

***O God, come to my assistance;
O Lord, make haste to help me!
You are my rescuer, my help;
O Lord, do not delay.***



An Act of Spiritual Communion.

My Jesus, I believe that You are present in the Most Blessed Sacrament.

I love You above all things,

and I desire to receive You into my soul.

Since I cannot now receive you sacramentally, come at least spiritually into my heart.

I embrace You as if you were already there,

and I unite myself wholly to You.

Never permit me to be separated from You.

(Saint Alphonsus Liguori)

Prayer to St. Michael

St. Michael the Archangel, defend us in our daily battle; be our safeguard against the wickedness and snares of the devil.

May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly host, by the power of God thrust down into hell

Satan and all the other evil spirits who prowl throughout the world seeking the ruin of souls. Amen.

✠ Our Lady of Lourdes ✠ Pray for Us

✠ St. Theresa ✠ Pray for Us

✠ St. Anthony ✠ Pray for Us

Confession
& Absolution

Confessions
Available after every weekday and
Saturday Vigil Mass or by advanced
booking.

Exposition of the Blessed Sacrament
30 minutes before Weekday Mass

Anointing of the sick
In cases of emergency only.

JESUS DEMANDS YOUR 'FIVE LOAVES AND TWO FISH'

There is no gainsaying the fact that there are millions of people in the world today wallowing in abject poverty. No thanks to our greed and selfishness. God in His love created the world and blessed it with abundant resources that will be more than enough for every one and even have leftovers. Little wonder He invites everyone in the first reading of today "Come, everyone who thirsts, come to the waters; and he who has no money, come, buy and eat! Come, buy wine and milk without money and without price" (Is 55:1). But who will bring the materials for the food and drink? Certainly, you and I! Hence Jesus asks us to bring our five loaves and two fish to satisfy the hungry and thirsty. Unfortunately, many a time we keep giving flimsy excuses why we cannot bring our five loaves and two fish to feed the poor just like the disciples did in the Gospel of today. Sometimes we just pray for those suffering without doing anything just like the disciples prayed Jesus to send the crowd away. Thus, St James asserts that "faith without good works is dead" (Jas 2:17). So, Jesus says to us as He said to His disciples "you give them something to eat" (Matt 14:16). Some other time we behave indifferently by sending them away just like the disciples asked Jesus to send the crowd away claiming that it is the responsibility of the government and not ours to help them. Yet, Jesus says "They need not go away; you give them something to eat" (Matt 14:16). Another flimsy excuse is when we claim that we don't have enough to give to the poor and less privileged. Even the disciples expressed that hesitation by saying "we have only five loaves here and two fish". In other words, saying that what they have will not be enough for them let alone the crowd. Isn't this the type of realism and pragmatism that is at the root of all refusals to show love? But Jesus shocked them by asking them to bring the five loaves and two fish to Him. He is teaching us that we all have something to give no matter how little to alleviate the plight of the poor and the less privileged. Hence, He says bring your five loaves and two fish to me. Interestingly, Jesus took the little five loaves and two fish from them, asked the crowd to sit, then, He gave thanks to God, broke the bread and gave it to His disciples to distribute to the crowd. They all ate and were satisfied to the extent that there were leftovers. Isn't that a miracle for 5,000 men besides women and children to eat from five loaves of bread and 2 fish and got satisfied even to the point of having leftovers? This miracle will happen when and only when we hand over to Jesus our five loaves and two fish. Therefore, Jesus invites us today to lay before Him our five loaves and two fish with

love and cheerfulness.

Even our little given to

Jesus will miraculously

be used to feed many

hungry people. Can I

allow Jesus to use me

to help the poor and

needy? I wish you a

blessed Sunday!



FR BEDE

St Theresa's and Our Lady of Lourdes with St Anthony's

Parish Priest: Fr. Bede Dike | Parish Office Tel: 0114 248 6102



Office Email: lol.church@btinternet.com

Website: <https://ourladyoflourdes-sttheresa.hallam-diocese.com/>



August Devotion : The Immaculate Heart of Mary

18th Sunday in Ordinary Time, Yr. A

2nd August 2026

Psalter Week 2



Saturday, 1st August,

6.00pm, Our Lady of Lourdes –
November Memorial List

Sunday, 2nd August,

8.30am, St Anthony's – Sophia Esteban
(Graduated from the School of Medicine)

9.45am, Our Lady of Lourdes – SVP
Beneficiaries

11.00am, St. Theresa's – Ron Ashworth
RIP

Monday, 3rd August, NO MASS
Weekday

Tuesday, 4th August, 10.00am, Our Lady of Lourdes

St John Mary Vianney, Priest — The Sick & Housebound of Our Parishes

Wednesday 5th August, 7.00pm, Our Lady of Lourdes

Weekday — Fr Bede prays for your good hearts desires

Thursday 6th August, NO MASS
The Transfiguration of the Lord—

Friday, 7th August, 10.00am, Our Lady of Lourdes

Weekday — November Memorial List

Next Weekend's Masses (19th Sunday in Ordinary Time Yr. A)

Saturday 8th August

6.00pm, Our Lady of Lourdes

David Newton RIP (Anniversary and Birthday)

Sunday 9th August

8.30am, St. Anthony's

For World Peace

9.45am, Our Lady of Lourdes

People of the Parishes

11.00am St. Theresa's

The Holy Souls in Purgatory (Especially those with no one to pray for them)



Sanctuary Lamp Intentions

Our Lady of Lourdes: The Holy Souls in Purgatory
Sponsor: The Parish

St. Anthony's: The Holy Souls in Purgatory
Sponsor: The Parish

St. Theresa's: The Holy Souls in Purgatory
Sponsor: The Parish



Sunday Readings:
1st Isaiah 55:1-3.
2nd Romans 8:35,37-39.
Gospel Matthew 14:13-21.

Responsorial Psalm: 145.

You open your hand and fulfil us, O Lord.

Gospel Acclamation, Matthew 4:4b.

Alleluia, alleluia.

***One does not live by bread alone,
but by every word that comes forth from
the mouth of God.***

Alleluia.



Update on our Venezuela Appeal

This week we received the following Thank You (translated from Spanish) from Lizette, our contact in Venezuela, for the generosity you have shown in supporting the people there whose lives have been devastated by the recent earthquakes:

Good afternoon

Through this I would like to thank the Churches St. Therasas, Our Lady of Lourdes and St. Anthonys for their valuable assistance to my country Venezuela, so that I can help family, friends, acquaintances and people affected by this catastrophic double earthquake that struck the state of La Guaira. Thank you so much.

I would also like to thank Mr. Lee for his intercession to help gain such laudable support from the churches St. Therasas, Our Lady Lourdes and St. Anthonys Churches. Much gratitude and respect.

I can only thank everyone for their great support and generosity for my country Venezuela.

My gratitude,

Rosa Lizette Mendez

Updated total raised £1618.00

A BIG Thanks!



Lizette, sorting supplies of food. There is a full display of the work being done at the back of OLOL Church .

Support for St. Wilfrid's

Chocolate biscuits and crisps for light lunches and snacks and they are in special need of **tinned meat, salad cream and mayonnaise** for sandwiches.



Foodbank Donations

Our parish make regular donations to the Gleadless Foodbank. Please consider adding non-perishable grocery items to your shopping to donate in the box at the back of each church. **Tinned vegetables (especially potatoes), jam, cereal, noodles, tinned meat or fish, snacks, UHT milk or juice, squash, lunch box drinks.** All of these gratefully received. Thank you.



Tea and Coffee at Our Lady of Lourdes

Tea and coffee is available in the church hall after Sunday mass most weeks of the year, so please join us for a drink and a chat as a parish community. If you would like to join our volunteers to serve refreshments, please see Sal to add your name to the list.



Hospital Chaplaincy: When a Catholic is admitted to hospital, it is essential that they are recorded as Catholic on their medical records AND that the Catholic Chaplain, **Fr Andrew**, or **Sr Anne** is notified on the Chaplaincy Office number **01142715485** or Chaplaincy email on sth.chaplaincy@nhs.net

Weekend Cash Collections 25th/26th July.

Our Lady of Lourdes..... £296.64

St Anthony's..... £204.00

St Theresa's£356.06



Safeguarding Representatives

St. Theresa's—Debi Stringer
OLOL—Tessa Taylor



School News

St John Fisher School news:
www.st-johnfisher.org

St Theresa's School news:
www.st-theresas-sheffield.co.uk



These QR Codes can be used to make an offering using your smartphone. Simply scan the relevant QR code and follow the on screen instructions.

OLOL/St. Anthony's



St. Theresa's



Please pray for all the elderly, the sick and the housebound of our three churches including those named below.

Rita O'Hara, Clare Roberts, Jennie Heenan, Caitlin Rose Goss, Beryl Stafford, Jean Grove, Liliana Poole, Jean White, Shirley Foster, Sean Kilcoyne, Avis Hurst, Gloria Andrews, Chena Drakesmith, Marj Hall, Melvin Hanlon, John Carroll, Joan Hill, Claire Lawson, Patricia Foster, Christopher Browne, Mr. Shannon, Margaret Betson, Paul Manning, Annabel Taylor, John Nicholson, Philomena Walker, Lesley Osborne, Gail Hook, Elizabeth Dodson, Gemma Thomas, David Dowling, Fr. David Stafford, Tessa Taylor.



Please pray for the repose of the recently deceased souls & those whose anniversaries occur about this time.

HALLAM AFRICAN CATHOLIC COMMUNITY PRESENTS

CATHOLIC YOUTH HANGOUT

WONDERFULLY CREATED, FULLY ALIVE AND FLOURISHING IN COMMUNITY (Psalm 139, John 10:10 & Hebrews 10:24-25)

THEME: IDENTITY

ACTS 9:15-16 God's call to Saul/Paul

JEREMIAH 1:4-5 God's call to Jeremiah

Featuring:

- GOOD VIBES
- REAL TALK
- THEMED DISCUSSION
- MOVIE
- BENEDICTION
- REFRESHMENTS (ALL FREE)

DATE: 7TH AUGUST 2026

TIME: 12:00NOON -5:00PM

VENUE: MOTHER OF GOD PARISH, SHEFFIELD

POSTCODE: S7 1DX

ADMISSION IS **FREE** BUT SCAN THE CODE FOR **REGISTRATION**

Planning a Celebration?

Why not book one of the Parish Halls?

For bookings at Our Lady of Lourdes please contact Mark on 07852164838 or via email lol.churchhallbookings@gmail.com

For bookings at St Theresa's Hall please contact Debi on 07577897291

CATHOLIC HOLIDAYS IN THE LAKE DISTRICT THIS SUMMER

During August and September, Castlerigg Manor in Keswick is opening its doors to families, groups of friends, or private individuals who are looking for an affordable stay in the Lake District. Breakfast and evening meal are provided, and Mass is celebrated on site. For more information

check out castleriggmanor.com/stay-with-us or contact director@castleriggmanor.co.uk / 017687 72711

QUIET RETREATS FOR ADULTS THIS OCTOBER

During October half term, Castlerigg Manor is running a quiet retreat for individual adults who want to spend a few days of peace, relaxation and prayer in the Lake District. Each day there will be a talk, Mass, and evening prayer, and then a lot of time to explore the area, pray, or just simply relax. Book at castleriggmanor.com/events

The bulletin for August has been sponsored anonymously. Thank you.

Registration for Sacramental preparation 2027

Registration forms for **First Holy Communion** preparation at Our Lady of Lourdes are now available to collect . These are for children in Y3 or above and the celebration will be in Summer 2027. **Confirmation** forms for Our Lady of Lourdes and St Theresa's for children in Y6 and above will be available to collect from September. For all registrations, due to increased costs, the fee for each child will be **£20** for the programme. If you have any questions, please speak to Sal Robinson-Oates or email the parish office.

Stop assisted suicide being legalised

Assisted suicide campaigners have sadly brought back the Leadbeater Bill. This can be stopped if MPs vote down the Bill on 11 September.

Right To Life UK has launched an Easy Action tool to help you email your MP to ask them to vote NO to assisted suicide in the vote in the House of Commons on 11 September.

Please take 30 seconds to email your MP today to ask them to vote NO to assisted suicide:
<https://righttolife.org.uk/Sept11vote>

Puzzle!



A MIRACLE DINNER

Matthew 14:15-21 & John 6:1-14 is a Bible story about a special dinner. Below is a poem about that story.

Complete the poem by filling in the blanks with the correct pairs of words.

then / men	rest / quest
true / you	began / ran
late / ate	faces / spaces
lunch / bunch	done / ton

Jesus was tired and went to find _____,
So away from the crowd he started his _____.
It came to an end before it _____,
The crowd followed Jesus; they walked and they _____.
His boat pulled ashore and he looked at their _____—five thousand men, plus families filled all open _____.
And so Jesus spoke and he taught until _____.
The disciples told him it was time they all _____.
Jesus said, "Yes, that is certainly _____, and feeding this crowd is now up to _____."
Feeding five thousand! It could not be _____!
What would they do? They'd need a whole _____!
But then a young boy came and offered his _____—five loaves and two fish to feed this big _____.
Jesus gave thanks and blessed it and _____,
it fed all the women, the children and _____!

Answers: rest, quest, began, ran, faces, spaces, ate, late, you, true, bunch, then, men, ton, lunch, bunch, done