



WHAT'S GOING ON

On Sunday 6th June we have Benediction at the end of all three Masses. Jesus is substantially present for us in the Blessed Sacrament and He blesses us personally through this gift of Benediction

A SAINT TO KNOW

St Charles Lwanga died along with many others in Uganda for their faith in Jesus Christ. We ask for their prayers on Thursday 3rd June that we may be brave in proclaiming our faith. <https://tinyurl.com/26az3xtf>

DID YOU KNOW?

Scientists have proof showing thankfulness automatically releases more chemicals into our bodies. We Christians have always known that giving God gratitude creates joy in our hearts. We're designed this way!

WHAT HAVE I GOT TO BE THANKFUL FOR?

We all have our good days and our bad days. On our good days we may remember if we remember at all to thank God for whatever's going right for us and sometimes we forget there is a God showering us with blessings and we think this goodness comes from our own efforts.

On our bad days - well if you're anything like me - we're probably asking God for His help to take away our troubles and clear an easy path, and on very very dark days where asking God why this is happening and maybe if He even loves us at all.

Finding a reason to thank God may have you asking: What have I got to be thankful for? A lot! is the answer. From the meal you just ate, the shoes on your feet or the family that safely surrounds you, when across the world we know millions are struggling every day.

Praising God isn't just for Him it's for us too. Every time we lift up His name we remind ourselves what an awesome God we serve and there is nothing He cannot or will not do for us. Strengthening our Faith and the knowledge that whatever we are going through He has the masterplan to see us through it.





FULL OF GRATITUDE

by Father Morris

One of the most thought-provoking places I've been is an orphanage near Bethlehem. Recently we've seen quite a lot in the news of the violence happening there and it's been happening for centuries. Christians don't have a place we all need to go on pilgrimage to but Jerusalem is important for us, as well as for Muslims and Jews. In the 1940s it was split up so the different groups each had a part of the city. The Psalmist encourages us to pray for the peace of Jerusalem, writing over 2,500 years ago (Psalm 122:6).

In the orphanage the children had experienced much sadness, their parents often violently killed because of the violence. They lived in very basic conditions. And they had their home constantly invaded by pilgrims like me being taken on tours! Despite all this, they were cheerful. This wasn't blind optimism but a gift of their Christian faith. They continue to inspire me when I'm tempted to think I have nothing to be grateful for.

3 EASY WAYS TO SAY THANKS!



- 1) Write an email, send or post a message to someone in your life telling them why and what they have done for you.
- 2) Keep a gratitude list, at the end of everyday list 5 things you were grateful for that happened that day.
- 3) Take a morning to be mindful of everything that comes your way. Thank God for the trees, the sun and his provision.

For more information email fr.morris@hotmail.com

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KNOW YOUR SCRIPTURE

The Bible is full of ready made praises for God.

The Book of Psalms is largely attributed to King David, a King who knew all about being in good times and bad, but still found the space and faith in his heart to give God glory.

Here are a few verses to memorise or mark up in your prayer journal:

Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind, for he satisfies the thirsty and fills the hungry with good things.
Psalm 107:8-9

Give thanks to the Lord, for he is good, for his steadfast love endures forever. Psalm 36:1

Know that the Lord, he is God! It is he who made us, and we are his Psalm 100:3

Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.
Psalm 42:11

The Lord is near to all who call on Him to all who call on Him in truth. He fulfills the desire of those who fear Him, he also hears their cry and saves them.
Psalm 145:18-19

The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?
Psalm 27:1