

Our Mission: LOVE GOD - LOVE OTHERS - MAKE DISCIPLES
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www.stswithunwellsparish.org.uk
 Catholic Diocese of Portsmouth Registered Charity No. 246871

Sunday Cycle: Year A
 Weekday Cycle: Year 1
 Psalter Week 3

FIFTEENTH SUNDAY OF THE YEAR

During the week I spotted a report about some research which concluded that if you drink up to three cups of coffee a day you could live longer. I do wonder sometimes how many people there are in laboratories doing this kind of work. [Not many years ago some research students looked into whether it's true that, when dropped, a slice of buttered toast will more often fall butter-side down.] Over the years I've become sceptical about the advice we receive concerning food and drink. At one time we were warned off butter in favour of margarine, now it seems butter is back. Avoiding too much alcohol makes sense – but apparently red wine can actually do you good! And those who don't eat meat happily point out that those of us who do are helping to cause global warming because of the gases animals emit. When it comes to how many portions of fruit and vegetables I eat daily I still don't know exactly what counts and what doesn't.

My approach has always been that moderation is the key – keeping a balance. It makes sense to listen to the advice of experts in their field but at the end of the day each of us must take responsibility for our choices. But parents do have a special role in setting guidelines for their children. I recall when a few years ago a school clamped down on what food pupils could consume on the premises. It wasn't long before Mums were filmed outside the school pushing burgers and fries through the railings so that their offspring wouldn't starve. Someone even suggested that for a school to intervene in such a way was infringing the children's human rights! This is not an example of people taking a balanced, sensible approach.

But of course working to attain a 'right balance' in our lives is not restricted to what we eat and drink. It applies in every area of our activity, work and social. These days you hear talk of a 'work-life balance' which is a nice goal but hard to achieve if your circumstances require you to work long hours. Last weekend we marked Sea Sunday and prayed for seafarers who can spend many months away from home and family. It would be a bit rich for us to suggest they hadn't got a good work-life balance, especially as we depend on them to move goods around the globe so that we can buy them. However, just because we cannot always get it right doesn't mean we shouldn't reflect on whether there are changes we can make, adjustments.

One area where we can all address the issue is in our own daily life. Is it possible to insert short periods of prayer, quiet or reflection into the busyness of all that we must get done? There are times of the year when we are fraught and under pressure, but there can also be times when we have a little more time to relax and appreciate what we have. I always think that the summertime is a phase of the year when the possibilities open up. Children will be breaking for the summer in a couple of weeks' time. Some are able to go away on holiday whilst others have plans for what they'd like to do at home. All too quickly August will be over, school uniforms will be made ready and the annual cycle begins again.

No one can tell us what to do or how to live our lives – any more than they can make us eat or drink sensibly. We have to work it out for ourselves and decide what's best for us. It requires thought and the occasional review.

Fr John

Parish Office: Holy Cross Church, 53 Leigh Road, Eastleigh, SO50 9DF

Tel.: 023 8027 3882. Email: stswparish@portsmouthdiocese.org.uk.

Office hours: Monday– Wednesday 9am–4.00pm Thursday & Friday 9.30–2.30 Newsletter items should be received by Wednesday 12:00 noon

Entrance Antiphon: As for me, in justice I shall behold your face: I shall be filled with the vision of your glory.

Psalm Response: Some seed fell into rich soil and produced its crop.

**Readings for next Sunday 23rd July 2017
16th Sunday in Ordinary Time**

Gospel: Matthew 13:24-43

1st reading: Wisdom 12:13. 16-19

Psalm:85

2nd reading: Romans 8:26-27

Journey in Faith (Rite of Christian Initiation for Adults) is for anyone interested in finding out more about the Catholic Church or is interested in becoming a Catholic. Every Wednesday until the end of July from 7.30pm to 9.00pm at St Edward the Confessor Church. Theme this week is 'The Problem of Moral Evil' Contact Deacon Paul Owen Tel 02380 254806; email: powen@portsmouthdiocese.org.uk.

Fellowship Group. Meetings will recommence after the Summer - date to be confirmed.

More details from Bob Birtles

bbirtles@portsouthdiocese.co.uk 02380 692416 or Peter Baggott

THE SACRAMENT OF CONFIRMATION

Next year, sometime after Easter 2018, Bishop Philip will celebrate Confirmation for young people who belong to St Swithun Wells Parish. For the last few years the Bishop has arranged a Confirmation once every two years for parishes and next year it is our turn. The plan is to form the group before the summer break so that the preparation will be up and running in good time for September. This means that young people wishing to enrol must do so in the next few weeks. There are *Enrolment Forms* available in each of our churches. Anyone who will be in Year Eight next year (ie. starting in September) and above is eligible to apply. This means that if you are currently in Year Seven you can join the Programme for Confirmation. Please do this soon as we want to have plans well underway before the summer break. If you have any questions or concerns, contact Father John.

PACT – Prisoners, ex-prisoners and their families
Pact, the Catholic charity for prisoners and their families is offering free training and support for parishioners interested in volunteering with them in prisons or in the local community. To find out more please contact parishaction@prisonadvice.org.uk or see their website www.prisonadvice.org.uk

SCHOOLS AND COLLEGES:

St Swithun Wells Primary School 023 80266210;

St George Catholic V.A. College 023 8032 2603;

St Anne's Catholic School 023 8032 8200;

Charlton House 023 8067 7575

St Mary's Independent School 023 8067 1267

St Swithun Wells Prayer Link

Please take a copy of the Prayer Sheet, "Summer 2017" to use at home and so join many others in prayer. I will continue to send Prayer Requests and updates throughout the summer. Please contact me if you would like to receive these emails or have a request for prayer. Marion.

marionbirtles@gmail.com (02380 692416)

ADORE (Alton Day Of REnewal) – Saturday 22nd July 11.00-4.00

You are warmly welcome to a mini-retreat day (or morning/afternoon) of spiritual refreshment and renewal, focussing on the Charisms or gifts of the Holy Spirit, at Alton Convent, Anstey Lane, Alton GU34 2NG. There is no need to register in advance, and no charge (though a collection will be taken to cover costs). For more information and directions, see poster or website: www.altonrenewal.com Or telephone Deacon John Foley on 07769 251747. The following month, on Saturday 19th August, our guest speaker will be Deacon John Foley talking about the Gift of Miracles

9th August 2017 – Retreat Day for the Deaf There will be a retreat day for the deaf on Wednesday 9th August 2017 at St John's Cathedral and Discovery Centre. This event will be fully sign-interpreted. The theme for the event is St Edith Stein. The day will begin at 10:45 and will include Mass at 12.15. If you are interested then please contact Fr Robin Ellwood on email, careofthedeaf@portsmouthdiocese.org.uk

Mental Health Support Group

Meeting fortnightly (next one 17th July) 7.30pm
The Stables, St. Thomas' Church, Fair Oak

All welcome – come as you are.

A chance to be heard (not judged) and accepted.

For more information: Phone Bruce 07842 137 637

Or email: mentalhealthsq@gmail.com

Healing Evening with Little Way Healing

Ministries: on Monday 24 July, 7pm – 9.30pm, at Highfield House Hotel, Highfield Lane, SO17 1AQ.

Fr. Laurence Brassill OSA and Mrs. Pauline Edwards and team offer an evening of teaching and healing. Please invite relatives, friends and neighbours, no need to be a churchgoer or even a believer. Come for the whole evening or just pop in. Jesus said: 'Lay your hands on the sick and they will be healed'.....**Come and see.**

CAFOD Portsmouth Harvest Briefing

Join us at a special Harvest Briefing on Saturday 23 September from 2.15pm to 4.15pm at St Stephen's Church Hall, Oliver's Battery Road, Winchester S022 4JB to hear more about CAFOD's work in El Salvador, the focus of Harvest Fast Day. Please book a place in advance via 01252 329385 or portsmouth@cafod.org.uk Thank you.

Christian Aid: Jane Hough from St Swithun Wells would like to thank the many parishioners who sponsored her recent Solo Cycle Ride and helped raise the great sum of £4,160 so far!! MANY thanks!

Parish Tea on Tuesday 25th July, 3pm in Poppies Tea Room at Choice Plants Garden Nursery on the Stockbridge Road, just outside Romsey. We need to let Poppies know numbers to ensure they have enough spaces and cakes reserved for us so, if you intend to come, please let Rosemary (01794 522411) know before Monday 17th July. If you would like a fruit scone please tell Rosemary as these will be made to order.

Christian Aid Week: May £396 was raised in the Holy Cross house to house collections this year. With grateful thanks for your time and generosity to the collectors and donators. *John Elton.*

The 60 Club will meet in the Holy Cross Resource Centre as usual, on Monday 17 July from 2pm-4pm. This will be the last meeting until September. Maureen on 023 80 692682

Christian Aid - a belated thank you to all our volunteers at St Edward's who collected £810 in May, which is a good result given the significant changes for No Cold Calling Zones. Many thanks to all those who helped - Paul Carmody.

Catholic Chaplaincies: Catholic? Going to university this year?

Most of our Universities and Higher Education Institutions have a dedicated Catholic Chaplain based in the university or the local parish. The Catholic Chaplaincy is a place for you to explore your faith as a young adult, to meet other young people with similar interests from a great range of backgrounds, and to get involved in activities and social outreach. If you already have a strong faith, this is a chance to deepen it. If you are full of questions and doubts, this is a chance to share them and search for some honest answers about life and faith. Everyone is welcome. To find your local Chaplaincy, and for contact details of all the University Chaplains and Catholic Student Societies, visit the Catholics At University website at: www.catholicsatuniversity.org.uk

Hope 2017 Various activities in Eastleigh and Park throughout July. Please see poster on display on your church noticeboards

Confraternity of the Rosary—Visit to Shrine of St Jude Faversham Thursday 20th July. Holy Mass, talk on St Jude, visit to the Shrine of St Jude tea, a lunch stop on the way, or bring a packed lunch. Coach pick up at St Edward's Church The Avenue, Southampton, 8.45am To book phone 02392820744. Cost of coach £28.00

2017 Fanning the Flame Summer Camp The annual Fanning the Flame Summer Camp is an exciting week of faith, fun and fellowship here in Hampshire for young people aged 10-25. Come for a week full of good food, fun games, discovering more about your faith, horse riding, creative workshops, sports, lively worship, the Holy Sacrifice of the Mass and Adoration, and of course camping under amazing night sky. Booking Forms are now available on www.dominicansistersofstjoseph.org See poster for details at all Churches.

Hospital Admittances

If you are expecting to be admitted into the Royal Hampshire Hospital Winchester in the near future, please inform St Peters Parish Office so they can arrange for a member of the clergy to come and visit and/or bring Holy Communion. They can be contacted on 01962 852804. Additionally if being admitted to Southampton General Hospital contact Father Michael Cronin on 02380 774273.

Parishioners unable to get to Mass

If you are aware of any parishioner who cannot attend Mass because of age, infirmity etc then please contact the parish office and let them know. Similarly, if you have not seen a parishioner at Mass for a while then please let the parish office know.

Lily Willis & Family wish to convey their thanks to everyone who attended the funeral of Roy Willis on Friday 7th July and for the many cards and good wishes received. Your support at this time has been much appreciated.

CAFOD CAMPAIGN: POWER TO BE.

With one in six people living without electricity, children across the developing world are being deprived of the opportunity to realise their full potential. Next weekend in all the churches across the Parish there will be opportunities for you to fill in and sign cards to ask the UK's representative at the World Bank to support renewable energy for the poorest communities - so everyone can have the chance to fulfil their God given potential, that is, the Power to Be. For more details see the current edition of the Portsmouth People.

Live at Home -Weekly Coffee Morning at the Point every Monday between 11am and 2pm at The Point Eastleigh. See Poster at all Churches for further information. Also, Singing for Well Being at St Andrew's Church Blenheim Rd Eastleigh every Tuesday from 2.30 to 4.30—a new singing and social group for people 60 or older.

WE ACKNOWLEDGE WITH THANKS
Last week's collections :TBC
SO/SD for the month of June £13,398.09

Mass Times for our Six Church Communities

DATE	TIME	CHURCH	MASS INTENTION	DATE	TIME	CHURCH	MASS INTENTION
Sat 15th July Vigil Masses	5.00pm	St Sw	Agnes Carter RIP	Thurs 20th	9.30am	HC	Agnes Fenwick Wellbeing
	6.00pm	OLQA			10.00am	OLQA	NO MASS
	6.00pm	St J	Cecilia Harris RIP (Anniversary)		10.00am	St J	Funeral Mass for Grace Harper RIP
	6.30pm	St Ed	Mary Gaffney RIP		6.00pm	St J	
Sun 16th	9.00am	HC	Polska Msza Święta	Fri 21st	10.00am	St Ed	Mrs Edward Christian FM
	9.00am	St Ed			10.00am	St J (AH)	
	9.00am	St A	Gladys and Vincent Curmi RIP (Anniversary)		12 noon	HC	Funeral Mass for Jozef Dembski RIP
	9.30am	OLQA					
	11.00am	St J					
	11.00am	HC	Mrs Anne Clayton-Smith FM				
				Sat 22nd	9.30am	HC	Exam Success
Mon 17th	10.00am	St Ed		Sat 22nd Vigil Masses	5.00pm	St Sw	Rita Wismer RIP
	11.30 am	HC	Funeral Mass for Michael Foster RIP		6.00pm	St J	Intentions of Muriel Matthias
			6.00pm		OLQA		
			6.30pm		St Ed	Mongan & Turner Families FM	
Tues 18th	9.30am	HC	Angela Speight FM	Sun 23rd	9.00am	HC	Polska Msza Święta
	10.00am	St A	Patricia Matthews RIP		9.00am	St Ed	Jan Szczetnikowicz RIP
	10.00am	OLQA	NO MASS		9.00am	St A	
Wed 19th	9.30am	HC	Agnes Etherington RIP		9.30am	OLQA	
	10.00am	St Ed	Bryan George Dolbear FM		11.00am	St J	Anne Kelly RIP
					11.00am	HC	Bill Dee & Michael Flynn RIP (Anniversary)

ADORATION OF THE BLESSED SACRAMENT

Tuesday HC Adoration 1st Tuesday of the month
10.00 - 1.00pm

Thursday - St E **NO HOLY HOUR until early Sept**

Thursday - St J from Noon-6.00pm, Rosary and Benediction at 5.30pm (before Mass at 6pm) Thursday -

Friday St A Morning Prayer and Adoration 10.00am

Rosary And Prayers

St Edward	9.30 am	Wednesday	The Holy Rosary
St Joseph	6.00pm	Wednesday	Evening Prayer
St Andrews	10.00am	Friday	Morning Prayer

CONFESSION (SACRAMENT OF RECONCILIATION)

Saturdays: 10.00am Holy Cross Church
12 noon St Edward's
5.30pm Our Lady Queen of Apostles
5.30pm St. Joseph's Church

Sundays: 8.30am St. Andrew's Church.

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

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Fr David Whitehead (Retired Priest)
Tel: 02380 260824

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