



ST. JOSEPH'S PARISH, LEICESTER

St. Joseph's Church, Uppingham Road : The Rosary Church, Armadale Drive

Priest serving the parish : Father John Daley I.C.

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(Nottingham Roman Catholic Diocesan Trustees Registered Charity number 234064)

Sisters of St. Joseph, The Convent, Uppingham Road, Leicester LE5 6RA : Telephone 0116 241 6255

Schools : St. Paul's Comprehensive, Spencefield Lane, Leicester LE5 6HN : Telephone 0116 241 4057

and St. Joseph's Primary, Armadale Drive, Leicester LE5 1HF : Telephone 0116 241 6197

Watermead Apostolate, St. Joseph's, 12 Goodwood Road, Leicester LE5 6SG : Telephone 0116 220 7881

Dear People,

Do you sleep well? A strange question to begin my letter, but this week I was given such a sensible extract from the magazine "Society Now". We all know what blessing a good night's sleep can be, and how distressing lack of sleep is.

Some 30% of the UK population is affected by an acute period of sleep disruption (known as acute insomnia) every year. In a new study, researchers set out to discover more about insomnia and the way that it can lead onto depression.

The researchers say we can prevent sleep disruption developing into something more serious. Short term sleeping problems become embedded when people try to catch up on lost sleep by spending extra time in bed on non-working days. This leads to difficulties the following night, resulting in a cycle of anxiety and worry over sleep. This anxiety, the research indicates, is a key factor in the transition of acute to chronic insomnia.

Rather than trying to catch up on sleep, the study suggests that people should tackle insomnia by actually restricting the amount they sleep "It's almost like resetting the button" explains Dr Jason Ellis. "Reducing the amount of time you allow yourself to sleep can be an effective way of preventing insomnia developing into something more serious.

I remember hearing constantly when I was young of what a blessing a good night's sleep was, and I realised grown-ups worried about it: how exhausting the days that follow sleeplessness night can be. It has never been a personal problem - I start the rosary as I put out the light and I never finish the first decade! - but I know from talking with people how they worry about having enough sleep.

Could prayer be a general answer? It seems much better than counting sheep or counting anything else, and if problems are hurting then asking God's blessing may be part of an answer?

When we care for people, though, as parents for their children, all of us for our loved ones, it can be difficult to relax enough to sleep well. Perhaps sleeplessness is sometimes a sign of deep loving.

God bless us, night & day,

Fr. John

"May the Lord grant us a restful night
and a peaceful sleep"

Night Prayer of the Church

25th November 2012 (Prayer Week 2)

"What is truth?" said Pilate. No answer. .

Mass Times and Intentions

FEAST OF CHRIST THE KING

(Saturday) 6.00 pm at St. Joseph's

(Adoration of the Blessed Sacrament from 5.15 pm)

9.00 am at Rosary Church

10.30 am at St. Joseph's

6.00 pm at St. Joseph's

(Adoration of the Blessed Sacrament from 5.15 pm)

(Intentions for Sunday Mass)

for Elizabeth Haddon, Evelyn Lloyd, Ann Feeney,
Joe Willis, Patrick O'Leary, Bart McCarthy, Mns O'Dowd,
Mary Ellen Hudson, Ned McHugh, Paddy Donohue,
and for Margaret, Resham, Afra

MONDAY 26th NOVEMBER

7.00 pm at St. Joseph's for Thanksgiving

TUESDAY 27th NOVEMBER

(St. Catherine Laboure)

10.00 am at St. Joseph's for Paul & Philomena Cronin

WEDNESDAY 28th NOVEMBER

10.00 am at St. Joseph's for Margaret Collins

THURSDAY 29th NOVEMBER

10.00 am, St. Joseph's, Service of Word & Communion

FRIDAY 30th DECEMBER

(St. Andrew)

7.00 pm at St. Joseph's for The Horan Family

SATURDAY 1st DECEMBER

9.30 am at The Rosary Church for John & Cynthia Bunten

1st SUNDAY OF ADVENT (C)

(Saturday) 6.00 pm at St. Joseph's

(Adoration of the Blessed Sacrament from 5.15 pm)

SUNDAY 2nd DECEMBER

9.00 am at Rosary Church : 10.30 am at St. Joseph's

6.00 pm at St. Joseph's

(Adoration of the Blessed Sacrament from 5.15 pm)

(Intentions for Sunday Mass)

for Elizabeth Haddon, Joe Willis, Mick O'Dwyer

CONFESSIONS EACH WEEK

SUNDAY 5.15 pm at St. Joseph's

SATURDAY 10.00 am at the Rosary Church
and 5.15 pm at St. Joseph's

BLESSED SACRAMENT CHAPEL

open every day this week from 10.30 am - 6.00 pm.

The Parish on Sundays
AT ST JOSEPH'S
 DRINKS, LIBRARY, FAIR TRADE
AT THE ROSARY CHURCH
 DRINKS, CAKE STALL, FAIR TRADE



Year of Faith Diary
THIS WEEK
Retreat for Christmas
 Why not begin Advent
 by attending the retreat
 on **Saturday 1st December** (see below)

Parish Diary This Week

Monday 26th November
QUESTION OF FAITH. We shall meet
 in the Blessed Sacrament Chapel after
 evening mass. Questions anybody?

Tuesday 27th November
CHOIR PRACTICE in the parish hall at
 7.30 pm. We begin preparing

Thursday 29th November

PARISH OPEN DAY

Hot drinks in the Coffee Shop!
 Parish Library, Fair Trade Stall,
 "HOME FROM HOME", Garden
 and Watermead Shop open, after
 the morning service at St. Joseph's.

Saturday 1st December
ADVENT & CHRISTMAS RETREAT
 begins at 11.30 am (hot drinks in the
 parish hall from 11.00 am). A day of
 prayer, talks and music led by Fr John.
 We finish around 3.45 pm and donation
 for the day is £3.50. Please bring a
 packed lunch - hot drinks provided.

JUMPERS FOR JOY!

Our children's liturgy project this Advent is
 to once again raise money for Mother of
 Peace Community in Zimbabwe, who care
 for over 120 AIDS orphans. You have
 already supported the building of a house
 in memory of Fr. David Everitt, and now
 we are asking you to help us again, to
 raise enough for the building of a second
 home, so that a child can be given the
 chance of a life back in the community with
 a relative and their family, who would
 otherwise be too poor to take them.
 We are transforming each of those old
 jumpers you gave us into a baby "Jesus"
 you will be able to take home for
 Christmas. Please tell Fr. John, a liturgy
 leader, or fill in the forms in the narthex, if
 you would like us to make "Jesus" for you
 or in memory of a loved one, then give the
 donation you wish. The "babies" will be
 placed on the altar and labelled, then you
 may take them on the last Sunday of
 Advent, or leave them on the altar for
 Christmas. Some will be stuffed with
 lavender. Choose one! We wish you Joy
 this Advent.

Prayer Box

Please pray for
Families of the parish
and our loved ones living and dead
 especially for those who have recently died:
 Crystal Studdert (RIP), Michael Matthews (RIP)

*The sick and housebound, those in hospital
 and in nursing homes - especially:*
 Jack Laing, Harry Bowden, Eve Kelly,
 Mary Keenan, Ian North, Fabian Sweeney,
 Christina Flynn, Anna Nugent, Rita Cushway,
 Jonathan Lockwood, Pat Aitken,
 Jenny Aitken, Rhonda Jones

Those for prayers this week:
 Keith & Gail Gray, Mary Eaton

The McCann family and all missing children

*The peoples and countries of the world,
 especially this week THE CONGO*

Postbag

Dear Friends at St Joseph's,
 Edmund Montgomery writes to ask your
 prayers on his Ordination Day at Shrewsbury
 Cathedral, Saturday 8th December.

"I remember happy times in St Joseph's
 Parish and especially the Question of Faith
 evenings. I ask your prayers for my family and
 for myself that I may serve God as a good
 priest.

Yours sincerely, Edmund"

Dear Fr. John,

Please would you thank everyone who
 supported the Coffee Morning on 17 November.
 It raised a wonderful £391 towards the new
 Secondary School for blind, deaf or disabled
 children in Tanzania. Very many thanks for the
 parish's generosity, Margaret.

PS Would the person with raffle ticket no. 108
 please make contact. (S)/He won a new
 cordless phone but we have no phone number
 for them!

SVP SUDAN Christmas Appeal

Once again as Christmas approaches the
 SVP is appealing to your generosity to
 help feed babies and young children in
 Sudan. The programme helps with
 housing, education and medical needs.
 At the back of the church you will find a
 report and appeal leaflets which give
 information on donations to help the work
 of the SVP in this troubled country.
 Thank you, as always,
 St Joseph's SVP Conference

Last two week's
 collections were safely
 counted and banked.

£2,033 Thank you.
*Counters this week : Margaret
 (Next week: Karen & Chris)*

The Church of England

We pray for them in their dilemma

Dates for Diary

The Legion of Mary

invites us to the December reunion at
 St Patrick's Church, Beaumont Leys Lane
Friday 7th December
 6.45 pm Rosary, 7.00 pm Mass
 Then refreshments and social in parish centre

Marriage Preparation Day

Saturday 8th December
10.30 am - 4.00 pm
 in St Clement's Hall, Holy Cross
 Please book via telephone or email
 to Fr David 0116 252 1512
 david.rocks@english.op.org
 Details on notice board

Candlelight Carol Service & ENTERTAINMENT EVENING

Wednesday 12th December
 Begins 7.15 pm in St Joseph's Memorial Garden

Christmas Carols at TESCO

Would you like to sing carols at Tesco's with
 the other Christian Churches?
Thursday 13th December, 6-7.00 pm
Thursday 20th December, 4-5.00 pm
 Please sign your name if you would like to
 one of the St Joseph's Carol Singers.

Bethlehem Art

Woodcarvers from Bethlehem will be at
 church next weekend to show and sell their
 work. These are Christian families from
 Bethlehem and woodcarving is for many their
 main livelihood. We shall make them feel
 welcome. The display will be at the back of
 church and in the hall as part of our first
 Sunday Family Day.

Retiring Collection Next Week

for poor and needy parishes of the diocese.

260 Club

This Months Winners!

No.154 wins £75; No.32 wins £50;
 No.2 wins £50; No.134 wins £50;
 No.207 wins £35.

Watermead shop

The "Old Stable" Centre

Reading & resources for the "Year of Faith" -
CHRISTMAS IS COMING! Christmas cards,
 Advent Calendars, Diaries, Calendars, Gifts,
 Cribs, etc. (Note that profits from all sales go to
 charity - all our cards support various charities)

SHOP OPENING TIMES

Tues, Wed, Thur from 10.30 am-3.30 pm
Sat 5.00-5.50 pm & Sun 11.45 am-12.45 pm
 Information from 0116 220 7881 / 0
 www.watermead-apostolate.com

PARISH ROTA FOR NEXT WEEKEND

	Readers	Eucharistic Ministers
Sat. 6.00 pm	Francis	Ann B
Sun. 10.30 am	Children	Gerry
6.00 pm	TBA	Marie