



MASS TIMES:

Sunday: Sat vigil 6.30pm, 9.15am, 11am

Monday, Tuesday, Thursday, Friday:
9am

Wednesday: 7pm

Saturday: 11.30am Exposition 12 noon

Welcome into the family of St Luke to
Harry James Harper and Gabriel Panter.
Congratulations Kirsty & Tim, and Jane &
Glenn.

Masses received:

Lately Dead: Doreen Bradshaw and
Clare Knox

Deceased Memories: Alan Roberts, Ray
& Sally, and Mary Reid

Anniversaries: Catherine Simcox and
Michael Casey

Special Intentions: Anne and Harry
Ainscough – 48th Wedding Anniversary”

CAFOD: A gift to CAFOD in your will is a
wonderful way to share your faith, hope
and love with future generations.
Find out about CAFOD's free will-writing
service for supporters by picking up a
leaflet at the back of church or call
Hannah on 020 7095 5367

**Pearls of Wisdom
from Winston Churchill**

“When you are 20, you care what
everyone thinks.

When you are 40, you stop caring
what everyone thinks.

When you are 60, you realise no one
was even thinking about you in the
first place.

You have enemies? Good. That
means you've stood up for something
sometime in your Life.”

Next Week's Bulletin

Stephanie on 737 6419

Email: bulletin@stlukesalford.org.uk

Theme: The Feeding of the Five Thousand

Yes, Bread from Heaven! But only a foretaste of the Holy
Eucharist!

“This is my Body, broken for you ... my Blood, shed for you.”
God's Greatest Gift; both on the Cross and in Holy
Communion.

“I am with you ALWAYS” – the Sanctuary Lamp is ALWAYS
burning and that is why we GENUFLECT.

The Body and Blood of Christ

The late Sir Alex Guinness, the actor, was a convert to the
Catholic faith. He tells the delightful story of a lapsed
Catholic. On his way home the lapsed Catholic asked him:
“Have a nice Mass?” to which he was tempted to reply, “Oh,
you know, the same old thing; the Real Presence of Jesus
on the altar.”

He was tempted but he didn't! But it highlights two important
truths. The first is that in this incredible sacrament Jesus is
really and truly present. And the second, in sharp contrast,
is that we are so used to it we tend to take it for granted.

“The bread that I shall give is my flesh for the life of the
world.” Yes, he offers himself in sacrifice at each Mass. “My
flesh is real food and my blood is real drink.” Jesus then
goes on to explain that when we share in this sacred meal
we draw life from him just as he draws life from the Father.
“O Sacrament most holy, O Sacrament Divine, all praise and
all thanksgiving be every moment thine.”

And in the words of Jamie Oliver: “You are what you eat.”

And Finally, a few thoughts on Retirement

“Goodbye Tension, Hello Pension”!

“I'm speeding because I have to get there before I forget
where I am going”!

“I don't think about dying. It's the last thing I want to do”!

“Live each day like it's your last. One day you'll get it right”!

And finally

Of course I talk to myself. Sometimes I need expert advice!!

HAPPY HOLIDAYS!

