

Ascent Group—Outing to Stonor Park
will leave at 11.30am on Wednesday 19th August from **Holy Rood Car Park**. Some people are going in the minibus and a group is using their own transport. If you wish to come, using your own transport, please contact Winnie on 334998

Afternoon Tea

Next Sunday, 23rd August at 3pm at 21 Leggatts Close.

CAFOD needs sponsored runners for The Great South Run! Please consider helping CAFOD on 25th October 2009, and take part in this famous 10 mile sponsored run past Portsmouth's many landmarks. Deadline for registration is 31st August. You can register online <http://www.cafod.org.uk/sponsored-events/apply-online> or 0207 095 5333 Helen

Celtic Strands

Featuring—by popular demand, the legendary **Johnny McEvoy**. Plus Gaughan Family Musicians. 'Saoirse'. Saturday 5th September at Salvatorian College, High Street, Harrow Weald at 7.30pm. Tickets £10.

Box Office: 0208 863 0059

In aid of Northwick Park Hospital ICU



World's BIGGEST Coffee Morning

On 25th September have a coffee with your friends, family and colleagues and together raise money for Macmillan Cancer Support Tel: 0845 602 1246 www.macmillan.org.uk

Holy Rood Parish Camp



From Friday 28th August to Monday 31st August. At Lees Wood Campsite, Chandlers Cross near Watford. **All parishioners are welcome to join us for Mass at 5pm followed by a BBQ on Saturday 29th.** Please contact: Jackie on 230643 or Rosy on 235348 to book camp or for numbers attending Mass and/ or BBQ.

Paddle Aid

Over the August Bank Holiday Chris and Mike Jenkins will be attempting to set a new world record by canoeing the length of the Grand Union Canal (137 miles) from Birmingham to London to raise money for Macmillan Cancer Support. Please support them, and Macmillan by donating at their website <http://www.justgiving.com/paddleaid/>

Pedal for Peace Sunday 6th September

Join the fun with a 10, 20 or 30 mile cycle ride in circular routes from Cassiobury Park (starts 9am). For further details Tel: 330340 or email tgash@peacehospice.org.uk

Big Herts Walk Sunday 27th September

Enjoy beautiful surroundings with a choice of either a 3k pushchair friendly or 10k walk through Whippendell Woods to raise money for the Peace Hospice, Watford Mencap and Watford New Hope Trust. The walk starts at 1pm with registration from 12 noon. £10 Adults, £5 under 12's, £25 family of four. Lunch, a baseball cap, medal and certificate will be given to all walkers. Tel: 335348

Bike 'n Hike

In Beds 'n Herts. Saturday 12 September 10am to 6pm.

- ◆ Have fun cycling or walking
- ◆ Help save your local heritage
- ◆ Raise funds for your local church or chapel.
- ◆ Over 600 churches and chapels to visit. Sponsor forms for participants are at the back of the church



SWINE 'FLU PRECAUTIONS

For the duration of the pandemic we have implemented some measures to help us stay safe.

1. We will not use holy water on entering the church.
2. We will not shake hands at the Sign of Peace
3. We will not receive Holy Communion from the chalice

Abortion and Catholics; Teaching the Truth and Helping the Wounded to Find Healing

This Monday 17th August. St Patrick's Church, Soho Square, London W1D 4NR Mass 6.30pm Talks 7pm

Speakers: Janet Morana Executive Director of Priests for Life and co-founder of the Silent no More Awareness Campaign. Theresa Burke, founder of Rachel's Vineyard, co-author of 'Hidden Grief' , the Unspoken Pain of Abortion' with David C Reardon

SVP QUIZ NIGHT

Saturday 3rd October at 8pm in the Parish Centre.

Tickets £6 to include light supper.

Bring you own drinks - Raffle

To book tickets or for more information phone Katrina: 01923 231740

SPEC

Graduates wanted to join the SPEC Community to serve young people through Mission & Retreats. Call 01727 829212 for an information pack.

SPEC mission team are recruiting Young Adults to join the Youth Ministry Programme. Do you enjoy music, drama or outdoor activities? Willing to share your faith and interests with other young people?

SPEC is also recruiting 3 energetic, enthusiastic Children's Youth Ministry Team members aged 18-25 years to be trained to facilitate exciting programmes and week-long residentials. Training, Accreditation, Accommodation & monthly allowance paid.

www.spec.org.uk

Mass Intentions 15th - 22nd August 2009

Saturday	7.00pm	All the sisters of the Good Shepherd Convent	INT
Sunday	8.00am	Kay Maher	ANNIV
Sunday	9.30am	Mary Rose	RIP
Sunday	11.00am	Esther Marinas Franqueira	ANNIV
Sunday	2.15pm	<i>Polish Mass</i>	
Sunday	6.30pm	Margaret Sullivan	RIP
Monday	8.30am	Marry Berry	RIP
Monday	12 noon	Mrs A Mulcally	INT
Tuesday	8.30am	Marjorie McCann	RIP
Tuesday	12 noon	Deceased of members Casey & Kiely Family	RIP
Wednesday	12 noon	Private Intention	INT
Thursday	8.30am	James Anthony Wallis	RIP
Thursday	12 noon	<i>Service of the Word & Holy Communion</i>	
Friday	8.30am	Phyllis Butler	ANNIV
Friday	12noon	Ignacio Lagustan	RIP
Saturday	11.00am	Margaret Sullivan	RIP

Recently Deceased:

Clementina Monteiro and Dorothy Nelson, Olive Freeth

Anniversaries:

Fr Samuel Swanston, Esther Marinas Franqueira, Kay Maher, Phyllis Butler, Noel Reilly

Last Weekend's Collection

Loose: £816.63
Envelopes £855.08
Standing Orders: £324.94
Many thanks for your generosity

There will be no 8.30am Mass this Wednesday 19th August.

The Church will open at 10am