

Keeping Silence

Contemporary research tells us that silence helps to restore well-being and keep our mental health sound. What is more, silence is a key to our own inner world where we meet God face to face. It is not selfish, therefore, to regularly seek a quiet sanctuary in the midst of the noises of our daily living. Time before the Blessed Sacrament offers a precious opportunity to spend a few moments in a quiet environment and allow the noises fade into the background so that we can focus on what is in front of us: the silent sacrament of God's love.

Keeping silence is not just about the absence of irritating or disturbing external noises. Although it helps to seek a quiet spot, it often becomes all the more obvious in the external silence how much is happening on the inside. It is not unusual to become aware of our constant internal chatter, or images, hopes and memories that whiz past the stilled awareness like racing boats. Although seemingly disturbing, it is important to let them pass without clutching onto them, observing them without judgement and without any intent to change or influence them. It may help to keep our eyes fixed on the other shore, as it were, noticing the stillness and silent presence of God.

When the mental disturbances fade into the background, a deeper silence becomes prominent. It is this silence we can enter and savour, noticing its quality because through it God speaks. And it is this silence which remains with us when we leave our quiet spot and immerse ourselves back in the noisy world.

SOUTHWARK PRAYER FOR THE EUCHARISTIC CONGRESS

Loving God, help us to be open to the freshness of your Spirit. Fill us with enthusiasm for the Good News. Invite us into a deeper relationship with your Son, Jesus, truly present in the Eucharist.

Make us more aware of where there is need for new life. Help us to reach out to those who feel lost or abandoned, those who are searching and questioning, those who have walked away from you and those who are eager to know your love.

We ask this through Christ, Our Lord,
Amen.

OFFERTORY

Offertory £1,693.96

Outreach

Manna Centre £602.32

CAFOD £5

Mitapeeap £37

*Thank you for your
generosity*

20th SUNDAY IN ORDINARY TIME

Year B Psalter Week 4

PARISH MASS BOOK

Readings: from page 120

Preface: from page 68

ROSARY INTENTION

That all those in authority may be mindful of their responsibilities for the care of creation.

THIS WEEK

SUNDAY 19th 20th Sunday, Yr B Ps Wk 4
OUTREACH No 1 Showfields Community Trust which runs a community centre that has served the residents of Showfields and Ramslye estates since April 1991. The centre offers a wide range of services including a pre school, a café, a library and a variety of weekly clubs and groups for people of all ages. See www.numberonecommunity.org

MONDAY 20th

12.30 pm Ladies Lunch & Prayer Grp Hall

WEDNESDAY 22nd The Queenship of the Blessed Virgin Mary

FRIDAY 24th St Bartholomew

SATURDAY 25th World Day of Prayer for the Care of Creation

SUNDAY 26th 21st Sunday Yr B, Ps Wk 1
7.00 pm Confessions in Polish

7.30 pm Mass in Polish

MSZA SWIETA 19.30

OUTREACH St John's Seminary Fund

The principal work of Wonersh Seminary is the formation of students for the priesthood in the dioceses of Southern England and Wales. Currently there are about 30 students, aged between their early twenties and sixties, from nine dioceses. Please support this outreach as generously as possible.

Weekly Gift Aid Box

Would the owner of Box 99 please contact the office or call in during office hours Many thanks.

Special Parish Mass

Saturday 1st September at 5.30pm

We are proud to be an international church and once again we shall be celebrating the fact that St. Augustine's is a truly Catholic and Universal Church at this Mass. It is hoped that as many people as possible will make this their choice for Sunday Mass. As usual afterwards, everyone is invited into the hall for refreshments. If you could bring a 'finger' dish representing your nationality this would be appreciated.

Could you help set up/decorate the hall on the Saturday afternoon before Mass and help during the party?

Contact Paul Lambert TW 531093

Clare Priory Retreat

Our next retreat will be from 2nd to 5th October at Clare Priory in Suffolk. Fr Don Coleman, who was a parishioner and later a Deacon at this parish, has kindly offered to lead it on the Beatitudes. If you are interested please leave your name and contact details soon as places are limited. lucia.crewdson@gmail.com

DIOCESAN DAY FOR CATECHISTS

Saturday 22nd September from 10:30am

All Catechists, including those involved in Children's Liturgy, RCIA are invited to attend the day at St George's Cathedral, Please contact the parish office if you are interested.

<https://www.ccftootingbec.org.uk/events/2018/9/22-diocesan-day-for-catechists>

24 Hour Vigil In Support of Adoremus, National Eucharistic Congress St Augustine's Church, 7th/8th September 2018

Please join us as we pray in support of the Adoremus Congress which will be focusing on the centrality of the Eucharist in our life. There will be prayers, readings and silent and communal support for the Congress, each other and the wider church.

We might not all be able to travel to Liverpool, but we can take part in this vigil

Sign up sheets are in narthex to volunteer for adoration of the blessed sacrament during the 24 hour vigil. We **need** parishioners to volunteer to be actively involved even for just one hour throughout the entire 24 hours.

