



# ST. JOSEPH'S HIGHGATE

OPEN | AFFIRMING | INCLUSIVE

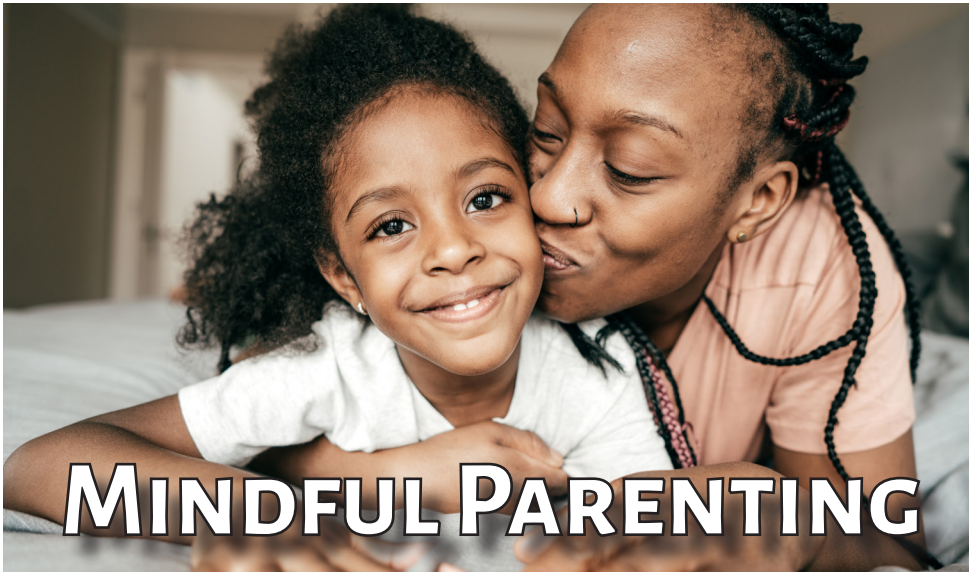
Registered Charity 1173084

## PARISH BULLETIN

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## MINDFUL PARENTING

"Nothing is more humbling, more challenging and more heart-breaking than parenting. There is no quitting and no hiding and no 'finish line.'"

Due to this stress, and that of our daily lives, we are often with our children, without really being with our children. We are in the same room, the same car, but our minds are racing ahead to the office, or distracted by what's on the TV, or wishing we were on some tropical island sipping a daiquiri. Yet when we fully connect with our children, it's far easier to find joy and peace. Things become a little less harried.

Here are 10 affirmations to help us be in the present moment when we are parenting.

1. The gift I'm giving them is my full attention.
2. My children are not me; they are their own separate and beautiful beings.
3. I am here in the present moment, with kindness and curiosity.
4. Rather than simply reacting, I will choose my next behaviour.
5. This moment will not last forever.
6. As everything swirls by me, I tune in and listen to my breath.
7. My child is the perfect teacher for me, and I'm learning so much.
8. My children are strong, safe and supported.
9. I let my children learn and grow in their own way.
10. I am tranquil; nothing can disturb my peace of mind.

-Kathryn Drury Wagner



## Café Connect

Whether you are a long-time member or a first-time visitor, we invite you to join us for Café Connect after our 10am Mass on Sunday. It is a time for fellowship, conversation, and connection with one another. We believe that sharing a cup of coffee or tea together creates a warm and welcoming atmosphere where we can support and encourage each other in our faith journey.

If you are interested in helping with coffee hour, whether it be setting up, serving, or cleaning up, please reach out to our hospitality committee. Your involvement will not only help us continue this important tradition but will also allow you to be a part of strengthening our community and welcoming others into our church family.

We look forward to seeing you at Café Connect and getting to know you better as we share this special time together. Thank you for being a part of our community of faith at St. Joseph's.



As we celebrate Earth Day and reflect on our responsibility to care for our common home, I invite you to join us on Thursday 27th June 2024 at 7pm for a special talk on the inspiring Apostolic Exhortation of Pope Francis, *Laudato Si*.

Our parishioner and activist, Katie De Kauwe, will be sharing her insights and reflections on this important document that calls us to care for our planet and protect the environment for future generations.

I encourage you to come and listen to Katie's passionate and thought-provoking presentation, as we continue to deepen our understanding and commitment to stewardship of creation. Let us come together as a community to learn, discuss, and take action for the well-being of our world.

I look forward to seeing you there.

Laudato  
Si Talk

## REPOSITORY

We wanted to take a moment to express our heartfelt gratitude to all the wonderful volunteers who have been tirelessly looking after and running our Repository at the parish. Antonia, Cheryl, Elizabeth, Jenny, Jo, Julie, Kemi, Una, Dominic, Ed, Jansen, and Julius - your dedication and love for our parish is truly inspiring.



Your commitment to serving our community and helping to spread the message of faith is truly appreciated. Thank you for all that you do to make our parish a welcoming and nurturing place for all. Your efforts do not go unnoticed, and we are truly grateful for everything you do.

# HIATUS!

I'm grateful to have some time-off to be with my ailing mom at home, to rest and revive my spirit. I hope to come back refreshed and rejuvenated in a fortnight, and look forward to continuing the journey of our faith in action, and embracing God's plans for us at St Joseph's.

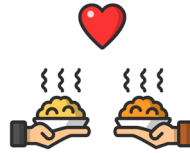
I am very thankful for each of you and for the ministry we share. It's an honour and blessing to serve as your pastor. During my absence, the parish office will be open from Monday to Friday, 10am to 1pm. Father Jenish will hold the fort in my absence. Your support for him would be much appreciated.

If you need to reach me, please contact me via email. May each of you be well and blessed, and a blessing to others. Hasta La Vista!



## St. Joseph's Bring and Share Lunch

We are thrilled to announce that the next 'Parish Bring and Share Lunch' to celebrate the feast of St Joseph will be held on Sunday, May 19th after the 12 noon Mass in the Red Room. We are hoping for good weather so that we can also enjoy the garden. All parishioners and their families are invited to join us and are encouraged to bring a traditional dish from their country, as well as some drinks (in moderation). Please remember that we can only keep food warm on the day, not cook or reheat it. You can drop off your food after the 10am Mass. This event is a wonderful opportunity to connect with others in our church community, meet new people, and strengthen our bonds. We welcome everyone and hope to see as many of you there as possible.



**THANK YOU** Thank you to all who contributed to last weekend's collection. Your generosity helps us continue to serve and build God's Kingdom. Together, we can make a difference in the world. Thank you for your support and may God bless you abundantly. Last weekend's collection amounted to £1587. Thank you very much.

*Please Pray*

May we lift up in prayer the souls of our departed sisters and brothers from our parish, may they find eternal peace in the arms of our loving God. And may we ask for comfort and strength for their families as they navigate through their grief and loss. Let us come together in solidarity and support, holding each other up in prayer during this difficult time.

**Eileen Buckley (Thu. 9 May 11am)**  
**Frederick Dunne (Thu. 16 May 11am)**

**Mass intentions from 27th April to 4th May 2024**  
*"I would be disobeying the LORD if I stopped praying for you!" 1 Sam. 12:23*

Date	Time	Celebrant	Intention
Sat, 27 Apr 2024	07.00 pm	Missa PP	Intentions
Sun, 28 Apr 2024	08.00 am	John McCormack, John McIntyre	Anniversary
	10.00 am	Milo Copeman(B'day) Helena & Joseph Maciejczek	Lately Dead
	12 noon	Gladys Ann Choolhun	Anniversary
	07.00 pm	Antonia Stergides(Sick), Gabino & Manuela Ruiz	Anniversary
Mon, 29 Apr 2024	09.30 am	Billy McDonnell	Anniversary
	06.30 pm	Micksey Clarke	Anniversary
Tues, 30 Apr 2024	09.30 am	Nigel Newland	Lately Dead
	06.30 pm	Stella Dadasheva	Anniversary
Wed, 1 May 2024	09.30 am	Missa PP	Intentions
	06.30 pm	Giuseppe Zanre	Anniversary
Thur, 2 May 2024	09.30 am	Passionist Mass Guild	Intentions
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Fri, 3 May 2024	09.30 am	Maria De Felicidade De Silva Vivas Zanre (Dcsd)	Birthday
	06.30 pm	Ascension Jara Aparico, Jose Sanchez Hernandez	Intentions
Sat, 4 May 2024	09.30 am	Passionist Mass Guild	Intentions

Mass Intentions get fully booked for several weeks ahead. If you would like a Mass said on a particular date or anniversary it is advisable to request it in good time.

## Welcome to St. Joseph

God loves everyone. No exceptions.

St. Joseph's Welcomes You. We are here for you! We Invite you to join us on the spiritual journey as we learn and grow together, and as we seek to help and serve others.

**MASS TIMES** - Weekdays: 9:30am, 6:30pm, Saturdays: 9:30am followed by adoration until 11am, 7pm Vigil Mass. Sunday: 8am, 10am, 12noon, 7pm  
**Sacrament of Reconciliation**  
 Saturday: 10am to 10:30am and from 6:30pm to 6:45pm. Weekdays on request