

PARISH OF OUR LADY AND ST DAVID CWMBRAN
Archdiocese of Cardiff
(Registered Charity Number 117727)



Parish Priest:	Canon John Griffiths: Tel 01633 482346
Safeguarding Officer:	John Metcalfe: Tel 07977 108478
Parish Email Address:	cwmbran@rcadc.org
Parish Website:	ourladyoftheangels.org.uk
PAC Chairman:	Mrs Paddy Landers: Tel 01633 868352
Acting Head, OLA School Head Teacher,	Mrs C Prosser: Tel 01633 484673
St David's School:	Mrs J Weightman: Tel 01633 482580
SVP President:	Dave Stroud: Tel 01633 838542
Hall Caretaker	Pam Brooks: Tel 07974617221



8th November 2020

32nd Sunday Year A

Psalter Week 4

AS FROM TUESDAY 10TH NOVEMBER 2020, THE CHURCHES REOPEN

TO REGISTER AND RESERVE A PLACE TO ATTEND MASS (PLEASE NOTE: YOU NEED TO BOOK YOUR PLACE EVERY TIME)

Parishioners are required to register a place for **WEEKEND MASSES ONLY** with:

Paddy Landers for Our Lady's Church. Mobile (TEXT) 07740543645 email: patricia.landiers@sky.com Paddy will confirm you have been added to the list.

Clare Jones for St David's Church. Text: 07748687123 e-mail: jonesc36@sky.com If you wish to telephone, please do so after 6pm and leave a message. Clare will confirm that you have been added to the list.

Peter Olearczyk for Our Lady's and St David's Churches (**WEEKDAY MASSES ONLY**)

Mobile (TEXT) 07885835866 e-mail: peter@olearczyk.co.uk Peter will confirm you have been added to the list

Live Stream Camera To view the live streams, you will need to use the link below. All live streams will be live and will not be available to be viewed at a later time. <http://www.ourladyoftheangels.org.uk/our-lady-live-stream/>

Saturday 7 th Nov	9.40 am 10.00 am		Morning Prayer Holy Souls & The People of the Parish	<i>Live Stream only</i> <i>Live Stream only</i>
Sunday 8 th Nov	9.40 am 10.00 am		32nd Sunday of Ordinary Time Morning Prayer Mass "For the Dead of the War"; Pat & Gwyn Griffiths and Mary Brown	<i>Live Stream only</i>
Tuesday 10 th Nov	9.40 am 10.00 am 6.00 pm	St David's Our Lady's	Morning Prayer Ivor Stroud (DS) & Holy Souls Evening Prayer	<i>St Leo the Great, Pope and Doctor</i> <i>Live Stream only</i>
Wednesday 11 th Nov	9.40 am 10.00 am 6.00 pm	Our Lady's	Morning Prayer The Moon Family (KJD) & Holy Souls Evening Prayer	<i>St Martin of Tours, Bishop</i> <i>Live Stream only</i>
Thursday 12 th Nov	9.40 am 10.00 am 12.30 pm 6.00 pm	St David's St David's Our Lady's	Morning Prayer Anne Webb (SVP) & Holy Souls Private Funeral Service for Anne Webb Evening Prayer	<i>St Josaphat, Bishop & Martyr</i> <i>Live Stream only</i>
Friday 13 th Nov	9.40 am 10.00 am 3.00 pm 6.00 pm	Our Lady's	Morning Prayer Sr Carmel (LA) & Holy Souls Holy Hour Evening Prayer	<i>Live stream only</i> <i>Live Stream only</i>
Saturday 14 th Nov	10.30 - 11am 12 noon 4.15 - 4.45pm 5.00 pm	Our Lady's Our Lady's St David's St David's	Sacrament of Reconciliation Infant Baptism Jack Ritter 33rd Sunday of Ordinary Time Sacrament of Reconciliation James Power (Sr MJ) & Holy Souls	
Sunday 15 th Nov	9.30 am 11.15 am	Our Lady's St David's	Rose & Jack Clifford (MW), Holy Souls The People of the Parish & Holy Souls	

Congratulations to Jack Ritter who will be baptised at Our Lady's at 12 noon on Saturday 14th November. We pray for his family and friends.

The bridegroom is here! Go out and meet him.

'Watch early for wisdom': wise words, and ones that the foolish bridesmaids of the Gospel should have taken to heart. This is the ultimate in 'putting off till tomorrow...', since the reading is about the end of time, when the Son of Man will come again. Then there will be no tomorrow. If a thing is worth doing, it's worth doing today. Quite often we contemplate the end of time with anxiety and fear: this is not what God wants. Look at the Psalm, where we hear of desperate longing, a thirst for the Lord, that cannot wait. We should not just wait for the Lord with patient endurance, but with impatient longing: what could we desire more than the coming of the Lord, the rising of the dead and an eternity of joy and glory?

Requiescant in Pace

Of your charity please pray for the repose of the souls of **Anne Webb, Mary Richards** and **Fr Michael Ronan** who died recently. We extend our condolences to their families. The funeral for Anne Webb will take place on Thursday 12th November at 12.30pm St David's. This will be a Private Funeral.

Parish Sick

We pray for the sick and housebound of our parish and for those who care for them and for those who have asked for our prayers, especially **Sr Mary James, Sr Denise, Brenda Bold, Margaret Kane, Fr Ambrose Walsh, Fr Kevin, Canon Issacs, Bob French, Jennifer Woods, Amelia Smith, Wendy Flemming, Edwina Spender, Mary Richards, Keith Shepherd and Malcolm Williams.**

November Dead List

Please place your list and offering in an envelope and mark it "Holy Souls" and either post it through Canon John's letter box or, when the churches reopen on Tuesday 10th November at St David's and Wednesday 11th November at Our Lady's, you can place them in the basket in front of the altar.

CYCLE OF PRAYER FOR THE PARISHES OF THE ARCHDIOCESE: 32nd Sunday of Ordinary Time

Today we are asked to pray for Rev Brian Cuddihy, I.C., Rev Eric Willet I.C. (rtrd) and parishioners of Saint Patrick, Newport; Provincialate of the Sisters of Saint Joseph of Anney and Saint Patrick's Primary School.

We pray for **All Victims of War**, especially on Remembrance Sunday – **Sunday, 8th November 2020.**

The Year of the God Who Speaks

Saint of the Month

St. Cecilia, Guido Reni, Date: 1606

Although very little evidence exists surrounding the life of St. Cecilia, she was an incredibly popular and famous Saint and Roman Martyr of the early church. Her feast has been celebrated since at least 545 AD.

Legend records that she was a young Christian of high rank who, although forced into marriage, maintained her virginity and converted her husband to Christianity. Her husband and his brother were later martyred for refusing to sacrifice to the Roman gods. Cecilia also met the same fate not long after – however, legend surrounding her death states that she continued to live for three days after being struck three times on the neck with a sword. During that time she gave all she had to the poor, preached the Gospel for the conversion of many and asked the pope to convert her home into a church.

Since the Renaissance, St. Cecilia has usually been portrayed with a viola or small organ and has become the Patron Saint of musicians. She has come to symbolise the integral role of music in the liturgy and the importance of singing praises to God, both in our hearts and sometimes with our voices. Just as King David said in the Psalms: I will sing of steadfast love and justice; to you, O Lord, I will make music. (Psalm 101:1)

The God Who Speaks to us and sustains us

Life can be bleak in these troubled times, particularly when the challenges of dealing with the Covid pandemic for ourselves, and our loved ones, seem overwhelming and many restrictions are still in place. When so many uncertainties need to be faced, it is not surprising that our well-being and mental health suffer at the same time.

The Bible is full of references which touch on the anguish we feel in times of trial. Psalm 88 reflects some of the deep feelings we can all experience in times of difficulty. But we don't have to wait for an expression of hope in this psalm – it's there at the beginning.

The writer of the psalm admits to a whole range of emotions – being forgotten, rejected and much more. The list covers almost every woe possible – *'You have put me in the lowest pit, in the darkest depths'...* indeed the psalmist echoes so many of the emotions felt during the Covid crisis. *'You have taken from me my closest friends... I am confined and cannot escape'* echoes the feelings many of us have had during lockdown and restrictions on our social gatherings, as well as the many losses faced through the presence of the Covid virus.

But the psalmist strikes a note of confidence – *'Lord, you are the God who saves me, day and night I cry out to you'*. God may be silent, but he is not absent. Just as he promises never to leave us (Deuteronomy 31:6) we can be assured that he is there in the darkness with us. Throughout the psalm the writer cries out to God, just as Jesus on the Cross cries out to the Father. Those powerful words *'Are your wonders known in the place of darkness, or your righteous deeds in the land of oblivion'* chime with the feelings of so many of us whose mental health has suffered. *'Many of us can identify with the plea 'You have taken from me friend and neighbour – darkness is my closest friend...'*. But our comfort is in those opening lines – *'Lord, you are the God who saves me'*.

These sentiments are echoed in other places in Scriptures. We read in Jeremiah – *'For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope'* And Psalm 34 brings words of comfort: *The Lord is near to the broken hearted and saves the crushed in spirit...* (Psalm 34: 18) In Exodus 15:2 we are reassured that: *'The Lord is my strength and my song; he has given me victory'*.

These passages can assist us as we sustain and nurture our mental health in these difficult times. Simply reading them and repeating them, or reflecting on them regularly as a way of practising mindfulness can provide a helpful focus.

In the New Testament, we also see our own fragile emotions echoed in many instances. And one example that can help to sustain us in these troubled times is that of **hope**. Hope and healing go together. I am often comforted by the words of Jeremiah – *'Heal me O Lord and I will be healed, save me and I will be saved, for you are the one I praise'* (Jeremiah 17:14). And this lovely passage in Philippians brings comfort as well: *'And my God will meet all your needs according to the riches of his glory in Christ Jesus'*. (Philippians 4:19)

In the midst of the challenges to our own mental health and those of our loved ones, someone we can turn to is often an anchor for sustaining our wellbeing. I find the story of the road to Emmaus (Luke 24: 13-35) particularly comforting at these times. Just as Jesus walks alongside bringing comfort and hope, so we can walk alongside those whose lives have been touched by the virus in the same way.

A prayer in the midst of the Covid Pandemic

Lord Jesus,

Just as you journeyed alongside the disciples on the road to Emmaus, be alongside us as we journey through these dark times.

Help us to reflect and find comfort from the comforting words of the Bible where divine love, mercy and justice are ever present.

We remember all those whose lives have been touched by the Covid virus – may your loving kindness keep them close to you.

Inspire us with your message of hope in the Resurrection, as we seek to keep ourselves and those who are close to us safe and well in these challenging times.

*We ask this prayer in your name's sake. **Amen***