

PARISH OF OUR LADY OF MOUNT CARMEL & ST SIMON STOCK, CARMELITE CHURCH

41 KENSINGTON CHURCH ST., LONDON W8 4BB

Web: www.carmelitechurch.org Email: enquiries@carmelitechurch.org

Phone No. 0207 937 9866 Mobile & WhatsApp: 0770 8203 595

@Carmelitechurchkensington on Facebook, Twitter & Instagram

Mass Times: Sundays: Sat Vigil 6.00 p.m., Sun. 8.30 a.m., 10.00 a.m., 12.15 p.m. & 6.00 p.m.

Weekdays: 8.00 a.m., 12.15 p.m. & 6.00 p.m.

Livestream: www.carmelitechurch.org & YouTube: "Kensington Carmelite Church"

Confessions: Sat: 11.30 a.m. – 12.15 p.m. & 5.00 - 5.50 p.m. Weekdays: 5.40 p.m. - 6.00 p.m.

Priests in the Parish: Fr Thaddeus Ekuma ocd, Fr Matt Blake ocd,

Fr Tijo Xavier ocd, Fr Theophilus Nyamali, ocd

Safeguarding Rep: Franca Bren

.....
28th Sunday in Ordinary Time – 09 October 2022

A Grateful Heart

Thanksgiving is the only valid gift we can give to God who has no need of anything from us – being sufficient in Himself. In one of our Eucharistic Prayers we say, "For, although you have no need of our praise, yet our thanksgiving is itself your gift, since our praises add nothing to your greatness but profit us for salvation."

Many of us say 'thank you' several times a day – an attitude that is quite laudable. But the expression can simply become a culture that does not go deep enough in our hearts. The thanksgiving we give to God must go beyond an expression of thanks to become an attitude, a life. Our Christian life ought to be a life lived in gratitude to God. But what does this mean?

I saw an answer which I thought was quite an appropriate description of a grateful heart in the writings of one 20th Century spirituality author. He says, "To love God with one's whole heart means to say a wholehearted Yes to life and all that life brings with it. To accept, without reservations, all that God has ordained for one's life. To have the attitude that Jesus had when he said, "Not my will, but yours be done." To love God with one's whole heart is to make one's own the words made famous by Dag Hammarskjöld: *For all that has been, Thanks. To all that shall be, Yes.* This is the kind of thing one can give to God alone."

Making these words our own: *For all that has been, Thanks. To all that shall be, Yes* can prove to be quite difficult. How can I come to the point of saying *Thanks* for all that has been in my life, in my relationships, in my family and in the world? This can be quite a journey, and a difficult one at that! Each of us will have something in our life that we cannot, in grateful heart, say *Thanks* to God. For this will mean accepting that God has permitted these experiences and that they have a purpose. Often we cannot yet see the purpose if all we are left with is hurt and pain. Can we really come to a point of saying *Thanks for all that has been*?

What about *Yes to all that shall be*? As we cannot see the future, we do not know what shall be. Also in our Eucharistic Prayer, we ask God to "Deliver us from every evil and grant us peace in our days, that by the help of your mercy we may be always free from sin and safe from all anxiety as we await the blessed hope and the coming of our Saviour Jesus Christ." To be free from anxiety, accepting and being open to our unknown future is an act of trust in God which we must make if at all we can live with a grateful heart. If we are able to say *Thanks for all that has been*, it will probably be more likely that we can say *Yes to what shall be*, and thus be free from anxiety.

The Stories of Naaman and the Samaritan in our readings today remind us of the importance of gratefulness to God. The emphasis is on remembering to give thanks for God's many gifts. And there is never one second in the day that passes without such gifts. To identify them, acknowledge them and remember to give thanks disposes our hearts for peace and opens the door to even greater gifts from God. In this way our daily troubles, which could otherwise take over our minds and keep us in constant distress, can be exchanged for the peace that our Lord bestows.

NOTICES

Solemn Mass in Honour of St Teresa of Avila – 6.00pm Saturday 15th October

Next Saturday, 15th October is the Solemnity of St Teresa of Avila, Foundress of the Discalced Carmelites. In preparation for this feast, we will hold a novena throughout the week. And we invite you to come on Saturday and join us at 6.00pm at the Solemn Mass in her honour. **Please note that the 6.00pm Mass next Saturday is for St Teresa and not the vigil Mass of Sunday.**

Today CAFOD Family Fast Day

Millions of families are facing a food crisis that could be the worst in living memory. As each day goes by, the situation worsens. As people of faith we must act. Your donations can help CAFOD's local experts to provide emergency food supplies to families in the worst affected countries in East Africa and support communities around the world working hard to put food on the table. Please give today or start a monthly gift to CAFOD. Use the envelope for our parish collection or go to cafod.org.uk/fastday.

Today is also Prisoners' Sunday

PACT is the national Catholic charity providing support for prisoners and their families. They are there for people at every stage of the criminal justice system: in courts; in prison; in prison visitor centres; on release; and in the community because they believe that everyone can make a fresh start. Today we are asked to pray for prisoners and contribute to the work of PACT. Envelopes are the back of the church if you would like to donate to PACT.

Catechists and Children Teachers

We hope to resume other levels of faith formation in our parish – pre-communion, post-communion and post-confirmation in addition to the Communion and Confirmation classes currently running. For this reason, we are looking for catechists and children teachers to facilitate these classes on Sundays after the 10.00am Mass.

Our Church Media Platforms have Launched – Facebook, Instagram & Twitter

In order to engage everyone in the life of our church community, we have launched our media platforms in addition to emails and Whatsapp (0770 8203 595) already in use. The new platforms will provide further avenues for information on the activities in our parish. Please do follow us: @carmelitechurchkensington on Facebook, Instagram and Twitter to stay connected.

Teresian Prayer Group

The Teresian Prayer Group is resuming with two parallel groups. Register by emailing Mark Courtney at mark.courtney@oxon.org or by attending the first meeting at Kensington on Saturday 15 October at 10.45 am; or at the Notting Hill Carmelite Monastery on Sunday 9 October at 11.00 am. Further information is on our website and on posters at the back of the Church.

<u>Collections Last Sunday</u>	Offering	£1067
	Gift Aid Envelopes	£68

Thank you for your generosity

Fr. Thaddeus, OCD