

A Message from Harry & Paul

Well... we did it! And what a day it was!

This was my **3rd Great North Run** and Paul's incredible **21st**! I'm not quite sure whether that makes him a running legend or just slightly bonkers!

My journey to the start line wasn't exactly straightforward this year. Back in January I suffered a stress fracture and had to take several months away from running. But with plenty of patience and determination I got back out there.

Paul and I have spent weeks training in all sorts of weather — early mornings, late evenings, rain, wind and sunshine... and even fitting runs in while on holiday! Then suddenly, race day arrived! The sun was shining, the atmosphere was electric and I was stood on the start line feeling **very, very nervous!**

I was in the fast-paced runners' wave, setting off at 10.50am, while Paul was in the pink wave with a 12 noon start. So we had a little time apart before the pain began!

And what an atmosphere it was! The kindness and generosity of complete strangers was just incredible. People were shouting encouragement, handing out sweets, ice pops and water — basically keeping us going one kilometre at a time! The streets were lined with people all along the 13.1-mile route. The noise, the cheering and the sheer number of people running was unbelievable.

But honestly, the real stars were the **63,000+ runners**, each with their own story, their own reason for being there and so many raising money for charities close to their hearts. If you want to see this country at its absolute best, **go to the Great North Run.**

Of course, it wasn't all sunshine and smiles! The route is tough, and with the sun beating down, my legs were definitely starting to question some of my life choices! With about 5km to go, I knew I hadn't done enough long runs after my injury. My legs were tired, my brain was telling me to stop and I had to dig VERY deep. So I put my head down, kept going and focused on that finish line. And eventually... **I crossed it in 1 hour 19 minutes!** I was absolutely over the moon.

Then it was time to find Dad and cheer Paul on. And what a moment it was watching him cross that finish line after completing his **21st Great North Run** in an amazing **2 hours 27 minutes!**

Two very tired runners. Two very proud runners. And two people who will probably be walking like John Wayne for the next few days!

But the biggest achievement of all is what we've done together for **St Mary's Church**. At our last count before the race, we had raised an incredible **£1,023 towards the church roof repairs.**

We honestly cannot thank everyone enough for your generosity and support. Every donation, message and word of encouragement meant so much to us. Knowing people were behind us really did help us keep going when our legs were screaming at us to stop!

And if you'd still like to donate, **it's not too late!** There are envelopes at the back of church, or you can scan the QR codes to our JustGiving page.

For now, we're officially in **recovery mode** — Epsom salt baths, tired legs, lots of food and trying to remember how stairs work! From the bottom of our hearts, a **MASSIVE THANK YOU** from both Paul and me. ♥ Thank you for believing in us, supporting us, encouraging us and helping us raise money for such an important cause.

We may have run 13.1 miles...but **we certainly didn't do it alone.**



THE PARISH OF St MARY'S, SELBY and CARLTON

Parish Priest: Very Rev. Monsignor D. Canon Smith MA
St Mary's Presbytery, Gowthorpe, Selby, YO8 4HS
Tel: 01757 703345

Email: office.stmary.selby@dioceseofleeds.org.uk

Website: www.stmarysselby.org.uk

MASS SCHEDULE

CONFESSIONS

Saturday:

10.00am-10.30am (in Selby)

5.15pm-5.45pm (in Selby)

And on request in Carlton.

The Readings for the Sunday

Mass are on page 131.

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Ordinary Time: Page 67



Exposition of the Blessed

Sacrament:

Saturday:

10.00am-10.30am

5.15pm-5.45pm

(in Selby during confessions)

Marriages and Baptisms

By appointment. Please see the priest after Mass to make arrangements

SATURDAY SEPTEMBER	19 th	6:00pm	Selby	Mary Harran	Vigil Mass
SUNDAY	20 th	9.30am 11:15am	Selby Carlton	John Huddlestone (Sick) Pro Populo	25th Sunday in the Year
MONDAY	21 st			N.B. No Mass To-day	St Matthew, Apostle
TUESDAY	22 nd			N.B. No Mass To-day	Feria
WEDNESDAY	23 rd			N.B. No Mass To-day	St Pius of Pietrelcina
THURSDAY	24 th			N.B. No Mass To-day	Our Lady of Walsingham
FRIDAY	25 th	6.30pm	Selby	Helen Hayes	Feria
SATURDAY	26 th	9.30am 6:00pm	Selby Selby	Yorkshire Brethren Karolina (B'day Thanks)	Mass of Our Lady Vigil Mass
SUNDAY SEPTEMBER	27 th	9.30am 11:15am	Selby Carlton	Pat and John Stronach Pro Populo	26th Sunday in the Year

OUR CATHOLIC SCHOOL

St Mary's Catholic Primary Academy, Baffam Lane, Selby YO8 9AX
Tel: 01757 706616 Email: admin@sm.bkcat.uk Headmistress: Mrs L. Bird

YOUR OFFERINGS THIS WEEK

Sunday 13th September £1,057 (Including Standing Orders)

Many Thanks for your Generosity.

Heartfelt thanks also for an anonymous donation of £10,000 towards our building fund.

HOME MISSION SUNDAY

There will be a retiring collection as you leave church to-day for Home Mission Sunday.

PLEASE PRAY

For the repose of the souls of those whose anniversaries occur around this time, especially:
Mary Josephine Pinchbeck, Dennis Jacklin, Michael Walker, Gordon Dickens, Dorothy Rawling, Leslie Young, Bryan Joseph Durkin, Jim Clark, Sandra Hugill, Adam Dul, Canon Edward Goldie (Carlton 1875-1882), Ivy Flanagan, Pte Thomas Cronan, Margaret Fairburn, Maria Cieply, William, Roddy, Tyler Howard, Martyn Carr.

May they rest in peace.

Please remember also in your prayers Mary Young who has sadly died during the week

COFFEE MORNING

This Sunday morning, 20th September, in the parish centre after 9.30am Mass

SICK AND HOUSEBOUND

Please remember very specially in your prayers those who are sick:

Maureen McDonnell, Gerry McCrossan, Shirley Harrison and Jean Wilson, Zita Birchwood, Agnes Duggan, Breda Gallagher, Irene Bradshaw, Pat Lynch and Patrick Tracey.

If anyone knows of anyone else who would appreciate our prayers please do let me know, so they can be included on the list.

MASSES RECEIVED DURING THE WEEK

Jeremiah Roche, John Leedham, Private Intention (H.J.), Private Intention (Margaret), Peter Heald, Ann Stronach and James Stronach, Private Intention (C.G.), Monsignor Peter McGuire (Ordination Anniversary) and Mollie McGuire (Ann.)

SELBY SACRAMENTAL PREPARATION

The First Confessions for our year four children will take place on 12th December this year. Preparation sessions will begin on the week-end of 7th/8th November.

The First Confessions for our year three children will take place on 13th March next year. Preparation sessions will begin on the week-end of 6th/7th February.

First Holy Communion, for children in year four, will take place on the week-end of 19th/20th June next year. Preparation sessions will begin on the week-end of 17th/18th April.

The arrangements for Confirmation and for the Carlton children will follow later.

PARISH SAFEGUARDING REPRESENTATIVE

I am really very grateful to those people who responded to our appeal for help with the area of parish safeguarding. This is such an important area of life in every parish to-day that it is particularly encouraging that it looks as though we will be able to have a small team to share the work amongst them.

FR. WILSON TESTIMONIAL

It is the custom when a priest leaves a parish for a collection to be taken up to enable people to show their appreciation for his work over the time he has spent with them. I know that there was already a collection to mark Fr Wilson's Golden Jubilee earlier in the year, but I thought it would still be a nice thought to be able to send him some token of gratitude. There will therefore be a retiring collection for Fr Wilson on the weekend of the 27th September. Please be as generous as you can.

Mass Offerings, Notices and News Items for the Parish Bulletin should be given to Monsignor Smith by Wednesday evening.

Leeds Diocese Charity Registration No. 249404