

Receiving The Blessed Sacrament

The Holy Eucharist is the source and summit of our Christian life. In receiving the Body and Blood of Christ, we are united more deeply with our Lord and with one another as the Body of Christ.

The following guidelines are provided to ensure that Holy Communion is received with due reverence and proper understanding:

Reception by Catholics Only

The Holy Communion is a sacred sacrament reserved for baptized Catholics who are properly disposed—that is, in a state of grace. Catholics should approach the Sacrament with faith and reverence, prepared by prayer and, if necessary, by the Sacrament of Reconciliation.

Non-Catholics

While those who are not members of the Catholic Church are not permitted to receive Holy Communion, they are warmly invited to come forward during Communion to receive a blessing. As a sign, they should cross their arms over their chest in the form of an "X" to indicate this intention.

Manner of Receiving Holy Communion

Communicants may receive Holy Communion either:

On the tongue, directly from the priest or Eucharistic minister; or

In the hand, placing the left hand over the right to receive the Sacred Host, and then consuming it reverently using the right hand. So make sure your both hands are free to receive communion.

Immediate Consumption of the Sacred Host

Those receiving in the hand must consume the Blessed Host immediately, in the presence of the priest or Eucharistic minister. The Host should not be taken away or carried off. This ensures the respect and protection due to the Real Presence of Christ in the Eucharist.

Receiving a Blessing (and little children)

Those coming forward for a blessing should approach the **priest**, not the Eucharistic ministers, and indicate their intention by crossing their arms over their chest.

Parents bringing small children who are not yet of age to receive Communion are encouraged to bring them to the **priest** for a blessing as well. Please have the child in front of you so you can help them prepare.

Let us always approach the Holy Eucharist with the utmost reverence, recognizing the profound mystery we receive in faith.

Fr Shanju John



Catholic Parishes of St Mary's and Our Lady of Lourdes

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Our Lady of Lourdes, Kingswinford
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St Mary's Primary School 01384 985005

Part of the Roman Catholic Archdiocese of Birmingham: Reg. Charity No. 234216



SAFEGUARDING - The Parish operates in accordance with Statutory Safeguarding Guidance and the National and Archdioceses policies and procedures at all times. Our Parish Safeguarding Representatives are Mrs Epi Pfunde and Mrs Lilli Brice-Bateman. They can be contacted at sg.olol.kingswinford@racob.org.uk or sg.stmary.brierley.hill@rcaob.org.uk or alternatively the Diocesan Safeguarding team can be contacted on 0121 230 6240 / safeguarding@rcaob.org.uk if you have any concern.

18TH SUNDAY OF THE YEAR C

3RD AUGUST 2025

PSALM RESPONSE

O Lord, you have been our refuge,
from generation to generation.

GOSPEL ACCLAMATION

Alleluia, alleluia.

Blessed are the poor in spirit,
for theirs is the kingdom of heaven.
Alleluia.

EUCCHARISTIC PRAYER 3

COMMUNION ANTIPHON

You have given us, O Lord, bread from heaven,
endowed with all delights and sweetness in every taste.

Ordinary C1		Intention/Info
Sunday 2nd/3rd 18th Sunday of the year	5pm Mass KF 9.45am Mass BH	People of the Parish Maria Wright
Monday 4th St John Vianney	10am Mass KF	Patricia Gray
Tuesday 5th	7pm KF	Novena
Wednesday 6th Transfiguration of the Lord	10am Mass BH 10.30am-11am BH	Special Intention (MS) Adoration and Confessions
Thursday 7th	NO MASS	_____
Friday 8th St Dominic	10am Mass KF 10.30am-11am KF	Linda and Mark Adoration and Confessions
Saturday 9th	5pm Mass KF	People of the Parish
Sunday 9th/10th 19th Sunday of the year	5pm Mass KF 9.45am Mass BH	People of the Parish Nigel Richards

Please pray for all those whose have died recently especially Joyce Southall and Betty Storey, those on our August deceased lists and for all those whose anniversaries occur at this time. May they all rest in peace.

Please pray for all those who are sick including Bridie Gardiner, Harry Brice-Bateman, Ed Benedict, Irene Brown, Christine Holding, Christine, Marlene and Tony Lyons, Ian Manley, Noel O'Reilly, Georgina Czuk, Martha Jones, Mavis Geach, Sheila Rowley, Roger Ward, Pauline Bant, Dorothy West, Kath Emery, Patricia Smith, Chris and Tony Rylands, Margaret List, Ken Lowe, Rob Bryan, and Connie Birch May the Lord grant them hope and healing.

Collections BH GA £53.00 Loose £306.09 Sisters £135.39
KF GA £147.00 Loose £276.96 Sisters £107.60 Teas £27.70

COLLECTIONS - Second collection this week and next for Church Maintenance

BRIERLEY HILL: Craft Group Monday 11th August 2pm-4pm all welcome.
KINGSWINFORD: Friday 9.30 - 11.30am **Foodbank** .

FOODBANKS - If you are able to donate to them they will be happy to accept your donations as the need is growing.

Tea/coffee after Mass - Please join Fr Shanju and stay for tea and coffee after Mass on Saturday evening at KF and Sunday morning at BH for a chat and a catch up.

Quiz/social evening at KF sat 11th October we are thinking of having a joint quiz and social evening for both Parishes on the 11th October at 7pm with proceeds being split between both Churches. If you are interested please add your name to the list at the back of Church by this weekend so we can see if it is a good idea. Thanks

Mass intentions - there are currently lots of availability for weekday Mass intentions. If you would like a Mass said for your intention please put it in an envelope with the name of the intention and the Church and give it to Fr Shanju please. If you want a Mass said at a weekend please note that on the envelope but it may take a little longer to be said.

Transfiguration of the Lord **6th August**

O God, Who in the glorious transfiguration of Thine only-begotten Son didst strengthen the sacraments of faith by the testimony of the fathers, and Who didst wonderfully foreshow the perfect adoption of Thy children by a voice coming down in a shining cloud, mercifully grant that we be made co-heirs of the King of glory Himself, and grant us to be sharers in that very glory. Through the same Lord Jesus Christ Thy Son, Who liveth and reigneth with Thee in the unity of the Holy Ghost, God, world without end. Amen." (*Roman Missal*)

As we reflect on the Transfiguration of Jesus, let us enter more deeply into the mystery it reveals by living in the Transfiguration now. It truly is good for us to be here. Let us draw encouragement from the account of the Transfiguration of Jesus Christ and respond to the invitations of grace in our daily lives in order to grow more fully into the Image and likeness of Jesus Christ our Saviour and Lord revealing His Transfigured glory to a world waiting to be born anew. We are being called into an ongoing transformation in Jesus Christ, beginning right now. (*Catholic online*)



Pope's prayer intention for August - For mutual coexistence. Let us pray that societies where coexistence seems more difficult may not succumb to the temptation of confrontation for ethnic, political, religious or ideological reasons. Amen.