



**PLEASE REMEMBER IN YOUR PRAYERS**

We pray for those who are sick, especially George Stewart, Paul Younger and Mary Caffrey; for those who have died recently, especially Madge Townrow; and for all those whose anniversaries occur at this time, especially Gerry Cavanagh and Joanie Younger.

*May they rest in peace*

**SUNDAY CAFE**

Come along and enjoy a cuppa, home baking and fellowship in the church hall after 11.15 Mass.

**SATURDAY VIGIL MASS TIMES**

Our Lady Star of the Sea, Tayport - 5pm  
St Columba's, Cupar - 6.30pm

**SUNDAY MASS TIMES**

St Fillan's, Newport - 9.30am  
St Columba's, Cupar - 11.15am

**WEEKDAY MASS TIMES**

**St Columba's**  
Monday - Saturday at 10am.  
Exposition of the Blessed Sacrament  
Friday after Mass until 11.00am

**St Fillan's, Newport**  
Thursday and Saturday at 10.00am

**Our Lady Star of the Sea, Tayport**  
Tuesday at 10.00am

**WEEKLY COLLECTION**

Sunday, 30th July- £501.26  
*Many Thanks.*

**KILOMBERO RICE & PALESTINIAN  
OLIVE OIL AVAILABLE TO BUY IN THE  
CHURCH PORCH.**

**JUSTICE AND PEACE GROUP**

Our next meeting will take place in the church hall on  
Thursday 10th August at 7pm.  
*All welcome*



**ALTAR SERVERS**  
Those children who recently made their first Holy communion are invited to join our very faithful band of altar servers. If you are willing to commit to this important ministry in the service of God, please let Canon Pat know as soon as possible

**PANAMA 2019- WORLD YOUTH DAY**

WYD is celebrated every two -three years by Catholic youths, who gather from all over the world at the invitation of the Pope. This event is an opportunity to experience the universality of the church and share in the hope of many young people who want to commit themselves to Christ and others. If you are interested in joining the group please pick up a leaflet from the church porch for further details.



**THE TRANSFIGURATION  
OF OUR LORD**

The Transfiguration was, and is, a moment of challenge and promise to the Apostles and to us. On that mountain, the Apostles glimpsed the divinity of Jesus for the first time. He was their teacher, their healer, their master, their friend,...but now it was suddenly made clear to them that He was so much more....He was the Son of God! No wonder they were in awe!

***"LISTEN TO HIM!"***

It doesn't seem too difficult, but we struggle with *listening*. Whether we have selective hearing or are just too

busy thinking about what we want to say, we do not always hear what others are trying to tell us. Like Peter, we must always have action, always be doing something. But there is a time for stillness; there is a time for contemplation, for wonder, for adoration, for awed reverence in the supreme glory of our God. The Psalm tells us, "Be still, and know that I am God!"

And occasionally we are blessed with moments of intimacy, of peace, of a nearness to God- which we always want to prolong. But the Transfiguration is given to us to provide strength for our daily routine and to enable us to walk the way of the Cross in our ordinary daily lives, with the deep knowledge in our hearts that the glory of God awaits us at the end. These special peaceful moments when we seem to appreciate the full glory of our God, are meant to strengthen us and to enable us to carry His peace with us in all that we have to do. The glory that we see in Jesus in His Transfiguration will one day be ours. There are seven words in today's Gospel that can give us great peace and hope. They are both sublime and plain. They can enormously simplify and strengthen our spiritual life. They are the words of the Father to the Apostles and to us:

*"This is My beloved Son. Listen to Him."*