



Parish of St. Teilo's with Our Lady of Lourdes

A Parish of the Archdiocese of Cardiff, Registered Charity 242380

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Parish Newsletter

Weekend 7th and 8th November 2020 Thirty-Second Sunday of Ordinary Time

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Mass Times and Intentions week beginning 1st November 2020				
			Canon	Fr. Dwayne
Sunday 8 th November Thirty-Second Sunday of Ordinary Time	Online	10.00am	Walter Jenkins – RIP (HT)	Trevor Jones – RIP (MJ)
Monday 9 th November The Dedication of the Lateran Basilica – Feast	Online	10.00am	Terry – RIP, Wellbeing of Cath and Mrs Ryan (WJI)	For all on the Dead List
Tuesday 10 th November St. Leo the Great, Pope, Doctor of the Church	St. Teilo's and Online	10.00am	Dennis Burke - RIP	Wellbeing of Canon Isaac (DH)
Wednesday 11 th Nov. St. Martin of Tours, Bishop	Online	10.00am	John Blackey – RIP	For all on the Dead List
Thursday 12 th November St. Josaphat, Bishop, Martyr	St. Teilo's and Online	10.00am	For all on the Dead List	Wellbeing of all members of the Jeffreys and Foley families.
Friday 13 th November	Online	10.00am	Ralph Davies (Gloria)	Margaret and John Reece – Anniversary (CR)
Saturday 14 th November St. Dyfrig, Bishop	Online	10.00am	Terrance and Margaret Murphy – RIP	For all on the Dead List
Sunday 15 th November Thirty-Third Sunday in Ordinary Time	St. Teilo's and Online	10.00am	For the People of the Parish	For all on the Dead List

Occasions when the Church is open for Mass

After the Local Lockdown it will be nice to see some people with us to celebrate Mass during the week. Please note that the lockdown ends at 12.01am Monday, so Mass will continue to be online only this Sunday.

St. Teilo's will also be open for Mass this week on Tuesday and Thursday at 10.00am and next Sunday at 10.00am. The booking arrangements are outlined below.

The Bishops' Conference of England and Wales has confirmed that the obligation to attend Sunday Mass remains suspended. So please do not feel under any pressure to attend the Church when online or phone Masses are valid alternatives.

If you wish to attend Mass

- Booking will be by telephone on a 'first come, first served' basis. Carole Burns is the contact and can be telephoned on 07747 562847 **between 11am and 1pm on Monday, November 9th** for Mass on Tuesday, November 10th, Thursday, November 12th or Sunday, November 15th. PLEASE DO NOT RING OUTSIDE THESE HOURS.
- You **must** book if you wish to attend Mass. We do not want to turn people away at the door, so if you have not booked in advance – PLEASE DO NOT ATTEND.
- By registering to attend Mass, you confirm the following conditions are met:
 - You currently show no symptoms for Coronavirus.
 - Should you develop symptoms prior to the service, you will NOT attend.
 - You agree to use hand-sanitiser as a condition of entry.
- Please note that **Face Coverings must be worn in Church**.
- It should be noted that there will be **no toilet facilities available**.
- You should arrive between 20 and 5 minutes before the start time of Mass.
- Please allow a Steward to show you to your seat.
- Please wait to be invited up to Holy Communion.
- Please refrain from talking to your friends who are not part of your household.
- No congregational singing is allowed at Mass and any responses should be made in a low tone, as singing and loud voices have been shown to spread the virus further.
- There will be no collection at Mass. You are encouraged to make your donation to the Church via standing order or online. If you wish to donate cash, please do so in the basket at the back of the Church, in one of the wall boxes around the Church or in the votive candles box.

Please accept our apologies for any inconvenience or distress these regulations may cause. They are a requirement to enable public worship to take place.

Mass Times

Mass will continue to be broadcast live on the Parish Website from St. Teilo's at 10am each day. You are encouraged, not only to listen and watch the Mass but to take part by making the responses in your own home.

At Communion time each day, we will be led in praying St. Alphonse Liguori's Act of Spiritual Communion:

My Jesus,
I believe that You
are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment
receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there and unite myself wholly to You.
Never permit me to be separated from You.

AMEN.

Polish Masses

Fr. Michał Oszczudłowski will continue to say Mass at St. Teilo's and broadcast it online. Times of Polish Masses and other updates will appear on the Polish Community website in Polish at <http://polskaparafiaincardiff.org/>.

Dial for Mass

We continue to operate the 'Dial for Mass' scheme for those who do not have access to the Internet. Ring to access our 'Dial for Mass' service. Mass will be available each Sunday from about 2.00pm and you can hear the previous Sunday's Mass by ringing the service at any time of day or night during the week.

The number is a local number from Cardiff based landlines – 22 670 999. If you are dialling from outside Cardiff or from a mobile phone, you will need to dial 029 2267 0999.

Live Streaming

The webcam in St. Teilo's will be left on at all times, so please take the opportunity to 'look in' on the Church for prayer at any time.

Remembrance Sunday

Today, we will pray for all of the departed who lost their lives as a result of the inhumanity of war. Sunday's Mass will be celebrated as a Requiem Mass for all those who have died in war. At the end of Mass, we will have the two minutes' silence.

The local branch of the Royal British Legion has written to confirm that the usual service at the Whitchurch Memorial is cancelled due to the 'firebreak' lockdown.

Blessing of Graves

It is a tradition in the parish to go to Pantmawr Cemetery on a Sunday in November to bless the graves. However, with restrictions in numbers brought about by the Pandemic, Canon Isaac visited the cemetery and blessed the graves alone earlier this week.

Armistice Day

We will also remember all those who have died in war at the end of Mass on November 11th, Armistice Day, which reminds of us the conclusion of World War 1 at 11am on the 11th day of the 11th month.

Plenary Indulgence for the Faithful Departed – throughout November

The traditional plenary indulgence associated with All Souls Day has been amended this year to take account of the Pandemic.

The decree from the Apostolic Penitentiary explains that the Plenary Indulgence attached to All Souls' Day this year, can be obtained not only on the actual day, but on any other day of the month chosen by each member of the faithful. In this case, the indulgence is obtained by "devoutly visiting a church or an oratory", along with the recitation of the Our Father and the Creed and the other requirements associated with a Plenary Indulgence - to have the interior disposition of complete detachment from sin, even venial sin; have sacramentally confessed one's sins (one confession will cover a number of indulgences); receive the Holy Eucharist and pray for the intentions of the Supreme Pontiff. For anyone who cannot leave their home for various reasons, including anti-Covid restrictions, the Plenary Indulgence can be obtained by uniting oneself spiritually to other members of the faithful.

The Plenary Indulgence applicable to the deceased by those, who visit a cemetery, has also been extended beyond the normal dates of November 1st to 8th. This year, the indulgence can be obtained by anyone who visits a cemetery, even if only mentally, on any day in November and devoutly prays for the faithful departed.

Quote of the Week



"All Scripture is inspired by God and useful for refuting error, for guiding people's lives and teaching them to be upright. This is how someone dedicated to God becomes fully equipped and ready for any good work."

The second letter of St. Paul to Timothy 3:16



Rest in Peace



In your mercy, please pray for the repose of the soul of Fr. Michael Ronan. Fr. Mike, a native of Maesteg, served the Archdiocese as a priest for 35 years. He was an assistant priest in a number of parishes before becoming Parish Priest, first of Dinas Powis and then of Ringland, Newport. He retired from active ministry last year.

Please pray also for those whose anniversaries occur at this time:

Bishop John Cuthbert Hedley OSB, Canon Thomas Brennan, Canon Philip Dwyer, Father William Brown and Father Gerald Cullen, Daniel Sheen, Helen Connolly, Gladwys Lennox, Phyllis Mander, Eileen Brown, Charles Slade, Jennifer Hill, Joseph Murray, Marie Hill, Evelyn Hicks, Catherine Hutton, Thomas Robinson, James Power, Doreen Restall, Maureen Flanagan, Margaret Townsend, William Wallis, Timothy Hayes, Joseph Doncich, Edward Loughlin, Leo George, Elizabeth Hamilton, Andrew MacLeod, Margaret Brown, Bernard Conway, Lenora Chislett, Constance Hodges, Helen Austin, Agnes Whitacre, Dorothy Herbert, Ralph Davies, Mary Clarke, John Collins, Alfred Donach, Catherine Cummins, Edwin Brain, Gertrude Hogg and Mike Driscoll.

Memorial Candle

The candle burning in front of the Book of Remembrance this week is for the repose of the soul of Hilda Sciff. May she, and all the faithful departed, rest in peace.

Volunteer Stewards

We are still very short of volunteers and as we prepare for Advent and Christmas, we need to know who will be available to help us during these holy seasons. So please consider volunteering if you are eligible, so that we can open the Church to the congregation more often after the local lockdown.

If you wish to volunteer and are aged 18 to 59 inclusive without any COVID-19 co-morbidities, then please email Mel Hopkins – melfyn.hopkins@sky.com and let him know:

- Your name
- Contact details – phone and email
- Age range (18-30, 30-40, 40-50, 50-59)
- Confirmation that you do not have a raised risk of Covid-19 infection
- Whether you want to Steward or Clean or both
- Which hours and days, of those above, you are able to volunteer
- Whether you will be available: weekly; fortnightly; monthly

Canon Isaac

A prayer in the midst of the Covid Pandemic

This week's prayer reminds us of the importance of faith in the Lord Jesus during these times, which are challenging and difficult for many people.

*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

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’. 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. 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). 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.

November – The Month of the Holy Souls

During this month of November, we will pray for the Faithful Departed at Mass every day. We will remember especially those included on the November List of the Dead. In this time of restricted Masses, we have set up a 'virtual' November List of the Dead to remember those of our departed friends and loved ones who are on their last great journey towards the eternal light of God. It can be viewed on the Parish Website - <https://stteilos-olol.co.uk/ndl/>

As Catholics, we believe that, although those who have died are separated from us physically, they remain connected to us as members of the Church. Jesus has conquered death and so those of us who are part of the Body of Christ here on earth remain a living part of that Body, even after our earthly life comes to a close. We know this to be true because when Jesus is challenged by the Pharisees who say there is no life after death, He says,

'Have you not read what was said to you by God, "I am the God of Abraham, the God of Isaac and the God of Jacob?" He is God not of the dead, but of the living.' (Matt 22:31-32)

Scripture teaches that it is 'a holy and wholesome thought to pray for the dead, that they may be loosed from sins' (2 Maccabees 12:46).

To add your names to the Parish November Dead List either email the names to whitchurch@rcadc.org or print the next page and write them – legibly and in capitals – and post the list to the presbytery address.

Donations in memory of those who have died can be made online at the [Donation link](#). Please add NDL or Dead List to the online donation, so the purpose of the donation is clear.

Saints of the Week

Monday 9th November – The Dedication of the Lateran Basilica – Feast

On Monday, the Church throughout the world celebrates the feast of the Dedication of the Lateran Basilica in Rome, the oldest and highest ranking of the four major basilicas in Rome. The Basilica of St. John Lateran is the Cathedral of the Diocese of Rome, the official ecclesiastical seat of the Holy Father, the Bishop of Rome. Therefore, we honour it as the Mother Church of the Universal Church as we honour the Pope as the centre of the unity of the one, catholic and apostolic faith.

Tuesday 10th November – St. Leo the Great, Pope, Doctor of the Church

Saint Pope Leo the Great was Pope when the Council of Chalcedon (451) defined that Christ is one divine person with two natures, divine and human. The statement was a confirmation of the Pope's Epistola Dogmatica (Tomus) to the Patriarch Flavian of Constantinople. St. Leo vigorously defended the unity of the Church and cemented the tradition of Rome as the most senior patriarchy in the Church. It was recognised by the other four patriarchies of Jerusalem, Alexandria, Antioch and Constantinople, as the 'primus inter pares', the first amongst equals, the centre of unity for the whole of Christendom.

Wednesday 11th November – St. Martin of Tours, Bishop

Saint Martin died in 397AD. He was the third bishop of Tours and was renowned for his deep faith and commitment to preaching the gospel. He is renowned too, as the Apostle to France, which was called Gaul in his days. He is the first bishop and confessor honoured by the Church. Prior to him, only martyrs were declared saints but his holiness was so renowned that the Church recognised his heroic work and canonised him.

Thursday 12th November – St. Josaphat, Bishop, Martyr

Today the Church celebrates the memorial of St. Josaphat, a Catholic of the Ruthenian rite. Born in the then Polish region of Lithuania of Orthodox parents, he became a Catholic and a Ukrainian Basilian monk. Chosen bishop, he worked faithfully for the unity of the Church until he suffered martyrdom at the hands of an angry mob in Russia. The Ruthenian rite continues to be a full part of the Catholic Church, with dioceses in Europe, America and Canada.

Saturday 14th November – St. Dyfrig, Bishop

Saint Dyfrig or Dyffryn, in Latin, Dubricius, was one of the great Celtic saints prominent in the history of Wales in the 6th century and was Bishop of Llandaff. As a child he was noted for his intellect and by the time he was a man, he was known as a scholar throughout Britain. He founded a college at Henllan, Hentland in Herefordshire, to which great numbers of scholars, including St Illtud, came. Dyfrig later moved further up the Wye to found an abbey. While he was Abbot, he was chosen to be the first Bishop of Llandaff.

Eventually Dyfrig resigned his see at Llandaff and retired to Bardsey Island, with his disciples. Here he lived as a hermit until his death in about 612. His remains were translated to his church at Llandaff, to a tomb before the Lady Altar in 'the old monastery', which later became the Cathedral Church.

CELEBRATE Together Evenings

In place of the Annual Conference, the CELEBRATE team is launching a going Back to Basics selection of evenings to explore the five values which encapsulate the CELEBRATE vision: Baptism in the Holy Spirit; Family; Unity; Formation; Mission

The next evening is on Monday, November 16th and is on the theme of Formation. You can join the Regional Team via Zoom to pray, worship and be inspired by a short presentation from a keynote speaker by registering at [this link](#).

CAFOD Faith into action

On Saturday November 14th between 11am – 4pm, CAFOD is hosting an online event, open to all which will look at the way we as Catholics can help rebuild from the pandemic, and make most use of the present moment to tackle poverty, inequality and the climate emergency.

More information and the link to register, can be found at: <https://reply.cafod.net/12IB-73IDN-OOVZQ3-48NZ7P-1/c.aspx>

An online day of retreat at Belmont Abbey – entitled Vermeer in the Light of Faith

Saturday 21st November – led by Dom Brendan Thomas



We do not really think of Vermeer as a religious painter or a Catholic artist. Yet the man behind 'The Girl with the Pearl Earring' might surprise us. As he shines a graceful light on the everyday, he becomes a good companion to another lockdown, teaching us to live in that same light. Dom Brendan explores his life, art and faith. The timetable will be available in due course, but approximate timings are 10am to 4.30pm with breaks in between.

Donations to the Parish – Virgin Money Giving

Donations to the parish made online should be completed at the following web address:

<https://uk.virginmoneygiving.com/fund/Stteiloswitholol>

We raised £125 via the site last week. Please continue to donate via Virgin Money Giving for those one-off donations or consider a Standing Order for regular monthly donations to the life of the parish. If you would like to set up a standing order, please e-mail whitchurch@rcadc.org for more information.

Mass Intentions

Many thanks to those parishioners who submitted Mass Intentions during the week. With the arrival of Fr. Dwayne, we benefit from having both of the priests celebrating Masses for the intentions of those who choose to request them. You will note both sets of intentions in the list above.

Please continue to show your usual generosity in requesting Masses. If you do wish to request a Mass, please do so by email to whitchurch@rcadc.org. The donations can be made via the [Donation link](#) on the Parish Website or you can write the intention on an envelope with the donation inside and drop it into the Presbytery letterbox. The guidance is that the minimum donation for a Mass intention should be £10 but your donation amount is at your discretion.

Praying for the Sick and the Dead

We have a long-standing tradition of praying for the sick and the recently deceased by name during our Masses on weekdays. During the pandemic, we are remembering our sick and dead at each Mass. Please do let me know if you would like me to add someone to the sick list or the list of the recently deceased. To do so, please email me on whitchurch@rcadc.org ensuring that you include the person's name and whether (s)he should be added to the sick list or the list of those who have died.

Canon Isaac

Online Newsletter

If you have any items you would like us to include in the newsletter, please email:

whitchurch@rcadc.org.

Staying in touch with the Parish

If there are any updates on the situation or items of parish news, these will be updated first on the parish Facebook page (<https://www.facebook.com/stteilos.olol/>) or the parish twitter account (https://twitter.com/stteilos_olol) followed by the parish website (<https://stteilos-olol.co.uk/>) Updates are often made on these sites before they can appear in the following week's newsletter.

Children's Liturgy

Nick Davies continues to provide a copy of the sheet that would have been used for Children's Liturgy this weekend; many thanks to Nick for doing this. You might want to print it out and use it with your child.



Today's Bible reading
Matthew 25.1-13
 The wise bridesmaids were ready for the bridegroom, but the foolish bridesmaids were not.



The foolish bridesmaids were not ready.

Is there something you need to get ready for this week?

Activity 1
 Can you circle the bridesmaids who aren't ready?



Activity 2
 Find the words from the story: **BRIDESMAIDS**, **FOOLISH**, **WISE**, **OIL LAMPS**, **TORCHLIT WEDDING**, **BANQUET**, **BRIDEGROOM**, **PROCESSION**

T	P	Z	J	I	F	F	R	S	W	S	Q
H	B	R	I	D	E	S	M	A	I	D	S
I	L	M	L	J	F	H	S	C	J	T	B
S	Y	S	P	M	A	L	L	I	O	I	J
W	B	K	T	E	U	Q	N	A	B	L	Z
E	S	I	W	E	D	D	I	N	G	H	V
P	R	O	C	E	S	S	I	O	N	C	V
V	X	F	Y	A	Z	O	P	B	W	R	P
Q	T	B	R	I	D	E	G	R	O	O	M
C	C	L	P	J	L	E	Y	M	P	T	W
E	J	H	S	I	L	O	O	F	V	J	A
K	H	F	C	J	O	A	F	Z	N	H	R

PRAYER

Lord Jesus,
 thank you that you show us the best way to live.
 Help us to make wise choices in how we live our lives.
 Amen.

Live in faith

This week, notice the times you have to wait for things. Think of ways to use waiting times wisely and usefully.

Check it out
Five Children and It, E Nesbit, Wordsworth Editions,
 ISBN: 978-1-85326-124-4. DVD . How do the foolish choices made by the children affect the future?

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