

CHRIST THE KING & ST. COLMAN (Bitterne) OUR LADY OF THE ASSUMPTION (Hedge End) ST. BRIGID (West End)

Catholic Diocese of Portsmouth

Registered Charity number 1199568

Parish Priest: Fr. Elijah Fru Nde (emergency use phone number 0777 466 7010)

Office: 2 Dean Road, Bitterne, Southampton SO18 6AP – *Open Wednesday, Thursday, Friday 9.30am–1pm*

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22nd Sunday in Ordinary Time (Year C, Cycle 1)

31st August 2025

Reflection from Fr Elijah: Humility: An Indispensable Christian Virtue

Today, the Church calls our attention to a fundamental Christian virtue, **humility**. It is an attribute and quality of God that all his disciples must strive to possess and emulate. Therefore, we are encouraged to reflect deeply on this great virtue.

The first reading is a piece of candid advice from the Preacher. He gives us the key to a successful fellowship with God, and of course, with one another. He says: "Behave humbly, and you will find favour with the Lord."

The second reading reminds us that our destination is Mount Zion, the heavenly Jerusalem, and the city of the living God. In this city, only the humble, like the Angels and Saints, can dwell there. Indeed, not the proud because a proud heart cannot worship the Lord.

The gospel takes us to the climax of today's good news. Christ exhorts us: "Everyone who exalts himself will be humbled, and the man who humbles himself will be exalted." Jesus teaches the importance of humility and simplicity in our Christian journey.

The book of Proverbs tells us, "Humility and the fear of the Lord bring wealth, honour, and life" (Prov. 22:4). Any spiritual life not anchored on humility is empty. Finally, "Humility is the foundation of prayer." (CCC 2559). Only a humble heart can come and prostrate before God in prayer. So, let us humbly implore the Lord: "O Jesus! Meek and humble of heart, make my heart like yours."

Mass Times and Intentions

22nd week in Ordinary Time

Exposition & Rosary at 9.30am before Mass (Tue-Fri). Sacrament of Confession is available on request.

Mass Intentions can be requested through Fr Elijah or the Parish Office.

Date	Times & Location			Mass Intentions & Feasts
Sun 31 st August	9.15am	OLA	Mass	Doug & Marion's Silver Wedding Anniversary For Pat O'Shea and family For the repose of the souls of Guido Camilleri, Francis, Antonia, Doris and Elsie
	11am	CKSC	Mass	
	5.30pm	SB	Mass	
	6pm	CKSC	Mass (in Polish)	
Tue 2 nd September	10am	OLA	Mass	For the people
Wed 3 rd September	10am	SB	Mass	For Thea St Omer on her 1 st day at St George's School
Thur 4 th September	11am	CKSC	Mass	Requiem Mass of Ann Fagan
Fri 5 th September	10am	OLA	Mass	For Teresa and Noel Cartin (RIP)
Sat 6 th September			NO MASS	
Sun 7 th September	9.15am	OLA	Mass	For the people Birthday blessings for Christopher St Omer For God's grace and good health for Catherine Bassom
	11am	CKSC	Mass	
	5.30pm	SB	Mass	
	6pm	CKSC	Mass (in Polish)	

This Sunday's readings can be found at <https://universalis.com/europe.english/20250831/mass.htm>



Congratulations to Maebh, who is being baptised during 9.15am Mass on Sunday 31st August. Please continue to hold her, her parents and family in your prayers.

The funeral Mass of Ann Fagan will be at 11am on Thursday 4th September at Christ the King & St Colman. Please join us to thank the Lord for Ann's life.



Within our Parish

First Reconciliation and Holy Communion preparation: All parents who would like their child, in Year 4 or above, to make their First Holy Communion in our parish are invited to attend a parent's information evening on Monday 8th September at 7.00pm at Christ the King and St Colman Church for more detailed information about the preparation sessions, to ask any questions and pick up an application form.

Parish Office availability update: From the beginning of September, the Parish Office will be running at a reduced capacity. The team are likely to be working remotely, so please contact them via email with any request. We hope to resume the usual office hours by advent.

An Evening of Entertainment: Saturday, 13th September at 6.30pm - 8pm. Everyone is invited to this free social event of homegrown talent across our parish and promises to be an evening of fun, laughter, song and dance. If you play an instrument, want to sing, dance, tell jokes, or have another talent, and would like to join in the fun, let us know. Please contact Jane 07761039330 for further information.

Jubilee of Hope Companion Booklets: Jubilee of Hope Companion Booklets are available in all three churches. These are free, with a suggested donation of £1 to cover the cost to the Parishes.

Within the Diocese and beyond

CAFOD Response in Gaza: Your donations to Gaza since the start of the conflict have been a vital lifeline. Right now, CAFOD's partner, Caritas Jerusalem, is delivering essential medical treatment to displaced people and providing medicines to treat chronic illnesses. We have helped 1,400 households with cash to buy supplies in the last month and we are currently feeding 2,000 people with new stocks of flour and rice. Despite the restrictions on aid coming into Gaza, CAFOD's local partners are working tirelessly to help people. And with your ongoing support, they will do all in their power to keep doing so. You can find out more about how you can make a difference in Gaza at cafod.org.uk. Thank you for backing our work through holding collections for our Family Fast Day appeals and for continuing to pray for peace in the Middle East.

Recurring Events

Our Lady of the Assumption – Hedge End

- Tea, coffee, biscuits & friendly chat in the hall every Sunday after Holy Mass
- Children's liturgy during Mass every 3rd Sunday of the month (not during summer holidays)

- 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 during term time

- Tea, coffee, biscuits & friendly chat in the hall after Holy Mass every 1st Sunday of the month
- Choir practice in hall - 7:30pm on 2nd & 4th Friday each month. All welcome.

St Brigid – West End

- Tea, coffee & cake every 2nd Sunday of the month after Mass

Continuing to Support 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 mention which fund you are donating to as a reference.
Make out cheques for Fr Elijah to Rev Fru N Elijah
Thank you for your support