

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 –



22ND SUNDAY OF ORDINARY TIME YEAR "A" 30TH AUGUST 2020

Ways To Overcome Barriers and Obstacles In Life And Stay With God.

In the Gospel of today Jesus calls Peter an obstacle to his resolve to go to Jerusalem where he will be arrested and crucified. Peter wanted to prevent Jesus going to Jerusalem where this terrible ordeal was waiting for him. Jesus would not allow Peter to stop him. As Christians we also meet with many obstacles preventing us from carrying out our mission as baptized children of God.

Life is full of ups and downs. You inevitably will be faced with moments in life that seriously challenge you. These dark moments can leave you feeling frustrated, scared, and broken. You might start to lose some of your faith in God. However with God, your biggest setbacks can become your biggest comebacks. With God, you can move from being a victim to being a victor. With God, you can navigate the deepest and darkest valleys of life and walk high on the mountain. As a Christian, it's important to not let your obstacles in life tear you away from your faith. Instead, these are the moments where you need faith the most. If you are stuck in a pit of despair, don't let yourself give up. Reach out and call God's name. He is there right beside you.

Here are some key strategies you can use to help overcome your difficult moments with God's help.

Replace Your Fears With God's Love - Obstacles that we face in life are riddled with anxiety, fear, worry, anger, stress, and every negative emotion that you can think of. These feelings can keep us paralyzed from dealing with the obstacles correctly. Sometimes, the key to overcoming your problems is through replacing these negative emotions with God's love. We can focus and realign our thinking through prayer, daily devotions and meditation. Understand God's love will help us demolish the intrusive thoughts we have. For example, if you are struggling to cope with a sad situation or bad breakup, you can replace your sadness by focusing on the love God has for you.

Focus On God's Providence And Power - No matter how big your problem may feel, or how impossible it may seem for it to get better, know that nothing is too difficult for God to handle. Jeremiah 32:27 states "I am the Lord, the God of all mankind. Is anything too hard for me?" When faced with an enormous obstacle, don't focus on how big the problem is. Focus on how strong God's power is. He is much more powerful than any obstacle you will ever face! This helps to shift your perspective and gain the confidence needed to know you can handle it with God's help. God will help you knock down that wall in front of you.

Trust in God's Plan For You - It can be frustrating to give up control of your life, however to be a follower of Christ it must be done. We have to fully believe that God is in control and that He has a great plan for our life. God's plan may seem confusing, unconventional, or mysterious at times, and especially when you are facing difficulty. However you can always

count on God to support you. He knows about every detail of you, and has your best interest at heart. As God reveals His plan to you, you will be able to better understand how to overcome the obstacles in your way, or God's reasons for putting them there. Be willing to say "yes" to whatever God wants you to do.

Know Your God-Given Identity - First and foremost, you must know that you are a part of Christ. The enemy does not want you to discover or understand who you are in Christ, and will try to take away your spiritual identity. Remind yourself that you are a child of God and you were put on this earth for a reason. God loved you so dearly that He gave His one and only Son to save you from your sins. You are a Christian and no one can take that away from you unless you let them. Don't be afraid to stand up to obstacles and say "God is here with me, I can overcome this through Him. This will not dampen my faith or take me away from knowing Him." This helps you build confidence in faith.

Surround Yourself With Fellow Christians - When we spend too much time in a secularized society, the enemy can infiltrate and weaken our spiritual walls. One great way to combat this is by spending more time at church with your fellow Christians. Other people of faith who are overcoming their own challenges can lift you up in spirit, remind you of God's truth, and cheer you on as you strive for your goals. They can give you advice on how they turned to faith in times of trial and what helped them. You never know, God may even speak to you through one of your fellow Christian friends.

Read Your Bible - Hebrews 4:12 states: "His word is alive and powerful, sharper than a two-edged sword, able to pierce to the division of soul and spirit, of joints and marrow and even able to judge the thoughts and the intentions of the heart." God's Word is incredibly powerful and holds the key to many of our problems. Through the Bible, we can understand the promises God has made for us, how He can help us in our time of need, and His amazing love for us. The Bible has scripture for every one of your needs. It is also full of examples of how God has helped others overcome their obstacles. For example, Sara was able to conceive a child after years of inability through the help and faith of God (Hebrews 11:11).

Pray Frequently - Prayer is the best way to communicate one-on-one with God. He gave us the tool of prayer so that we would never feel alone. We can speak to God about the obstacles we face in a safe, judge-free setting. God wants you to open up about your fears, doubts and anxieties so He can help you overcome them. He will listen to the pain you have filling your heart. Prayer helps you to build a solid relationship with Christ, which increases your ability to trust in Him and feel confident about His plan for you. There is no right way to pray, all you have to do is begin speaking with God.

No matter what problem is in your way, God is right beside you walking you through each step. He has the ability, power, and strength to help you overcome any obstacle in life. Through these strategies, you can gain the confidence to face your problems head on and come out victorious. God wants you to be successful and triumphant, and has a great plan for your life. All you have to do is put your trust in Him. If you do, you won't ever feel alone.

Fr. George Ngwa

**Guidance and recommended measures from the GOV.UK website
And Diocesan directives and liturgical guidance for our Churches.**

Face Coverings: Government has advised that cloth face coverings (and not surgical masks) could be worn for reassurance by people in enclosed areas. Churches do not need to supply face coverings for visitors. Clergy to wear face mask for distribution of communion.

Children: While children are unlikely to become very ill, they are capable of both being infected by the virus and of spreading it. Parents or guardians bringing children into a church should not be discouraged from doing so, but it will be important for parents to manage their children appropriately, particularly ensuring they touch as few surfaces as possible for their own safety.

Vulnerable People: It remains a person's own choice to come to church to pray. Churches may wish to consider setting aside a section only for people who are more vulnerable to serious disease if infected, and clearly signposted as such, or otherwise having a designated time only for people who are more vulnerable and wish to pray privately.

Places of worship are also workplaces and should therefore be aware of their responsibilities as employers under existing health and safety law. Places of worship have a duty of care to volunteers, to ensure that as far as reasonably practicable they are not exposed to risks to their health and safety.

BEFORE ENTERING AND IN CHURCH

Please wait for the Stewards to admit you into the Church before Mass, and observe social distancing in the queue

Sanitise your hands as you enter the Church.

Keep at least 1 metre from other people at all times.

Wear a facemask at all times (except when you have received communion)

Do not give the sign of peace, or make any other physical contact.

DO NOT Queue for communion – the Priest will come to you. Please take communion in the hand and avoid touching the hand of the Priest.

Observing the one metre distance Follow the oneway system in and out of the Church.

IMPORTANT NOTICE FOR MASS ATTENDANCE - BOOKING SHEET

Our Church is open, but due to government guidelines we have a limit to the number of people for Mass by the social distance rule we have to keep. Therefore following our Mass times we **MUST NOW** have to book for the Masses we wish to attend.

We have to take names and contact details for every Mass as directed, in case the information is required by **the Track and Trace policy put in place**. The easiest way of doing this is to complete the form as shown below. Parishioners and visitors alike can book and write down their contact details then. This form will be kept for 21 days, in case we have to track and trace.

| YOUR NAME AND NAMES OF PERSONS ATTENDING THIS MASS | CONTACT DETAILS | NUMBER ON PEW SAT ON | SUNDAY 8:00 A.M. MASS | SUNDAY 10:00 A.M. MASS | NUMBER OF PERSONS ATTENDING THIS MASS |
|---|------------------------|-----------------------------|------------------------------|-------------------------------|--|
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FINANCIAL SUPPORT during the enforced Coronavirus Church Closure. If you are not a Gift Aider and would like to continue supporting your Church through this difficult time, you may wish to organise a Standing Order arrangement with your bank to pay your collection directly into our Church bank account. Details as follows: - Lloyds Bank - Sort Code 30-93-04, Account No: 00883116, Account Name – PRC DTR New Milton. Or you may prefer to give your donation directly to Fr. George. Thank you!

Parish Office Opening Times. Lizzie has now returned to work after being furloughed by the Diocese for several months but she is only permitted to work 6 hours per week, instead of her normal 8 hours a week. Therefore, the office will be manned from 12.00h to 15.00h on a Wednesday and from 10.00h to 13.00h on a Friday. It has also been necessary to move the office from the Presbytery to the Church Hall, in order to abide by the rules of self-distancing. If you wish to offer an Intention, please let Lizzie have your completed envelopes or alternatively you can post them through the Presbytery letterbox. Thank you!

22ND SUNDAY OF ORDINARY TIME YEAR "A" 30TH AUGUST 2020

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|----------------|----|------|--|---|--|
| Saturday Vigil | | | Vigil 22 ND Sunday In Ordinary Time Year A | 6.00 p.m. Holy Mass - For Steven and Julia RIP | |
| Sunday | 30 | Aug | 22 ND Sunday In Ordinary Time Year A | 8:00 a.m. For Marietta Obligacion RIP (First Anniversary of death) 10.00 Holy Mass – Thanksgiving to God for Babu and Mary’s 28 th wedding anniversary 4:00 p.m. - | 4.00 p.m Mass at Grotto – weather permitting |
| Monday | 31 | Aug | Monday 22 ND Week Year A ST. Aiden and all saints of Lindisfarne | 10.00 a.m. Holy Mass – | NO MASS AND BENEDICTION |
| Tuesday | 1 | Sept | Tuesday 22 ND Week –Year A | 18.00 Exposition, 18.30 Rosary, 18.50 Benediction 19.00 Holy Mass - | 6:00 – 7:00 p.m. Rosary and Benediction |
| Wednesday | 2 | Sept | Wednesday 22 ND Week - Year | 10.00 a.m. Holy Mass - | 6:00 – 7:00 p.m. Rosary and Benedi. |
| Thursday | 3 | Sept | Thursday 22 ND Week Year A St. Gregory the Great | 10.00 a.m. Holy Mass –For all unborn Children and their mothers and that no further laws be passed in favour of abortion. | 6:00 – 7:00 p.m. Rosary and Benediction |
| Friday | 4 | Sept | Friday 22 ND Week - Year A St. Cuthbert | 10:00 a.m.- For | 6:00 – 7:00 p.m. Rosary and Bene. |
| Saturday | 5 | Sept | Saturday 22 ND Week - Year A - Saturday Memorial of our Lady. | 09:30 a.m. Divine Mercy Devotion 10:00 a.m. Holy Mass – | |
| Saturday Vigil | | | Vigil 23 RD Sunday In Ordinary Time Year A | 6.00 p.m. Holy Mass - | |
| Sunday | 6 | Aug | 23 RD Sunday In Ordinary Time Year A | 8:00 a.m. 10.00 Holy Mass - 4:00 p.m. - | 4.00 p.m Mass at Grotto – weather permitting |

Your continued financial support during these challenging times would be very much appreciated

Parish priest: Father George Ngwa

email: gngwa@portsmouthdiocese.org.uk emergency mobile: **07475753040**

Parish office: 01425 614968 lolnewmilton@portsmouthdiocese.org.uk

Hall Bookings suspended during the Pandemic.

Secretary: Lizzie Davies– Office Hours 12.00h to 15.00h Wednesday & 10.00h to 13.00h Friday

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 FOR THE RENEWAL OF OUR DIOCESE – (to be said at home even with Church closure).

O Sacred Heart of Jesus, we beg you to change us, to convert us and to make us holy. Fill us with a deeper faith, hope and love for you. Send into our hearts the cleansing fire of the Holy Spirit and powerfully renew all the clergy, religious and laity of our Diocese. Unite us in love and respect for one another and unify us as your one, holy people. Grant us a new passion and zeal for the Catholic Faith, for Mission, Outreach and Service. Help us to proclaim your Gospel generously to the poor and needy that many more souls may be saved by finding their way to you in your Church. May Mary Immaculate help us. May St. Edmund of Abingdon and Blessed Pier Giorgio Frassati pray for us. Amen

Prayer to St. Michael the Archangel - 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