

## *“Essential Virtues and Elements of Our Christian Life”*

Today, the Church reminds us on this seventh Sunday of the fundamental qualities and components of our Christian lives. They consist of self-control, moral responsibility, self-love, love for God and neighbour, mercy and compassion, awareness of sin, and the sacred sense. These are indicators of our development as Christians and as spiritual beings. Furthermore, they are a component of the social teaching of the church.

Today’s first reading is dramatic. David had the death warrant of his enemies in his hands, yet he refused to pronounce it. Instead, he left it for God to pronounce in his way and at his appropriate time. He heeded God’s word: “Do not repay anyone evil for evil. Do not take revenge. Vengeance is mine” (Rom. 12: 17-19; Deut. 32:35).

In today’s Gospel, Jesus gave a very important sermon on these essential virtues and elements that must guide our lives and actions as Christians. It is a new commandment because it overrules the Old Testament law of reprisal attack or retributive justice. There is no doubt that humanly speaking, it is a very difficult one. However, it demands a lot of sacrifice and courage.

So, how do we reconcile our constant quest for justice with the virtues of mercy and compassion? Is there any common ground between them? This is especially, in our world, where we constantly speak of mercy and at the same time advocate for the strictest sense of justice, even the death penalty in some countries, for offenders.

The second-weekday preface of the Eucharistic (II) prayer gives us a clue to this problem. It says, “In justice, God condemned us. In mercy, he redeemed us.” Yes, it is what it is. Indeed, contrary to what our society has programmed us to believe, justice and mercy are not mutually exclusive.

Hurts and wounds do not heal so fast. In some cases, their scars do not disappear entirely during

one’s lifetime. However, Christ knew this perfectly well. He not only preached this sermon, but he also lived it. So, he is not asking us to do what he did not do.

Paul reminds us in our second reading that we derived our body and way of life from the earthly man (Adam). In contrast, we derived the spirit that gives life and animates our body from the heavenly man (Christ).

Hence, the spirit guides those who have received Christ. They are born of the Spirit. Christ’s new commandment may seem complicated, his spirit and grace will enable us to live these essential virtues and elements of our Christian life.

There are some lessons for us from today’s readings. First, we must learn to leave vengeance for God. So, we must not take every opportunity for revenge against our offenders. Forgiveness heals all wounds and wipes all scars away.

Second, we must not always bow to pressures from circumstances or our colleagues to do evil. This is because two wrongs can never make one right. Reprisal attacks or revenge may hurt one even more than it will hurt one’s offender. In this case, we may win the war but not the peace, love, and friendship.

Finally, no matter our situation or circumstance, we must not lose the sense of the sacred. We must guard against sin. All lives belong to God, and only he has the right to take them away. Also, let us remember that we cannot help God in his judgment. He knows what to do, how to do it, and the best time to do it. So, we must let God be God “Lord is merciful and kind.”

**Have a blessed Sunday and a fruitful Week**

*Fr. Elijah*

### 7<sup>th</sup> Sunday in Ordinary Time (23<sup>rd</sup> Feb 2025)

9.15am **Our Lady of the Assumption** (Hedge End)

11.00am **Christ the King & St Colman** (Bitterne)  
*For Sr Maisie on her birthday & for the sisters at Redcoat*

5.30pm **St. Brigid** (West End)  
*For Fr Claro and Family*

6.00pm **Christ the King & St Colman** (Bitterne)

### Mass Times for 25<sup>th</sup> February – 2<sup>nd</sup> March

**OLA** – Our Lady of the Assumption (Hedge End)

**CKSC** – Christ the King & St. Colman (Bitterne)

**SB** – St Brigid (West End)

Tue 25<sup>th</sup> 10.00am **OLA** *For the people*

Wed 26<sup>th</sup> 10.00am **SB** *For the soul of Olive Alison RIP*

Thu 27<sup>th</sup> 10.00am **CKSC** *For the people*

Fri 28<sup>th</sup> 10.00am **OLA** *For Karen Lumpsten & Will Roddick, both suffering cancer*

Sat 1<sup>st</sup> 10.00am **CKSC** *For the people*

Sun 2<sup>nd</sup> 9.15am **OLA** *Gordon Hobbs RIP*

11.00am **CKSC** *Thanksgiving new church*

5.30pm **SB** *Francis & Letitia Dias RIP*

6.00pm **CKSC** *Polish Mass*

**Please welcome Fr Kevin Bidgood who is saying Masses in all three churches this Sunday**

**Exposition & Rosary at 9.30am before Mass (Tue–Fri)**

**Sacrament of Confession is available on request**

*Please consider offering Mass Intentions for families and friends (contact Fr. Elijah or Parish Office)*

### Funeral for Graham Farrington

Graham Farrington's funeral will be held at CKSC at 11.30am on Friday 14th March. Followed by burial at St Mary's Extra, and refreshments in the church hall.

### Bishop's visit to CKSC to rededicate the Altar

On Sunday 2<sup>nd</sup> March, Bishop Philip will be visiting Christ the King & St Colman's to rededicate the altar after all the construction work has taken place.

In order for us to prepare for this day, Father Elijah would like to invite anyone who is willing and able to come along to the church on 1<sup>st</sup> March from 11am to help re-order the seating and get the church set up for Mass.

### 50<sup>th</sup> Anniversary

#### Our Lady of the Assumption Church

Events to celebrate the 50<sup>th</sup> Anniversary of the church of Our Lady of the Assumption in Hedge End, which was opened on 25<sup>th</sup> April 1975, will include:

25<sup>th</sup> April **Anniversary Mass** at 7pm  
followed by refreshments in hall

17<sup>th</sup> May **Barn Dance**  
at West End Parish Centre at 7pm

16<sup>th</sup> August **Parish Summer Picnic**  
at Manor Farm

25<sup>th</sup> July 50<sup>th</sup> Anniversary **Summer Quiz**

### OPEN CHURCH

Our Lady of the Assumption Church in Hedge End is open for private prayer on Thursdays from 10am until midday. To join the rota, please contact Pauline or Jane.

### Faith on Fire

Our next session will be on Wednesday 26th February at 7.30pm in Christ the King and St Colman church. All those of secondary school age are welcome.

Come and chat about your faith and how it impacts your daily lives. Nothing is vetoed, your feelings and thoughts are yours. You are not expected to be holy, just be yourselves.

Come and give it a go!!

Deirdre at [fairmans@ntlworld.com](mailto:fairmans@ntlworld.com)

### Bishop's visit to CKSC on 2<sup>nd</sup> March

#### Flowers

Ahead of the Bishop's visit to Christ the King & St Colman, we will be having a collection on the 23<sup>rd</sup> February for flowers and decorations etc.

If you have a good eye for decorating, please do come along to help!

#### Refreshments

To mark this special occasion at CKSC we would be grateful for your donations of cake - to be served with refreshments in the hall after Mass.

Thank you.

## CKSCOLASB Calendar of Events

**OLA** – Our Lady of the Assumption (Hedge End)

**CKSC** – Christ the King & St. Colman (Bitterne)

**SB** – St Brigid (West End)

### FEBRUARY

Tue 25<sup>th</sup> 9.30am-12pm **Table Tennis** (OLA Hall)

7.30-9pm **Growing in Faith** (OLA)

Thu 27<sup>th</sup> 10.30am-12pm **Prayer Group** (CKSC)

10am-12pm **Open Church** (OLA)

Fri 28<sup>th</sup> 7.30pm Choir Practise in church hall (CKSC)

### MARCH

Sun 2<sup>nd</sup> **Tea, Coffee, Biscuits** after Holy Mass (CKSC)

Tue 4<sup>th</sup> 9.30am-12pm **Table Tennis** (OLA Hall)

7.30-9pm **Growing in Faith** (OLA)

Thu 6<sup>th</sup> 10.30am-12pm **Prayer Group** (CKSC)

10am-12pm **Open Church** (OLA)

Sun 9<sup>th</sup> **Tea, Coffee, Biscuits** after Holy Mass (SB)

Tue 11<sup>th</sup> 9.30am-12pm **Table Tennis** (OLA Hall)

7.30-9pm **Growing in Faith** (OLA)

Thu 13<sup>th</sup> 10.30am-12pm **Prayer Group** (CKSC)

10am-12pm **Open Church** (OLA)

Fri 14<sup>th</sup> 7.30pm Choir Practise in church hall (CKSC)

Sun 16<sup>th</sup> **Children's Liturgy** during Mass (OLA)

Tue 18<sup>th</sup> 9.30am-12pm **Table Tennis** (OLA Hall)

7.30-9pm **Growing in Faith** (OLA)

Wed 19<sup>th</sup> 7.00-8:30pm **Carers Group** (OLA Hall)

### Recurring Events

#### Our Lady of The Assumption (Hedge End)

- **Tea Coffee, Biscuits, Friendly Chat** (and often cake) in the hall every Sunday after Holy Mass
- **Children's Liturgy** during Mass every 3<sup>rd</sup> Sunday of the Month
- **Carers Group** on third Wednesday of every Month from 7.00pm to 8.30pm
- **Growing in Faith** every Tuesday evening 7:30-9pm
- **Table Tennis** every Tuesday from 9.30am to 12pm
- **Open Church** every Thursday from 10am-12pm

#### Christ the King & St. Colman (Bitterne)

- **Prayer Group** every Thursday 10.30am-12 noon
- **Children's Liturgy** for 4 to 7-year-olds every Sunday
- **Tea, Coffee, Biscuits & friendly chat** in the hall every 1<sup>st</sup> Sunday of the month
- **Choir practice in hall** - 7:30pm on 2nd & 4th Friday each month. All welcome.

#### St Brigids (West End)

- **Tea, coffee & cake** every 2<sup>nd</sup> Sunday of the month after Mass

If you would like a future event to be included in the Calendar of Events, kindly advise the Parish office.

## Continuing Support of the Church

Please consider setting up a **standing order**.

For Christ the King & St Colman:

**Account Name:** CDP Christ the King & St Colman

**Sort code:** 30-93-04

**Account Number:** 00887553

For Our Lady of the Assumption and St Brigid:

**Account Name:** CDP Hedge End Our Lady

**Sort code:** 30-93-04

**Account Number:** 00879747

Please use your surname as a reference.

Make out cheques for Fr Elijah to Rev Fru N Elijah

Thank you for your support.

## CKSC Readers

We are looking for more Readers to join our rota for Sunday Mass at CKSC. If you would be interested in reading, please see Elizabeth Diagboya-Izediuno after mass or email your contact details to the office and they will forward to Elizabeth.

## Our Lady of the Assumption Day of Reflection for Lent Friday 14th March 2025

We are delighted that Sister Veronica Brennan O.P., one of the Dominican Sisters of St Joseph, Sway, will be leading us in a Day of Reflection for Lent on Friday 14th March 2025.

A donation of £10 per person for the day, which will include lunch, is requested. All donations received will go to support the sisters.

The day will begin at 10.00am with Mass; Full details of the timetable for the day will follow shortly; in the meantime, please put the date in your diary/on your calendar.

Thank you and God Bless.

## Keep in touch with Portsmouth Diocese



@PortsmouthRC



Catholic Diocese of Portsmouth



@PortsmouthRC



<https://www.portsmouthdiocese.org.uk/>

If you have news to share with the Diocese, contact:

[communications@portsmouthdiocese.org.uk](mailto:communications@portsmouthdiocese.org.uk)

## ***OLA Lenten Study 2025 The Acts of the Apostles***

The Acts of the Apostles is the story of how a few Christians empowered by the Holy Spirit were chosen to bring Christ and the Good News to the ends of the earth.

“*Acts: The Spread of the Kingdom*” is a bible study revealing how the seeds of the Church took root through the work of the Holy Spirit. It follows the joys and struggles of the early Christians in living the life of Christ and challenges us to take up the baton and spread the Good News of Christ in our communities.

Marion Miller is facilitating this twenty-week course (divided into 4 manageable five-week blocks) starting at **19:30 on Thursday, 13th March 2025**. We will meet every Thursday evening to view an engaging video presentation followed by a time of prayer and group discussion. Hedge End venue to be confirmed.

Purchase of a Study Set is recommended at a cost of £37.99 (to avoid p&p costs order through Marion by 3/3/25).

For more information see posters at the back of the three churches or email Marion Miller on [m.c.miller@hotmail.co.uk](mailto:m.c.miller@hotmail.co.uk).

## ***The Jubilee Prayer***

Father in heaven, may the faith you have given us  
in your son, Jesus Christ, our brother,  
and the flame of charity enkindled  
in our hearts by the Holy Spirit,  
reawaken in us the blessed hope  
for the coming of your Kingdom.

May your grace transform us  
into tireless cultivators of the seeds of the Gospel.  
May those seeds transform from within both humanity  
and the whole cosmos in the sure expectation  
of a new heaven and a new earth,  
when, with the powers of Evil vanquished,  
your glory will shine eternally.

May the grace of the Jubilee reawaken in us,  
Pilgrims of Hope,  
a yearning for the treasures of heaven.

May that same grace spread  
the joy and peace of our Redeemer  
throughout the earth.

To you our God, eternally blessed,  
be glory and praise for ever.  
Amen

## **Women's World Day of Prayer**

World Day of Prayer is an international, inter-church organisation led by women which enables us to hear the thoughts of those women from all parts of the world: their hopes, concerns, and prayers. It is celebrated in over 146 countries and prayed in native languages travelling throughout the world.

This year it is the Christian Women of the Cook Islands who have prepared the service for us. The theme is 'I made you wonderful'. The service for Hedge End, West End and Botley is to be held in

- **All Saints Church, Botley**
- **at 14:00 on Friday 7th March 2025**

We look forward to seeing as many of you there as possible so that the Roman Catholic community is well represented. Refreshments will be provided afterwards.

## **NOTICE: Closure of Bitterne Road East**

Please be aware that from Monday 17th Feb, Bitterne Road East will be closed for seven weeks from Maybray King Way to Somerset Avenue. Therefore access to Christ the King & St Colman's will only be via Commercial Street or Dean Road.

## **CAFOD's Big Lent Walk**

You are invited to join CAFOD's Big Lent Walk and journey together with Catholics in England, Wales and Scotland as Pilgrims of Hope in this Jubilee Year - walking 200km over 40 days during Lent. Journey to one of the churches or shrines designated as places of pilgrimage in our diocese as part of your Big Lent Walk.

Every £1 you raise will support communities like Lokho's in Kenya to rebuild their lives in hope.

Sign up here: <https://walk.cafod.org.uk/>

## **Sunday's Readings:**

### **Daily Readings**

<https://universalis.com/europe.english/20250223/mass.htm>

### **Reflections**

<http://www.mycatholic.com/>

### **Diocesan eNews**

<https://www.portsmouthdiocese.org.uk/communications/news/enews/>

### **UK Catholic Newspapers**

<https://www.churchpaper.co.uk>