

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 07.30am – 4.00pm



THE SEVENTH SUNDAY IN ORDINARY TIME- YEAR "A" 23RD FEBRUARY 2020

We are temples of God the Holy Spirit

The Spirit searches all things, even the deep things of God. (1 Corinthians 2:10). As God the Holy Spirit has all knowledge, it is the Holy Spirit who teaches us and takes us deeper and deeper into God's truth as we go along in our Christian life. We are to grow in the grace and knowledge of Christ, but we can grow only by the help of the Holy Spirit. The moment that we open ourselves to the grace of God, the Holy Spirit comes to live in our hearts. Our body becomes the temple of the Holy Spirit, and the Holy Spirit helps us live the Christian life.

The Holy Spirit is not an "it." The Holy Spirit is a **Person**. The Bible says that He is not something, He is Someone. He is God. There are three Persons in the Trinity—God the Father, God the Son and God the Holy Spirit – equal in Majesty and undivided in Splendour. The Bible teaches that the Holy Spirit is all-powerful. We read in Micah 3:8, "I am full of power by the Spirit of the Lord." The Bible says that God is present everywhere. No matter where we go, He is there. "Where can I go from Your Spirit? Or where can I flee from Your presence?" (Psalm 139:7).

How is our body the temple of the holy spirit?

Instructing the Christians in Corinth to flee from sexual immorality, the apostle Paul exhorted, "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your body" (1 Corinthians 6:19-20). **Indeed, God the Father created our bodies, God the Son redeemed them, and God the Holy Spirit indwells them. This makes our body the very temple of the Holy Spirit of God.**

Those who do not belong to Christ do not have the Spirit of Christ residing in them (Romans 8:9). Thus, their bodies are not a temple of the Holy Spirit. Clearly, then, the greatest thing we can do for our bodies is to make them into a temple for God's Spirit. And we do this by placing our trust and faith in Jesus Christ as our Saviour. The moment we do this, the indwelling of God's Spirit takes place (1 Corinthians 12:13). Our salvation is then sealed and guaranteed (Ephesians 1:13-14). The Holy Spirit will then be with us forever (John 14:16), given by God as His pledge of the believer's future inheritance in glory (2 Corinthians 1:21-22).

As the Holy Spirit resides in us, therefore, we are to honour God with our bodies as they "are not [our] own," as Paul said. We have indeed been bought with a price. And it was not gold or silver or other perishable things by which we were redeemed; it was with the precious, unblemished blood of Jesus Christ (1 Peter 1:18-19). Ordained by God before the foundation of the world (Acts 2:23), Christ's blood purchased us out of the slavery of sin and set us free forever. And as Christian's bodies are God's temple, we are to use them to glorify God.

If God meant simply to convey the idea that the Spirit lives within the believer, He could well have used words such as "home," "house," or "residence." But by choosing the word "temple" to describe

the Spirit's dwelling, He conveys the idea that our bodies are the shrine, or the sacred place, in which the Spirit not only lives, but is worshiped, revered, and honoured. Therefore, how we behave, think and speak, and what we let into the temple through our eyes and ears becomes critically important as well, for every thought, word and deed is in His view. Even though He will never leave us, it is entirely possible to grieve the Holy Spirit (Ephesians 4: 30). Instructing the Ephesians to not grieve the Spirit, Paul told them to "get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you" (Ephesians 4:31-32). When we live by the Spirit, we will no longer gratify the desires of the sinful nature (Galatians 5:16).

5 ways to care of your body, the temple of the Holy Spirit

The question we should rightly ask ourselves is this - *have we been taking good care of our bodies?* If God considered this earthly body, made of dust, to be a sacred dwelling for His very Holy Spirit, have we treated it as sacred? Have we cherished our health as much as we should have? We all know that our bodies will soon expire, but while we are still serving the Lord and He isn't taking us home with Him away from earth just yet, we should at least take care of ourselves.

Here are some ways to take care of the temple of the Holy Spirit.

1. Physical rest - Give your body time to rest and recover. Although studies will say that our bodies need such and such amount of time to rest, what matters is we give our bodies ample and good quality rest periods. We should not oversleep, and neither should we lack sleep. We should give our body just enough rest, proportional to what we do with it. You should know when to stop working because your body has some limits. Lifting weights that are too heavy, working for far too many hours, and doing things beyond your physical capacity might cause over fatigue. Do make sure to take care of your body so that you can do more for God.

2. Get exercise - Yes, exercise is crucial. Avoid a sedentary lifestyle, because not only do you gain weight and a larger waistline, but you also expose yourself to dangerous health conditions such as heart disease, obesity and a weak immune system. Build those muscles – you'll be able to do more for the Lord when you reach out to help others, too.

3. Proper nutrition - No, this doesn't mean spending your hard-earned money on all those health supplements. Rather, it's about choosing the right food to eat. Did you know that God actually wanted us to eat vegetables (see Genesis 1:29-30)? This isn't about doctrine. It's about choosing to eat what's good for you.

4. Don't use it for sin - Because our bodies belong to God, we should not use it in committing sin. Romans 6:13 says, "Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God."

5. Worship God - Rest in the Lord's presence. This is beyond physical and emotional rest – it's about us spending time with God, who heals all diseases. Enjoy His presence daily. Rest in His love, and trust in His goodness to take care of you.

Fr. George Ngwa

ANNOUNCEMENTS

LIVING ROSARY – Monday 2nd March in the Parish Hall at 5:45 p.m.

CAFOD LENT FAMILY FAST DAY – Friday 6th March

This Lent CAFOD's family fast day is an opportunity to reach out to some of the poorest, most marginalised of our sisters and brothers. Please consider eating a simple meal and put what you save in the CAFOD collection envelope. Through CAFOD's global Church family your support can help those living in poverty overseas so many thanks for your donation.

WORLD DAY OF PRAYER 2020 – Friday 6th March – Praying with Zimbabwe There will be a service for everyone at St. Mary Magdalene C of E Church, Church Lane, New Milton on **Friday 6th March** at 2.30 p.m. **Rise! Take your Mat and Walk.** Refreshments will be served after the service.

POPE FRANCIS' POST-SYNODAL APOSTOLIC EXHORTATION ON THE AMAZON REGION

Today Pope Francis published his Post-Synodal Apostolic Exhortation on the Amazon Region - **Querida Amazonia**. This is a document written with love for the people in the Amazon region, in order that the whole Church can be aware of their unique struggles.

"Everything that the Church has to offer must become incarnate in a distinctive way in each part of the world, so that the Bride of Christ can take on a variety of faces that better manifest the inexhaustible riches of God's grace. Preaching must become incarnate, spirituality must become incarnate, ecclesial structures must become incarnate. For this reason, I humbly propose in this brief Exhortation to speak of four great dreams that the Amazon region inspires in me.

I dream of an Amazon region that fights for the rights of the poor, the original peoples and the least of our brothers and sisters, where their voices can be heard and their dignity advanced.

I dream of an Amazon region that can preserve its distinctive cultural riches, where the beauty of our humanity shines forth in so many varied ways.

I dream of an Amazon region that can jealously preserve its overwhelming natural beauty and the superabundant life teeming in its rivers and forests.

I dream of Christian communities capable of generous commitment, incarnate in the Amazon region, and giving the Church new faces with Amazonian features."

Querida Amazonia will be published later this month.

PORTSMOUTH DIOCESAN PILGRIMATE TO LOURDES - 15th to 19th July 2020. Bishop Philip has sent out an invitation to join him in Lourdes this year. The Pilgrimage will take place from 15th to 19th July flying by charter aircraft direct to Lourdes from Bournemouth Airport, the cost of the Pilgrimage is £695 per person for a shared room. For further details and video please visit <https://vimeo.com/367708674>.

This also includes a **Youth Pilgrimage to Lourdes** and the costs for Youth Pilgrims is £545. The Catenians are offering a small bursary to those who participate in pilgrimages to Lourdes and all Youth Pilgrims are encouraged to apply. It would be wonderful if a young person (aged 16-25) or two or more from our Parish could attend this year's Pilgrimage. For further information, a video can be viewed at <https://tinyurl.com/lourdesvid> or contact Fr. P.J. Smith at Portsmouth Diocese on 07780 221 686.

GAS LIGHTERS: We have made available 2 gas lighters on either sides of the Altars of St. Joseph and Our Lady, to facilitate our candle prayers devotions. These are kept secured by chains to prevent mobility and in strict control of our health and safety regulations.

THE SEVENTH SUNDAY IN ORDINARY TIME – YEAR “A” 23RD FEBRUARY 2020

Saturday	22	Feb.	Vigil Mass of the 7 th Sunday in Ordinary Time – Year A	18.00 VIGIL MASS of the 7 th Sunday in Ordinary Time – Year A – MPP	
Sunday	23	Feb.	SEVENTH SUNDAY IN ORDINARY TIME-YEAR A	10.00 Holy Mass - <i>Margaret Morton (RIP)</i>	
Monday	24	Feb.			
Tuesday	25	Feb.	Tuesday of the 7 th Week in Ordinary Time Year A	18.00 Exposition, 18.30 Rosary, 18.50 Benediction, 19.00 Holy Mass - <i>Kathleen Hawkins (Blessings for a speedy recovery)</i>	
Wednesday	26	Feb.	ASH WEDNESDAY and BEGINNING OF THE SEASON OF LENT	10.00 Holy Mass and reception of Ashes <i>Martin Howard (God’s grace for a speedy recovery)</i> 18.00 Exposition, 18.30 Rosary, 18.50 Benediction, 19.00 Holy Mass and reception of Ashes	Confession after Mass
Thursday	27	Feb.	Thursday after Ash Wednesday - Year A	09.00 Exposition, 09.30 Rosary, 09.50 Benediction, 10.00 Holy Mass - <i>In Thanksgiving</i>	
Friday	28	Feb.	Friday after Ash Wednesday – Year A	09.00 Exposition, 09.30 Rosary, 09.50 Benediction, 10.00 Holy Mass – <i>Abbie Soni (Happy Birthday)</i>	Confession after Mass
Saturday	29	Feb.	Saturday after Ash Wednesday – Year A	09.30 Divine Mercy Devotion 10.00 Holy Mass – <i>Helen & Richard (50th Wedding Anniversary)</i>	
Saturday vigil Mass			Vigil Mass of 1 st Sunday of Lent - Year A	18.00 - Vigil Mass of the 1 st Sunday of Lent – Year A - <i>Brigid Horan (RIP)</i>	Confession 5.30 pm
Sunday	01	Mar.	FIRST SUNDAY OF LENT - Year A	10.00 Holy Mass – <i>John Lee Williams (4th Anniversary – 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!

Next Weekend – 2nd Collection for CAFOD

Collections 15/16 Feb. 2020		Sat.22 Feb.	Sun.23 Feb.	Sat. 29 Feb.	Sun. 01 Mar.
Loose	£355.42	J.Marriott	A.Veluthedathu	T.Gearey	S.Salinger
Envelopes	£164.00	G.Gordelier	Annice Joseph	M.Newland	S.Ramsay
Thank you for your continued support		EMHC	F.Fallon	J.Nichols	K.Dempster
			M.Newland	S.Salinger	C.d’Espagnac
			T,Gearey	M.Buckland	B.Dempster

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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