



*Our Vision is a Person, Our Vision is Jesus Christ*

**29th SEPTEMBER 2024: TWENTY-SIXTH SUNDAY IN ORDINARY TIME**

## Posture and Gestures in the Liturgy

Central to our Catholic Faith is the liturgy ('the work of the people') which we celebrate together and its highest expression is realised in the Holy Mass or Eucharist. Let us look at the components of the Mass in the light of the 'active participation' of the laity. Firstly, we might think of the words that inspire us - Sacred Scripture, Homily, Prayers and Responses - leading to the Word who is Jesus. Then we might add Music and Silence; and yet this is not all.

A person coming new into the Catholic Church will realise that there are many traditions and customs associated with participation in the Mass. Not only do we bring our minds and hearts to hear the Word of God proclaimed and to worship in prayer, song or silence, but we bring our bodies too. Posture and gestures are integral to our worship; so let us 'walk through' the Mass exploring these.

As we enter the church we make the Sign of the Cross using Holy Water as a reminder of our Baptism into Christ. We bow to the altar, the Table of the Eucharist, or we genuflect in front of the Tabernacle where the Blessed Sacrament is reserved. We take our place and sit or kneel for a time of preparation - and hopefully find moments of silence and stillness which pre-dispose us in the best possible way for the liturgy about to unfold.

As Mass begins we all stand in an attitude of prayer and attentiveness, assisted by the way our hands are placed together; hands play an important and expressive part in our prayer, both liturgical and personal. We sit to listen to the readings and stand to hear the words of Jesus himself as the Gospel is proclaimed. Then we sit, listening to the Homily, before standing for the Creed and bowing our heads at the words of the Lord's Incarnation. The Prayer of the Faithful follows, bringing to a conclusion the first part of the Mass: Liturgy of the Word.

Now the Liturgy of the Eucharist begins, often with a Procession of the Gifts; and then we stand for the introduction or Preface to the Eucharistic Prayer. After the 'Holy, Holy' we stand or kneel (traditions vary) as the most respectful attitude for what is happening at the altar: bread and wine being transformed into the Body and Blood of Christ. When the Eucharistic Prayer ends with the Great Amen we stand for the Our Father; and in the Communion Rite we are invited to offer an appropriate sign of peace to those around us.

Communion now follows and we need to think carefully about the significance of this time of movement: it is best seen as a Procession towards the Lord (symbolic of one's whole life) rather than as a queue! Having received Holy Communion, we sit or kneel to pray, before standing once again for the Prayer after Communion and the Blessing. At the Dismissal we are called to even more action: being sent out on mission to proclaim Jesus, 'glorifying the Lord by our lives'.

As we can see in this brief overview, we have a lot of action in the Mass - standing, sitting, kneeling, walking/processing, bowing, hand gestures - and we tend to take this for granted. Our whole demeanour is 'special' in church and rightly so, as we show respect and reverence for the presence of the Lord and the importance of the liturgy. We realise too that everything that happens takes place not in an individual, isolated 'bubble' but as a community: it is the 'work of the people' coming together to worship God. As well as words, music and silence, our posture and our gestures are also prayer-enabling. They can be seen as prayer in action, an essential bodily expression of our Catholic Faith lived out.

*Dcn John*

## GEM OF THE WEEK



This week's GEM is "The Tunnel of Friendship" by Pope Francis - you can find this on our homepage.  
If anyone has suggestions for GEMs please contact [website.sswp@gmail.com](mailto:website.sswp@gmail.com)

For the next Newsletter, items should be received into the parish office by **10am on Wednesday 2nd October**, please email your messages/notices to: [office@stswithunwellsparish.org.uk](mailto: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 29th September 2024:** Year B - Year 2 - Psalter Week: 2

**PSALM RESPONSE:** THE PRECEPTS OF THE LORD GLADDEN THE HEART.

**1<sup>st</sup> reading** Numbers 11:25-29 **Psalm 18** **2<sup>nd</sup> reading** James 5:1-6 **Gospel** Mark 9:38-43,45,47-48

**Sunday 6th October 2024:** Year B - Year 2 - Psalter Week: 3

**PSALM RESPONSE:** MAY THE LORD BLESS US ALL THE DAYS OF OUR LIFE.

**1<sup>st</sup> reading** Genesis 2:18-24 **Psalm 127** **2<sup>nd</sup> reading** Hebrews 2:9-11 **Gospel** Mark 10:2-16

## PARISH GROUPS



**Growing In Faith Together Group (GIFT)** - The GIFT Group will be meeting in the Balcony of Holy Cross Church every Tuesday at 10.30am whilst the Resource Centre is being re-furbished.

**Fellowship Group** - Wednesdays at St Swithun Wells Church, 7.30pm-9.30pm (note new time!). We will be holding a Harvest Liturgy and Supper on Wednesday 2nd October at 7.30pm in St Swithun Wells Church. Everyone in the Parish is very welcome to join us in thanking God for the Harvest. Everyone is welcome. If you wish to join by zoom please email Peter Baggott for the link on [Peterbaggott@aol.com](mailto:Peterbaggott@aol.com).

**Learn to Pray with the Weekly Scripture Readings** Wednesdays at 11am in St Joseph's Parish Centre, 26A Abbey Water, Romsey.

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.

Thursdays at 10am in St Edward the Confessor, Chandler's Ford. Lectio Divina is being restarted at St Edward's on Thursday 3<sup>rd</sup> October at 10am. All are welcome to come and grow in their life of prayer by praying with the Sunday Mass readings.

**Afternoon Club** - St. Joseph's Parish Centre, 26A Abbey Water. Revised date! Come and join us for tea, games and good fun. Please note the next games afternoon will now be held on Tues 8<sup>th</sup> October at 2pm.

**Communion & Liberation Groups**

School of Community meet weekly at:

**Holy Cross every Wednesday at 8pm** (meeting in the presbytery 53 Leigh Rd until Christmas);  
**St Edward's every Thursday at 8pm.**

For more information please click the link on the homepage of our website. All are welcome!

**The Little Flowers Baby & Toddler Group**

Meet on Wednesdays during term time from 10.30am to 12 Noon in St Edward's Cloister.

The group is for 0-4 years and their families.

More information is on the website or you can email: [littleflowers.sswp@gmail.com](mailto:littleflowers.sswp@gmail.com).

**Ark of Fellowship - Group for learning disabilities or learning difficulties, their families and friends**

Thursdays at 6.30pm in St Swithun Wells Church, Fair Oak SO50 7DB. Interested in volunteering or know some young adults who would like to join the group? Contact: [arkoffellowship.sswp@gmail.com](mailto:arkoffellowship.sswp@gmail.com)

## MESSAGES



**Upcoming Second Collection**

**6th October 2024:** CAFOD Harvest Appeal

**CAFOD's Family Fast Day is on Friday 4th October**

Please do not use our yellow gift aid envelopes for this collection, CAFOD have provided their own envelopes which are now available in our churches, please do pick up an envelope. You will then be able to hand in the CAFOD envelopes during the second collection on the 5th/6th October. Alternatively please give online at [cafod.org.uk/envelope](http://cafod.org.uk/envelope).

**CAFOD Fast Day Soup Lunch**

**Friday 4th October, 12 Noon - 1.30pm in St Edward's**

No cost however donations gratefully received; money raised will go to the CAFOD Fast Day Appeal.

**Sacramental Preparation for Adults (RCIA)**

Wednesdays at 8pm in St Edward the Confessor Church, Chandler's Ford. Starting Wednesday 2nd October. 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: [powen@portsmouthdiocese.org.uk](mailto:powen@portsmouthdiocese.org.uk)

**Parish Get2Gether** - Sunday 6th October, 1-4pm

Pavillion on the Park, 1 Kingfisher Road, SO50 9LH  
An event for all of the parish, especially families.

We begin at 1pm, sharing a meal together followed by some activities and a discussion, the topic will be 'Love between Husband and Wife'.

No cost, however we kindly ask you to give a donation to cover the hire of the Pavillion. Please bring some food, beverages or cakes to share with others. We would be grateful if you could please write down the main ingredients and allergens on a piece of paper so people can make an informed decision as to whether the food is suitable for them. Please can you bring your own cups/plates/cutlery. To book your place please go to our parish website and use the link you find on the "Next Main Parish Events" section.

*Next Get2Gether date for your diary: 3rd November.*

**The Happy Monday Club** will be holding a

"Bingo Afternoon" with prizes and refreshments at St Swithun Wells Church in Fair Oak on **Monday 7th October at 2pm**, suggested donation £3.

Please do come along and join us and bring your friends. The event is open to adults of ALL ages. We look forward to seeing you there and if you have any questions, please call Karen or Peter on 07809 596831.

## MESSAGES CONTINUED

### Youth Groups (including First Holy Communion & Confirmation)

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

*Tuesdays 4pm-5.30pm, St Edward's*

*Saturdays 10.30am-12pm, St Edward's until Christmas*

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

**Student Youth (school year 10 until sixth form)**

*Fridays 6.30pm-8.30pm, St Edward's until Christmas*

Our Youth Groups are also the path we propose to those who want to be prepared to receive First Holy Communion and Confirmation.

Registrations for the year 2024/2025 are open on our website: [www.stswithunwellsparish.org.uk/parishlife](http://www.stswithunwellsparish.org.uk/parishlife) (scroll down to Youth Groups).

### Retirement of Fr Bruce

We wish to acknowledge the Ministry of Fr Bruce at OLQA, the Parish and Diocese. If you would like to contribute to a gift for his retirement, please place this in a clearly marked envelope and hand in to the Parish Office or at OLQA in the collection bag during Mass.

**Request for Readers for the new 5.30pm Mass on Sundays at Holy Cross Church** - If anyone is interested, please contact Jenny on 07787 532642.

### Upcoming Funerals

Please pray for the repose of the soul of Sr Alice Neary and for her family. Sr Alice's Funeral Mass takes place on **Tuesday 1st October at 2pm in St Joseph's**.

Please pray for the repose of the soul of Tony Styles (husband of Sue). Tony's Funeral Service takes place at Wessex Vale Crematorium on **Thurs 3rd October at 1pm**.

**Canon Peter Wilkie** who died earlier this year, was a much loved parish priest of St Edward the Confessor Church, from 1985 to 1993. During that time the extension of the church was undertaken and this was made possible through the faith and generosity of the people of the parish. A Foundation Mass will be celebrated for Canon Peter in **St Edward's on Tuesday 8th October at 6pm**. All are welcome.

### **Parish Pilgrimage 2025 - Save the Date!**

**Friday 23rd - Monday 26th May 2025**

We are thinking about a pilgrimage to Lisieux, France to visit the place where St Therese lived and the surrounding area. More details to follow soon.

**Mary's Meals** – a little known but truly remarkable charity named after the mother of Jesus, is giving hope to nearly 2.5 million hungry children living in poverty in 17 countries around the world, by providing one hot, nutritious, free school meal, every day the children attend. 67,000,000 children are out of school trying to survive poverty and hunger. It costs just 10p a day to feed a child; £19.15p for a whole school year.

93p of every £1 donated goes directly towards the charitable activities. For more info and to donate online please go to: <https://www.marysmeals.org.uk> Alternatively cheques/postal orders can be sent to: Mary's Meals, Craig Lodge, Dalmally, Argyll, PA33 1AR **Mary's Meals will be making the Radio 4 appeal on Sunday 13th October at 7.53am and 9.26pm.**

### At a Glance - List of Upcoming Parish Events

**Sun 29th Sept:** New 5.30pm Mass starts at Holy Cross

**Mon 30th Sept:** Parish Lunch (previously advertised)

**Wed 2nd Oct:** RCIA restarts

**Thurs 3rd Oct:** Lectio Divina at St Edward's restarts

**Fri 4th Oct:** CAFOD Soup Lunch

**Sun 6th Oct:** Parish Get2Gether

**Mon 7th Oct:** Bingo Afternoon

**Tues 8th Oct:** Revised Date for Afternoon Club Meeting (originally 1st Oct)

## SCHOOL NOTICES

### St Swithun Wells Catholic Primary School Notices: **Asda Rewards Cashpot for Schools**

Thank you so much to those parents who have named us in their cashpot for schools at ASDA. We currently have just over £140! If you haven't already, please download the Asda App, add our school to your cashpot and scan the app at the till. It costs you nothing but Asda will give us some money to spend on playground toys for the children. There are only 66 days left to collect the money! Please ask your friends and family to collect for us too! More info here: <https://www.asda.com/cashpotforschools>

### **Children Starting in September 2025**

Please sign up for a tour of the school if you have a child due to start school in September 2025. <https://forms.gle/n5bZaVBcT6nf7ruA8>

### **Vacancy: We are recruiting for a 'Casual Mini Bus Driver'.** Hourly Rate: £11.95

Please see full advert on church noticeboards.

Casual hours as required, Term Time only.

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](mailto:adminoffice@st-swithunwells.hants.sch.uk)

### CONFESSION (SACRAMENT OF RECONCILIATION)

<b>Tuesday:</b>	9.30am-10.00am (before Mass)	St Andrew
<b>Tuesday:</b>	6.30pm-7.30pm (after Mass)	St Edward
<b>Saturday:</b>	10.00am-10.30am (after Mass)	Holy Cross
	5.30pm-6.00pm	OLQA
	5.30pm-6.00pm	St Joseph
<b>Sunday:</b>	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

<b>Tuesdays:</b>	Fr Raffaele, 3.30pm-5.30pm, Holy Cross Church, Eastleigh;
<b>Wednesdays:</b>	<b>Fr Luca not available 2nd Oct</b> , 3.30pm-5.30pm, Holy Cross Church, Eastleigh;
<b>Fridays:</b>	Fr Mario, 10am-12 Noon, OLQA, Bishop's Waltham;
<b>Fridays:</b>	Fr Pietro, 11am-12.45pm, 26A Abbey Water, Romsey.

## MASS TIMES FOR OUR CHURCH COMMUNITIES

DATE	TIME	CHURCH	MASS INTENTION
Saturday 28th September	9.30am 5.00pm 6.00pm 6.00pm 6.30pm	Holy Cross St Swithun Wells OLQA St Joseph St Edward	Ellen Lane RIP FM Pat Freemantle FM Mike Hooper RIP People of the Parish Maria Szczetnikowicz RIP Anniversary
Sunday 29th Sept <i>Twenty-Sixth Sunday in Ordinary Time</i>	8.30am 9.00am 9.00am 9.30am 11.00am 11.00am <u>5.30pm</u>	Holy Cross St Edward St Andrew OLQA Holy Cross (also livestreamed) St Joseph <u>Holy Cross</u>	<i>Polska Msza Święta</i> Living & Deceased Members of the Murphy and Lucas Families FM Jesus Ocaya & Francisco Villaver RIP Jan & Helena Ferenc RIP James & Kathleen Ryder RIP Elvira Golez RIP Holy Souls in Purgatory RIP
Monday 30th Sept <i>St Jerome</i>	9.30am	Holy Cross	Holy Souls in Purgatory RIP
Tuesday 1st Oct <i>St Teresa of the Child Jesus</i>	10.00am <u>2.00pm</u> 6.00pm	St Andrew <u>St Joseph</u> St Edward	Jeromino Patino & Dolores Porto RIP <u>Funeral Mass: Sr Alice Neary RIP</u> Pasqualina Marucci RIP 1st Anniversary
Wed 2nd October <i>The Holy Guardian Angels</i>	9.30am 9.30am	Holy Cross St Edward	Florence Bohan FM Keith Small RIP
Thurs 3rd October	9.30am 12 Noon 6.00pm	Holy Cross OLQA St Joseph	Antonio Cicu RIP FM Bernie Gower & Family (Wellbeing)
Friday 4th Oct <i>St Francis of Assisi</i>	10.00am 10.00am 12 Noon	St Joseph St Edward OLQA	Nelita & Ramon Hechanova RIP Bubien Family (Thanksgiving)
Saturday 5th October	9.30am 5.00pm 6.00pm 6.00pm 6.30pm	Holy Cross St Swithun Wells OLQA St Joseph St Edward	Robert Brockway RIP FM People of the Parish Peter Allan RIP Richard Whelan RIP
Sunday 6th October <i>Twenty-Seventh Sunday in Ordinary Time</i>	8.30am 9.00am 9.00am 9.30am 11.00am 11.00am 5.30pm	Holy Cross St Edward St Andrew OLQA Holy Cross (also livestreamed) St Joseph Holy Cross	<i>Polska Msza Święta</i> Folco Scappaticci RIP Anniversary Norman Joyce RIP Anniversary Holy Souls in Purgatory RIP Eileen Buckingham & Kathleen Gooch RIP Deceased Members of the Fox, Kelly & Slevin Families

Fr Raffaele Cossa (Parish Priest)

Tel: 023 8061 2430; E: rcossa@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 Pietro Paiusco (Assistant Priest)

Tel: 023 8061 2430; E: ppaiusco@portsmouthdiocese.org.uk

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