



# ST. JOSEPH'S HIGHGATE

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## PARISH BULLETIN

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## Cultivating Love Through the Five A's

In today's fast-paced world, nurturing our relationships requires intentional effort and reflection. Inspired by Mark 10:2-9, where Jesus highlights the sanctity of marriage, we are reminded that our partnerships, much like gardens, need consistent care to flourish. Relationship experts offer valuable insights into this journey, notably through the framework of the Five A's by David Richo: attention, acceptance, appreciation, affection, and allowing.

Attention involves being fully present with our partners. By practicing mindfulness, we can ensure our interactions



are meaningful and deeply connected.

Acceptance is about embracing ourselves and our partners without fear of rejection, creating a safe haven of trust and respect. It is through daily affirmations and self-reflection

that we build this mutual acceptance.

Appreciation is expressed through simple words of gratitude. A heartfelt "I appreciate you" can strengthen our bonds and remind us not to take each other for granted.

Affection transcends romantic gestures, encompassing kindness and thoughtfulness, and nurturing intimacy in all its forms. Open discussions about what affection means can deepen our emotional connection.

Allowing involves celebrating our individual uniqueness while maintaining unity. By letting go of control, we grant our partners the freedom to be themselves, enriching our relationship.

By embracing these Five A's, we embody a love reflective of Christ's compassion, trust, and unity. Let us strive to weave these principles into our daily lives, cultivating relationships that honour the sacred bond God intended.

## 7 October – Day of Prayer and Fasting

Dear St. Joseph's Family,

We warmly invite you to join Pope Francis in a special day of prayer and fasting on October 7th, commemorating the one-year anniversary of the Israel-Hamas conflict. In these challenging times, as the world continues to face the turmoil of war and violence, let us come together as a Christian community to fulfil our calling to serve humanity.

On October 6th, the eve of the anniversary, Pope Francis, along with members of the Synod, will visit the Basilica of Saint Mary Major. There, he will offer a heartfelt petition to the Virgin Mary, seeking her intercession for peace. The Pope encourages us all to unite in spirit, to listen to the Lord, and to be guided by the gentle breeze of the Holy Spirit.

Let us join in this global call for peace and stand in solidarity with those affected by conflict. Your participation and prayers are invaluable.

"Let us walk together," as Pope Francis urges. We hope you will join us in this meaningful observance.

## PRAYER FOR THE 48TH GENERAL CHAPTER OF THE CONGREGATION OF THE PASSION

7th - 26th  
October 2024  
Rome

### Prayer

Merciful God, You gifted St. Paul of the Cross, our Father, a special charism by which he could see in the Passion of your Son "the most marvellous work of your love.

Help us, his sons to capture this Love in our lives of prayer, penance, solitude and poverty.

By being filled with and strengthened by this Love, may the words and deeds of our proclamation of the Gospel of the Passion be heard throughout the world. May we keep the memory of his Passion alive in the hearts of all people.

Grant your Spirit to the participants of the 48th General Chapter of our Congregation so that, remaining faithful to the spiritual patrimony of our Founder, they may find the pathways to a renewal of our mission in the Church and in the world.

Amen.

"Here I Am Send Me"



The Passion of Christ:

our source of life and mission



### Novena Prayer to St. Paul of the Cross in Preparation for the Feast Day on October 19

O glorious St. Paul of the Cross, you who were so inflamed with love for Jesus Crucified that you spent your life preaching His Passion and founding a congregation dedicated to the same, intercede for us today. Teach us the way to a deeper love and devotion to the Passion of our Lord. Help us to embrace the crosses of our own lives with courage and patience, seeing them as a pathway to eternal glory. Inspire in us a fervent desire to live our lives in union with Christ's sufferings and to find Him in our daily trials. O holy founder of the Passionist order, guide us in our spiritual journey and accompany us in moments of doubt and despair.

As we embark on these days of novena leading up to your feast day, we humbly ask for a special intention through your powerful intercession. Grant us the grace to [insert your specific intention here], trusting that your fervent prayers and unwavering faith will carry our petitions to the heart of Jesus. St. Paul of the Cross, pray for us and lead us ever closer to the love and mercy of our Crucified Savior. Amen.

**CAFOD**  
Catholic Agency for Overseas Development

## Support the CAFOD Harvest Appeal

We invite you to support the CAFOD Harvest Appeal! You can pick up an envelope today to give your contribution, or return it next week with your gift inside. Alternatively, scan the QR code to donate through our virtual envelope, or visit [cafod.org.uk](http://cafod.org.uk) to give online at your convenience.

Consider setting up a monthly donation to help us respond swiftly to emergencies and contribute to long-term change. For UK taxpayers, please tick the Gift Aid box to add an extra 25% to your donation at no extra cost to you.

We deeply appreciate your continued generosity and prayers in supporting CAFOD's mission. Thank you!





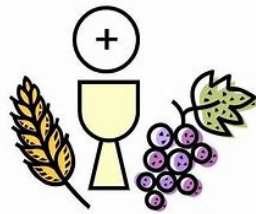
## Thank You, Dearest friends,

Dearest St. Joseph's Family,

With hearts full of gratitude, we extend our sincerest thanks for your generous contributions to last weekend's collection. Your kindness and support are the pillars upon which we serve and nurture God's Kingdom. Together in purpose and love, we make a significant difference in our world.

Last weekend's collection amounted to a remarkable £1513, a testament to your unwavering commitment and compassion. We are profoundly grateful.

May God's boundless blessings shower upon you and your loved ones. Thank you once again for your extraordinary support.

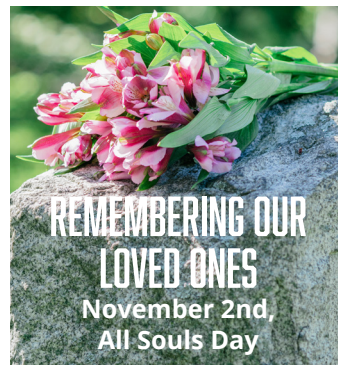


## Confirmation & First Communion 2025

**Confirmation:** If your child is entering Year 9 or above, pick up an application form for this year's Confirmation course from the Church porch starting 1st September. Submit the form and a copy of the baptismal certificate by 27th October. Classes begin in November, culminating in the sacrament on Sunday, 29th June at 12 midday on the Solemnity of Sts. Peter and Paul. Sessions are on Sundays at 5.30pm, with a 7pm Mass attendance, plus 2 sessions with parents. Email confirmation.joseph@gmail.com to express interest.

**First Communion:** For children aged seven and above in Year 3 or higher, submit forms by 1st November. Preparation is integrated into the 10am Sunday Mass from January to June. For more details, email communion.joseph@gmail.com.

Visit our website for more information and join us in this sacred journey of faith at St. Joseph's Parish!



Dear Beloved Parishioners,

With hearts full of love and reverence, we invite you to join us in commemorating the Feast of All Souls on November 2nd. On this sacred day, the Passionists extend an invitation for you to unite with us in a prayerful remembrance of our dearly departed.

Together, we will offer a special All Souls' Day Mass, lifting our prayers to heaven for those who have journeyed from this life. Throughout the entire month of November, our prayers will be especially dedicated to those you lovingly recommend.

In the Porch, you will find envelopes where you can enrol the names of your deceased loved ones. By doing so, they will be remembered in our special Masses and daily prayers throughout this grace-filled month. It is our profound honour to carry your intentions and to pray for the needs of our cherished friends.

May our collective prayers bring comfort to our hearts and peace to the souls of our loved ones.

## CHRISTMAS BAZAAR



We're counting the days to our Christmas Bazaar on November 30 and know we can count on you to make it the happy, warm and welcoming event we all enjoy.

We are on the lookout for helpers: setting up, running a stall and of course, clearing up afterwards. Please contact Fr George if you would like to be involved.

We have a vacancy in Santa's Workshop- could you be the elf who shows children how to make Christmas crafts, or do Face painting? Do you have an idea for a new stall that you'd like to run? Suggest away! We're already looking forward to one innovation, an Art Stall where the Parish artists will be selling some of their paintings and drawings!

Without your donations there wouldn't be a Bazaar, and the Parish is so grateful for your generosity. This year we are looking for donations of new, unused items whether for the home, or garden or as gifts for a special someone, things that you don't want but someone else might love. New children's toys are also welcome. We need books in good condition, unread is even better. The gardening and house plant stall needs your support, and we are seeking luxury food items for our hampers. Homemade preserves go down well while the bottle stall and Raffle are waiting for your donations. Our Confirmation Class will be baking for us, but more cakes are always welcome.

Our Choir are practising hard to entertain us and if you would like to perform, let us know!



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.

**Mary Walsh** (Fri. 11 Oct. 11am)  
**Gina Doherty** (Fri. 1st Nov. 11am)

### Save the Date



**Christmas Bazaar**  
Sat. 30 Nov. 2024



**Holy Rosary**  
Every Saturday in October at 10am.

### Mass intentions from 05th October 2024

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

Date	Time	Intention	Category
Sat, 05 Oct 2024	07.00 pm	Dr. Ernest Cooke	Anniversary
Sun, 06 Oct 2024	08.00 am	Julia McIntyre, Mary Grace	Anniversary
	10.00 am	Margaret Tully	Anniversary
	12 noon	Michele & John Feely, Arthur Cross	Anniversary
Mon, 07 Oct 2024	07.00 pm	Oneioe Ioris(LD) Missa PP	Intentions
	09.30 am	Holy Souls	Intentions
Tues, 08 Oct 2024	06.30 pm	Eileen & Patrick Connole	Anniversary
	09.30 am	Chris McQue	Sick
Wed, 09 Oct 2024	06.30 pm	Mary O'Connor	Birthday
	09.30 am	Celine Koloth	Latelty Dead
Thu, 10 Oct 2024	06.30 pm	Mathew Faherty	Anniversary
	09.30 am	Sr. Patricia Murray	Intentions
Fri, 11 Oct 2024	06.30 pm	Tilly O'Leary	Intentions
	09.30 am	Patrick & Margaret McDonagh	Intentions
Sat, 12 Oct 2024	06.30 pm	Holy Souls	Intentions
Sat, 12 Oct 2024	09.30 am	Sr. Stella Kelly	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.

### 100 CLUB RESULTS



The September draw was held in the Monastery on 3rd October. The number of entries was 98 and the winners were: **£400 Christina Kennedy (95), £100 Member No. 143, £50 Dominic McLoughlin (16)**. Thank you once again to those who support the parish in this way.

## 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

**TWENTY-SEVENTH SUNDAY IN ORDINARY TIME** Gn 2: 18-24, Heb 2: 9-11, Mk 10: 2-16 **Mon:** Our Lady of the Rosary M Gal 1: 6-12, Lk 10: 25-37, **Tue:** Gal 1: 13-24, Lk 10: 38-42, **Wed:** Denis, bp, mt, & co., mts/ John Leonardi, p, Gal 2: 1-2, 7-14, Lk 11: 1-4, **Thu:** Gal 3: 1-5, Lk 11: 5-13, **Fri:** John XXIII, pp, Gal 3: 7-14, Lk 11: 15-26 **Sat:** Gal 3: 22-29, Lk 11: 27-28,

**TWENTY-EIGHTH SUNDAY IN ORDINARY TIME** Wis 7: 7-11, Heb 4: 12-13, Mk 10: 17-30