



St Joseph's Catholic Church
Arkell Avenue, Carterton, OXON OX18 3BS

Sixteenth Sunday (B) 11.07.2021

Sat 17 July **11.00am Holy Communion**

6.00pm (Burford) Holy Souls

Sun 18 July 9.00am (Carterton) Special Intention

16th Sunday (B) 10.15am Dominic Martin LD

Mon 19 July

Tue 20 July **No Mass**

Wed 21 July **No Mass**

Thu 22 July **No Mass**

Fri 23 July 6.00pm (Burford, Fr Pat Broun)

Sat 24 July 6.00pm Mass (Burford, Dom Henry)

Sun 25 July 9.00am (B'ton, Dom Henry Wansbrough)

17th Sunday (B) 10.15am (St Joseph's, Canon Noakes)

N.B. Live-streaming of 10.15am Sunday Mass

Details on website: www.stjosephscarterton.uk

Could you be a school governor? St Joseph's is in dire need of governors. Speak to Andrew or contact the school on 841240.

Andrew away 19 to 26 July inclusive

I am away in Orkney. Dom Henry Wansbrough will offer Mass on Sat 24 6.00pm at Burford and on Sun 25 July 9.00am at Bampton. Canon Kenneth Noakes will offer 10.15am Mass on 25 July at Carterton.

Carterton Celebrates: Sat 17 to Sun 25 July

Annual celebration of events and activities showcasing everything Carterton has to offer.

www.cartertoncelebrates.com

www.stjosephscarterton.uk

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RC Archdiocese of Birmingham charity

(No 234216)



Please pray for those who have died: Rodney Forder, Joe Lambe, Pauline Leverett, Olive Harcourt, Chris Murphy, Joan Clements, Monica Owen, Kate Gargan, Angela Overton, Marie Drew, John Robinson, John Joseph O'Neill, Michael Jackson, Rose Lane, Mary Hannah, Robert Eszenyi, David Gotelier, Sue Hand, Graham Copping, Romy Sadler-Tomkins, Marie Whelan, Isalina de Freitas, Elaine Barry, John Pollock, Zena Miles, Dominic Lackschewitz- Martin.

Baptism:

Anniversaries: Sheila & Seamus Edney, Lilian Barry O'Brien, Kevin Mayne.

Please pray for the sick, housebound and those in the armed forces suffering mentally and physically from the effects of war:

Anne Gillick, Wendy Murray, Catherine Robinson, Peter Garfoot, Brendan Farrow, Phil Rice, Natalia Romanek, Pat Haddock, Mario Bugeja, Justin Family, Kathleen Fagan, Jen Thomas, Ann Heaton, Celia McCauley, Pat Hand, Rodrigo Bantug, Cynthia Brick, John Titcombe, Pat O'Neill, Antoinette Broad.

Parish Bank details for Standing Orders.

Natwest sort code 60-24-60 and account 43009530. Thanks to all who support the parish in this way. **Would you be happy to sacrifice collections permanently? Would you be content to set up a bank standing order (SO) as an alternative? SO's are DIFFERENT from Direct Debits (DD). DD's allow the business in question to increase the DD they receive. In the case of a SO, it is ONLY YOU who can increase or decrease the amount you give!**

***Holy Communion.** Please let the parish priest know of children (7 or older) wishing to be prepared. September start.

***Confirmation** Preparation sessions on Sunday mornings in the church hall after 10.15am Sunday Mass have started. No session on 25 July

Vision for the Archdiocese. Leaflets explaining **The Diocesan Vision: Unfolding God's Plan.** Please take one.

Readings Jeremiah 23:1-6. Ephesians 2:13-18. Mark 6:30-34

Sixteenth Sunday (B) 18.07.2021

Henry Dimbleby, the businessman who co-founded the fast food chain Leon, was commissioned by the government in 2019 to produce an independent review of the food we eat. England's National Food Strategy has just been published. He was interviewed by TODAY on BBC Radio 4 last week. Sugar and salt should be taxed and vegetables prescribed by the NHS are the headline summary.

High obesity rate and poor diet has been a major factor in the UK's high death rate and contribute to 64,000 deaths a year in England alone. That costs the economy £74bn. More than half of over-45s now live with diet-related health conditions. I am one of them. Although my diet is reasonably healthy, I have been consistently over-eating for many years and became obese ten years ago. With the help of two amazing friends providing motivational support, I have begun to lose weight. Knowing what one should do and actually summoning up the willpower to do it are different. One does not automatically lead to the other. I never realised how little willpower I possessed until now. You need friends to mentor and support you. I was diagnosed five years ago with the onset of Diabetes 2 and I have become aware of the dire consequences of continuing to be overweight. You cannot afford to be obese at 65 and neither can the NHS afford to treat you.

How is weight loss and diet change relevant to Christian teaching and practice? Love of our neighbour and love for our world are inseparable. It is a question of global responsibility and the use of resources. Often unconsciously we abuse ourselves and others and wantonly exploit our planet rather than act as good stewards of the resources God has provided. Resources are limited. Water, air and soil were made by God for all, not the few; to be equitably shared not monopolised. The global food system is the single biggest contributor to biodiversity loss, deforestation, drought, freshwater pollution and the collapse of aquatic wildlife. It is also the second-biggest contributor to climate change, after the energy industry. Changing diet relates to what Pope Francis wrote about in his encyclical letter **Laudato Sii** in 2015. Care of our common home, planet Earth, is also about care of those whose lives are blighted by poverty, lack of education and health care. They need to become stakeholders of their own future prosperity, involved in productive and creative small scale enterprises which can gradually release them from the dominance of powerful countries and multi-national companies. Our eating habits are not just damaging our health, they are also destroying the environment .

If you are overweight like me, consider fasting. For most people dieting does not seem to work and nor does exercise. Most people's bodies are designed to store as much fat as possible and keep it there for emergencies. Fasting tells the body that this is an emergency so it is all right to release the stored fat so that the body can keep going. But for this to work, the body really has to get the message: no food for several days. It sounds extreme. But it is the only way for me personally. Before fasting, one should remember to drink plenty of water and perhaps add a little salt especially after day three. DAY THREE! A hot drink of Marmite, Bovril, or vegemite can help with this and hunger pangs. You should be aware of medical conditions which might cause problems.

Fasting is a venerable tradition in Christian practice but has become markedly counter-cultural in our consumerist society, like abstaining from sex until marriage. There are only two mandated fast days per year, Ash Wednesday and Good Friday, and one easily forgets that until fifty years ago one was obliged to eat nothing after midnight on the previous day if one wanted to receive Holy Communion. Fasting educates us to trust not in a full belly but in God who provides everything that we need. Feeling a little hungry can aid our prayer life and help us trust the Lord Jesus even more.

