

CHRIST THE KING & ST. COLMAN (Bitterne) OUR LADY OF THE ASSUMPTION (Hedge End) ST. BRIGID (West End)

Catholic Diocese of Portsmouth

Registered Charity number 1199568

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18th Sunday in Ordinary Time (Year B)

4th August 2024

Christ is the Bread of Life from Heaven

Ex 16:2-4,12-15

Eph 4:17,20-24

Jn 6:24-35

Today's reflection challenges us to ask ourselves if we have found what we are looking for in life. Our life and satisfaction are no longer dependent only on material things but more on the spiritual. We need that spiritual nourishment, the bread of life that comes from heaven. So, Christ provides us the spiritual food for our journey through the Eucharist.

Our first reading, taken from the Book of Exodus, tells the story of how the initial euphoria of the Israelites on being freed from servitude in Egypt evaporates when they face the inhospitable wilderness. Predictably, they spoke against their leaders, Moses and Aaron, and longed to return to the 'fleshpots of Egypt.' In response, the Lord sends them manna and quails to sustain them on their journey. In the words of today's responsorial psalm: 'The Lord gave them bread from heaven.' Still the people continued to complain about their circumstances, failing to appreciate the Lord's loving concern for them, and to trust him.

Today's gospel passage, from John, recalls the experience of the Israelites. Following his miraculous feeding of the five thousand with five barley loaves and two fish, Jesus was forced to escape the crowd who wanted to make him king on their terms. They set out to look for Jesus again and find him in Capernaum, puzzled as to how he got there. Jesus, aware that they are seeking him for the wrong reason, says: 'I tell you most solemnly, you are not looking for me because you have seen the signs but because you had all the bread you wanted to eat' (Jn. 6:26). He challenges them to look beyond their physical hunger to the deeper hunger of the human spirit: 'Do not work for food that cannot last but work for food that endures to eternal life' (Jn. 6:27). Then, in an astounding statement, he says that he, the Son of Man, is the one who can satisfy their deepest hunger: 'I am the bread of life' (Jn. 6:34).

When Jesus says that he is 'the Bread of Life,' he is saying that he is the answer to the deepest longing of the human heart. Besides our physical hunger, which

is easily satisfied, we have other more profound hungers like the need to feel accepted, to feel wanted, to be loved and to love – hungers that may not be easily satisfied. But deeper even than these hungers, we have a hunger which only God can satisfy, as St Augustine says: 'You have made us for yourself, O Lord, and our hearts are restless till they rest in thee.' It is this hunger for God that Christ promises to satisfy: 'The one who comes to me will never be hungry; the one who believes in me will never thirst' (Jn. 6:35).

In our second reading, St. Paul exhorts us not to let ourselves be led astray by the illusory desires of our hearts but to focus our lives on Christ so that we can 'put on the new self that has been created in God's way, in the goodness and holiness of the truth' (Eph. 4:24). The illusory desires Paul is referring to are the material desires that captivate the heart – the desires for fame, prestige, wealth and power. Only Christ, the true bread of life, nourishes and transforms us, enabling us to live in God's way.

In today's Eucharist, Jesus is inviting us to let him into our lives fully and unconditionally, to let him be as close to us as the bread we eat. He will nourish and sustain us on the journey of life and fulfil the deepest longing of our hearts. As 'the bread of life' he wants to give himself totally to us. Then we, in turn, will learn to give ourselves to our brothers and sisters. In this way we, too, become bread broken for a world hungry for that Love which is God's way of being.

Fr. Elijah

Newsletters in August

With the holiday season upon us we are planning to have fortnightly newsletters throughout August. Newsletters will be published for the 11th and 25th August, so if you have something which you'd like advertising please keep this in mind.

18th Sunday of the Year – 4th August 2024

- 9.15am **Our Lady of the Assumption** (Hedge End)
Kevin James Peacock RIP
- 11.00am **Christ the King & St Colman** (Bitterne)
Cummings family, in thanksgiving to God for their stay in the UK and for grace as they begin a new chapter of their lives in Cyprus
- 5.30pm **St. Brigid** (West End)
On the 40th Anniversary of starting her nursing and midwifery career, Lorna would like Holy Mass said for all the nurses, midwives and health care professionals who provide care to others throughout the world
- 6.00pm **Christ the King & St Colman** (Bitterne)
Polish Mass

Weekday Mass Times (30th July - 4th August)

OLA – Our Lady of the Assumption (Hedge End)

CKSC – Christ the King & St. Colman (Bitterne)

SB – St Brigid (West End)

- Tue 6th 10.00am **OLA**
- Wed 7th 10.00am **SB** *For Clare O'Brien*
- Thu 8th 10.00am **CKSC** *For the people*
- Fri 9th 10.00am **OLA** *For the people*
- Sat 10th 10.00am **CKSC** *Patrick Callaghan RIP*
- Sun 11th 9.15am **OLA** *Callaghan Wedding Anniversary*
- 11.00am **CKSC** *For Cheryl Rosario & Nicholas, for good health*
- 5.30pm **SB** *For Nora who is celebrating her 80th birthday*
- 6.00pm **CKSC** *Polish Mass*

Welcome to Canon John Cooke, who joins us this Sunday. He comes to promote vocations within our diocese.

Exposition & Rosary at 9.30am before Mass (Tues – Fri)
Sacrament of Confession is available on request

OPEN CHURCH: Our Lady of the Assumption

Our Lady of the Assumption Church in Hedge End is open for private prayer every Thursday from 10am until midday. To join the rota, please contact Pauline or Jane.

Faith on Fire will start again on 18th September in Christ the King and St Colman church 7.30pm to 9pm. All Young people from secondary age upwards are welcome. For more information contact Deirdre 07828810009

Our Lady of the Assumption The Feast of the Assumption of the Blessed Virgin Mary Thursday 15th August 2024

Holy Mass will be celebrated on the Feast of the Assumption of our Blessed Mother and Patron at The Church of the Assumption, Hedge End at 7.00pm on Thursday 15th August 2024.

After Mass we will continue the celebration in the hall with a ‘Finger-Food American Supper’ together with a glass of celebration fizz together, of course, with tea, coffee or soft drink.

Please bring along a plate of ‘finger food or nibbles’ to share and come along to celebrate with us, this very special Feast Day of our Patron at The Church of the Assumption.

We look forward to welcoming you. God Bless

First Reconciliation and First Holy Communion Preparation for 2024/25

If you have a child who will be in YEAR 4 OR ABOVE IN SEPTEMBER 2024, who would like to attend preparation sessions to receive the Sacraments of Reconciliation and Holy Communion for the First Time in 2025, registration is taking place over the summer.

Please complete a registration form (available at the back of our three churches) and send it in to the Parish Office.

The Closing Date for acceptance of Registration Forms is SUNDAY 29TH SEPTEMBER 2024. There will be a Parents Introductory Meeting during the early part of October (exact date to be confirmed later).

Sessions will begin in October 2024, leading to 1st Holy Communion being celebrated on the Sunday of the Feast of Corpus Christi which will be Sunday 22nd June 2025.

We look forward to welcoming you. In the meantime, we wish all our children and families a safe and happy summer break. God Bless you all.

Keep in touch with Portsmouth Diocese

@PortsmouthRC Catholic Diocese of Portsmouth

@PortsmouthRC

<https://www.portsmouthdiocese.org.uk/>

If you have news to share, contact:

communications@portsmouthdiocese.org.uk

CKSCOLASB Calendar of Events

OLA – Our Lady of the Assumption (Hedge End)

CKSC – Christ the King & St. Colman (Bitterne)

SB – St Brigid (West End)

Sun 4 th	Tea, Coffee, Cake after Mass (CKSC Hall)
Tue 6 th	9.30am-12pm Table Tennis (OLA Hall) 7.30-9pm Growing in Faith (OLA) Sun
Thu 8 th	10.30am-12pm Prayer Group (CKSC) 10am-12 noon Open Church (OLA)
Fri 9 th	7.30pm Choir Practise in church hall (CKSC)
Sun 11 th	Tea, Coffee, Biscuits after Holy Mass (SB) 12.30-2pm Youth Meeting (CKSC)
Tue 13 th	9.30am-12pm Table Tennis (OLA Hall) 7.30-9pm Growing in Faith (OLA) Sun
Thu 15 th	10.30am-12pm Prayer Group (CKSC) 10am-12 noon Open Church (OLA)
Sun 18 th	Children's Liturgy during Mass (OLA)
Tue 20 th	9.30am-12pm Table Tennis (OLA Hall) 7.30-9pm Growing in Faith (OLA)
Wed 21 st	7.00-8.30pm Carer's Group (OLA Hall)
Thu 22 nd	10.30am-12pm Prayer Group (CKSC) 10am-12 noon Open Church (OLA)

Recurring Events

Our Lady of The Assumption (Hedge End)

- **Tea Coffee, Biscuits, Friendly Chat** (and often cake) in the hall every Sunday after Holy Mass
- **Children's Liturgy** during Mass every 3rd Sunday of the Month (except in July/August)
- **Carers Group** on third Wednesday of every Month from 7.00pm to 8.30pm
- **Growing in Faith** every Tuesday evening 7:30-9pm
- **Table Tennis** every Tuesday from 9.30am to 12pm
- **Open Church** every Thursday from 10am-12pm

Christ the King & St. Colman (Bitterne)

- **Prayer Group** every Thursday 10.30am-12 noon
- **Children's Liturgy** for 4 to 7-year-olds every Sunday
- **Faith on Fire** 8-9pm last Wednesday of every month except **March to August, December**
- **Youth Meetings** 12:30 -14:00 on 2nd and 4th Sundays of every month
- **Tea, Coffee, Biscuits & friendly chat** in the hall every 1st Sunday of the month
- **Choir practice in hall** - 7:30pm on 2nd & 4th Friday each month. All welcome.

St Brigids (West End)

- **Tea, coffee & cake** every 2nd Sunday of the month after Mass

If you would like a future event to be included in the Calendar of Events, kindly advise the Parish office.

Our Lady of the Assumption 2025 - Our Big Year!

On Ascension Day, Pope Francis 'launched' the Jubilee Year 2025 with the theme "Pilgrims of Hope".

Also, in April 2025, Our Lady of the Assumption will celebrate the 50th Anniversary of our Church building (previously the church was in what is now our hall).

We need your ideas as to how, we can celebrate these 2 significant milestones. Please consider and pray on "What are our aspirations and hopes for the future of our church?"

If you are interested and/or have ideas but couldn't make the meeting, please speak with Marion or Helen.

Continuing Support of the Church

Please consider setting up a **standing order**.

For Christ the King & St Colman:

Account Name: CDP Christ the King & St Colman

Sort code: 30-93-04

Account Number: 00887553

For Our Lady of the Assumption and St Brigid:

Account Name: CDP Hedge End Our Lady

Sort code: 30-93-04

Account Number: 00879747

Please use your surname as a reference.

Make out cheques for Fr Elijah to Rev Fru N Elijah

Thank you for your support.

Hedge End West End Botley Churches Together Big Top Heroes Holiday BIBLE CLUB 5th-9th August.

Discover the heroes of the bible. Children aged 5-11 years from all three of our churches are welcome.

Following on from the Advent Activity Morning held at OLA hall in November, the venue for this summer's Holiday Bible Club is the Methodist church hall in Hedge End. OLA & St. Brigid's are both active members of HEWEB (Churches Together in Hedge End, West End & Botley).

Contact Veronica Hoskins on 07847 475806 with any queries.

Sunday's Readings:

Daily Readings

<https://universalis.com/europe.english/20240804/mass.htm>

Reflections

<http://www.mycatholic.com/>

Diocesan eNews

<https://www.portsmouthdiocese.org.uk/communications/news/enews/>

UK Catholic Newspapers

<https://www.churchpaper.co.uk>

QUIZ NIGHT - THANK YOU! From Our Lady of the Assumption

Thank you so much to everyone who helped in any way to make the Quiz Night last Friday such a successful, fun evening, thoroughly enjoyed by all.

An especially huge “**Thank You**” to everyone who supported the event by buying a ticket and coming along. Thanks to you we raised an amazing £342.

Thank you all (especially our Quiz Master Simon and all those providing, preparing, serving and clearing up afterwards).

We look forward to seeing everyone again at our “New Year 2025 Quiz” 😊

Update on the Porch Repairs at Hedge End

A surveyor’s report has recommended further work to the church porch.

Quotes for this work have been submitted to the finance committee and the selected supplier is to commence work shortly. This work is expected to cost £1,950.

Safeguarding E-Learning

The Catholic Safeguarding Standards Agency (CSSA) has developed the Learning Management System (LMS) as an online learning platform specifically for the Catholic Church in England and Wales.

Training is now aligned with the nature of the role the volunteer is undertaking and 3 modules are available:

Level 1 – Casual volunteers (roles with no DBS eligibility).

Level 2 – Volunteers who hold a role with DBS eligibility but do not require a check of the barred list.

Level 3 – Volunteers who hold a role with DBS eligibility, including a check of the barred list.

Level 3 is mandatory for anyone who holds a role within the parish working with either

- children
- adults at risk or those who might otherwise be vulnerable.

Training must be refreshed every 2 years.

If your training is not up to date, please register for either face-to-face or on-line training at:

<https://www.portsmouthdiocese.org.uk/about-us/other/safeguarding/training/>



2024 THEME:
CHOSEN TO BE HOLY –
Transformation by the Holy Spirit

Mini-retreat for spiritual renewal 31st August on Zoom

Mass; Adoration; Prophecy; Praise; Prayer; Talk by Maria Heath

Register in advance at bit.ly/ADOREAUG2024

More information from www.altonrenewal.com

Please join us for a mini-retreat morning of spiritual renewal on Zoom. Through our worship at Mass, Adoration, Prophetic reflection, Praise, Testimony and inspiring Talk, we will develop our understanding of how we are to respond to Jesus' call to holiness; to appreciate how He has given us His own Holy Spirit to make us holy and to exercise His power through us for the benefit of the Church.

This month's guest speaker is former CHARIS National Co-ordinator **Maria Heath**, who will explain how our lives, transformed by the power of the Holy Spirit, can bear fruit in helping other people, and building up community in the Church.

Timetable for 31st August (approx. timings)

10.00am	Mass, Adoration & Prophecy
11.20am	Introduction, Praise & Worship
11.45am	Testimony
11.50am	Main Talk and Prayer
12.30pm	Q & A on Talk
1.00pm	End of Zoom meeting
1.30-5.00	Telephone Prayer Ministry

Joining details

Please register in advance at bit.ly/ADOREAUG2024 or scan the QR code below, complete the form and we will send you the Zoom link for the meeting.