

From Evie Giles, Aberystwyth:

Wednesday the 26th of June was the first meeting of the 'Morning Star' ladies retreat group. We started with Mass; followed by a meditation from Father Matt; a talk from Maggie Purchase; Adoration and Benediction; and then some social time at Llety Parc.

There were several things that stood out to me. Firstly, sisterhood. As Maggie rightly put it, women are reflections of each other, and our deepest yearning as sisters in Christ is to reflect our meek Mother Mary. Considering how Mary is meek and mild, we discussed the meaning of meekness as gentleness. Meekness does not mean weakness. Mary was strong to sit at her Son's feet as he bled on the Cross; strong particularly in her faith. And so we seek to imitate Mary's meekness and strength. I realised during the meditation that, while I often ask God for things, I rarely simply ask him things. I asked him: "what does meekness mean?" and the opportunity to let my conversation with God meander in this way felt very freeing during Adoration.

The meditation focused on prayer and the sanctification of our daily lives, for which we can appeal to St Josemaría Escrivá for intercession, the 'saint of ordinary life' as St John Paul II called him. I reflected on a particular phrase Father Matt used, which caught my attention as a geographer: we should see "prayer as our epicentre". In an earthquake, the focus is where the earthquake starts, underground. The epicentre is the spot that lies above the focus, on the ground-surface. From the focus, seismic waves radiate out and make the ground-surface shake, like when a drop of water makes widening rings around itself on a still lake. It is a ripple effect. While an earthquake is a destructive process, and the work of our Lord is not, an earthquake makes a good analogy for the way Jesus works through and in us, in our everyday lives. Jesus is the focus, where the earthquake starts, working deep inside us – 'underground'. Here, he works on our hearts and begins the change – the 'earthquake' – in us. The seismic waves ripple out from Jesus, and from our hearts, to our epicentre – our 'ground-surface': our bodies, our minds, our skin. We kneel, fold our hands, and pray. We pray for ourselves and for others and the ripple effect begins. Jesus's work radiates out and is now working in you and, because he worked in you, also the people you pray for. Of course, he has always been at work, but now you see the ripple effect. Jesus works in our hearts; we pray for others; others' lives are affected too, and so on, as those we prayed for pray for the people they know. So, from this, I take that we should let Jesus be our focus, and prayer be our epicentre, so that he can radiate out from all of us.

Calendar of Upcoming Events

- 1, 3, 5 July: **7am** Online Bible study group (*please ask Caroline for more details*)
- 6 July: Ordination of Rev. Dale Cutlan to the Priesthood (St David's Cathedral, Cardiff)
- 9 July: **6.45pm** Our Father Talk Series: 'Give us this day our daily bread', given by Fr Greg, Neuadd Goffa
- 11 July: **6.15-7.45pm** men's retreat evening, Welsh Martyrs Church
- 16 July: **10.45am** Gazebo Club visit to Llanbadarn Church
- 16 July: **6pm** Patronal Feast of Our Lady of Mount Carmel, Lampeter
- 20 July: **1pm-5pm** Laudato Si Garden Open Day
- 23 July: Gazebo Club trip to Llanllyr Garden, Talsarn
- 24-28 July: Menevia and Cardiff Youth Council pilgrimage to St Davids (14-18 year olds)
- 7 September: Diocesan pilgrimage to St Non's, Pembrokeshire

Catholic Parishes of Aberystwyth and Lampeter Plwyfi Catholig Aberystwyth a Llanbedr Pont Steffan

Welsh Martyrs Church **Holy Cross Church** **Our Lady of Mount Carmel**
Piercefield Lane, Aberystwyth, SY23 1RX Victoria Street, Aberaeron, SA46 0DA Pontfaen Road, Lampeter, SA48 7BS

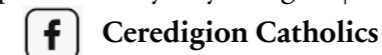
Parish Priest | Offeiriad Plwyf Fr Matthew Roche-Saunders | matthew.roche-saunders@menevia.org

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30th June 2024 | 13th Week in Ordinary Time | Year B | Weekday Year II

Date Dyddiad	Aberystwyth Welsh Martyrs Merthyrion Cymru	Aberaeron Holy Cross Groes Sanctaidd	Lampeter Llambed Our Lady of Mount Carmel Ein Harglwyddes o Fynydd Carmel
Sun 30th June Sts Peter and Paul Gŵyl Saint Pedr a Paul	Saturday 5.15pm Confessions Saturday 6pm Vigil Mass <i>(Leonard Langridge RIP)</i> 8.30am Holy Mass <i>(People of the Parish)</i> 10am Confessions 10.30am Family Mass <i>(Thanksgiving – new house)</i>	8.40am Confessions 9am Mass <i>(Maira James RIP)</i>	11am Holy Mass <i>(Vocations to the Priesthood)</i> 6pm Mass (Polish) <i>(Priest's intention)</i>
Mon 1st July	10am Requiem Mass <i>(Elizabeth Allan RIP)</i>		6pm Holy Mass <i>(Ernesto Boscano RIP)</i>
Tues 2nd July	6pm Holy Mass <i>(Private intention)</i>	9.30am Adoration/Confessions 10.30am Holy Mass <i>(Derny and Clare Nestor)</i>	
Wed 3rd July St Thomas	9am Adoration/Confessions 10am Holy Mass <i>(Anne Kidner's intentions)</i>		
Thurs 4th July St Elizabeth of Portugal	7.30am Holy Mass <i>(Billy Cashman RIP)</i>		6pm Adoration/Confessions 7pm Holy Mass <i>(Private intention)</i>
Fri 5th July First Friday	5pm Adoration/Confessions 6pm Holy Mass <i>(November Lists)</i>		
Sat 6th July First Saturday St Maria Goretti	9.30am Adoration/Confessions 10.30am Holy Mass <i>(Deacon Dale Cutlan)</i>		
Sun 7th July 14 th Sunday in Ordinary Time Sul Cyffredin 14	Saturday 6pm Vigil Mass <i>(Ernesto Boscano RIP)</i> 8.30am Holy Mass <i>(Anne Kidner's intentions)</i> 10am Confessions 10.30am Holy Mass <i>(Priest's intention)</i>	8.40am Confessions 9am Holy Mass <i>(People of the Parish)</i>	11am Holy Mass <i>(Billy Cashman RIP)</i>

General News | Newyddion Cyffredinol

Sts Peter and Paul In the UK, this significant feast day (usually June 29th) gets transferred to Sunday when it falls on a Saturday or a Monday – so we have the joy of celebrating it across our Sunday Masses this weekend. May the intercession and witness of these two great brothers of ours inspire us and keep us faithful to Jesus and to his Church.

Supply Many thanks to Canon Michael Smith who is celebrating Sunday Mass in Aberaeron (9am) and Lampeter (11am) this weekend. Fr Greg is currently on his summer break (hopefully with nicer weather than here!)

Funeral Please pray for the repose of **Elizabeth Allan**, whose Requiem Mass will be in Welsh Martyrs Church at 10am on Monday 1st July.

General Election We pray for each of the candidates standing in Ceredigion Preseli – may they each be guided by the light of the Holy Spirit, and be filled with a love for truth and wisdom. May Thursday's winning candidate be given the grace to work for the needs of this new and enlarged constituency.

Collections Diolch yn fawr am eich haelioni – many thanks for your generosity. The money you give to the weekly Sunday collection goes into general parish funds, and is invaluable in our parish's missionary work of building the Kingdom of God across north Ceredigion. This work is dependent on your financial gift, and for that we're so grateful. Have you considered signing up to a standing order with your bank, instead of giving cash at the Sunday Mass? We can much more easily budget for upcoming needs if you're open to this, as we can more easily predict what our regular income is going to be. If you would like to sign up for this, please speak to Fr Matt. Last weekend the collections were £394.45 in Aberystwyth parish and £118.75 in Lampeter parish – many thanks. This Sunday we also have the annual collection for **Peter's Pence**, which directly supports Pope Francis's charitable initiatives.

Newsletter You'll notice the table on the front of the newsletter looks different – this is an attempt to clarify better the different events happening across the three churches. **Holy Mass** is in bold font. Additional events are in standard font. *Mass intentions* are in italics beneath each celebration of Mass. There is no longer a colour code. Which do you prefer?

Online Bible Study Caroline Maybury is leading an online bible study class, 7.00-8.15am on Monday, Wednesday and Friday of this coming week. Each session will be spent listening to episodes 258, 259 and 260 respectively of Fr Mike Schmitz's 'Bible in a Year' podcast, (available at <https://media.ascensionpress.com/category/ascension-podcasts/bibleinayear>). Fr Matt will be attending for some Q&A following the podcast. You can use this link to log in via Zoom (<https://us02web.zoom.us/j/8676477085>), or email the parish to receive a clickable link in reply.

Ordination Please keep in your prayers Deacon Dale Cutlan, who will be ordained to the Sacred Priesthood next Saturday in St David's Cathedral in Cardiff. May he be a shepherd after the Lord's own Heart!

Water Aid If you have interest in becoming a trained volunteer Speaker for Water Aid, please see the notice in the porch and follow the link for more information.

Carmelite Young Adult Ministry Please find some leaflets in the porch for more information on the ministry for young adults offered by the Carmelites of this province, and some information about discerning a Carmelite vocation.

Diocesan Pilgrimage Join Archbishop Mark on a day pilgrimage to St Davids on **September 7th**. The day will consist of a guided tour of the Cathedral, a one-mile-walk to St Non's for Eucharistic Adoration and a tour of the newly-renovated Retreat Centre. Let us know if you're interested in going to gauge the need for transport.

Adoremus Eucharistic Congress This event on September 14th takes place in St Mary's College, Oscott, the site of the first Eucharistic procession post-Reformation. There are 11 tickets to be shared among our deanery. If you'd like your name to be considered in a ballot (couples can apply for a double ticket), please let Fr Matt know by Friday 12th July. For more info go to <https://www.cbcew.org.uk/home/events/adoremus-at-oscott/national-eucharistic-congress-2024/>.

News from Welsh Martyrs Church | Newyddion o Eglwys Merthyron Cymru

Weekday Mass times In the standard weekday timetable, there will no longer be Mass in Aberystwyth on a Monday – this will instead be celebrated in Lampeter at 6pm. In addition to that change, since there are already opportunities to go to Mass in the late morning and the evening, there is currently no regular time for a Mass before the working day begins. With that in mind, Mass on Thursday morning will now become a 'workers Mass', and be celebrated at 7.30am.

Our Father Series: 'Give us this day our daily bread' The next talk will be at 6.45pm on Tuesday 9th July at Neuadd Goffa in Penparcau, given by Fr Greg Beckett. All welcome!

Offeren yn Gymraeg Bydd yr Offeren nesaf ar 14eg Gorffennaf am 8.30yb. The next Welsh Sunday Mass will be on the 14th July at 7.30am.

60+ Gazebo Club Three events for your diaries (please contact Madeleine for more info on 07866 626519):

- **Tue 16th July** for a visit to Llanbadarn Church – beginning with coffee at 10.45am, a guided tour of the church for about 90 minutes, and then lunch in the Black Lion across the road
- **Tue 23rd July** for a visit to Llanllyr Garden near Talsarn – more info to follow

Minibus to Lampeter If you'd like to join the celebrations in Lampeter for the parish feast day of Our Lady of Mount Carmel on Tuesday 16th July, we've booked a minibus to go from Aberystwyth. More details closer to the time, and it will depend on numbers interested. Please contact Madeleine Stocks if you'd like a place on the bus (07866 626519).

Laudato Si Garden Open Day Come along on Saturday 20th July for a fun-packed day in the Laudato Si Garden – music, stories, tea and cake, nature walks, and more – **from 1pm to 5pm**, £3 waged/£2 unwaged entry fee, with all funds going to support the work of this wonderful social project. Please pray for nice weather!

Volunteers for Tea and Coffee It's great to see so many stay after Sunday Mass for tea and coffee and chat! This is such an important role of hospitality and welcome – but we have very few people on the rota. Could you help once a month?

News from Our Lady of Mount Carmel | Newyddion o Eglwys Ein Harglwyddes o Fynydd Carmel

Weekday Mass In the normal course of events, we hope that Monday and Thursday evenings can now be the regular slots for weekday Mass in Lampeter. I'm aware neither of these are in the morning – that's based on a sense that evening Masses currently suit better than the mornings. Please help to plan and host some events that bring us as a parish together more often, and offer a chance to welcome new faces living in our parish. We look forward to the parish feast day, beginning with festive Mass at 6pm on Tuesday 16th July followed by some celebrations in the hall!

Donations If you'd like to donate to the mission of Aberystwyth parish, you can do so via the parish website or using this QR code. Many thanks for your generosity.



Food Bank Donations Collection points are in each church porch. Recent needs include:

Aberystwyth: spaghetti, Weetabix, porridge sachets, tinned tuna, jam.

Aberaeron: grateful for whatever you can give.

Diolch yn fawr! Many thanks!