

WELCOME home

At last we are able to announce that many of the restrictions which have affected us so much over the last 18 months are to be eased from tomorrow. This is very welcome news for many areas of our lives, not least for our ability to attend Mass more easily.

With **immediate effect** there is no longer any need to book a place for weekday or Sunday Masses. Welcome Home! We've missed you!

In common with all indoor spaces, some measures will remain in place. These are noted below,

- *Masks/Face Coverings are still to be worn in the Church.*
- *You will still be asked to sanitise your hands on entering and leaving the Church.*
- *We will be maintaining a routine of cleaning surfaces and spaces within the church.*
- *We are still required to temporarily retain contact information (for 21 days) of all those who attend Mass.*

Since we are no longer using a booking system, this last requirement to retain contact information will be done slightly differently for weekday and Sunday Masses. Here's how it will work at Saint Helen's:

- For **WEEKDAY MASSES**: If you are a regular, just give your name to the volunteer and you will be ticked off the list of regular visitors. If it's your first time back to a weekday Mass you will be asked for your name and contact number on your first visit and

then you have become a regular! You will just need to be ticked off on your next visit!

- For **SUNDAY MASSES**: There are two different options to enable us to fulfill the requirement to collect your contact details:
 - *The preferred method is to use your smart phone camera to scan the QR code which will be printed in the bulletin and displayed prominently on posters in the Church. This will allow you to enter your details in the same way as you would for a restaurant or other venue. You will be asked for your name, contact number, and the number of people in your group. So only one person in each family/group needs to do this.*
 - *If you do not have access to a smart phone, our volunteers will offer you a card which you need to complete with the same required information. You should then place the completed card in one of the white offertory collection boxes which are positioned around the Church. You will need to do this each Sunday you visit Saint Helen's – so maybe you could take a few cards home with you and bring one already completed on the next occasion when you come to Mass.*

For both weekday and Sunday Masses we will resume our normal way of receiving Holy Communion. We simply ask that you are patient and respectful of other who might still be a little nervous by leaving sufficient space between yourself and others in the line for Communion.

The same applies to seating within the Church – the church is sufficiently large that we should still be able to leave some space in between individuals and groups, even if we are no longer legally obliged to do so.

COP26

Justice & Peace Scotland is looking for you to make sure climate justice is front and centre at the COP26 negotiations by volunteering in Glasgow this November! You must apply before **13th August**, to find out more, click [Here](#). Further information about Climate Justice can be found on the Justice & Peace Scotland webpage by clicking [Here](#)

"CHURCH ON THE WAY"

This is the Pope's prayer intention for the month of August, inviting everyone to work for a transformation of the Church - a work that begins with "a reform of ourselves" through an experience of prayer, charity and service, inspired by the Holy Spirit. In his short video message Pope Francis reminds us that "the vocation of the Church is evangelisation," and even more, "the Church's identity is evangelisation." to watch click [HERE](#)

SCIAF APPEAL FOR ETHIOPIA

Violence in Northern Ethiopia has killed thousands of civilians and forced more than two million people from their homes. The crisis in the Tigray region is deteriorating fast and now more than five and a half million people need emergency food - more than the population of Scotland! Please donate to help save lives today by clicking [HERE](#) or by placing a clearly marked envelope in the collection boxes.

Thank You!

FOR YOUR PRAYERS, PATIENCE, & FINANCIAL SUPPORT

We continue to be more grateful than we can express for the tremendous generosity of the people of Saint Helen's in these difficult times. If you are able, please try to continue your efforts. You can use our online giving facility by clicking [HERE](#) or going to the parish website and clicking on the 'DONATE' button for more details. I am particularly

grateful that so many of you have chosen the option to register here so that your offering is also gift aided. If you prefer to set up a standing order directly with your bank, our account details are below. The biggest 'thank you' to you all.

Mgr Paul

"ARCHDIOCESE OF GLASGOW ST HELEN'S, LANGSIDE NO 1 ACCOUNT"	
Sort Code:	83-07-06
Account No:	16851275

SAINT HELEN'S SSVV

Our SSVV continue to be grateful to parishioners for recent donations. You can contribute direct to their bank account:

Account Name: **SSVP GLOS 058**
Account Number: 00844298
Sort Code: 80-07-76



For those who are sick..

We remember all the sick of the parish

Recently Deceased

Brian Logan (funeral Mass on Wednesday 11th August), Maureen Corrigan,

Anniversaries

Hugh Gourlay, Eileen Mitchell, James Cantley, Eddie Bradley, Patricia White, Glen Kelly

Congratulations

to Roisin Boyle and Michael Farren who were married on Thursday.

PRAYER TO SAINT MICHAEL

St. Michael the Archangel, defend us in battle. Be our defence against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

Responsorial Psalm

Psalm 33(34):2-9

Taste and see that the Lord is good.

I will bless the Lord at all times,
his praise always on my lips;
in the Lord my soul shall make its boast.
The humble shall hear and be glad.

Glorify the Lord with me.
Together let us praise his name.
I sought the Lord and he answered me;
from all my terrors he set me free.

Look towards him and be radiant;
let your faces not be abashed.
This poor man called, the Lord heard him
and rescued him from all his
distress.

The angel of the Lord is encamped
around those who revere him, to
rescue them.
Taste and see that the Lord is good.
He is happy who seeks refuge in
him.

Second reading

Ephesians 4:30-5:2

Do not grieve the Holy Spirit of God who
has marked you with his seal for you to
be set free when the day comes. Never
have grudges against others, or lose your
temper, or raise your voice to anybody,
or call each other names, or allow any
sort of spitefulness. Be friends with one
another, and kind, forgiving each other
as readily as God forgave you in Christ.
Try, then, to imitate God as children of
his that he loves and follow Christ loving
as he loved you, giving himself up in our
place as a fragrant offering and a
sacrifice to God.

Gospel Acclamation

Jn14:23

Alleluia, alleluia!
If anyone loves me he will keep my word,

and my Father will love him,
and we shall come to him.
Alleluia!

Gospel

John 6:41-51

The Jews were complaining to each
other about Jesus, because he had said,
'I am the bread that came down from
heaven.' 'Surely this is Jesus son of
Joseph' they said. 'We know his father
and mother. How can he now say, "I
have come down from heaven"?' Jesus
said in reply, 'Stop complaining to each
other. 'No one can come to me unless he
is drawn by the Father who sent me, and
I will raise him up at the last day. It is
written in the prophets: *They will all be
taught by God*, and to hear the teaching
of the Father, and learn from it, is to
come to me. Not that anybody has seen
the Father, except the one who comes
from God: he has seen the Father. I tell
you most solemnly, everybody who
believes has eternal life. 'I am the bread
of life. Your fathers ate the manna in the
desert and they are dead; but this is the
bread that comes down from heaven, so
that a man may eat it and not die. I am
the living bread which has come down
from heaven. Anyone who eats this
bread will live for ever; and the bread that
I shall give is my flesh, for the life of the
world.'



Saint Helen, Pray for us

SUNDAY MASS:

Vigil (Saturday) 5.30 pm, 9.00 am, 11.00 am and 5.00 pm

WEEKDAY MASS

daily (except Thursday) at 10.00 am. Thursday at 7.00 pm

CONFESSIONS:

Thursday from 6.00 pm until 6.45 pm in the hall

DEVOTIONS:

Novena (Sacred Heart) live streamed on **Monday** at 7.00 pm
Novena (our Lady of Perpetual Succour) Thursday at 6.45pm
Divine Mercy Chaplet on Fridays at 7.00pm

Contact Information:

Saint Helen's Presbytery
165 Camphill Avenue, G41 3DR

Phone: 0141 632 2626
E-mail: sthelen@rcag.org.uk
Web: www.sthelenslangside.org.uk

PARISH PRIEST Monsignor Paul Murray PERMANENT DEACON

Rev. Kevin Kelly

www.sthelenslangside.org.uk

The Archdiocese of Glasgow is a Religious Charity Number SC018140

LINK FOR LIVE-STREAMS:

www.youtube.com/c/SaintHelensLangside

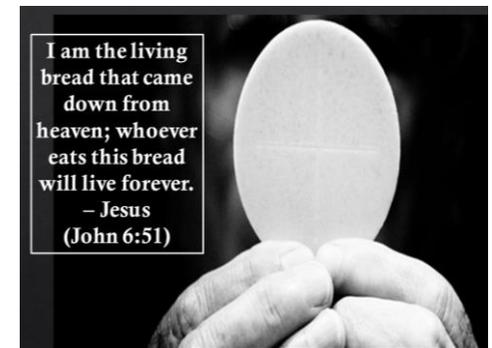
www.facebook.com/sthelenslangside

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Saint Helen's
One Family, One Heart, One Faith

Bulletin

8th August 2021
19th Sunday of the Year



First reading

1 Kings 19:4-8

Elijah went into the wilderness, a day's
journey, and sitting under a furze bush
wished he were dead. 'O Lord,' he said 'I
have had enough. Take my life; I am no
better than my ancestors.' Then he lay
down and went to sleep. But an angel
touched him and said, 'Get up and eat.' He
looked round, and there at his head was a
scone baked on hot stones, and a jar of
water. He ate and drank and then lay down
again. But the angel of the Lord came back
a second time and touched him and said,
'Get up and eat, or the journey will be too
long for you.' So he got up and ate and
drank, and strengthened by that food he
walked for forty days and forty nights until
he reached Horeb, the mountain of God.

Children's Worship Bulletin

The Living Bread

John 6:41-51

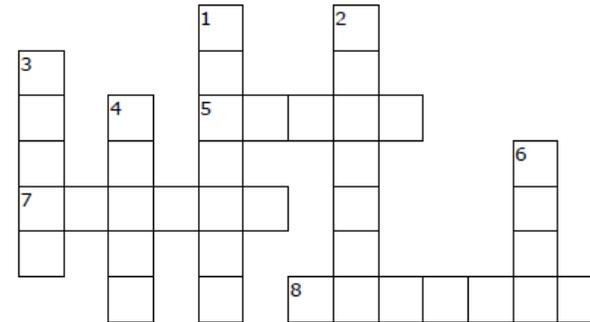
Word Search Puzzle

E I H Q F G R W J D L O C H A
 V V T O H D I E T I I P U M J
 E V J J C E T O F E Q G A U N
 R Y Y I K H A B N D L O T O O
 L Z B O D U I V Z T O Q E O J
 A B E L I E V E E F R I T E Y
 S D V Z D Y C A F N Z U A S D
 T M F J T E G A O L K D T E S
 I M L E P O S X R L A A L H E
 N S I H E J F E F E N T Z K U
 G A V F S J V C R N N P R I R
 A D I Z T E Q B A T W J K S X
 R L N D R S Q M W O R L D U E
 P T G O M U H U W F A X P A V
 C O F L E S H W J P Z X T H N

FOREVER	ATE	WORLD	DIED	BREAD
LIFE	FLESH	DESERT	LIVING	JESUS
EVERLASTING	HEAVEN	TRUTH	BELIEVE	MANNA

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Crossword Puzzle



ACROSS

- To gain knowledge through experience or study
- To make an effort to hear something; to pay attention
- A person who speaks for God; Isaiah, for example

DOWN

- To accept as true or real
- For everlasting time; eternally
- The earth with its inhabitants
- The Son of God
- To continue to be alive

LIVE	BELIEVE	FOREVER	PROPHET
LEARN	LISTEN	WORLD	JESUS



*"I am
the living
bread."*

Colouring Page



"I am the living bread that came down from heaven.
Whoever eats this bread will live forever."
John 6:51

Decoder Puzzle

Each number represents a letter of the alphabet.
Substitute the correct letter for the numbers to
reveal the coded words.

P	U	W	R	C	G	E	J	O	B	I	Q	S	F	X	T	H	Z	D	N	Y	L	V	K	M	A
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

- 22-11-23-11-20-6 _____
- 10-4-7-26-19 _____
- 17-7-26-23-7-20 _____
- 14-9-4-7-23-7-4 _____
- 14-22-7-13-17 _____
- 3-9-4-22-19 _____
- 7-16-7-4-20-26-22 _____
- 22-11-14-7 _____

HEAVEN	BREAD	LIFE	FOREVER
ETERNAL	LIVING	FLESH	WORLD





Speak, Lord



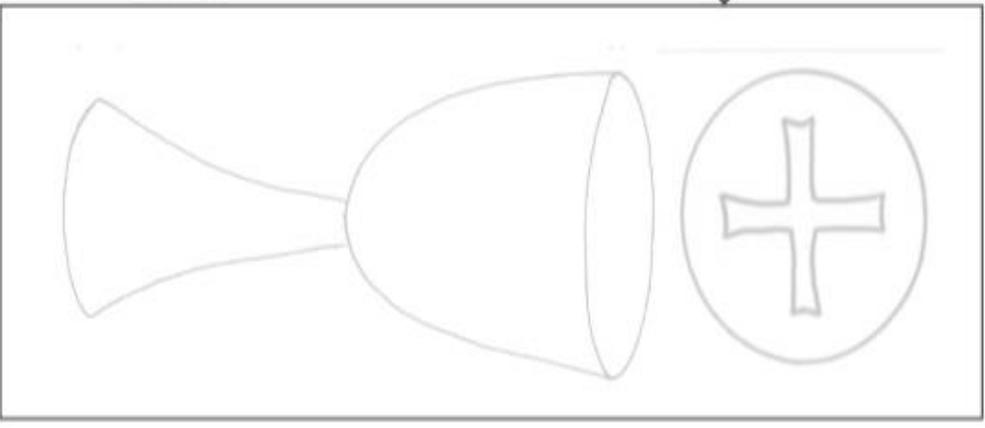
1 Kings 19:4-8
Psalm 33
Ephesians 4:30—5:2
John 6:41-51

SUNDAY LITURGY FOR CHILDREN
Year B — 19th Sunday in Ordinary Time



JESUS SAYS: I AM THE BREAD OF LIFE

Go over the grey lines in
this picture to reveal how
Jesus gives us his
special bread.




ANYONE who
e _____ this
b _____
will I _____
forever.

