



The Parish of St CUTHBERT

7th Sunday of Easter
21st MAY 2023



Parish Website

www.stcuthberts.org.uk

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Newsletter: newsletter@stcuthberts.org.uk

Children's Liturgy: childrensliturgy@stcuthberts.org.uk

THREE PRIORITIES FOR OUR PARISH

1. Be open to the Holy Spirit

Come Holy Spirit guide us in all that we do

We pray that we will grow in our personal sense of mission with the help of the Holy Spirit

2. We grow together as a Family

Let us be inclusive, look after and reach out to each other the best way we can

We pray that we will be open to new life in our parish communities and nurture new growth.

3. To bring other people to Jesus

Let us live our Faith outwardly and share the Joy of Jesus in our lives with others

We pray that we will grow daily in holiness and attract others to follow Jesus



Mary Eastham Anniversary

Gerard Loughran Anniversary

Please remember in your prayers.....

All in your families & those of our parishioners who are sick..

Remember all those who have died recently....

All those with Anniversaries at this time ...



Tea & Coffee will usually be served after the 9.30 am & 11.15 am Sunday Mass at St Thomas of Canterbury Church.

Also after the Thursday mass, unless it is a Requiem Mass

Be still
& Know
that
I am
God

Calming Prayer

Leave the busyness of the day behind for a few moments...

Begin by closing your eyes

As you breathe in, pray the first word; as you breathe out, the second word and so on...

Be (breathe in)
Still (breathe out)
And (breathe in)
Know (breathe out)
That (breathe in)
I (breathe out)
Am (breathe in)
God (breathe out)

After a few times pray one word less (e.g. Be Still and Know that I Am)

Again repeat a few times

Then remove another word

Repeat until you are just praying 'Be'

If distracted just begin again!

The Parish Liturgy for the Seventh Week in Easter

Monday 22 May	Tuesday 23 May	Wednesday 24 May	Thursday 25 May	Friday 26 May	Saturday 27 May	Sunday 28 May
Weekday of Easter	Weekday of Easter	Our Lady Help of Christians	St Bede, the venerable, Priest. St Mary Magdalen, Pazzi. St Gregory VII, Pope.	St Philip Neri, Priest	St Augustine of Canterbury, Bishop	Pentecost Sunday
No Service	Mass at 10.00am Followed by a Requiem Service for Damaris Isabel Dempster	Requiem Mass For Stephen Walsh	Mass	Mass Reconciliation after Mass (Usually)	Reconciliation 4.45 - 5.15pm (Usually) Vigil Mass	Masses 9.30 am & 11.15am
	11.00 am	10.00am	10.00 am	10.00 am	5.30 pm	
	St Thomas of Canterbury	St Thomas of Canterbury	St Thomas of Canterbury	St Thomas of Canterbury	St Thomas of Canterbury	St Thomas of Canterbury

St Thomas of Canterbury Church Eastbourne Grove Bolton BL1 5TR