



# ST. JOSEPH'S HIGHGATE

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## PARISH BULLETIN

St Joseph's Church, Highgate Hill, London N19 5NE, Tel: 020 7272 2320  
Email: joseph.highgate@gmail.com  
gaskoloth@hotmail.com - Fr. George, cpjenish@gmail.com - Fr. Jenish

26  
MAY  
2024



Registered Charity 1173084

## The Trinity: God of Connectedness

Feeling disconnected from your community and the world around you? Many people struggle with feelings of not belonging, which can have negative effects on their mental, emotional, and physical well-being. In a world that often emphasizes division and othering, it is important to cultivate connection and belonging in order to combat feelings of isolation and loneliness.

When we feel disconnected, our brain goes into survival mode, focusing on immediate threats rather than problem solving and creativity. This can have long-term effects on our health, increasing the likelihood of disorders like fibromyalgia. In a society where divisiveness is prevalent, it is crucial to actively engage in practices that promote connection and belonging.

Here are four simple ways to cultivate greater connection and belonging in your life:

1. **Connect With Yourself:** Practice self-acceptance and mindfulness to settle your nervous system and create a sense of inner peace. Accept all feelings and sensations as temporary truths, and treat your body as a sanctuary.
2. **Connect With Others:** Take genuine interest in and show respect for others, recognizing that we are all fundamentally the same despite our differences. Build heartfelt bonds that make everyone feel welcome and accepted.



3. **Connect to a Place:** Pay attention to your surroundings and their impact on how you feel and think. Engage your senses with nature and your environment to reinforce a healthy sense of place.
4. **Connect to Nature:** Recognize your connection to the collective life force and the ever-changing world around you. Embrace the variety and mutability of nature, finding belonging in the continuous stream of thoughts, feelings, and sensations.

In cultivating connection and belonging, we not only enhance our own well-being but also contribute to the interconnected web of relationships that make up our world. Take a moment to reflect on the ways you can foster connection in your life, and reach out to others to create a sense of belonging that transcends boundaries and divisions. Together, we can create a more connected and compassionate community for all.

## St. Joseph's Bring and Share Lunch

We want to extend a heartfelt thank you to everyone who helped to make the St. Joseph's Bring and Share Lunch a success. The weather was absolutely perfect, and we were blessed with an abundance of delicious food and drinks brought by all of you.

A special thank you goes out to our Parish Council members, Marylin, Roni, and Roxane, for organizing such a wonderful event. Your hard work and dedication did not go unnoticed.

It was a joy to see so many members of our church community come together to celebrate and enjoy each other's company. Events like this truly strengthen our bonds and help us to grow closer as a family.

Thank you to everyone who contributed in any way, big or small. We are so grateful for your participation and support.

We look forward to seeing you all at our next event.

## Join the 100 Club and Support our Parish!



Established in 1991, the 100 Club has been instrumental in raising over £350,000 for various church and parish projects. From re-ordering the sanctuary to funding major repairs and refurbishments, the 100 Club has played a vital role in enhancing our parish facilities. Recently, we contributed £40,000 to the Support Our St Joseph's appeal for urgent repairs to the parish meeting rooms. By joining the 100 Club with a £10 entry fee, members have the chance to win monthly prizes of £400, £100, and £50. The prize-winners are announced in the parish bulletin. With membership numbers declining in recent years, we are now down to fewer than 90 participants in recent draws.

If you are interested in supporting our parish in a flexible and affordable way, consider joining the 100 Club. It's a great opportunity to give back to the community while also having the chance to win exciting prizes. Brochures and membership forms will be available for those interested.

Let's come together to continue building a stronger and more vibrant parish community. Thank you for your support!

## Parish Safeguarding Representatives



We would like to extend our heartfelt gratitude to our Parish Safeguarding Representatives, Lorraine Redmond and Hannah Moddrel (Sullivan) for their dedication and commitment to ensuring the safety and well-being of our parish community. Your tireless efforts in promoting a culture of safeguarding, responding to concerns, and creating a safe environment for all are truly commendable.

As stated in the document on safeguarding, safeguarding is an essential part of our Catholic ministry and mission, reflecting the values of love, honesty, respect, support, and accountability. Your work in ensuring that these values are upheld within our parish is truly appreciated.

Thank you, Lorraine and Hannah, for your hard work and for being a shining example of service and care within our parish. Your commitment to safeguarding is invaluable, and we are grateful for all that you do to protect and support our parish community.

## Altar Flowers

This weekend, we extend our heartfelt gratitude to Lynn Hinds for generously sponsoring the Altar Flowers. Your thoughtfulness and generosity bring a touch of beauty and elegance to our sacred space. May your kind gesture be abundantly blessed and may the fragrance of these flowers fill your heart with joy. Thank you, Lynn, for your continued support and dedication to our parish community.



## Laudato Si Talk

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.

## Please pray for the recently deceased members of our Parish and their grieving families.

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.

**Michael Oliver Dempsey** (Thu. 13 June 1pm)

## ST. JOSEPH'S LUNCH CLUB

Join us for the Monthly Lunch Club at St Joseph's Parish Centre! Open to all parishioners, this event will include food, drink, music, and good company. We will also have advice and support available to help with various issues. The next event will be on Monday, June 17th from 1PM - 3.30PM. Cost is £5 and includes a main course, dessert, tea, coffee, and entertainment. Book your place by calling 0207 4280471 or emailing [ciara@irishelders.org.uk](mailto:ciara@irishelders.org.uk). See you there!

**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 £1763. Thank you very much.

### Mass intentions from 25th May 2024

"I would be disobeying the LORD if I stopped praying for you!" 1 Sam. 12:23

Date	Time	Intention	Category
Sat, 25 May 2024	07.00 pm	Roy Chisholm	Intentions
Sun, 26 May 2024	08.00 am	Missa PP	Intentions
	10.00 am	Antonia Stergides	Intentions
	12 noon	Eileen Masterson	Lately Dead
	07.00 pm	Lydia Illescas	Birthday
Mon, 27 May 2024	09.30 am	The Lees Family, Michael, Kathleen Murray	Lately Dead
	06.30 pm		
Tues, 28 May 2024	09.30 am	Passionist Mass Guild	Intentions
	06.30 pm	Michael, Annie, Joe & Hugo Roarty	Anniversary
Wed, 29 May 2024	09.30 am	Passionist Mass Guild	Intentions
	06.30 pm	All Souls, Michael & Grace Roarty	Anniversary
Thur, 30 May 2024	09.30 am	Passionist Mass Guild	Intentions
	06.30 pm	All Souls	Anniversary
Fri, 31 May 2024	09.30 am	Passionist Mass Guild	Intentions
	06.30 pm	All Souls	Intentions
Sat, 01 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

**THE HOLY TRINITY S** Dt 4: 32-34. 39-40, Rom 8: 14-17, Mt 28:16-20, **Mon:** Augustine of Canterbury, 1 Pt 1: 3-9, Mk 10: 17-27, **Tue:** 1 Pt 1: 10-16, Mk 10: 28-31, **Wed:** Paul VI, 1 Pt 1: 18-25, Mk 10: 32-45, **Thu:** 1 Pt 2: 2-5. 9-12, Mk 10: 46-52, **Fri:** Visitation of the Blessed Virgin Mary Is 12: 2-3. 4bcd. 5-6, Lk 1: 39-56, **Sat:** Justin, Jude 17. 20b-25, Mk 11: 27-33, **THE BODY AND BLOOD OF CHRIST** Ex 24: 3-8, Heb 9: 11-15, Mk 14: 12-16.22-26



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