

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 –



23RD SUNDAY OF ORDINARY TIME YEAR "A" 6TH SEPTEMBER 2020

Forgiveness The Healing Virtue

For many, forgiveness is a difficult virtue to master. When we learn the power and wisdom of forgiveness, we are bound to have reached an advanced level of spiritual maturity. Regardless the nature of any possible abuse that we may have endured, nor the severity of that abuse, full recovery from abuse cannot be achieved until we truly forgive our abuser(s). Any anger or resentment we hold within us, live and thrive within us, and become a part of our very self. We will never rid ourselves of this anger and resentment until we experience true forgiveness towards all. Seeing our tormentors suffer a thousand times over will only add to our own misery.

On the other hand, to endure unnecessary torment and misery is never righteous, but a perversion. Also, the righteousness of forgiveness should never involve our condoning abuse or any other forms of evil.

True forgiveness requires our valuing peace and love above all else. Experiencing forgiveness towards those who have wronged us resembles perfect love more so than perhaps any other human experience. Forgiveness involves recognizing and valuing the potential for love that exists within every human soul, including our own soul. Sins cannot be completely forgiven until we forgive, and find an inner peace with, everyone who has ever wronged us; for every ounce of anger and resentment that we hold against any other(s), there will surely exist an ounce of sin held against us – for harbouring anger and resentment within our self is sin.

The Golden Rule states, **“do unto others as you would have them do unto you!”** Our forgiving everyone, especially those we consider our enemies or adversaries, is to demonstrate to God that we are worthy of His forgiveness. Likewise, to find love for all our enemies and adversaries is to demonstrate to God that we have suffered long enough with our hatred, and we are ready to receive His love. Again, to experience the true power and wisdom contained within the virtue of forgiveness is to develop great spiritual growth!

Forgiveness is such an easy word, but a difficult task when you have been hurt. I live for a God who forgave me and asks me to forgive others. First and foremost, it's okay to be confused, scared, angry and hurt. It's okay (and normal) to not want to forgive someone after hurting you.

Why should I forgive?

Why should I forgive? because God forgives. Matthew 6:14-15 says "for if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins"

Forgiveness doesn't have to mean re-entrance into your life! There is nothing that states when you forgive someone everything is peachy keen and things will be okay or go back to "normal". You can forgive someone without allowing them to be part of your story again. You are the gate keeper of your life and you get to decide who is allowed in. On the other hand, it's okay if you want to make

amends. You can forgive a person and set healthy boundaries if they are still in your life. The choice is yours, but the answer is always forgiveness. This isn't something we can do with our own strength, no this is something you have to surrender to God.

There is no timeline when it comes to forgiveness, and it is not a one-time thing. It's not something you confess with your mouth in a single moment and everything is better. It is a long (and often difficult) process that you will endure with God. "Then Peter came to Him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" "No, not seven times," Jesus replied, "but seventy times seven!" (Matthew 18:21-22).

Forgiveness is waking up each morning and surrendering everything to The Lord--the pain, hurt, confusion, suffering, anger and any other feelings that come with it. It's a process of laying it down at the cross each morning, each time you think of it, each time you feel that sting again, each time you see the person or place where the hurt occurred. These feelings will continually arise until you reach deep down into your wounds and pull it out. Allow God to work in your life and be in control of your heart and mind, not the one who hurt you.

When you refuse to forgive someone, you give them control of you, your mind, your emotions, your peace, your life. If you hold on to the pain, bitterness and hatred you have, the only person that suffers is you. Forgiveness does not make what happened to you "right" or "okay" but it will give you peace. It isn't something you do for someone else; you do it for yourself, to set yourself free, to take back your life and give your soul rest. The one that hurt you won't sleep any better or worse whether you forgive them or not. Honestly, the person probably doesn't think about what they did to you, or they have already made justifications for their actions in their head.

Revenge is a lot of people's first response, but it is never the answer. This world is full of retaliation, but it never settles the score. Remember that whatever you put out into this universe, you will receive back. Whether it's good or bad, it will always come back to you. When someone hurts you, surrender it to God and allow Him to deal with the person. Never avenge yourselves, but leave it to the wrath of God, for Scripture says, "vengeance is Mine, I will repay", says The Lord" (Romans 12:19).

When you decide to forgive someone for hurting you, you don't have to return to who you were. In fact it is impossible to return to who you were, because you have been changed. What happened to you is not your fault. Hurt people will hurt people; healed people can heal people. What happened is not because of you or something you did, and doesn't have to be what defines your future. You are not defined by what has happened to you. You are not defined by who hurt you.

The only thing that defines you is your identity through Christ. You are a survivor. A warrior. You are an overcomer and a victor. "Look at all that you have done to survive, look at the beauty you have created in spite of so much pain and be proud". You are God's masterpiece, you are fearfully and wonderfully made. You are chosen, forgiven and redeemed. "In Him we have redemption through His blood, the forgiveness of sins, in accordance with the riches of God's grace" (Ephesians 1:7).

Forgive those that have hurt you; be better than the worst thing that has happened to you.

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 one-way 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

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!

23RD SUNDAY OF ORDINARY TIME YEAR "A" 6th SEPTEMBER 2020

Saturday Vigil	5	Sept	Vigil 23 RD Sunday In Ordinary Time Year A	6.00 p.m. Holy Mass -	
Sunday	6	Sept	23 RD Sunday In Ordinary Time Year A	8:00 a.m. – For Minnie and Charles Garbett RIP 10.00 Holy Mass – For Diana Clarke – Health and well being 4:00 p.m. – For the deceased members of the Bazerghi family.	4.00 p.m Mass at Grotto – weather permitting
Monday	7	Sept	Monday 23 RD Week Year A		NO MASS AND BENEDICTION
Tuesday	8	Sept	Tuesday 23 RD Week –Year A THE NATIVITY OF THE BLESSED VIRGIN MARY (FEAST)	18.00 Exposition, 18.30 Rosary, 18.50 Benediction 19.00 Holy Mass – Special intention of Miriam Howard	6:00 – 7:00 p.m. Rosary and Benediction
Wednesday	9	Sept	Wednesday 23 RD Week - Year St. Peter Claver	10.00 a.m. Holy Mass - Brian Hitchins – health and well being	6:00 – 7:00 p.m. Rosary and Benedi.
Thursday	10	Sept	Thursday 23 RD Week Year A	10.00 a.m. Holy Mass –	6:00 – 7:00 p.m. Rosary and Benediction
Friday	11	Sept	Friday 23 RD Week - Year A	10:00 a.m.- For the repose of Jeannie Jung who died 30 Aug.	6:00 – 7:00 p.m. Rosary and Bene.
Saturday	12	Sept	Saturday 23 RD Week - Year A THE MOST HOLY NAME OF MARY	09:30 a.m. Divine Mercy Devotion 10:00 a.m. Holy Mass –	
Saturday Vigil			Vigil 24 TH Sunday In Ordinary Time Year A	6.00 p.m. Holy Mass – For the deceased members of Haddad family.	
Sunday	13	Sept	24 TH Sunday In Ordinary Time Year A	8:00 a.m. For Christiane d’Espagnac RIP 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