

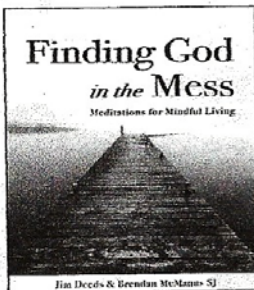
Here we share with you an excerpt from a new Messenger Publications book, *Finding God in the Mess: Meditations for Mindful Living*, by Jim Deeds and Brendan McManus SJ. We hope you find it relaxing and reinvigorating.

## LAKESHORE MEDITATION

Take a few minutes for relaxed meditation. You might want to read the Gospel of John, Chapter 21, Verses 9–14. But you don't need to do that to enjoy this meditation. Find yourself a place to sit or lie down. Breathe easily for a few minutes.

Notice the breath go in and go out again. Feel what it does to your body as your chest and stomach rise with the breath in and then fall again with the breath out. Feel your body and its rhythm as you breathe. As the seconds pass by, you may feel your body get heavier on the chair or bed. This is good. This is a sign you are relaxing.

Now use the sight of your mind's eye – your imagination. Compose a scene. You are by the shore of a lake at first light. The waters are still and the shore is rocky. The sky is clear and the morning sun is shining down. Use your senses to create this place in your mind. What do you see about you? What do you hear? What do you smell? By the shore there is a small charcoal fire burning. There is some bread cooking on the fire as well as some small fish. Again, use your senses here. See the flames dance. Hear it crackle. Smell the



smoke and the food cooking. Now see yourself sitting by the heat of the fire; warming you and creating a sense of safety. As you sit here, Jesus comes and sits beside you. He has cooked the food and he has come to share it with you. What does his face look like? What does he wear?

Jesus holds you in a loving gaze, the depth and compassion of which you have never experienced before. It is clear that you are the apple of his eye. What do you say to him? What does he say to you? Spend as much time as you want in the company of Jesus around this fire, talking and listening. When you are ready, leave the fire by the lake and focus once more on your breathing and on your body. Take three deep and easy breaths. Open your eyes, refreshed and enlightened by your time with Jesus and ready to go on with your day.

### QUESTIONS FOR REFLECTION

- What is the conversation that you need to have with Jesus?
- What is it that you need to say to him?
- What is it that you need to hear from him? ♡

[www.messenger.ie](http://www.messenger.ie)

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## The Sacred Heart Church, Wadhurst

With St. Peter's, Rotherfield

[www.sacredheartchurchwadhurst.org.uk](http://www.sacredheartchurchwadhurst.org.uk)

**Parish Priest:** Fr. Martin O'Connor

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The Sacred Heart School

**Tel:** 01892 783414

**Headteacher:** Mrs. Hilary Blake

### Sunday 24<sup>th</sup> September 2017 – Twenty-Fifth Sunday in Ordinary Time

Sat 23<sup>rd</sup> 6pm (Vigil) – People of the Parish

Sun 24<sup>th</sup> 8.45am (Rotherfield)

10.30 (Wadhurst) – Emmanuel Iyepabo R.I.P.

Mon 25<sup>th</sup> 10am

Tues 26<sup>th</sup> 10am – *Ss Cosmas & Damian*

Wed 27<sup>th</sup> No Mass – *St Vincent de Paul*

Thur 28<sup>th</sup> 10am – *St Wenceslaus, St Lawrence & Companions, Martyrs*

Fri 29<sup>th</sup> 10am – *Ss Michael, Gabriel and Raphael, Archangels*

Sat 30<sup>th</sup> 6pm (Vigil)

Sun 1<sup>st</sup> 8.45am (Rotherfield)

10.30am (Wadhurst)

#### Usual Sunday Mass Times:

(See above for any changes)

Wadhurst: Saturday 6:00pm (Vigil)

Rotherfield: Sunday 8:45am

Wadhurst: Sunday 10:30am

#### Weekdays (Wadhurst):

Monday: 10:00am

Tuesday: 10:00am

Wednesday: No Mass

Thursday: 10:00am

Friday: 10:00am

Saturday: 6:00pm (Vigil for Sunday)

#### Parish Office Hours:

Monday 9am – 12 noon

Thursday 9am – 12 noon

Friday 9am – 12 noon

#### Confessions:

Saturday: 5:00pm – 5:30pm

#### Rosary:

Every Thursday in term time at 9.15am in Carillon Cottage, High St. Wadhurst

#### Adoration (Holy Hour):

First Friday: 9:00am – 10 am

#### Mothers' Prayers:

Wednesdays 11am, Three Trees, Wadhurst

Tel: Colleen O'Farrell (01892) 784734

#### Prayers for Healing:

Fourth Thursday of month, Carillon Cottage. Box for prayer requests in

Annexe or Tel: Colleen (01892) 784734

## News & Notices

**A PARISHIONER** has donated some religious books. These are on the table in the Annexe – please help yourself.

### **2017 DEANERY PLAN QUESTIONNAIRES:**

These need to be completed today (Sunday 24<sup>th</sup> September), one for each member of your family. Please make time before you leave church today. The questionnaires and pens are available in the Annexe.

### **NOURISH:**

The monthly food collection for Nourish will take place at all Masses next weekend, 30 September/ 1 October.

### **RAISE A GLASS FOR THE SACRED HEART SCHOOL:**

Do come along after the 10.30 Mass and enjoy a glass of wine in the Annexe. All that is required of you is a donation of £5 (soft drinks for children free). The money raised will go towards the School's fundraising.

### **SACRED HEART MACMILLAN COFFEE MORNING:**

Pop into the Sacred Heart School on Friday 29<sup>th</sup> September to join in their Macmillan Coffee Morning which will be held in the School Hall between 8.30 am and 10am. The event is open to all, not just parents of the school, and is a fantastic opportunity to experience the warm welcome of the school community, savour the baking talents of the parents, and help raise funds for a very worthwhile cause. We hope to see you there!

### **HELP REQUIRED PLEASE:**

Are you a dab hand with a duster or an ace with a vacuum cleaner? **Your church needs you now!!** Please read on, as we are very short of volunteers for Church Cleaning. You don't need to be an expert cleaner; just a willing helper! The job is done weekly, either alone or in pairs (if you can persuade a friend to assist you). Just dust and polish and a quick swing around with the hoover – takes about an hour. It can be done at any time which suits you, other than when the church is in use. Your assistance would be so greatly appreciated. For further information, please contact Victoria Thompson on (01892) 750415.

### **CUBAN JAZZ AND SALSA NIGHT:**

An evening of live music, food and dance featuring 'Heads South', a superb jazz salsa group, with salsa teacher Julia Cooper, to be held on Saturday 11<sup>th</sup> November in the Commemoration Hall. Tickets (including supper and a salsa demo) are £18.50 if bought before 15<sup>th</sup> October, thereafter £20. They will be on sale after all Masses this weekend, or from the Parish Office. See the Poster on the Annexe Notice Board for full details.

### **DIOCESAN EVENTS:**

The following are events organized by the Diocese which will take place over the next few weeks. Posters of all, giving full details, are on the Notice Board, and fliers (where available) on the table in the Annexe:

Annual Grandparents Reflection Day – Thursday 21<sup>st</sup> September

A Weekend Away for a Lifetime of Change : 6<sup>th</sup>-8<sup>th</sup> October

Rosary Crusade of Reparation – Saturday 14<sup>th</sup> October 2017

Pontifical Mass of St Philip Howard – Sunday 15<sup>th</sup> October 2017

The Big Encounter – Diocesan Festival for 15-30s – 11<sup>th</sup> November

Hope 2017 (for 11-14s) – 19<sup>th</sup> November 2017

### **RED MISSIO BOXES:**

A reminder to bring in your red Missio Boxes so that donations can be collected and banked before World Mission Sunday on 22nd October. Please leave your box in the Sacristy so that it can be kept safe. Missio are very grateful for any contributions of any size.

### **PRAYERS FOR THE SICK:**

Please remember in your prayers all who are sick in our parish and amongst our families and friends, especially Pat Bowler, Margarita Fane and Jon Elsby. We pray also for their families and those who love and care for them.

### **ANNIVERSARIES:**

Please remember in your prayers Evangeline Bohane, Annie Stanley Ethel Hessian, Nicky Donohue, and all whose anniversaries occur at this time.

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*If you would like an item included in the News & Notices, please email it to [parishsecretary.sacredheart@gmail.com](mailto:parishsecretary.sacredheart@gmail.com) by 11am on the Thursday*