SUNDAY NEWSLETTER

17th Sunday Ordinary Time *Day for Grandparents & the Elderly* **27th July 2025**

PARISH OF OUR LADY OF MOUNT CARMEL & ST SIMON STOCK, CARMELITE CHURCH
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Mass Times: Sun: Sat Vigil 6.00 p.m., Sun. 8.30 a.m., 10.00 a.m., 12.15 p.m. & 6.00 p.m.
Weekdays (including Bank Holidays): 8.00 a.m., 12.15 p.m. & 6.00 p.m.
Livestream *(All Masses)*: 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 John Williamson ocd, Fr Joseph Odiahi, ocd, Fr Bartholomew Senewo, ocd, Fr Antony Parsons, ocd.
Safeguarding Rep: Franca Bren

Reflection

LORD, TEACH US TO PRAY

The opening words of today's Gospel teach us a very important lesson in prayer. The disciples are with Jesus in prayer; yet they do not think they are praying or feel they know how to pray! They make this request: *"Lord teach us to pray"*. The surprise is that Jesus does not "teach" them to pray – prayer is not a skill to be learned or a task to be mastered. He points out to them that they are already praying [being with Him is prayer, the request they make is a prayer, their desire to pray is prayer, their feeling of not being able to pray is prayer]. Prayer is already happening; it is just that they do not recognise it, or it does not seem to live up to their expectations.

Jesus was a person of prayer, and he teaches us all we need to know about prayer. His response to his disciples is to give them some words they can use when they are praying and a parable that helps them reflect on the nature of God [the One we speak with in prayer; and He is different to us].

Let us listen to this summary of Jesus' teaching on prayer by St. John of the Cross: *"When his disciples asked him to teach them to pray, Christ obviously, as one who knew so well his Father's will, would have told them all that was necessary, in order to obtain an answer from the Eternal Father. And in fact, he taught them only those seven petitions of the **Our Father**, which include all our spiritual and temporal needs. At another time he told them that in praying they should not desire much speaking because our heavenly Father clearly knows our needs [Mt 6:7-8] ..... Our prayer should be made either in the concealment of our inner room (where without noise and without telling anyone we can pray with a more perfect and pure heart) or if not in one's room, it should be made in the solitary wilderness, and at the best and most quiet time of night as he did"*. [3 Ascent 44:4]

The difficulty we often have with Jesus' teaching on prayer [and the disciples had this difficulty] is that it is so simple. Prayer is a natural instinct of a human being; we are born with the ability and desire to pray. However, we have a tendency to complicate it, and see it as something beyond our grasp or ability. In addition, we judge our prayer by how we feel or by its apparent results or outcomes.

Let us draw a few practical lessons from the teaching of Jesus: Keep prayer simple, it does not depend on what I do or say, prayer has a value in itself – it must not be evaluated by how I feel, or by whether, or not, I get the result I want. Prayer is a learning to depend on God and put our trust in him. It does not need an outcome, and I do not have to show results.

St. Edith Stein describes prayer as: *"the highest achievement the human spirit is capable of."* It is also very simple and every person is born with the ability and desire to do it.

To follow the Mass Readings on your phone, please scan the QR Code:

NOTICES

WORLD DAY FOR GRANDPARENTS AND THE ELDERLY

Today is the World Day for grandparents and the elderly. This year the theme chosen is, 'Blessed are those who have not lost hope' (Sir 14:2). In his message, Pope Leo invites us to join in this wonderful celebration. Importantly, he invites us to recognise the elderly not only as recipients of pastoral care, but as witnesses of hope who are active protagonists in the life of the Church.

Today, we are encouraged to visit the elderly members of our family and community. So this week is the planning stage. Identify the lonely elderly person you wish to visit next Sunday and plan it ahead of time. You may bring a small gift of flower or something else to show them that they are appreciated.

LONDON CATHOLIC SOCIAL GROUP

'London Catholic Social Group have a number of upcoming events for Catholic adults over 30.
Sunday 20th July, from 12, Mass, Italian Street Fête and Procession of Our Lady of Saint Carmel in Clerkenwell.
Saturday 26th July, day trip to Waddesdon Manor.
Sunday 3rd August, picnic in Regent's Park.

REGISTRATION FOR FIRST HOLY COMMUNION

Registration is now open for those to prepare for First Holy Communion from October. If you have children for first holy communion, please do register them ahead of September. Children must be 7yrs old by 31st August. The registration form is on our website www.carmelitechurch.org/activities/catechism-classes or simply email and request a form.

AVILA RETREAT PILGRIMAGE – 10th to 16th October 2025

Join us in this adventure with St Teresa in her transformative journey of the soul to God through prayer. Let us walk in her footsteps as she lived and taught.
For more information, please contact: **07849 596572 or email – pilgrimage@carmelite.org.uk**

EMPLOYMENT OPPOFRTUNITY AT SPUC

Join the Pro-Life Mission – SPUC Education Officer (England)
SPUC is hiring a full-time Education Officer, based in London with travel across England. Help bring the pro-life message to schools and communities through engaging talks and outreach. A passion for life and youth engagement essential.
To apply or find out more, visit spuc.org.uk/joinourteam

You may make your offering or donation by scanning this QR Code with your mobile phone
Thank you and God bless!

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Collections Last Sunday	Offering	£1213
	Gift Aid Envelopes	£1308

Thank you for your generosity!

Fr Thaddeus