



## OUR LADY OF LOURDES CHURCH In NEW MILTON

Catholic Diocese of Portsmouth

15 Mount Ave, New Milton. BH25 6NT

Parish priest: Father George Ngwa email

Parish Office 01425 614968

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Our parish live streaming: <http://churchservices.tv/newmilton>

Website: [www.fwp.org.uk](http://www.fwp.org.uk) Church opening hours 7am to 7pm.

12<sup>th</sup> Sunday in Ordinary Time

Year A

25<sup>th</sup> June 2017



Congratulations, to Monika, Kamile, Dominykas, Angelin, Anmaria, Amelia and Denas!

A big thank you to all who prepared our Children and made ready all for the celebration of their First Holy Communion. Johanna Thomas who helped with the catechesis and provided the irresistible appetizing cake, the florists and all who cleaned the Church and helped with refreshments, the families of the First Communicants and Deacon Stephen who in his sermon gave them further Orientation deserve our appreciation.

Photo. Courtesy of Akhil Joseph

Fr. Raphael Aletum, a priest from the Archdiocese of Bamenda studying in Rome, applied to come help out this summer and Our Lady of Lourdes parish New Milton is fortunate to have had the consideration from the Diocese. He will be living with us in the presbytery as from Wednesday 28<sup>th</sup> June. Welcome.

While Father George is away, if you would like to offer a Mass for a special intention (July or August) please talk directly to the priest living in the Presbytery. There are many free days for Masses in July and August. This however does not affect any intentions previously booked during that time unless you are contacted otherwise. Thank you.

## **Jesus says "Come away to some lonely place all by yourselves and rest for a while." Mk. 6:31**

It is that time of the year when we take / see / hear that people are taking a break from their usual day to day chores / occupation and routine. This is an aspect that Africa has to learn from the West. Many people think a break in their normal routine is a waste of time. Hence the high death rate we have in the African Continent and where the average death expectancy is 33 years for men and 40 for women. Then there is the question: *Should a Christian take a holiday or vacation - If so what does this entail?*

Vacations are not only permissible for Christians to take, but they are also necessary. As to what exactly a vacation entails, that is a matter of conscience, resources, and practicality. A vacation can be simple or sophisticated, but, as St Paul says in his letter to the Colossians 3:17 says, "Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."

God commands us to rest so that our bodies and minds can be refreshed, enabling us to get back to work. Rest is not the end. Rest is not the goal. Rest is a momentary break we take and leave so we can get back on track to do what God has called us to do with our lives. We must rest so we can better work. Rest makes us fit for service. This means our vacations should give our minds and bodies a break from our normal workload. Unfortunately for many of us vacations are often too short, too busy, and too stressful and this defeats the whole point of vacation. If we work, we must rest. And if we rest, we are ready to work. At best, we should all remember as St. Paul says that we play and work and live and die all for the glory of God. God is glorified when we work and rest in faith. We work hard because we know we don't work for men, but for the Lord Jesus Christ. And we rest because we need to take refuge in God's promise to guard us, provide for us, and make us fit for his purposes.

A vacation is a time of rest, and God set the example of rest in Genesis 2:2-3 when He ceased from creating. In Exodus 20: 8-11 God tells His people that they are to rest from their labour on the seventh day; to take a weekly vacation, as it were. The Sabbath command is repeated throughout the Old Testament and referring to this, Jesus told his disciples that the Sabbath was made for man, meaning that God gave it as a gift to us intended it to be restorative (cf. Mk 2:27). Whenever we do rest, we declare our dependence on God, exercise our faith in His provision, and receive refreshing. In the New Testament, we see Jesus fulfilling the meaning of the Sabbath. Jesus did not take a vacation from His ministry, but He did take times of refreshing and ensuring that His disciples had the same. At a time when "so many people were coming and going that they did not even have a chance to eat," Jesus says to His disciples, "Come with me by yourselves to a quiet place and get some rest" [ Mk 6:31 ]. Clearly, if Jesus sought time away, we can rightfully conclude that, taking needed breaks is a good thing.

Rest is a gift; more than that, it is a human need. We cannot survive from the rhythm and demand of work we do without taking a rest; which explains our daily requirement for sleep. At the same time, rest is not the purpose of life for we must work as well. Ephesians 5:15-17 says, "Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore, do not be foolish, but understand what the Lord's will is." King David prayed in the book of Psalms, "Teach us to number our days, that we may gain wisdom of heart" (Psalms 90:12), and Jesus says, "We must quickly carry out the tasks assigned us by the one who sent us" (Jn. 9:4). Clearly again we agree that the goal of our lives is not to be on perpetual vacation; but we do need time away from our daily routines to receive refreshment from God. A good vacation will be restorative to our souls and help us continue in our labours for the Lord. A vacation is also a reminder that we depend on God and not ourselves for our livelihood. It is not a time to forget about God and indulge only in pleasures. A good vacation starts with planning to celebrate and attend Holy Mass and also have time for prayers. However, we must ask ourselves the following questions: Is the expense of the vacation within our financial means? Is the expense proportional to the value of the vacation? Are we being responsible in other areas of finance (taking care of all family needs, paying our bills, giving to the church, helping others, etc.)? This is not to suggest that vacations must be done "on a cheap or just for the sake of it." It is not wrong to

spend money on an experience because the pay off in terms of relationships, replenishment, or joy may be well worth it. The point here is to remember to submit our financial decisions and resources as well to God.

### **Here are five reasons I believe taking a vacation is biblical.**

**1. One favourite quote of Jesus is in Mk. 6:31** when He told His disciples, after a long day of meeting people's needs, *"Come with me by yourselves to a quiet place and get some rest."* Jesus knew His followers were drained. He knew they needed to refocus their minds and revitalize their souls, catch some rest and replenish physically too.

**2. Vacation makes us better stewards.** Scripture commands us to be good stewards by working heartily and giving our best at what we do. In Col.3:23-24, we are told: *"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Jesus you are serving."* Therefor to give your best to the Lord and be a great example of a child and servant of God? Take a vacation when you need it, so you can return to the job / function more relaxed and be more productive.

**3. Vacation reduces our stress.** Stress kills the body. Literally it prematurely ages us and leads to sleep deprivation, ulcers, anxiety and other health problems. Yet we are commanded in scripture to care for our bodies as the dwelling place of God. St. Paul tells us in 1 Cor. 6:19 *"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own."* So, treat your temple carefully by giving it the rest and change of pace that it occasionally needs. Take a vacation to clear the stress out of your life and improve your health and overall wellbeing, and by doing so, you are taking care of your body, which is the dwelling place of God.

**4. Vacation spurs our creativity and worship.** Vacations especially those that take us outdoors, make us marvelled at God's creation, and experienced the wonder of what He has made thus enjoying the works of His hand. Such times have spurred creativity and spontaneity to worship Him in the lives of many people. Enjoy your time off, and enjoy it with God. We were created to love Him and enjoy His presence forever and vacation periods are a reminder of that.

**5. Vacation prevents burnout.** Are you experiencing some of the symptoms of burnouts? like irritability, outbursts of anger and cynicism? How are you treating your friends, family members, your co-workers or a stranger? As you make a deliberate and intentional effort to rest, gain perspective, and enjoy life, your overall outlook will be better and you will be more pleasant to be around. Jesus said the greatest two commandments are to love Him with all our strength, heart, soul and mind, and to love our neighbours as ourselves. So go ahead and book that vacation. Those you love will thank you for it and you may find yourself experiencing more of God, and his blessings as well.

*Fr George Ngwa*

Please be aware that is you are attending 10.00 Mass on Saturday 1<sup>st</sup> July, there is at Wedding at 11.00am.

**Father George is away from 29<sup>th</sup> June until the end of August. If there is anyone who would be able to volunteer to be a church warden for a week or at least take on some of the duties of opening and closing the church, please let Johanna know. Thank you.**

**The July-September copy of the Diocesan Magazine, The People** is now available for you to collect from either Church entrance. Please do so because there are about 200 copies!. Evangelise by leaving a copy at a friend or relative's house who is not a churchgoer. Also, please can all Extraordinary ministers take a copy to the sick and housebound they visit. Thank you.

Sunday 25 <sup>th</sup> June	<b>Twelfth Sunday in Ordinary Time</b>	6pm Vigil 10.00 Holy Mass- <i>for the spiritual and temporary welfare of Sophie Beaton</i>	Coffee and tea in Hall after Mass
Monday 26 <sup>th</sup> June		No Mass	
Tuesday 27 <sup>th</sup> June	St Cyril of Alexandria , Bishop, Doctor of the Church, optional memorial	18.00 Exposition 18.30 Rosary 18.50 benediction <b>19.00 Holy Mass- <i>Thanksgiving intentions for Mark Yon's birthday</i></b>	
Wednesday 28 <sup>th</sup> June	<b>St Irenaeus</b>	<b>7pm Vigil Mass Ss Peter and Paul- <i>intentions for healing of Richard Sloman</i></b>	<b>Confessions after usual morning Mass will now be on Thursday</b>
Thursday 29 <sup>th</sup> June	<b>Ss Peter and Paul, apostles, solemnity HOLY DAY OF OBLIGATION</b>	9.00 Exposition 9.30 Rosary 9.50 Benediction <b>10.00 Holy Mass – <i>Mary Griffiths RIP</i></b>	Rosary intentions for Peace in the world <b>Confessions after Mass Choir Practice after Mass</b>
Friday 30 <sup>th</sup> June	<b>First Martyrs of Rome, optional memorial</b>	9.00 Exposition 9.30 Rosary 9.50 Benediction <b>10.00 Holy Mass- <i>Joyce Gowing RIP</i></b>	
Saturday 1 <sup>st</sup> July	<b>St Oliver Plunkett, bishop, martyr, optional memorial</b>	9.30 Divine Mercy Chaplet and veneration of the relic of Sister Faustina <b>10.00 Holy Mass- <i>Alex Scaria RIP</i></b> 11.00 Wedding of Siobhan Brady and Toby Stroud <b>6pm Vigil Mass - <i>Katie Loftus' intentions</i></b>	<b>Confessions after Mass</b>  <b>Confessions before Vigil Mass</b>
Sunday 2 <sup>nd</sup> July	<b>THIRTEENTH Sunday in Ordinary time</b>	<b>10.00 Holy Mass- <i>Sarah Monaghan Nixon RIP</i></b>	Coffee and tea in hall after Mass

**Prayer to St Michael, said at the end of Masses.** St Michael, the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God cast into hell Satan and all the evil spirits who wander through the world seeking the ruin of souls. Amen.

For enquires about **Baptisms** please contact the office for forms, and for funerals please discuss dates first with the funeral directors and meet the parish priest with a date. Enquiries about weddings please email the office with your details. Copies of Baptism certificate £5

**COLLECTIONS : 17/18<sup>th</sup> June Loose £359.20 Gift aid (envelopes only ) £235.10. Second collection for A Day for Life Loose £113.51 Gift aid £114.55.**

**Thank you for your continuing support of this parish. There is a second collection this weekend for Peter's Pence and next week for the Apostleship of the Sea. (more information on leaflets at entrances to the Church. Please take one.)**

Readers 24/25<sup>th</sup> June  
Sat:M Newland B Dempster  
Sun: S Ramsay, J Thomas  
EMofHC  
Sat: J Thomas, C d'Espagnac, M Harwood  
Sun: P Clarke, S Salinger, A Caneda

Readers 1 /2<sup>nd</sup> July  
Sat:C d'Espagnac, C Barfoot  
Sun:P Caffyn C Barrett  
EMofHC  
Sat:T Gearey B Dempster K Dempster  
Sun: J Kurian, J Thomas, M Tanner

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**OFFICE HOURS: Weds and Fri 10.45-12.00**  
**Please leave any messages on answerphone or email.**  
**Thank you.**  
**Safeguarding: Katherine Dempster Tel. 01425 611643**  
**Health and Safety: Lorenzo Bandonill**  
**Hall Booking: via Parish Office**

