Moira Bissett
Joe Hutchinson

Thursday 20th February

Ian Cully RIP
Olive Jacobs sick
Funeral (Chigwell) Teresa Staunton

Friday 21st February

Thomas Gray anniversary
Evelyn Boyce RIP

Saturday 22nd February

10 Mary Kathleen Griffiths
6 Joe Fahy RIP

Sunday 23rd February

8.30 Dennis Bryan anniversary
10 Paul Tyler RIP
11.30 Ron Handforth

Church Cleaning

Friday 21st February at 9am

Claire Hobbs, Julia Bever, Susanna Barnoin, Susan Juffs, Agatha Emohare & Michelle Liddle

Trinity Vacancies

- Teacher of French,
 - Teacher of Science
 - Teacher of Music,
- Please visit the school website for more information

15th Woodford guides –Closing

The last meeting of the guides at St Thomas will be at the end of March 2025 as we are unable to find anyone or a team of leaders to take it on the first meeting was in June 1936 it would be a shame if it closed. If you could help please contact the parish office.

Bingo

Social bingo will take place on Saturday 8th March on the Becket Centre. Entrance £1, Bingo Books £3 for 7 games. Cash only please. Door open 7.30pm, eyes down 8pm. Please bring your own drinks and nibbles. All ages are welcome. Please feel free to come after 6pm evening Mass.

Cook—Vacancy

The Friars are looking for a Cook, 20 hours a week, usually Thursday to Sunday. If you are interested or would like more information please email geraldine@stthomaswoodford.org

Free stretch class

Everyone is welcome to the Free chair based stretch class in the Becket Centre after the Mass on Friday 21st of February. Please contact Claudia on 07973122322 for more information.