



Our Vision is a Person, Our Vision is Jesus Christ 21st JULY 2024: SIXTEENTH SUNDAY IN ORDINARY TIME

Run The Race To The Finish

During the Solemnity of Saints Peter and Paul, one of the readings was St Paul's second letter to Timothy, in which St Paul says that he fought the good fight to the end, he ran the race to the finish, he had kept the faith. This reading has stayed in my mind because with the arrival of the slightly warmer season, I have started running more frequently again, and during these runs I have learnt at least three things.

First of all, I am 2-3 kg heavier compared to last year, and I feel these kilos a lot whilst running: I find it much more difficult to keep up the pace or to run for longer.

Secondly, after the first few regular runs, I find it is much easier to keep up a good speed, or to run further. So, if during the run I pay more attention to how I breathe, and try to keep the pace of the run appropriate to my breathing, then I can have a good run without destroying myself.

Thirdly, when I'm out of condition it's all about getting by, not dying during the run, so I don't pay the slightest attention to what's going on around me. On the other hand, after I've been running for a few times and I've regained a bit of fitness, I find running easier and so I can pay more attention to everything around me, nature and people. Running becomes much more of a pleasure and therefore also desired.

You will say: So what?

I would like to highlight that what happens to the body in reference to running, also happens spiritually in reference to the life of faith. So, let us look at the three points from a spiritual point of view.

1. Excessive social media, excessive internet use, too much work - these are all burdens that, like fat in a physical race, limit our spiritual race with Jesus towards our destiny, they make it harder for us to advance.
2. The more regularly we dedicate our time to Jesus, the more familiar our relationship with Him becomes. We find it less difficult to be with Him, to pray, and if we pay attention to the reality around us, we find opportunities to do works of charity as a sign of our love for Him.
3. After a while of getting used to devoting time to Jesus on a regular basis, especially with prayers and good reading, one is able to see things and understand situations that one did not grasp before, so even prayer, reading the Bible or some other good text becomes a delight for the spirit, and therefore makes you want to do more of this.

Therefore, repeating the words of St Paul: train your spirit so that it is able to "Run the race to the finish", by doing so you will enjoy life much more and reach the goal of your spiritual race: the embrace with Jesus in Heaven!

Fr Mario

GEM OF THE WEEK



This week's GEM is the Trailer of Takashi and Midori Nagai Exhibition - you can find this on our homepage. If anyone has suggestions for GEMs please contact website.sswp@gmail.com

For the next Newsletter, items should be received into the parish office by **10am on Wednesday 24th July**, please email your messages/notices to: office@stswithunwellsparish.org.uk

If you wish to make a donation to our parish please go to: <https://www.stswithunwellsparish.org.uk/financesdonations>

LITURGICAL INDICATIONS



Sunday 21st July 2024: Year B - Year 2 - Psalter Week: 4

PSALM RESPONSE: THE LORD IS MY SHEPHERD: THERE IS NOTHING I SHALL WANT.

1st reading Jeremiah 23:1-6 **Psalms** 22 **2nd reading** Ephesians 2:13-18 **Gospel** Mark 6:30-34

Sunday 28th July 2024: Year B - Year 2 - Psalter Week: 1

PSALM RESPONSE: YOU OPEN WIDE YOUR HAND, O LORD, AND GRANT OUR DESIRES.

1st reading 2 Kings 4:42-44 **Psalms** 144 **2nd reading** Ephesians 4:1-6 **Gospel** John 6:1-15

PARISH GROUPS



Youth Groups (including First Holy Communion & Confirmation)

Stars of Abraham (school years 3, 4, 5 & 6)

Grail Seekers (school years 7, 8, 9) &

Student Youth (school year 10 until sixth form)

Our Youth Groups have now come to the end of their meetings for this 2023/24 pastoral year. We would like to thank all those who gave their time and effort to help with the running and organisation of these groups. Youth Group Registrations for the next year, 2024/25 will open shortly on our website.

Growing In Faith Together Group

Tuesdays 10.15am to approx. 11.45am in the Holy Cross Resource Centre. All are welcome!

Learn to Pray with the Weekly Scripture Readings

Wednesdays at 11am in St Joseph's Parish Centre, 26A Abbey Water, Romsey;

The group in St Edward's Church, Chandler's Ford (who normally meet on Thursdays) are now on a summer break and will restart in September.

Please come along if you would like to grow in your life of prayer by praying with the following Sunday's Mass readings. All are welcome.

Knitting Club - third Tuesday of the month, from 2pm-4pm in the Holy Cross Resource Centre. If you would like to join us for a knit and cup of tea please come along, all levels of knitting ability welcome!

Afternoon Club - St. Joseph's Parish Centre, 26A Abbey Water. Come and join us for tea, games and good fun. Please note the next games afternoon will be held on Tuesday 1st October at 2pm.

MESSAGES



Changes to Mass - there will be **No Mass** on **Weds** or **Thursdays** for the time being at OLQA.

New Lectionaries

The Church in England and Wales is bringing out a new set of Lectionaries - new translation. They will be beautifully published but there is a cost. We need six sets, one for each of our churches.

Each set (comprising 4 volumes) cost £695 to order. Donors are welcome to sponsor a set of books - to commemorate a special occasion, anniversary, etc. If anyone would like to sponsor the set for one of our churches, please contact the parish office or speak to one of our priests.

Come & See Summer Club

(ages 7 to 14 years)

St Edward's Church, 8.30am to 3.30pm
Mon 5th to Fri 9th August 2024

Daily cost: £10 for the first child, £5 per additional child (siblings). For more information and to register go to: <https://www.stswithunwellsparish.org.uk/comeandsee> Volunteers will open the venue and welcome children from 8.30am (activities start at 9am) and will close it at 3.30pm (activities finish at 3pm). In order to join the Summer Club please complete the registration form on our website and **pay the whole amount by bank transfer by Friday 26th July 2024.**

The Parish Office will be closed on **Friday 26th July.**

Upcoming Funerals

Please pray for the repose of the soul of Valerie Newey and for her family. Valerie's Funeral Service takes place on **Wednesday 24th July at 11am in Holy Cross.**

Please pray for the repose of the soul of Mary Brown and for her family. Mary's Funeral Service takes place on **Wednesday 31st July at 12 Noon in Holy Cross.**

Parish Barbeque

The Knights of St Columba and the CAFOD group invite you to a Parish barbecue at **St Edward's on Saturday 17th August from 1pm.**

Food including desserts and a free first drink all for **£12. Children under 12 are free.**

BBQ, dessert and raffle contributions gratefully received and there will be a CAFOD produce stall. Enquiries to Neil Hendricks (02380 266324).

Tickets on sale after Masses from this weekend (20th/21st July). Places are limited so don't delay!

The Happy Monday Club would like to invite you to another film screening on **Monday 22nd July at 2pm** in the Holy Cross Resource Centre in Eastleigh. The film will be "Phantom Of The Open" a hilarious comedy about Maurice Flitcroft's attempt to enter the 1976 Open without ever having played a round of golf. Suggested donation £2 to include ice cream. Please do come and join us, the Happy Monday Club is open to adults of ALL ages. We look forward to seeing you, for more info please contact us on 07809 596831 or email: jakeman1966@hotmail.co.uk

MESSAGES CONTINUED



Invitation from St Joseph's Flower

Arranging team to all church flower arrangers and those interested in arranging flowers within our parish, to attend the Celebration of The Feast Day of St Rosa of Lima in **Romsey on Friday 23rd August**.

We will commence the morning with Mass at 10am in St Joseph's Church, followed by refreshments in the Romsey Parish Centre (26A Abbey Water). At 12 Noon there will be an interactive talk for those interested to learn more about church flower arranging and/or are interested in considering being part of our churches flower arranging teams. Please contact Jean Viola (jeanviola@yahoo.co.uk) or Elizabeth Gare on 01794 515265 for more details. If you are intending to join us on the day we would be most grateful if you could let one of us know, just so we have an idea of numbers.

Sacramental Preparation for Adults (RCIA)

If you, or someone you know, would like to be baptised, confirmed or received into the Catholic Church (or know more about the Catholic faith) please speak to a priest or email Deacon Paul Owen: power@portsmouthdiocese.org.uk

Legacy Gifts - Our firm belief and hope as Catholics is that, 'for your faithful, Lord, life is changed not ended', and that - even amidst the sadness of death - the light and love of Christ abound. One beautiful and practical expression of this conviction is by committing support to the work and witness of the Church beyond the span of our own mortal lives, and leaving a legacy gift to the Church in our wills. For more info about legacies please contact Fiona at: accounts@stswithunwellsparish.org.uk or by phoning 02380 273882.

New to the Parish? - A very warm welcome to our Parish; we are delighted that you have joined us. If you are looking to regularly attend one of our churches and join our vibrant community please complete one of the 'New to the Parish Registration Forms' available on our parish website: www.stswithunwellsparish.org.uk. All families are welcome at ALL Masses, however we have specific Children's Liturgies on Sundays. Please ask one of the Welcomers for details of the times at your Church.

Street Pastors - Could you spare one Friday night a month to care, listen and help in practical ways, to share the love of God in the streets of Eastleigh or Fair Oak? We have a choice of shifts from around 8pm to Midnight, or from 11pm to around 3am. Night time drinkers are pleased to see us, some have said, we have helped them to change their lives.

We have comprehensive training over three weekends to equip us for all eventualities, starting in October: Friday evening 4th, Sat 5th & Sun 6th October 2024. Fri evening 18th, Sat 19th & Sun 20th October 2024. Fri evening 1st, Sat 2nd and Sun 3rd Nov 2024. For more information please go to the website: <http://www.eastleigh.streetpastors.org.uk/> Or email: eastleigh@streetpastors.org.uk (Eric Hyom, 07736 967921)

World Day for Grandparents and the Elderly

This year marks the 4th World Day of Grandparents and the Elderly, taking place on **Sunday 28th July**. Pope Francis has themed this year, "*Do not cast me off in my old age*" (Ps 71:9). This theme recalls the heartfelt plea to the Lord not to be left alone in old age. All too often, in fact, loneliness is a bitter companion in the lives of the elderly due to numerous situations, such as the migration of children or the crisis of families, or due to the individualistic mentality that makes those who are advanced in years feel like a burden. It is the hope that the 4th World Day for Grandparents and the Elderly will foster a fruitful dialogue between young and old. To read Pope Francis' full message please go to: <https://www.vatican.va/content/francesco/en/messages/nonni/documents/20240425-messaggio-nonni-anziani.html>

SCHOOL NOTICES



St Swithun Wells Catholic Primary School

Are **URGENTLY** recruiting a Mini Bus Driver. Please see full advert on church noticeboards. 10 hrs per week, Mon to Friday, Term Time only. Start date: September 2024. More info can be found on the school website: <https://www.st-swithunwells.org.uk/staff-vacancies/> For an application form please contact the school office on 02380 266210 or email: adminoffice@st-swithunwells.hants.sch.uk

CONFESSION (SACRAMENT OF RECONCILIATION)

Tuesday:	9.30am-10.00am (before Mass)	St Andrew
Tuesday:	6.30pm-7.30pm (after Mass)	St Edward
Saturday:	10.00am-10.30am (after Mass)	Holy Cross
	5.30pm-6.00pm	St Joseph
Sunday:	8.30am-9.00am (before Mass)	St Edward
	8.30am-9.00am (before Mass)	St Andrew

ADORATION OF THE BLESSED SACRAMENT

Tues: St Edward - after Mass (6.30pm-7.30pm)
Wednesday: Holy Cross - after Mass (10am-11am)
Thursday: St Joseph - before Mass (5pm-6pm)

TIMES A PRIEST WILL BE AVAILABLE TO MEET DURING AUGUST

If you need to arrange a time to speak to one of our priests during the month of August please either send them an email (their email addresses are on the back page of the newsletter) or catch them after Mass.

OUR CHURCHES

St Ed - St Edward the Confessor
191-193, Winchester Rd, Chandlers Ford, SO53 2DU
OLQA - Our Lady Queen of Apostles
Martin Street, Bishop's Waltham, SO32 1DN
HC - Holy Cross Church
53 Leigh Road, Eastleigh, SO50 9DF
SSW - St Swithun Wells
Allington Lane, Fair Oak SO50 7DB
St A - St Andrew
Fleming Avenue, North, Baddesley SO52 9EP
St J - St Joseph
Abbey House Drive, Romsey, SO51 8YB

MASS TIMES FOR OUR CHURCH COMMUNITIES

DATE	TIME	CHURCH	MASS INTENTION
Saturday 20th July	9.30am 5.00pm 6.00pm 6.00pm 6.30pm	Holy Cross St Swithun Wells OLQA St Joseph St Edward	Keith Wiggans (Health & Wellbeing) Ron & Sheila Rhymer RIP Anniversary Bryan George Dolbear FM
Sunday 21st July <i>Sixteenth Sunday in Ordinary Time</i>	8.30am 9.00am 9.00am 9.30am 11.00am 11.00am	Holy Cross St Edward St Andrew OLQA Holy Cross (also livestreamed) St Joseph	<i>Polska Msza Święta</i> Living & Deceased Members of the Mongan & Turner Families FM Vincent Curmi RIP Anniversary Diane Lopez RIP Anniversary People of the Parish
Monday 22nd July <i>St Mary Magdalene</i>	9.30am	Holy Cross	Angela Speight RIP FM
Tuesday 23rd July <i>St Bridget of Sweden</i>	10.00am 6.00pm	St Andrew St Edward	Maria de Pureza de Mello RIP Mrs Edward Christian FM
Wed 24th July	9.30am 10.00am 11.00am	Holy Cross St Edward <u>Holy Cross</u>	Edward Fenwick RIP FM <u>Funeral Service: Valerie Newey RIP</u>
Thurs 25th July <i>St James</i>	9.30am 6.00pm	Holy Cross St Joseph	Edward Kosniowski RIP
Friday 26th July <i>Ss Joachim & Anne</i>	9.30am 10.00am 10.00am	OLQA St Joseph St Edward	
Saturday 27th July	9.30am 5.00pm 6.00pm 6.00pm 6.30pm	Holy Cross St Swithun Wells OLQA St Joseph St Edward	People of the Parish Clare Ashcroft RIP FM
Sunday 28th July <i>Seventeenth Sunday in Ordinary Time</i>	8.30am 9.00am 9.00am 9.30am 11.00am 11.00am	Holy Cross St Edward St Andrew OLQA Holy Cross (also livestreamed) St Joseph	<i>Polska Msza Święta</i> Jan Szczetnikowicz RIP Anniversary Arthur Heslop RIP Anniversary Beatrice & George White; Laura, David & Eduardo Fernandes FM Elvira Golez RIP

CLERGY & PARISH OFFICE

Fr Raffaele Cossa (Parish Priest)
Tel: 023 8061 2430; E: rcosa@portsmouthdiocese.org.uk

Fr Luca Speziale (Assistant Priest)
Tel: 023 8061 2430; E: lspeziale@portsmouthdiocese.org.uk

Fr Mario Toma (Assistant Priest)
Tel: 023 8061 2430; E: mtoma@portsmouthdiocese.org.uk

Fr Matteo Pagani (Assistant Priest)
Tel: 023 8061 2430; E: mpagani@portsmouthdiocese.org.uk

Fr Bruce Barnes (Assistant Priest)
Tel: 01489 890947 (OLQA Office)

Deacon Bob Birtles
Tel: 023 8069 2416; E: bbirtles@portsmouthdiocese.org.uk

Deacon John di Meo
Tel: 01794 515688; E: jdimeo@portsmouthdiocese.org.uk

Deacon Paul Owen
Tel: 023 8025 4806; E: powen@portsmouthdiocese.org.uk

Deacon Paul Wilson
Tel: 023 8061 6618; E: pwilson@portsmouthdiocese.org.uk

Parish Office Holy Cross Church, 53 Leigh Road, Eastleigh, SO50 9DF Tel: 02380 273882
Opening Times: Mon-Thurs 9.30am-5.30pm;
Fri 9.30am-2.30pm (see newsletter for changes).

Holy Cross Resource Centre & Finance Admin: Fiona Mooney
Email: accounts@stswithunwellsparish.org.uk

Parish Secretary: Sarah Goodfellow
Email: office@stswithunwellsparish.org.uk

Website Contact: website.sswp@gmail.com

Safeguarding: Please see Safeguarding posters in each of our churches for details of the Parish Safeguarding Reps. Diocesan Safeguarding: Ruth Attfield rattfield@portsmouthdiocese.org.uk