

# Our Lady

## Help of Christians



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**15<sup>th</sup> SUNDAY OF THE YEAR 15 JULY 2018**

(Prayer of the Church Week 3 Parish Mass Book Page 106)

### MASSES THIS WEEKEND

Saturday	6.30pm	Special Intention (Anne Dance)
Sunday	9.00am	Wallace Goulding
	10.30am	Ruby Wedding (Healey)
Monday	8.30am	People of the Parish
Tuesday	9.00am	Austin Tipping
Wednesday	9.00am	Service of the Word & Holy Communion
Thursday	9.00am	Service of the Word & Holy Communion
Friday	9.00am	Service of the Word & Holy Communion

### MASSES NEXT WEEKEND

Saturday	6.30pm	Kevin Brain
Sunday	9.00am	People of the Parish
	10.30am	Kath & Bob Taylor

Novena No novena this week

Confessions Saturday 11.00 to 11.30am & 5.30 to 6.00pm

Meditation Saturday 10.15am

Counters team next Sunday - Team C

Hilary & Stephen Shacklady, Peggy Jordan Marie Wilson

### GARDEN PARTY

We are NOW holding our Garden Party on the 22<sup>nd</sup> July 2018 at 1pm to celebrate the reopening of our Church. Food, drink and entertainment will be provided. If you wish to have alcoholic drinks you are welcome to bring your own together with glasses. If anyone is able to offer entertainment, for example, face painting, music, balloon modelling, giant garden games etc., please contact Nina, our chief organiser, directly. Any other suggestions would be warmly welcomed. Please sign the form at the back of Church letting me know numbers for catering purposes. If anyone is able to offer any help on the 22<sup>nd</sup>, again sign the appropriate form. Many thanks, Nina Wylie 07411 323414.

### CARPET FITTER

By any chance do we have a carpet fitter in our midst?

### KNOCK PILGRIMAGE

Fully escorted Pilgrimage to Knock Shrine, Ireland, 10<sup>th</sup> September 2018. £599 per person sharing. Price includes flight from Liverpool or Birmingham with 10kg hand luggage, all taxes, luxury transfers, 4 nights in Knock House Hotel with full Irish Breakfast each morning and 4 Course Dinner each evening. All entertainment, excursions and guided tours included. Wheelchair accessible rooms in the hotel. Limited single rooms at supplement of £100. Groups and Individual bookings welcome. Contact Patricia on 01268 762 278 or 07740 175557 or email [knockpilgrimages@gmail.com](mailto:knockpilgrimages@gmail.com). Knock Pilgrimages is a member of the Travel Trust Association and is fully protected by ATOL T7613.

### NEGATIVE THOUGHTS

We know in Neuroscience that when your mind has a negative, fearful, antagonistic thought you attract it like Velcro. Not only is the brain attracted to negative thoughts but positive, grateful, thoughts are like Teflon. It's very hard for you to hold onto joy. We now have evidence that the mind has to consciously savour a positive, grateful, joyous thought for a minimum of 15 seconds or it will not imprint on the brain. Negative thoughts you just hold on to. It is because of this that we have a pause after each reading so that if something positive strikes us we can savour it. Readers please remember this and give 15 seconds for reflection

### THE PRACTICE OF THE BETTER

Any new structures of emerging Christianity cannot be *in opposition* to any existing church structures or anybody at all. Any antagonistic action merely creates an "equal and opposite reaction." "The best criticism of the bad is the practice of the better" is one of our core principles at the CAC. Just do it better yourself, and don't waste any time criticizing others or the past! This, in fact, purifies your own commitment and motivation. Don't bother being against anybody, anything, any group, or any institution. That will only keep you at a low level of ego, while falsely feeling superior. It is a most common mistake. You can, however, practice simple avoidance or quiet non-cooperation with immature organizations, but don't waste time or energy being oppositional to anything. We need positive energy now over negative criticism of anything. It is almost as if consciousness has now grown up to see this—and do this! Adapted from the webcast [What is the Emerging Church?](#)