

OUR LADY OF LOURDES CHURCH In NEW MILTON

Catholic Diocese of Portsmouth

15 Mount Ave, New Milton. BH25 6NT.

Parish priest: *Father George Ngwa*

Church opening hours 7:00am - 6.00pm



SEVENTEENTH SUNDAY IN ORDINARY TIME - YEAR "C" 28TH JULY 2019

HOW CAN I PRAY BETTER THAN I HAVE DONE

I am very sure we all want to pray and pray better but not sure where to start. Let us begin looking at the importance of it in a story about a monk who almost drowned a seminarian.

How important is Prayer?

There once was a young seminarian starting out on his journey toward the priesthood. He was a bit of a know-it-all and wanted to be the best at everything he did. He heard about a very holy monk who was considered a spiritual master in regard to prayer and contemplation. The seminarian sought him out and asked the old monk to teach him all of his secrets for prayer. The monk sent him away. The seminarian was stubborn and returned again soon, asking again to learn his secrets to prayer. The monk told him to come back in one week. When he arrived the next week, the monk took him out behind the monastery to a body of water. He still hadn't said a word. As they entered into the water up just past their waist, the seminarian grew impatient with the monk, who was still silent. All of a sudden the monk grabbed the seminarian and held his head under the water. The seminarian struggled and thrashed about, but with the strength of an ox the old monk held him under the water. As the monk let go of him, he came up gasping for breath, embarrassed, angry, and confused. The monk looked at him and said, 'Until you pray with the same desperation that you have for air, you have not prayed.'

Prayer is as important to our soul as air is to our body! We need prayer to stay connected to the God who created us with a plan in mind. Let's take a look at some ways we can dive deeper into prayer in our everyday lives.

How to Pray or Pray better.

Say a word of greetings: When we meet our friends, the first thing most people do is say hello or a wave or a nod. In many ways, this is the beginning of prayer: an acknowledgement of God's presence. When we walk into a Church, we genuflect in front of the tabernacle to humble ourselves while we acknowledge and reverence the real presence of Jesus in the Eucharist inside. As you begin to pray, whether it's just walking somewhere during the day, in a chapel or in your room, take a moment to acknowledge whose presence you are in. 'Be still, and know that I am God' (Psalms 46:11).

Be yourself. So many people think that holiness is unattainable, and that to pray we need to look like a statue of St. Francis with our hands folded piously. The reality is that we were created to be in communion with God, and He desires to be in a relationship with us. He doesn't want you to be a carbon copy of a past saint. He created you with your own gifts and passions and wants to shine through you uniquely in them. Come to him as you are and let Him transform you into the saint He wants you to be!

"Teach us how to pray" (Luke 11:1). Jesus' apostles asked Him in these words, and that conversation resulted in this beautiful prayer we have in our Gospel today - the '*Our Father*'. If his own apostles asked Jesus to teach them how to pray, how much more should we ask him to teach us to pray! Ask

God to help you and know that He listens. ‘Ask and it will be given to you; seek and you will find; knock and the door will be opened to you’ (Matthew 7:7).

Make God your Priority. The world we live in today blasts us with media and noise from every direction all day, from texting to music to TV and internet. These are not bad things, but too much can be distracting from our relationship and conversation with God. ***“Silence is so lacking in this world which is often too noisy, which is not favourable to recollection and listening to the voice of God”*** (Pope Benedict XVI). Take 10 minutes every day from the time you spend on facebook or tv, and use that time to pray. Put God back at the center of your heart and mind.

In a world with distractions and loud noises at every turn, it can be difficult to welcome silence. We view silence in conversations as awkward. Some people cannot go anywhere without headphones. We just don’t like things being too quiet. But silence does not lie. When we enter into silence, when we can only hear the echo of our thoughts and fears, everything we try so hard to hide comes bubbling up to the surface. It’s there in that space that we stare our shortcomings in the face, and it’s there that those fears and the wounds can hurt the most. But it is also in that space where we can give those fears over to God and allow Him to reign over them; there He can stretch out His sovereign hand and heal us.

Keep it alive. A prayer life that isn’t kept up is like a pond with no water flowing in or out. It becomes stagnant. There’s no oxygen coming in, and it becomes uninhabitable. All you’ll find is scum and mosquitoes. Nobody likes mosquitoes; and do not be that person. Yet a person who cultivates their relationship with God in prayer finds a much different picture. There is fresh water flowing in and out of the pond and it is life giving. There are flowers and trees that grow along the sides. Your prayer life will affect the other areas of your life. ***‘Happy those who do not follow the counsel of the wicked, Nor go the way of sinners, nor sit in company with scoffers. Rather, the law of the LORD is their joy; God’s law they study day and night. They are like a tree planted near streams of water, that yields its fruit in season; Its leaves never wither; whatever they do prospers’*** (Psalms 1:1-3).

Let it transform you. Practice makes perfect. The entire Christian life, including prayer, is something that we have to work on to become better at it. God can do amazing things in us through our reaching out to him in prayer! ***‘Virtues are formed by prayer. Prayer preserves temperance. Prayer suppresses anger. Prayer prevents emotions of pride and envy. Prayer draws into the soul the Holy Spirit, and raises man to Heaven’*** – St. Ephraem of Syria

Go and do the same – Give it a try:

As Catholics, we have access to the highest form of prayer every Sunday (and every day if you can) in the Mass, ending with receiving Jesus Himself in the Eucharist. Talk about soul food! Enter into it in a deeper way each time and listen for God to speak to you in it.

The sacraments are what set Catholics apart from every other world religion. As Catholics, we do not have to have a purely spiritual experience to receive and draw near to God. No, in the sacraments, God draws us near to Him. He does most of the work! Again, all we have to do is place ourselves in His presence and be open to receiving Him. I have heard from countless converts that just hearing the words, “I absolve you from your sins” in the Sacrament of Reconciliation is a remarkable source of solace and calm. This rings true for me, a cradle Catholic, as well. To prove His love for us, Christ gave us the Eucharist, a gift unlike any other. He gave us His Body, Blood, Soul, and Divinity to transform us. Frequent reception of the Eucharist and the other sacraments keeps us united to the Lord. The further we move away from

the sacraments, the weaker our faith become. Run to the sacraments always, and make sure they are the foundation of your faith — not your feelings or another person, but the sacraments.

You could also start by praying the Rosary. Our mother Mary is awesome and is the perfect model for how to love her son. The St. Michael the Archangel prayer is also a great prayer to know. Satan is always trying to separate us from God. St. Michael defeated Satan and threw him out of heaven, you will surely want him to do the same for you and send the devil packing from your life.

Fr. George Ngwa

ANNOUNCEMENTS

PALS_ - AUGUST - NO DATES - HOLIDAY MONTH.

SEPTEMBER - 4th- Lunch - meet Church car park 11:30 6th - PALS Monthly Meeting

17th - Lunch + Visit - meet Church car park 11:30

Friday 16th August 2019 at 7pm ORGAN RECITAL by DAVID OLDFIELD at the Bournemouth Oratory, Sacred Heart Church. All Parishioners and Friends are warmly invited to our Monthly Concert. Free admission, with a retiring Collection for the Oratory Redevelopment Fund. For more information please contact Sharon Head, Parish Office Administrator on 01202 411 140 or via Email: sacredheart@portsmouthdiocese.org.uk

On **Friday 23 August 2019 – SERVICE OF REMEMBRANCE** - to remember the New Milton residents who lost their lives when enemy bombs fell on our town during World War II. There will be a short service of remembrance starting at **11 am** that morning at the **Memorial Clock on Station Road** when we will assemble for 1-minute silence, a prayer and blessing given by Senior Pastor Tom Rothwell, and the reading out of the names of those killed. The Memorial Clock is dedicated to those who lost their lives in New Milton when enemy bombs fell on our town during World War II. On the 23rd August 1940 20 people died, the youngest only 4. On the 8th August 1942 1 person died and on the 22nd January 1943 5 people died, 4 being from the same family. Let us honour their memory at this short service of remembrance!

CAFOD Update Meeting 21st September

You are invited to a CAFOD update meeting on Saturday 21st September from 2:30pm to 4:30pm at St Edmund Campion Church 481 Castle Lane West Bournemouth BH8 9TN . We hope to have a speaker from CAFOD head office who has visited our projects overseas and will tell you how your donations are making a difference to people's lives. Please book your place so that we have an idea of how many people are coming by emailing portsmouth@cafod.org.uk or phone 01252 329385

FIRST HOLY COMMUNION 2020. The School Summer holidays are here but just to give you notice that the next Holy Communion Classes will be starting with the return of school in the Autumn. If you wish your child to receive instruction, and they are Year 3 or above, then please take a registration form, copies of which are at the back of the Church by the Confessional, fill it in and return to the office (put it in an envelope labelled "The Secretary-reference Holy Communion Preparation "and post through the Presbytery letterbox)

Registration day is Monday September 9th 2019 at 6pm and the first session takes place on Monday Sept 30th at 5.15-6.15pm and continues on Mondays during term time right through to the First Holy Communion Day in June 2020, The actual date will be confirmed nearer Registration. At the Registration day parents must attend and bring their child's Baptism certificate and order and pay for the course Book " I want to make my home in you ". (approx. price £8.25) A course programme of dates will be given at this meeting. For more information or any queries please contact Johanna Tel 01425 291913 Thank you.

SEVENTEENTH SUNDAY IN ORDINARY TIME – YEAR “C” 28TH JULY 2019

Saturday	27	July	Vigil Mass of the 17 th Week in Ordinary Time	18.00 VIGIL MASS of the 17 th Week in Ordinary Time – <i>All deceased members of Joseph Kurian’s Family (RIP)</i>	Coffee & Tea in the Hall after Mass
Sunday	28	July	Seventeenth Sunday in Ordinary Time	10.00 Holy Mass – <i>Minnie & Charles Garbett (RIP)</i>	
Monday	29	July	St. Martha		
Tuesday	30	July	St. Peter Chrysologus	18.00 Exposition, 18.30 Rosary, 18.50 Benediction 19.00 Holy Mass - <i>Holy Souls</i>	
Wednesday	31	July	St. Ignatius of Loyola	09.00 Exposition, 09.30 Rosary, 09.50 Benediction, 10.00 Holy Mass – <i>MPP</i>	Confession after Mass
Thursday	01	Aug.	St. Alphonsus Liguori	09.00 Exposition, 09.30 Rosary, 09.50 Benediction, 10.00 Holy Mass – <i>Sheila Horan (RIP)</i>	
Friday	02	Aug.	St. Eusebius of Vercelli	09.00 Exposition, 09.30 Rosary, 09.50 Benediction, 10.00 Holy Mass – <i>Margaret Morton (RIP)</i>	Confession after Mass
Saturday	03	Aug.	Our Lady of Saturday	09.30 Divine Mercy Devotion 10.00 Holy Mass – <i>Maria Lourdes & Michael (3rd Wedding Anniversary)</i>	
Saturday vigil Mass			Vigil Mass of the 18 th Sunday in Ordinary Time	18.00 - Vigil Mass of the 18 th Sunday in Ordinary Time - <i>Jan & Agnes Campbell (RIP)</i>	Confession 5.30 pm
Sunday	28	July	EIGHTEENTH SUNDAY IN ORDINARY TIME	10.00 Holy Mass. – <i>Ray & Philpa Tiller (RIP)</i>	Coffee & Tea in the Hall after Mass

IMPORTANT – MASS OFFERINGS/INTENTIONS. If you would like Holy Mass said for your Intention(s), then please take one of the envelopes on the shelf by the Confessional and fill in your details, add an offering and place it into the general collection at one of the weekend Masses. The next available day will be booked in the diary. If you wish a specific date, please give plenty of notice and phone the office during opening times or call in to check the date is available. Thank You!

Collections 20/21 July		Sat. 27 July	Sun. 28 July	Sat. 3 Aug.	Sun. 4 Aug.
Loose	£	Reader B.Dempster	S.Salinger	J.Marriott	A.Veluthedabhu
Envelopes	£	K.Dempster	S.Ramsay	M.Newland	Annice Joseph
		EMHC F.Fallon	Akhil Joseph	K.Dempster	S.Salinger
		J.Thomas	M.Tanner	B.Dempster	A.Caneda
Thank you for your continued support		T.Gearey	S.Salinger	M.Newland	J.Nichols

Parish priest: Father George Ngwa

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Parish office: 01425 614968 Hall Booking via Parish Office

lolnewmilton@portsmouthdiocese.org.uk

Secretary: Lizzie Davies Wednesday 12.00h-16.00h & Friday 10.00h-14.00h

Our Parish Live streaming: <http://churchservices.tv/newmilton> Website: www.nfwp.org.uk

Safeguarding Minister: Tony Harwood Tel: **01425 511 952** or email hughharwood314@hotmail.co.uk

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 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