

ST. ANSELM

Proclaiming Christ in Hayes

Spiritual Communion.

Receiving Christ in your heart.

Whilst we are separated from receiving the Sacrament in the Mass we are not cut off completely.

There is an ancient tradition in the Church of receiving Holy Communion via a Spiritual Communion.

St. Thomas Aquinas says that in order to make a Spiritual Communion we should have,

'an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him'.

You can make your Spiritual Communion as often as you like but I encourage you to make it each morning at about 9:30am - the moment when I will be



elevating the Host in church at the Daily Mass.

In this way we will be offering our prayers together, holding together through this difficult time.

To make your Spiritual Communion pray:

'My Jesus, I believe that you are in the Blessed Sacrament. I love you above

all things, and I long for you in my soul.

Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen.'

Fr. Matthew

Get in touch:

Father Matthew Cashmore SSC
father@matthewcashmore.com
020 3882 0553
[24/7 hunter number]

Churchwardens:

Cynthia Lashley David Couling
020 8561 0408 01923 282 201

Please let Fr. Matthew know of illness or other need as soon as possible. He is available on the above number 24/7.

Prayer focus

For those who will find this second lockdown most difficult. For those suffering domestic abuse. For those who need help with mental health issues.

Worship focus

Join the mass via the website and make a Spiritual Communion. If you can't join online, pray along at 9:15am each day.

This Sunday

Sunday 8th November

Week 32 in Ordinary Time

- 10:00am - Parish Mass (streamed)
- 10:45am - Act of Remembrance (streamed)
- 11am - Church open for Private Prayer (1hr)

Divine Office Psalter Week 4, Year A(II)

Keep in Touch



twitter.com/anselmhayes



facebook.com/stanselmhayes



07537 410120 (WhatsApp & Text)

Notices

The church is open everyday (except Saturday). The church will be open for Private Prayer for an hour after each streamed service. Jesus Christ will be present in the Blessed Sacrament on the Altar. Come and find peace and calm as we face lockdown together.

Parish Giving Code - 230 623 503.
Call - 0333 002 1271.

Years Mind

- 8th November - Gwyneth Jane Sinfield
- 9th November - George Hall
- 10th November - Mabel Da Silva
- 11th November - Iris Ellis Roderick
- 12th November - Tyrone Greenidge
- 13th November - Gloria James, Leonard Venner (2013)
- 15th November - Aldyth Moore, Mary Shadbolt

Pray This Week For

Daniel Sibley, Wayne Campbell, Pauline & David Job, Norma Piggott, Carol Perry, Shaun Flemming, Yolande & DeGale, Sr. Sally, Sr. Angela, Helen Holman, Beryl Higgs, Ash, Margo & her family, Margery, Annie Foo, On Yin Chang.

This week at St. Anselm

Monday 9th November

Dedication of the Lateran Basilica - Feast

- 9am - Morning Prayer & Mass (streamed)
- 5pm - Evening Prayer & Mass (streamed)

Prayer focus: The dead

Tuesday 10th November

St. Leo the Great, Pope, Doctor

- 9am - Morning Prayer & Mass (streamed)
- 5pm - Evening Prayer & Mass (streamed)

Prayer focus: The Parish of St. Anselm - for growth

Wednesday 11th November

St. Martin of Tours, Bishop

- 9am - Morning Prayer & Mass (streamed)
- Midday - 2pm - Foodbank Collection
- 5pm - Evening Prayer & Mass (streamed)

Prayer focus: Foodbank users

Thursday 12th November

St. Josaphat, Bishop, Martyr

- 9am - Morning Prayer & Mass (streamed)
- 5pm - Evening Prayer & Mass (streamed)

Prayer focus: Persecuted Christians

Friday 13th November

Feria

- 9am - Morning Prayer & Mass (streamed)

Prayer focus: The sick

Saturday 14th November

Feria

- Offices said at home privately
(Fr. Matthew's Rest Day)

Prayer focus: +Jonathan and parishes of The Society

Sunday 15th November

Week 33 in Ordinary Time

- 10:00am - Parish Mass (streamed)
- 11am - Church open for Private Prayer

Divine Office Psalter Week 1, Year A(II)