

*Look to your covenant, O Lord,
and forget not the life of your
poor ones for ever.
Arise, O God, and defend your cause,
and forget not the cries of those who seek you.*



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



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.

FEAR AND DOUBT: THE TWO WEAPONS OF THE DEVIL!!!

It might interest you to know that the devil does not want you to put your trust in God more especially in difficult times, so he comes with fear that will lead you to doubt the existence of God and if care is not taken might make you lose your faith. The two major weapons of the devil against Christians. Now, after feeding the crowd Jesus made His disciples get into the boat and go before Him to the other side. While in the boat there was turbulence, for the boat was a long way from the land and beaten by the waves, and the wind was against them. They were terrified because it seemed to them that Jesus had abandoned them in the hands of the waves. We are like the disciples in a boat on this journey of life being beaten by the waves of sickness, disappointments, death of loved ones, loneliness, betrayals, trials and temptations. Things like these can trigger fear and anxiety and can make us get disappointed with God. Fear could not allow the disciples to recognise the presence of Jesus; they thought they saw a ghost. Fear is that enemy that can make you lose your concentration and faith. In the midst of fear and anxiety, that gentle voice resonates "TAKE HEART; IT IS I. DO NOT BE AFRAID" The presence of this voice doused every fear and anxiety. The confidence of the disciples was restored at the presence of Jesus and this made Peter to ask "Lord if it is you, command me to come to you on the water". Jesus obliged him and he courageously walked on the sea but unfortunately, he started sinking because of his doubt. Fear is a natural emotion that arises when you perceive a threat, danger or something uncertain. The devil comes with fear to make you lose concentration and once fear sets in then it opens door for doubt. Doubt takes away every sense of trust and confidence. Doubt is being uncertain or unconvinced about something. The experience of the disciples is the same experience familiar to anybody who tries to live out his/ her faith. The road is not always easy and does not always lead through solid grounds. Now and then we experience sudden and unexpected headwinds, violent and strong enough to reveal how brittle, fragile and threatening our Christian existence can sometimes be. Then the supposedly strong grounds on which we thought we have built become slippery, with tremendous fear and anxiety as the end result. We become tired and discouraged on account of our struggles and our strains. And we tend not to see any light at the end of the tunnel. However, at this point, when we think all hope is lost, God is there to tell us TAKE HEART; IT IS I. DO NOT BE AFRAID. Can we trust Him and remove every fear

and doubt? If He could calm the storm, He can also liberate us from all fears. So, be strong! Take heart! And do not be afraid! 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

19th Sunday in Ordinary Time, Yr. A

9th August 2026

Psalter Week 3



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)

Monday, 10th August, NO MASS

St Laurence, Deacon, Martyr

Tuesday, 11th August, 10.00am, Our Lady of Lourdes

St Clare, Virgin — The Sick & Housebound of Our Parishes

Wednesday 12th August, 7.00pm, Our Lady of Lourdes

Weekday — Fr Bede prays for your good hearts desires

Thursday 13th August, 11.00am, St Theresa's

Weekday — Fr Jim Blount (For Physical & Spiritual Protection)

Friday, 14th August, 10.00am, Our Lady of Lourdes

St Maximillian Kolbe, Priest, Martyr — November Memorial List

Next Weekend's Masses (The Assumption of the Blessed Virgin Mary, Yr. A)

Saturday 15th August

6.00pm, Our Lady of Lourdes

Divine Protection, Physical & Spiritual Healing for Consolata's Children & Grandchildren

Sunday 16th August

8.30am, St. Anthony's

People of the Parishes

9.45am, Our Lady of Lourdes

Rafal Boratyn (18th Birthday)

11.00am St. Theresa's

Mary Ellis RIP (Anniversary)



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 1 Kings 19:9a,11-13a.
2nd Romans 9:1-5.
Gospel Matthew 14:22-33.



Responsorial Psalm: 85.

Show us, O LORD, your mercy, and grant us your salvation.

Gospel Acclamation, Psalm 130.

Alleluia, alleluia.

*I long for you, O LORD,
my soul longs for his word.
Alleluia.*

