

## 16th Sunday in O.T.

Sunday Missal Page 369

### Entrance Antiphon:

See, I have God for my help. The Lord sustains my soul. I will sacrifice to you with willing heart, and praise your name, O Lord, for it is good.

### Psalm response:

O Lord, you are good and forgiving.

### Acclamation:

*Alleluia, Alleluia!* The seed is the word of God, Christ the sower; all who find him will live for ever. *Alleluia.*

*The Apostles Creed is on page 456. / Nicene Creed is on page 455*

### After the Bidding Prayers:

Remember, O most loving Virgin Mary,  
that it is a thing unheard of  
that anyone ever had recourse to your protection,  
implored your help, or sought your intercession, and was left unaided.  
Filled, therefore, with confidence in your goodness,  
I fly to you, O Mother, Virgin of Virgins.  
To you I come, before you I stand, a sorrowful sinner.  
Despise not my poor words, O Mother of the Word of God,  
but graciously hear my prayer. Amen.

### To conclude the Bidding Prayers:

Teach us, good Lord, to serve you as you deserve,  
to give and not to count the cost,  
to fight and not to heed the wounds,  
to toil and not to seek for rest, to labour and not to seek reward  
save that of knowing that we do your holy will. Amen.

**Communion Antiphon:** The Lord, the gracious, the merciful, has made a memorial of his wonders; he gives food to those who fear him.

*The newsletter is also available at [www.saintmichaelsonningcommon.org.uk](http://www.saintmichaelsonningcommon.org.uk)  
If you do not need to take this one home, please return it to the console at the back of  
Church after Mass, so that it can be reused. Many thanks.*

If you would like to receive the Archdiocese weekly newsletter you can sign up at  
<https://www.birminghamdiocese.org.uk/e-news>

*Catholic Archdiocese of Birmingham Registered Charity No 234216*

## Catholic Parish of St Michael's Sonning Common

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*Sonning Common, Dunsden, Peppard, Checkendon, Stoke Row,  
Emmer Green and Caversham Park*



## 16th Sunday in Ordinary Time

18/19 July 2026

### Some Seed Fell Into Good Soil...

In this weekend's Gospel we hear more parables about sowing and seeds. There is a change of emphasis this time. In the 15<sup>th</sup> Sunday reading the sower spread good seed and we heard how well it grew, developed and multiplied depended on the soil it fell on. We are the soil and our different responses to the Word of God determine how fruitful we are in growing personally and sharing that Good News.

That reading can sometimes seem discouraging as I recognise, in me, the 'poor soil' I often am when I try to respond to God's call. I sometimes fall away because of the temptations of the world or step back when I should stand up to tribulations or challenges.

This Sunday the story is more positive. If we are 'Good Seed' and we try and grow our best among the choking weeds of the 'evil one'; we will not be discarded at harvest time. As long as we struggle to be true to Jesus' teaching; accept the help and guidance of the Holy Spirit and respond to the Father's love we can we battle against the temptations and distractions of the world. The seed that we start off as will grow and develop so that whatever crop we yield, be it thirty, sixty or a hundredfold, will be harvested with us into the Kingdom.

For me, this week's message is: to look at those choking weeds that try to stunt my growth in faith, stewardship and evangelisation, and to try and do a bit of personal weeding. Then when the Lord of the Harvest comes to call I will have borne much fruit.

Like the tiny mustard seed, each one of us has the potential to become something really big for Jesus in our own, special, way.

*A Parishioner*

## WELCOME TO ST MICHAEL'S

If you are a visitor or new to the parish, we welcome you warmly.

### The Catholic Parish of St Michael's

St Michael's Hall Hire Tel:01189723418

St Martin's Catholic Primary School

Tel: 0118 901 5544 Website: [www.stmartinscaversham.co.uk](http://www.stmartinscaversham.co.uk)

If you would like a home visit please call Deacon Brian Theobald

Tel: 07484332580 or email [dcn.brian.theobald@rcaob.org.uk](mailto:dcn.brian.theobald@rcaob.org.uk)

*Most Masses are live streamed and Mass streaming links can be found on our website.*

### CHRISTIANS AGAINST POVERTY (CAP)

This weekend we welcome representatives of CAP who will tell us about their work in this area. They help to reduce poverty by assisting people to get out of debt and manage their finances better. To expand their local activities they are seeking to recruit more 'Befrienders.'

Following their talk there will be a chance to find out more after Mass.

### PARISH INTERCESSORY TEAM

The PPC continues to reflect on how we invite and welcome into the life of the parish non-practising Catholics and those with no faith. This must be supported by regular prayer. Will you be a parish intercessor praying regularly for this cause?

*Please email Deacon Brian or sign the list.*

### GRATEFUL THANKS - AND A DATE FOR YOUR DIARY

Thanks to all who contributed in any way to last weekend's Confirmation Mass.

Bishop Richard enjoyed his brief visit and expressed his thanks.

He will be back with us in September for our patronal feast:

**PLEASE KEEP FREE THE WEEKEND OF 25-27 SEPTEMBER!**

And thanks to those who helped with welcoming the other local churches to St Michael's last Sunday. It was a great success despite the hot weather and clash with Wimbledon. Hopefully other events will follow.

### CHILDREN'S NEWSLETTER

Did you know we have a children's activity sheet newsletter available every weekend for children to look at during Mass or to take home after Mass. You can pick up a copy from the console table at the back of Church - usually next to St Michael's newsletters. Please do help yourself. With a child-friendly version of the Gospel and reflection on the Gospel plus a puzzle and colouring-in section, they are a very lovely resource for children, families and grandchildren.

**Please send any items for the newsletter to [fran.stm.news@gmail.com](mailto:fran.stm.news@gmail.com)**

The Parish operates in accordance with Statutory Safeguarding Guidance and the National and Archdioceses policies & procedures at all times. Our Parish Safeguarding Representative can be contacted at: [sg.stmichael.sonningcommon@rcaob.org.uk](mailto:sg.stmichael.sonningcommon@rcaob.org.uk) or alternatively the Diocesan Safeguarding team can be contacted by telephoning: 0121 230 6240 or emailing [safeguarding@rcaob.org.uk](mailto:safeguarding@rcaob.org.uk) if you have any concerns

## Parish Liturgies for week commencing 19th July 2026

Weekend Celebrants: *Rev Andrew Foster & Michael Doyle*

### 18/19 JULY

**16TH SUN. IN O.T.**

|                |         |                                                    |
|----------------|---------|----------------------------------------------------|
| Saturday Vigil | 5.30pm  | People of the Parish                               |
| Sunday         | 9.00am  | Stitt Family Intentions                            |
| Sunday         | 10.30am | Elizabeth Riley, R.I.P. (Anniv.) <b>YOUTH MASS</b> |
| Monday         | 9.30am  | Eucharistic Service                                |
| Tuesday        | 12 noon | Mass                                               |
| Wednesday      | -       | No liturgy                                         |
| Thursday       | 9.30am  | Mass                                               |
| Friday         | 9.30am  | Eucharistic Service                                |

### 25/26 JULY Cels: Rev Andrew Foster & Michael Doyle

**17TH SUN. IN O.T.**

|                       |                                                       |                                |
|-----------------------|-------------------------------------------------------|--------------------------------|
| Saturday Vigil        | 5.30pm                                                | People of the Parish           |
| Sunday                | 9.00am                                                | Antao Family, Deceased. R.I.P. |
| Sunday                | 10.30am                                               | Holy Souls                     |
| Confessions           | Available before and after each of the weekend Masses |                                |
| Sacrament of the Sick | On request: ☎ 0118 972 3418                           |                                |

### Please Pray for our Sick Parishioners, family and friends;

**Lord, send your healing Spirit on all who are sick or distressed.**

Dominic Antão; Catherine Belletty; Robert Brooks; Joe Bunton; Savanna Clark; Ben Fox; Mary Edwards; Rogan Hodgson; Vivien Kear; Jennifer Learnmouth; Peppin Sanz; Dominic Sakrouge; Daniel Carroll; T.J. Barbara Stitt; Cian Murphy; Alan Skingsley;

Carmelina Imperato; Terry Mc Goldrick.

*If circumstances change please ask for the name to be removed from the list.*

### For All Deceased Members of our Parish Family

We pray for all who have died, and for those whose anniversary occurs about this time:

Cyril Thomas Smith; Susan O'Sullivan; George Gallagher; Michael McDonnell; Patrick Deeney; Anne Harris; Jenny Keogh; Kevin de Silva; Jacqueline Margaret Clyne; Norman Hutchinson; Judith Gomes; Margaret Lousdale; Bill Riordan.

**May the light and joy of God's peace shine upon them.**