

## The Parish of Our Lady of Mount Carmel & St Wilfrid, Selsey

The Presbytery, 12 Church Road, Selsey, West Sussex, PO20 0LS  
'Phone: 01243 602312 Parish website: www.stwilfridselsey.co.uk

PARISH PRIEST: Father John Healy

**22<sup>nd</sup> SUNDAY IN ORDINARY TIME**  
**August 2016**

**27<sup>th</sup>/28<sup>th</sup>**

### Mass Times

Saturday	5.30pm	Intentions of the People of the Parish	
Sunday	10.00am	Mary Mangan (anniversary)	
Monday	10.00am	The Passion of St John the Baptist	
Tuesday		Weekday of the Year	
No Mass			
Wednesday		Weekday of the Year	
No Mass			
Thursday		Weekday of the Year	
No Mass			
Friday	10.00am	Weekday of the Year	
Saturday		St Gregory the Great	No
Morning Mass			

### 23<sup>rd</sup> SUNDAY IN ORDINARY TIME

	5.30pm	Carmel Shepherd RIP	
Sunday	10.00am	Intentions of the People of the Parish	

Sacrament of Reconciliation: Saturday, 4.45 to 5.15pm.

*[22<sup>nd</sup> Sunday in Ordinary Time - page 130 in the Parish Mass Book]*

**NEW ROTAS:** There is a new rota this weekend for Readers and Ministers of Holy Communion: if any ministers have not received their copy via the internet, there is a printed copy in the porch.

**SOCIAL AND FUNDRAISING GROUP:** The next meeting will be on Tuesday - beginning at 6.30pm in the Presbytery. A review of the very successful Summer Fair and Grand Draw, and final preparations for the Table Top Sale, are the main items on the agenda. All will be welcome.

**COFFEE AFTER MASS:** There will be coffee in the Hall after Mass next Saturday evening and Sunday morning: all will be most welcome.

**ST WILFRID'S TABLE TOP SALE:** The parish is offering, for a small fee, space and a table in the Hall or Car Park to anyone with things to sell. It will be on Saturday, 10<sup>th</sup> September from 10.00am to 12.00noon. If anyone would like to book a space, please ring Stella - 603221 - or Nell - 607526 - for more information. Proceeds - from the "renting" of a table only - will be for the Church Building Fund.

**A & B NEWS:** The September edition of our diocesan magazine is available - FREE - in the Porch this weekend. It contains a full report in words and pictures of this year's diocesan pilgrimage to Lourdes, which included a number of parishioners from St.

Wilfrid's, as well as a round up of news and views from around the diocese. Please take a copy as you leave.

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### BEAR WRONGS PATIENTLY

The sixth Spiritual Work of Mercy, like the fifth, is essentially about how we can learn from God to heal stressed and broken relationships. "I'm sorry" and "I forgive you" are words, although sometimes very difficult to say: in the words of the song, "sorry seems to be the hardest word!" Whether said with ease or with great difficulty the words need to be followed by appropriate gestures if true reconciliation is to be achieved – and that can be the really hard thing to do. If the one who says "sorry" is humiliated by constantly being reminded of the offence, or if the one who says "I forgive" continues to bear a grudge, then the wound will continue to fester.

In our personal relationships, and within the communities we belong to, Christians are called on to go further than exchanging words in fraught situations. Writing to the Colossians, St. Paul sets the ideal: "You are God's chosen race, his saints; he loves you, and you should be clothed in sincere compassion, in kindness and humility, gentleness and patience. Bear with one another; forgive each other as soon as a quarrel begins. The Lord has forgiven you; now you must do the same" (Col 3:12-13). In a word, we must "forgive *and* forget" and the forgetting is often the most difficult part.

Because the wrongs others have done to us can at times be very painful, and sometimes the hurt can lay buried deep down within us for years, an instant resolution is not always possible, or even desirable. Prayer, the Sacraments, spiritual guidance, confiding in a trustworthy friend, seeking professional help in one of the many therapies available, are all ways to find healing when it is hard to "bear wrongs patiently." But any such help begins with a sure belief that such healing is possible – and that is a gift from God.

**THE ACADEMY FIRE:** A week on from the disastrous fire at the town's Secondary School the shock waves are still rippling through the community. While it is a tragedy for those most directly involved it is also a great sadness for the whole community because of the school's place in the life of the town and what it represents to all the people of Selsey. There has undoubtedly been an incredible response from the community, both last Sunday and ever since. The Rector at St. Peter's was assured by all the Churches in Selsey that we would do whatever we could when asked for help. At the moment the Churches are trying to accommodate groups being displaced from buildings in the town that will be used as temporary extensions to the school for the time being.

**BASIC AWARENESS TRAINING:** The Diocesan Safeguarding Office has organised a meeting for the parishes of the Cathedral Deanery to provide basic training in safeguarding children and vulnerable adults. It is open to those who have had a DBS check, because of the work they do in parish, but who have not previously been able to attend a session on Basic Training Awareness. It is also open to anyone interested in ensuring that our parish is a safe place for everyone. People who regularly "represent" the parish in offering friendly hospitality to individuals and families should consider attending the session to learn what to do and what not to do for their own protection and for the protection of others. If you are not sure whether or not you need to attend, please ask Nuala or Fr. John. It will be at the Cathedral Centre in Arundel on Wednesday, 12<sup>th</sup> October from 7.00 to 9.00pm. Please let Fr. John know if you interested in attending this session or apply directly to the Safeguarding Office: contact [safeguarding@dabnet.org](mailto:safeguarding@dabnet.org) and go to Courses & Events on the website.

PLEASE PRAY FOR: Beryl Ayres, Jacqui Brooker, Max Foreshow, Nell Hassett, Grace Ledger, Sean Mangan, Reon McSharry, Samantha Phillips, Sheilagh Roberts and all in the parish who are sick.

*Please speak to Fr. John if you would like the parish to pray for you, or for someone in your family.*

Collections:  
£436.72p

20<sup>th</sup>/21<sup>st</sup> August

Offertory Collection

Church Maintenance Fund  
£85.02p