

ST. ANSELM

Proclaiming Christ in Hayes

A Little Act

Of Kindness

When we travel on the bus, train, or plane, we see all kinds of people from different walks of life, and sometimes, the opportunity comes for us to help one way or the other. We meet people in supermarkets, restaurants, offices, hospitals, schools, parks, churches, places of work, etc. This portrays that none of us live in isolation; we depend on one another and must complement everyone's efforts to improve our lives and communities. In speaking on kindness, Princess Diana said, *"Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do*

the same for you".

Proverbs 11:17 says, "Those who are kind reward themselves, but the cruel do themselves harm."



Kindness can be expressed in different ways, such as offering a cup of hot drink or a glass of water, helping with directions, giving up your seat to older people or the vulnerable on a bus, train or tram, an infectious smile which can lighten up people's mood, giving honest advice and suggestions, responding to an urgent call for help, It is interesting to note that these acts of kindness do not come with any considerable cost but makes life better for all of us and helps to complement each other.

That little act of kindness can positively change somebody's life forever, brighten a person's day, bring some joy and fulfilment to you, bring healing of mind, soul and body, and above all, very pleasing in the sight of God. Whatever we can do to express kindness, let us be encouraged to do it to God's glory and make our communities better.

Fr. Josiah

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

Prayer focus

For the Parochial
Church Council (PCC)
Meeting on Sunday

Worship focus

Mission and Evangelism
Growth in the Parish of
St. Anselm, Hayes

This Sunday

Sunday 14th July

15th SUNDAY IN ORDINARY TIME (G)

10am -Parish Mass

Divine Office Psalter Week 3, Year B(II)

Keep in Touch



twitter.com/anselmhayes



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07452 709238 (WhatsApp Only)

Notices

We have a PCC Meeting on Sunday 21st July immediately after Mass.

Please be reminded that our Brigade will be launched in September, so please sign up for your child who is 4yrs Six Months Old up to 11yrs. Please take note that it is for both boys and girls. To register your child, please contact Fr. Josiah.

We will be updating the Prayer List at the end of the Month so please contact Susan if you want a name to be added.

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

Years Mind

- 14th - Ann Kenward (2009)
- 16th - Gertrude Whitaker, Pamela Stuart
- 18th - Emily Rever, Ernie Faithful, Doug Gomez (2007),
- 19th - Olive Martin, Sue Gordon
- 20th - Gordon Reilly, John Maddix, Sylvia Skinner, Christine Chick, Hazel Stephenson.

Pray This Week For

Mavis & Daniel Sibley, June Boughton, Verity, Laura & her twins, Debra Ann Potts, Linda, Jenny, Rob, Margaret, Chris Gomez, Freya, K, Gary, Silvy, Ruth, Ato, Omeeta Dunrad, Susaana Mansah, Frances Fenton, Mary, Tiziana Fiorillo, Lennard, Gloria Carr, Lou, Terence Campbell, Lillie Ann, Alki and Christian Carter.

Monday 15th July

Saint Bonaventure, Bishop, Doctor(W/G)

9:45 - Morning Prayer | 10am - Mass

5pm - Evening Prayer

Prayer focus: St. Anselm Parish

Tuesday 16th July

Tuesday of Week 15 in Ordinary Time (G)

9:45 - Morning Prayer | 10am - Mass

5pm - Evening Prayer

Prayer focus: For all religious

Wednesday 17th July

Wednesday of Week 15 in Ordinary Time (G)

9:45 - Morning Prayer | 10am - Mass

12pm - Angelus | 5pm - Evening Prayer

FOODBANK - 12pm - 2pm

Prayer focus: Priest and Bishops of the Society

Thursday 18th July

Thursday of Week 15 in Ordinary Time (G)

9:45 - Morning Prayer | 10am - Mass

5pm - Evening Prayer

Prayer focus: New Christians

Friday 19th July

Friday of Week 15 in Ordinary Time (G)

9:45 - Morning Prayer | 10am - Mass

12pm - Angelus and Rosary

Prayer focus: Struggling Mothers and Fathers

Saturday 20th July

Saturday of Week 15 in Ordinary Time (G)

[Offices said Privately]

Prayer focus: Charity

Sunday 21st July

16th SUNDAY IN ORDINARY TIME (G)

10am -Parish Mass

PCC Meeting After Mass

Divine Office Psalter Week 4, Year B(II)

