

ST. ANSELM

Proclaiming Christ in Hayes

Holy Hour

time before Christ.

As we start Advent we're introducing a new service on Sunday afternoons at 4pm. Holy Hour.

What is a Holy Hour? Why is it important? How can it help us connect with Jesus?

A Holy Hour is a time of silence in prayer and contemplation before the Blessed Sacrament.

It was a Bishop in the USA who first introduced me to the idea of a Holy Hour,

Bishop Fulton Sheen said that the purpose of the Holy Hour—a sustained,

uninterrupted hour of prayer in the presence of the Blessed Sacrament—is to encourage a deep personal encounter with Christ.

“Looking at the Eucharistic Lord for an hour,” he wrote, “transforms the heart in a mysterious way.”

In Advent we wait, we hope, and we look.

The Holy Hour enables all three of these things and trains our hearts to wait on the Lord, to hope in the Lord and to Look upon the Lord.

For each one of us those things will manifest in a different way.

What does waiting on the Lord mean to you? Ask this question before the Blessed Sacrament.

What does hoping in the Lord feel like for you? Ask



this question before the Blessed Sacrament.

What does looking on the Lord prompt you to pray for? Ask this question before the Blessed Sacrament.

You'll be able to join in this special time online as well as in person, but do try to find at least one Sunday in Advent to come in person and experience the powerful presence of Jesus.

Fr. Matthew

Get in touch:

Father Matthew Cashmore
father@stanselm.co.uk
020 3882 0553

Father Josiah Myles Abadoo
fr.josiah@stanselm.co.uk
020 4570 8543

Susan Chick, Lay Minister
susan@stanselm.co.uk
020 4570 7618

Churchwardens:

Julie Estep Nicholas Karra

020 8148 9906 020 8132 7849

Please let us know of illness or other need as soon as possible.

Prayer focus

For our two new church plants in the new year. For TFF heading out into the new estates and for our biker church heading to The Ace Cafe.

Worship focus

The Immaculate Conception of the Blessed Virgin Mary is on Friday and we invite you to a sung high mass at 10am. It is a solemnity so please make an extra effort.

This Sunday

Sunday 3rd December

1st Sunday of Advent ●

10am - Parish Mass

4pm - Holy Hour

Divine Office Psalter Week 1, Year B(II)

Keep in Touch



twitter.com/anselmhayes



facebook.com/stanselmhayes



07537 410120 (WhatsApp & Text)

Notices

Christmas concert with The Yiewsley and West Drayton Band is on Friday 1st December at 8pm, in St. Anselm. Ticket costs £5 and is available on the website.

During Advent we will hold a 'holy hour' before the Blessed Sacrament each Sunday at 4pm.

NEXT week is Sunday School and we are planning to present a special children's mass on the 17th December so we will need all the children NEXT Sunday at 11:30am.

Thursday Fun & Fellowship this Thursday! Come along and play some games and get to know new people.

The Indian Orthodox church who use the church on Sunday afternoons have invited us to join them for carols by their children and some refreshments on Sunday 17th December, 3pm - 5:30pm. Fr. Matthew & Fr. Josiah will be in attendance.

As we move towards planting a new church at The Ace Cafe in the new year we've been asked to provide a choir for BBC News on the 14th December at 9am at The Ace to sing out the morning news with Hark The Herald Angels Sing. If you'd like to be part of this please speak to Fr. Matthew.

Please support the church generously this Advent through your giving. www.stanselm.co.uk/giving

Years Mind

4th - George Albert Simmonds, Charles Moore, Ada Bland

5th - Janet Wilson McKie, Frank Morrish, Ken Franklin

6th - Dorothy Gargini, Catherine Diane Bowler

7th - Joseph Christopher de Sousa, Kenneth Sibley

8th - Emma Charlton, Harriet Harris, Hazel Audrey Keen, Robert Elliot

9th - Mary Pinto, Ivy Florence Wickes, Sydney Keen, Michelle Stevens

Pray This Week For

Wayne Campbell, Mavis & Daniel Sibley, June Boughton, Verity, Laura & her twins, Deborah Annabelle Potts, Susannah Mansa, Omeeta Dunrad, Elijah.

Monday 4th December

Monday of the 1st week of Advent ●

9:45 - Morning Prayer | 10am - Mass

5pm - Evening Prayer

Prayer focus: Our online family

Tuesday 5th December

Tuesday of the 1st week of Advent ●

9:45 - Morning Prayer | 10am - Mass

5pm - Evening Prayer

Prayer focus: For all religious

Wednesday 6th December

St. Nicholas, Bishop ●

9:45 - Morning Prayer | 10am - Mass

5pm - Evening Prayer

Prayer focus: Priests & Bishops of the Society

Thursday 7th December

Saint Ambrose, Bishop, Doctor ●

9:45 - Morning Prayer | 10am - Mass

5pm - Evening Prayer

7pm - Thursday Fun & Fellowship

Prayer focus: New Christians

Friday 8th December

The Immaculate Conception of the Blessed Virgin Mary - Solemnity ●

9:45 - Morning Prayer | 10am - High Sung Mass

Prayer focus: Struggling Mothers & Fathers

Saturday 9th December

Saturday of the 1st week of Advent ●

[Offices said privately]

Prayer focus: For Charity

Sunday 10th December

2nd Sunday of Advent ●

10am - Parish Mass

11:30am - Sunday School

4pm - Holy Hour

Divine Office Psalter Week 2, Year B(II)