

Dates for the Diary

Music: 16 September Owen Williams

23 September El Rey

Sunday Social with lunch and book/film club after mass. 17 September

MCP: Pins and Needles Group Thursdays 6.15-7.45pm

We pray for our local community: [3: Gordon Rd, Napier Av] [4: Elmer Av, Elmer Approach] [5: Luker Rd, High St] [6: Queen's Rd, London Rd] [7: College Way, Park St] [8: Park Rd, Avenue Rd] [9: Park Lane, Parkgate]

For those who are sick or in need:

David, Naomi, Eris, Lynda, Gail, John, Sonya, Richard, John Henning, David Stanley, Sammy, Pam, Jenny, Sharon Corton, Jean Wren. Wendy, Nigel, Alla, Matt Aldross-Hines, Heather, Emma, Huw, Pat, Anna.

Prayers for all sick in hospitals and those who are caring for them.

Recently departed:

All who have died with no-one to pray for them. All the casualties of war around the world, and all victims of natural or manmade disasters.

NOTE: Words for final prayer for the departed and for Hail Mary is in Mass Book

In Memoriam: September

Dorothy Selwood 5/9; Peter Storey 8/9; Peter Wiltshire 11/9; Jan Brown 14/9; Fr David Booth 15/9; Dorothy Simmons 15/9; Edith Killmaster 18/9; Margaret Ellis 19/9.

Contact Details

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St Mark's Website:

<https://www.stmarkschurchsouthend.org/>

St Alban's Website: [Saint Alban the Martyr, Westcliff-on-Sea - A Church Near You](#)

Parish of St Alban, Westcliff &
ST MARK, SOUTHEND

3rd September 2023

13th Sunday after Trinity



Gabriel Loire, **Carrying the Cross of Christ** [c1965] St Mary's Cathedral, Aberdeen

Jesus tells his disciples in our gospel reading today, that they will need to take up their cross in order to follow him. I have often thought about what 'cross' is he referring to? When we talk about the crosses we have to bear – we have those things in mind which drag us down – maybe it is our mental or physical health? Maybe it is a difficult relationship? However, if we think about the context Jesus is speaking into we will begin to realise that the 'cross' he means are the things that get in the way of deepening our relationship with God. That can mean our mental or physical health or indeed relationships with family, friends or possessions. In the mosaic above we see a man burdened by his cross. However, he is not left to struggle alone. Jesus is there with him. He is also with us as we struggle with our crosses. [Blessings and Prayers, Mother Cherry](#)

Next week's Gospel reading: Matt 18: 15-20

Nikki's Notes

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