



“WHEN YOU DO PRAY AND DON’T GET IT, IT IS BECAUSE YOU HAVE NOT PRAYED PROPERLY, YOU HAVE PRAYED FOR SOMETHING TO INDULGE YOUR OWN DESIRES”.

### September is dedicated to Our Lady of Sorrows

#### Sunday 23<sup>rd</sup> Sept

Week 23 in Ordinary Time

Glorious Mysteries

Dedicated to: The Resurrection

#### Saturday (vigil)

**Confessions 1700 SH**

Holy Mass 1730 SH Hubert Theodore Denbon RIP

Holy Mass 0930 SJ People of the Parish

Holy Mass 1115 SH Private Intention

#### Tuesday 25<sup>th</sup> Sept

Sorrowful Mysteries

Dedicated to: The Holy Angels

Rosary 0915 SH

Holy Mass 0930 SH **NO MASS**

#### Wednesday 26<sup>th</sup> Sept

Glorious Mysteries

Dedicated to: St Joseph

Holy Mass 0930 SJ **NO MASS**

#### Friday 28<sup>th</sup> Sept

Sorrowful Mysteries

Dedicated to: the crucifixion

Holy Mass 0930 SJ **NO MASS**

#### Welcome to our new-look newsletter!

As you can see, I have been busy with my colouring pens!

I intend for the newsletter to be more than just my way of communicating items of ‘news’ to you.... My aim is to be able to present here all that I’d like to be able to say in the homily but cannot because of time!! I hope you’ll find it useful.

May I also take this opportunity to thank you all so much for your very warm and kind welcome to the parish, and whether you are a ‘Mary’ or a ‘Joseph’ please continue to bear with me and be patient with me as I begin to find my feet here. I am looking forward, very much, to the years ahead.

I’d especially like to thank Ann, our Parish Secretary, for all her help!

Please be assured of my prayers for you each day.

**Father John**

The Sacred Heart Catholic Parish, Bordon and St Joseph’s Catholic Parish, Grayshott.

# 25th Sunday

## in Ordinary Time

**Entrance antiphon:** I am the salvation of the people says the Lord, should they cry to me in distress, I will hear them.

### Confiteor

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God

### Gloria in excelsis Deo

Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us.

For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

### First Reading

**Wisdom 2:12,17-20**

The godless say to themselves: 'Let us lie in wait for the virtuous man, since he annoys us and opposes our way of life, reproaches us for our breaches of the law and accuses us of playing false to our upbringing. 'Let us see if what he says is true, let us observe what kind of end he himself will have. If the virtuous man is God's son, God will take his part and rescue him from the clutches of his enemies. Let us test him with cruelty and with torture, and thus explore this gentleness of his and put his endurance to the proof. Let us condemn him to a shameful death since he will be looked after – we have his word for it.'

**Psalm:** The Lord upholds my life

### Second Reading

**James 3:16-4:3**

Wherever you find jealousy and ambition, you find disharmony, and wicked things of every kind being done; whereas the wisdom that comes down from above is essentially something pure; it also makes for peace, and is kindly and considerate; it is full of compassion and shows itself by doing good; nor is there any trace of partiality or hypocrisy in it. Peacemakers, when they work for peace, sow the seeds which will bear fruit in holiness.

Where do these wars and battles between yourselves first start? Isn't it precisely in the desires fighting inside your own selves? You want something and you haven't got it; so you are prepared to kill. You have an ambition that you cannot satisfy; so you fight to get your way by force. Why you don't have what you want is because you don't pray for it; when you do pray and don't get it, it is because you have not prayed properly, you have prayed for something to indulge your own desires.

### **Gospel Acclamation:**

Alleluia, alleluia!

I am the light of the world, says the Lord;  
anyone who follows me will have the light  
of life. Alleluia!

### **The Gospel**

**Mark 9:30-37**

Jesus and his disciples made their way through Galilee; and he did not want anyone to know, because he was instructing his disciples; he was telling them, 'The Son of Man will be delivered into the hands of men; they will put him to death; and three days after he has been put to death he will rise again.' But they did not understand what he said and were afraid to ask him.

They came to Capernaum, and when he was in the house he asked them, 'What were you arguing about on the road?' They said nothing because they had been arguing which of them was the greatest. So he sat down, called the Twelve to him and said, 'If anyone wants to be first, he must make himself last of all and servant of all.' He then took a little child, set him in front of them, put his arms round him, and said to them, 'Anyone who welcomes one of these little children in my name, welcomes me; and anyone who welcomes me welcomes not me but the one who sent me.'

### **CREDO**

I believe in God, the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,

**(BOW for the next two lines)  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,**

suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand  
of God the Father almighty;  
from there he will come to judge  
the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting. Amen.

**Communion antiphon:** You have laid down your precepts to be carefully kept, may my ways be firm in keeping your statutes.

### **Act of Faith before Holy Communion:**

O my God, I firmly believe that by the words of consecration spoken during Mass, bread truly becomes the Body of Christ and wine His most Precious Blood, and that Your Divine Son is offered to You upon the altar under appearances representing that separation of His Body and Blood which took place on Calvary. Therefore, I believe with my whole heart, that this holy Victim is the same as that of the cross, whom I am about to receive, in order to unite my sacrifices to His own, by immolating myself with Him for Thy glory. Amen.

### **Prayer after receiving Holy Communion:**

O my God, as you have given yourself to me, now let me give myself to You. I give you my body that I may be chaste and pure;  
I give you my soul that I may be free from sin;  
I give you my heart that I may always love you;  
I give you every breath that I shall breathe, and especially my last;  
I give you myself in life and in death  
That I may be Yours forever and ever  
Amen.

# it's time to pray.

*We need to pray like we've never prayed before.*



## Prayers every Catholic should know:

Our Father

Hail Mary

Glory be

Act of contrition

The Creed

The Gloria

The Angelus

Prayer to St Michael

Grace before meals

The Eternal Rest

We should at least begin the day with our Morning Prayer (also known as our Morning Offering) and end the day with an examination of our conscience and an act of contrition before we go to sleep.

The Rosary only takes 20 mins to recite too!

How much time do you give to God in prayer each day?

How much time do you give to God each week?

Do you really give God time in prayer or are you expecting God to give you His time?

## Who taught you how to 'pray'?

The chances are that no-one ever taught you how to pray. The chances are that although we all do our best and we come to church and want to pray that we haven't always managed it ....and we haven't always managed it because we didn't really know what to do.... If you had to explain prayer, or define it, what would you say?

# Silence is the environment of prayer.....

The aim of prayer is **CONTEMPLATION** to contemplate God, to find Him, but before we can move into contemplation we have to begin with meditation.

Our first movement in prayer towards our goal of contemplation begins with 'vocal' prayer, words.

All of the 'family' prayers of the church (listed opposite) are prayers that call to mind articles of our faith, reminding us of the things God has revealed to us. These are the best 'vocal' prayers to use.

Then, we use these words to meditate with.

Meditation uses our senses, our imagination, we allow ourselves to 'move-into' the prayer or the scene the prayer presents us with. (Like the Annunciation, recalled in the Hail Mary for example).

And then, leaving our words, emotions, senses and imagination behind, we move (with the help of God) from meditation to contemplation... we move beyond words and feelings into a spiritual union with God: that's prayer!

 <p>PREPARE YOUR MIND AND HEART. ASK FOR THE PRESENCE OF THE HOLY SPIRIT.</p>	 <p>DON'T USE "FANCY" WORDS. BE SINCERE AND SPONTANEOUS.</p>	 <p>LOOK FOR A SUITABLE PLACE TO PRAY. E.G. ADORATION.</p>	 <p>CONCENTRATION REQUIRES DISCIPLINE: TRAIN YOURSELF TO CONCENTRATE.</p>
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## 8 KEYS TO PRAYER

 <p>THE QUALITY OF YOUR PRAYER IS IMPORTANT, EVEN IF IT'S SHORT.</p>	 <p>PRAY FREQUENTLY SO YOU GAIN THE HABIT OF RECOLLECTION.</p>	 <p>SEEK FOR SILENCE, BOTH INTERIOR AND EXTERIOR.</p>	 <p>DISTRACTIONS ARE INEVITABLE. IGNORE THEM.</p>
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 <p><b>COMPLAINT</b></p> <p>When we complain to God for everything that goes wrong in our lives.</p>	 <p><b>RESENTMENT</b></p> <p>Without a reconciled heart, it is difficult to hear the voice of God.</p>	 <p><b>ENVY</b></p> <p>That silent noise that can't see the gifts and talents God has given us.</p>	 <p><b>FEAR</b></p> <p>It prevent us from trusting God. We even think that he doesn't care about us.</p>	 <p><b>WORRIES</b></p> <p>They abosrob our attention and create uneasiness.</p>
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## 10 OBSTACLES TO HEARING GOD'S VOICE

 <p><b>WEAKNESS</b></p> <p>We think that our prayer isn't working and we decide to abandon it altogether.</p>	 <p><b>VANITY</b></p> <p>We conform to the world's frivolity and remain on the surface of our lives.</p>	 <p><b>MEDIOCRITY</b></p> <p>We get used to our sins and make little or no progress in our spiritual life.</p>	 <p><b>OUR PAST</b></p> <p>The memory of our sins makes us feel guilty and we feel unworthy of a relationship with God.</p>	 <p><b>FANTASIES</b></p> <p>An imagination that distracts us may prevent us from listening to God's voice.</p>
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**Speak Lord for your servant is LISTENING.....**

**not Listen Lord for your servant is SPEAKING**

**Pilgrimage to Rome:** Would you like to join Fr John on a pilgrimage to Rome and Assisi?

**Date: 13<sup>th</sup> – 18<sup>th</sup> May 2019**  
**Return flights from Gatwick**  
**3 nights in Rome 2 nights in Assisi**  
**Price: £750.00**

Booking forms now available from the Parish Office and need to be sent to Northern Star with a deposit of £200. Please speak to Fr John for further details.

**First Holy Communion 2019:** If you would like to enrol your child on the First Holy Communion Programme, please fill-in an application form and return it via the parish office / the box in the hall at SH.

**Offertory Counters:** Would you be able to spare a couple of hours a month to join the offertory counting rota? If so, please contact Ann in the parish office.

**Thursday evening Mass:** Unfortunately, due to commitments made prior to Fr John finding out he was moving parish, we're unable to have a Thursday evening Mass until after Christmas.

**24<sup>th</sup> – 28<sup>th</sup> September:** It is with huge regret that there will be no weekday Masses this coming week. **The weekend Mass schedule will not be affected.**

**IMPORTANT Meeting for Readers & Extraordinary Ministers:** Father John would like the opportunity to meet with anyone involved in a 'liturgical role'. To this end, if you are a Reader at Mass or an extraordinary minister of Holy Communion you are invited to attend the following sessions at SH:

**Readers: 5:00pm on Tuesday 2<sup>nd</sup> October**  
**EMHC: 5:45pm on Tuesday 2<sup>nd</sup> October**

Each session lasts 30mins and have been arranged so that if you fulfil both roles, you can stay for both on the one evening. If you are unable to attend please let Ann know in the Parish Office.

**Parish Walking Group:** Weather permitting our next walk will be at the Devils Punchbowl Hindhead, on Monday October 1st. We will meet at 2pm in the National Trust car park, parking is free to National Trust members. We propose to walk for approx. 45 mins. Please bring suitable foot ware. After the walk, we shall go for tea/coffee in the N.T. Cafe. Please come along and join us.

**Adoration volunteers:** We'd really love to introduce some periods of Adoration during the week here in the parish... Could you spare an hour a week? A sign-up sheet will be available next weekend giving details of times and places. Please give this some serious thought this week.

**C.A.F.O.D family fast day:** the usual envelopes will be available next weekend for the 'Family fast day' which takes place on Oct 5<sup>th</sup>.

**Council of Priests:** According to Canon Law (the Law of the Church): "The Council of Priests is 'a group of priests who represent the presbyterate and who are to be, as it were, the Bishop's senate. The Council's role is to assist the Bishop, in accordance with the law, in the governance of the Diocese, so that the pastoral welfare of that portion of the People of God entrusted to the Bishop may be most effectively promoted' (can. 495, §1)". Father John has been re-elected for another 5-year term of office. Congratulations to him.

**Do you find going to Confession difficult?** (We all do, you're not alone!) but now is a perfect opportunity to go... Father John doesn't know you! So it's easier to get back into the habit of going now! Why not go next Saturday evening? Don't put it off!! It's an incredible moment of God's grace and mercy.

**Leaving the church open:** Wanting to visit the church, only to find it locked, is heart-breaking. Especially if someone has been away from the Lord and they experience a personal crisis or a tragedy in their life and their instinct is to come to Him in the Tabernacle, where He waits patiently for us, only to find they can't, because the church door is bolted. We cannot lock Jesus away.... The church needs to be open.

Bishop Philip has repeatedly asked Parish Priests to leave churches open during the day and he has explained that we have all the appropriate insurances enabling us to do so.

Preparations are now underway to enable both churches to be left open whilst also enabling proper security for the rest of the parish rooms / buildings. So please, don't alarmed if you discover an 'unlocked church'!

**First Friday Devotion:** You'll see that the back page of this week's newsletter is dedicated to the 'First Friday Devotion'. As members of a parish dedicated to the Sacred Heart of Jesus we should do our best to imitate Him and fulfil His requests. Friday 5<sup>th</sup> October will be the First Friday.... Why not put it in your diary today!

**Altar servers training session:** It's fantastic to see so many altar servers here in the parish. It would be good for us to meet a few times during the year (especially just before Christmas and Easter) to go through some of the more detailed Liturgies. Our first Altar Servers' training session will be on **Saturday 3<sup>rd</sup> November at 11am** at Sacred Heart. Please do your best to come.

**The Sacrament of Confirmation:** As you know, Bishop Philip has introduced a two-year preparation course for the Sacrament of Confirmation. If your child will be 14 in June 2020 then we need to think about preparation. Please send an email to the Parish office if you would like to enrol your child / children:  
shsjoffice@portsmouthdiocese.org.uk

## BECOMING A CATHOLIC?

Ordinarily, adults are only received into the Church at Easter - during the Easter Vigil Mass.

If you would like to find out more (or if you know someone who might be interested) please do speak to Father John.

The Rite of Christian Initiation of Adults (RCIA) programme will begin in December.

**Please note:** The RCIA course might be a good 'refresher' for anyone wanting to find out more about the faith or simply to receive some 'instruction' they feel they've missed out on.... Speak to Father if you feel interested.

**Requiescat**



**in pace**

**We are currently updating the Parish Death Register. If you know of anyone whose Requiem Mass took place in this parish and their name doesn't appear below on or about the time of their anniversary, please let the parish office know. Thank you.**

**Please pray for all those who have died, the Holy Souls in Purgatory and those whose anniversary occurs at this time:**

Bob Sakalauskas; Antanas Maciulis;  
Zygmunt Tkaczynski; Leslie Ballard;  
Susan Nuckowski; Paul Kirrane;

**Eternal Rest grant unto them O Lord, and let perpetual light shine upon them, may they rest in peace, AMEN**



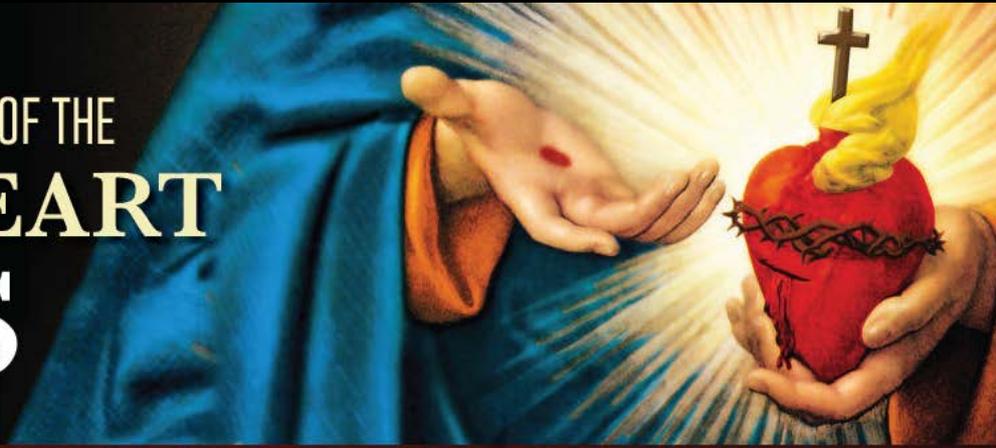
Our Lord appeared to St Margaret Mary for eighteen months, beginning in 1673.

During those apparitions, St Margaret Mary was asked by Jesus to spread devotion to His Most Sacred Heart.

Jesus asked that those who would honour His Heart would keep the First Nine Fridays Holy by going to Mass, receiving Holy Communion and going to Confession.

Jesus made 12 promises to all those who devote themselves to honouring His Sacred and wounded Heart.....

# PROMISES OF THE SACRED HEART OF JESUS



**1** I WILL GIVE THEM ALL THE GRACES NECESSARY

**2** I WILL BE THEIR SECURE REFUGE DURING LIFE, AND ABOVE ALL, IN DEATH

**3** LUKEWARM SOULS SHALL BECOME FERVENT

**4** I WILL GIVE TO PRIESTS THE GIFT OF TOUCHING THE MOST HARDENED HEARTS

**5** I WILL ESTABLISH PEACE IN THEIR HOMES

**6** I WILL BESTOW ABUNDANT BLESSINGS UPON ALL THEIR UNDERTAKINGS

**7** FERVENT SOULS SHALL QUICKLY MOUNT TO HIGH PERFECTION

**8** THOSE WHO SHALL PROMOTE THIS DEVOTION SHALL HAVE THEIR NAMES WRITTEN IN MY HEART

**9** I WILL COMFORT THEM IN ALL THEIR AFFLICTIONS

**10** SINNERS WILL FIND IN MY HEART THE SOURCE AND INFINITE OCEAN OF MERCY

**11** I WILL BLESS EVERY PLACE IN WHICH AN IMAGE OF MY HEART IS EXPOSED AND HONORED

**12** I WILL GRANT FINAL PERSEVERANCE TO THOSE WHO RECEIVE HOLY COMMUNION ON THE FIRST FRIDAYS IN NINE CONSECUTIVE MONTHS